
RENAISSANCE HEALTH & FITNESS

The *8-Week*
Transformation

A complete guide to renewing your body, mind & biofield

SLEEP · MOVEMENT · NUTRITION · LIGHT · MEDITATION · GROUNDING

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Welcome to Your *Renaissance*

You are about to begin one of the most comprehensive, holistic transformations available — one that goes far beyond counting calories or tracking steps. The Renaissance 8-Week Course is built on a simple truth: the human body knows how to heal. Your role is to remove obstacles and give it the right environment to do so.

This program layers progressively. You will begin with the **7-Day Reset**, transition into the **4-Week Course**, and then enter the final two weeks of deep renewal — incorporating advanced meditation, biofield work, and full lifestyle integration. Each pillar of this course works synergistically with every other. Sunlight informs your sleep. Sleep governs your hormones. Your hormones shape your moods. Your mood affects your training. Your training restores your energy. It is all one system.

How to Use This Guide

This document is your course companion. It works alongside your **Sleep & Stress Guide**, your **Nutrition Guide**, your **4-Week Course**, and your exclusive access to the **PT Distinction training platform**. Once you enroll, you will receive a login link and be added to the platform — which includes workout programming, exercise videos, and nutrition tracking tools.



Your Daily *Pillars*

These are your non-negotiables — the core practices that run through all 8 weeks. They are intentionally simple. Compounded daily, they produce profound change.



Sunlight — 3×5 min

Morning, midday, and evening. Even on cloudy days. This anchors your circadian rhythm, boosts vitamin D synthesis, and regulates cortisol and melatonin naturally.



Walk After Every Meal

5–10 minutes after breakfast, lunch, and dinner. This dramatically improves post-meal glucose regulation, aids digestion, and accumulates meaningful daily movement.



10-20 Min Workout × 5

Five days per week following the Renaissance movement system. Short, focused, and effective. Longer is not always better — intensity and consistency are the variables that matter.



Earthing

Barefoot contact with the ground as often as possible. The Earth's electrons act as a natural antioxidant. Grass, soil, sand, or stone — any direct contact counts.



Breathing Practice

Daily intentional breathwork drawn from your stress guide. Even five minutes of diaphragmatic breathing activates the parasympathetic nervous system and resets your state.



Journaling — 5-10 min

Short, open, and honest. Process what's on your mind. One moment of gratitude, one goal, one reflection, and one action if you're struggling with something.



Light Environment

Full-spectrum bulbs during the day. Red or warm lighting at night. Reduce blue light exposure after sunset to protect melatonin production and sleep quality.



Meditation — Progressive

Three modalities introduced progressively: Kouas Biofield Reset from Day 1, Chakra Meditation from Week 3, Pro-Consciousness Meditation from Week 5. By Week 5, all three are daily. Spread them across the day — be flexible and committed.

Sample Daily Flow

MORNING Sunlight 5 min outside, ideally before coffee	MORNING Breathing & Journal 5–10 min each. Set your intention	POST-BREAKFAST Walk 5–10 min, barefoot if possible	MIDDAY Sunlight 5 min — the strongest UVB window	AFTERNOON Workout 10–20 min, 5 days/week
EVENING Sunlight + Walk After dinner, sunset light is ideal			NIGHT Red Light & Wind Down Refer to your Sleep Guide	

03 — WEEKS 1–2

The 7-Day *Reset*

The first week is not about perfection — it is about establishing the rhythm. You are building the scaffolding upon which everything else will rest. Week 2 is about consolidating and strengthening that foundation. **Meditation begins on Day 1** — with the Kouas Biofield Reset. The inner practice is not something you earn after getting the physical habits right; it is woven into the course from the very beginning, growing in depth week by week.

The 7-Day Reset

Establish rhythm, orientation, and the foundational daily pillars — including your first meditation

PHYSICAL FOCUS

- Begin sunlight practice: morning, midday, evening
- Walk 5–10 min after each meal (build the habit)
- Begin movement 5 days: start with Total Body sessions
- Barefoot time outdoors when weather permits
- Log your baseline energy, sleep quality, mood (1–10)

MIND & INNER PRACTICE

- Read your Sleep Guide — implement the night routine
- Read your Stress Guide — begin vagus nerve reset
- Swap overhead lighting to full-spectrum if possible
- Begin 5–10 min journaling practice daily
- Identify one fun hobby or joyful activity to pursue
- Set up PT Distinction platform login
- Begin Kouas Biofield Reset daily** — Dr. Paul Drouin video (see Meditation section)



Meditation Begins Now — Kouas Biofield Reset

Do not wait until Week 7 to begin your inner practice. Starting today, follow the Kouas Biofield Reset with Dr. Paul Drouin's guided video daily. It does not need to be back-to-back with anything else — find a moment in your day that works, and protect it. This is a skill. Beginning now gives you eight full weeks to develop it. ► [Watch the Kouas Practice Guide](#)

Breathing Introduction — Week 1

Begin with **diaphragmatic breathing** daily. Spend 5 minutes practicing breathing into your belly rather than your chest. This alone recalibrates your nervous system baseline. See the full Breathing section below for techniques to layer in over time.

Consolidation

Deepen the habits, refine sleep, add breathing variety — and build your Kouas practice

PHYSICAL FOCUS

- Continue all Week 1 pillars — no exceptions
- Push/Pull and Lower Body workouts now rotating
- Note which exercises feel strongest or weakest
- Increase walk duration to 10 min if feeling good
- Try earthing mat or sheets if outdoor access is limited

MIND & INNER PRACTICE

- **Continue Kouas Biofield Reset daily**
— you are building sensitivity
- Add one additional breathing technique from the guide
- Begin red light use in the evenings
- Check in: How is sleep quality? Mood? Energy?
- Share your journey — connection is healing too
- Enjoy your chosen hobby at least once this week

Kouas — Week 2 Intention

By now you have had seven days with the Kouas practice. You may not feel much yet — that is perfectly normal. Your job is simply to show up daily and follow the video. Energy sensitivity is a skill, and it grows with repetition. Trust the process. Spread your practices throughout the day — there is no requirement to stack them.

With the foundation in place, the 4-Week Course deepens every dimension of your practice. Movement becomes more structured, nutrition tracking begins on PT Distinction, and you will expand your breathing and stress toolkit significantly.

Build & Explore

Movement solidifies, nutrition awareness begins — and the Chakra Meditation is added

PHYSICAL FOCUS

- Full movement rotation in effect (see Movement section)
- Begin logging protein and fiber on PT Distinction
- Target 20–30 g fiber daily from whole fruits & vegetables
- Meet your protein targets — refer to Nutrition Guide
- Add the nordic curl and kettlebell swing this week

MIND & INNER PRACTICE

- **Continue Kouas Biofield Reset daily**
- **Begin Chakra Meditation (ROYGBIV) daily** — 5–10 min (see Meditation section)
- Spread the two practices across your day — they need not be back-to-back
- Practice all four breathing techniques (see Breath section)
- Begin vagus nerve reset per Stress Guide
- Continue journaling — track patterns and insights
- Schedule dedicated family or relational time this week
- Full-spectrum lighting fully implemented

Adding the Chakra Meditation — Week 3

This week you begin your second daily meditation: the Chakra Rainbow. Start at the root (red) and move upward through each energy center, visualizing each color glowing brightly. If you only spend a couple of minutes at first, that is fine. Do not be attached to a specific duration. You now have two practices — Kouas and Chakra — to find separate moments for in your day. Be flexible and committed. Use brain.fm to support both sessions.

Rhythm & Refinement

Habits are settling; two meditation practices are now daily; deepening sensitivity

PHYSICAL FOCUS

- Experiment with different equipment (bands, TRX, rings)
- Assess your protein and fiber logs — are you hitting targets?
- Add bone broth this week if not already doing so
- Movement should feel more natural and intuitive

MIND & INNER PRACTICE

- **Continue Kouas Biofield Reset daily**
- **Continue Chakra Meditation daily** — notice which centers feel strongest
- Mid-point check-in: energy, sleep, mood, body composition
- Notice your stress response — is your baseline shifting?
- Use brain.fm for both meditation sessions
- Journal reflection: what has changed since Week 1?
- Order your Vogel-cut crystal if you haven't yet — you will need it in Week 5

Preparing for Week 5 — Pro-Consciousness Meditation

Next week you will add the third and deepest meditation: the Pro-Consciousness practice with your Vogel-cut crystal. Order your meditation kit from projectnoosphere.com this week if you haven't already. Beginning Week 5, all three practices become your daily commitment — spread across the day at times that work for you.

All Three — Full Practice

Pro-Consciousness Meditation joins the daily routine — all three practices now active

PHYSICAL FOCUS

- Add progressive overload — slightly heavier weights or more sets
- Assess equipment needs and upgrade if motivated
- Nutrition consistency is the priority — not perfection
- Walks are energizing — try walking barefoot on grass

MIND & INNER PRACTICE

- All three meditation practices daily from this point forward:**
- Kouas Biofield Reset — Dr. Paul Drouin video
- Chakra Meditation — ROYGBIV, 5–10 min
- Pro-Consciousness Meditation — 20 min, Vogel crystal** (new this week)
- Spread them across your day — morning, midday, evening works well
- Introduce red light products if not yet done
- Sleep quality should be noticeably improving by now
- Hobby time: fully unplug and enjoy it



Pro-Consciousness Meditation — Beginning Week 5

Use your Vogel-cut crystal from your Project Noosphere kit. Hold it over your third eye for 10 minutes, your root chakra for 5 minutes, and your heart chakra for 5 minutes. Use brain.fm throughout. You are not stopping your thoughts — you are allowing them, watching them pass, and remaining as the awareness behind them. You may look asleep from the outside; inside, stay awake and focused. Sit upright on a cushion, in a chair, or lie down only if you can remain fully alert.

Integration

All pillars — physical, nutritional, meditative — converging into one cohesive lifestyle

PHYSICAL FOCUS

- All movement patterns now practiced with good form
- Continue protein and fiber tracking on PT Distinction
- Bone broth or organ supplements if incorporated — stay consistent
- Celebrate your consistency — strength is building

MIND & INNER PRACTICE

- **All three meditations continue daily**
 - Kouas, Chakra, Pro-Consciousness
- Assess the light environment with fresh eyes — is it fully optimized?
- Review journal — identify the most meaningful insights
- Share a win with someone in your support network
- Notice how the three practices feel different from one another

The Deep *Reset*

By this point you have been practicing all three meditations daily for several weeks. The Kouas has been with you since Day 1. The Chakra practice since Week 3. The Pro-Consciousness meditation since Week 5. These final two weeks are about going deeper — longer holds, more sensitivity, more presence. This is where the practice truly opens up.

Deepening the Practice

All three meditations well-established — focus shifts to depth, sensitivity, and presence

PHYSICAL PRACTICE

- All movement pillars continue — you own the habit now
- Earthing sessions paired with meditation outdoors if possible
- Progressive overload continues in training
- Nutrition tracking steady and intuitive

INNER PRACTICE

- Kouas Biofield Reset — Week 7: feel for energy at each point more actively
- Chakra Meditation — let each center guide the time; follow the energy
- Pro-Consciousness Meditation — 20 min, Vogel crystal; deeper stillness
- Journal on your meditation experiences — what do you notice?
- Be patient — these are skills that deepen over time
- No forcing. Allow. Observe. Trust.

The Full Renaissance

Integration of every pillar — body, mind, and biofield

YOUR PRACTICE

- All three meditations daily — treat them as non-negotiable
- Movement feels natural and joyful — not like a chore
- Nutrition tracking is intuitive — not anxious
- Sleep, light, grounding, breath — all woven into daily life

REFLECTION & CONTINUATION

- Do a full journaling review of your 8-week journey
- Identify which practices had the biggest impact
- Set intentions for the next 8 weeks of your life
- Consider how you will maintain and deepen each pillar

A Note on the Path Forward

Eight weeks is the beginning, not the destination. You are not your thoughts — you are the consciousness behind them. These practices are tools to help you remember that. You have consciously chosen to commit to your own renewal. That choice, repeated daily, is what a Renaissance looks like.

The Movement *System*

Five days per week, 10–20 minutes per session, 2–3 sets of 5–15 reps. The structure alternates across four training days — Total Body, Push Day, Lower Body Pull, and Lower Body Push — with one flexible active day.



Equipment Recommendations: Kettlebells, dumbbells, barbells, TRX suspension trainer, gymnastic rings, resistance bands. Machine access is a bonus but not required. The most important piece of equipment is whatever you will actually use consistently.

DAY	TYPE	UPPER BODY FOCUS	LOWER BODY FOCUS	NOTES
Day 1	TOTAL BODY	Compound upper movement (your choice)	Compound lower movement	Full integration; keep it flowing
Day 2	PUSH DAY	Horizontal Plane: Chest press variation e.g. DB press, barbell bench, push-up, ring push-up	Lower Body Push: Alternate squat & lunge e.g. goblet squat ↔ reverse lunge, split squat ↔ step-up	Pair with horizontal row for balance
Day 3	LOWER PULL	Vertical Plane: Overhead press variation e.g. KB press, DB overhead, landmine press Lat pulldown or pull-up variation e.g. pull-up, ring row, TRX row, lat pulldown	Alternate: Nordic curl ↔ Kettlebell swing Nordic curls build eccentric hamstring strength; KB swings build power and posterior chain	A powerful combo — vertical pressing paired with hip-hinge pulling
Day 4	PUSH DAY 2	Horizontal press + Horizontal row Chest press variation + cable/DB/TRX row	Squat or lunge variation (alternate from Day 2)	Rotate exercises to keep adaptation stimulus fresh
Day 5	ACTIVE / FLEX	Light activity of your choice — walk, mobility, yoga, swim, hike, play		Movement for joy, not performance
Days 6–7	Rest, recovery, family time, earthing, meditation — restoration is training			

Sets & Reps Framework

2-3 sets of 5-15 reps. Choose a weight or variation that challenges you within that rep range. When 15 reps feels easy, progress the weight, variation, or add a set. When 5 reps feels hard, regress to a lighter variation until technique is solid. Technique always precedes load.

07 — FUELING

Nutrition *Approach*

Nutrition in this course is intentionally simple. You will track on PT Distinction — but **do not focus on calories**. Calorie obsession creates stress, and stress elevates cortisol, which sabotages every other goal. Instead, focus on two things: protein and fiber.

What to Track on PT Distinction

Protein Target	Refer to your Nutrition Guide for your personal target General guideline: ~0.7–1g per pound of bodyweight
Daily Fiber	20–30 g from whole fruits & vegetables
Calorie Counting	Not required — intentionally excluded
Tracking Tool	PT Distinction platform (link sent after enrollment)

Food-First Supplementation

This course does not focus on supplements — real food is the priority. That said, here are two highly effective and affordable approaches worth considering:

Eggs — The Perfect Food

Eating eggs regularly covers an enormous amount of your daily nutritional requirements: complete protein, B12, choline, fat-soluble vitamins (A, D, E, K), and minerals. If you eat eggs consistently, you are far ahead of most people nutritionally.

Homemade Bone Broth

Get beef marrow bones and add to a crock pot for 12–24 hours with: a couple tablespoons of apple cider vinegar (draws out minerals), salt and pepper, freshly grated turmeric, and freshly grated ginger. What you get:

- Glucosamine & chondroitin for joint health
- Major minerals (calcium, magnesium, phosphorus)
- Anti-inflammatory compounds from ginger and turmeric
- Collagen peptides for skin, gut, and connective tissue
- Digestive support and gut lining repair

Organ Meat Supplements

Organ meats are the most nutrient-dense foods on earth — but most people won't eat them whole. High-quality encapsulated organ meat supplements fill this gap beautifully. Two recommended brands:

- **Paleo Valley** — grass-fed, high quality organ complex
- **Trace Mineral Research** — broad-spectrum mineral and organ support

Light is information. Your body responds biologically to the wavelengths of light it receives — and modern indoor lighting is almost universally wrong for human health. This section gives you the tools to fix that.



Daytime — Full Spectrum

Replace standard LED or fluorescent bulbs with full-spectrum bulbs. These mimic natural daylight, support serotonin production, and help regulate your circadian rhythm indoors.



Evening — Red Light

After sunset, switch to red or amber lighting to minimize blue light exposure. This protects natural melatonin production and significantly improves sleep quality and depth.

Recommended Sources

Hooga Health

One of the best sources for red light therapy panels and devices, as well as full-spectrum lighting. Excellent quality at reasonable prices.

hoogahealth.com

Block Blue Light

Comprehensive range of blue-light-blocking products: glasses, screen filters, bulbs, and sleep-supportive lighting solutions.

blockbluelight.com

Amazon

A wide variety of options available — full-spectrum bulbs, red lights, and light therapy panels. Do your research: look for peer-reviewed product data, verified reviews, and reputable brands before purchasing.

Earthing & *Grounding*

The Earth carries a mild negative charge on its surface — a vast reservoir of free electrons. When your bare skin makes direct contact with the earth, you absorb these electrons, which act as natural antioxidants, neutralizing free radicals in your body. Research suggests earthing reduces inflammation, improves sleep, and supports cardiovascular health.

How to Practice Earthing

Walk barefoot on grass, soil, sand, or natural stone — any direct contact counts. Even 10–20 minutes daily makes a measurable difference. Pair your post-meal walks with barefoot time whenever possible. Standing or sitting on the earth during your morning or evening sunlight exposure is a beautiful combination.

Indoor Earthing Products

For those in colder climates or with limited outdoor access, earthing mats and sheets allow you to ground while sleeping or working. Below are two categories of well-regarded Amazon products to look for:

Groundology / Ultimate Longevity

Well-established earthing brands known for quality grounding mats and bed pads. Search Amazon for their grounding half-sheets and desk mats — widely reviewed and trusted in the earthing community.

Organic Cotton Earthing Sheets

Look for earthing fitted sheets made with **certified organic cotton** with silver-threaded conductive grids. Brands like **Earthing Harmony** and **Hooga Earthing Sheets** offer organic cotton versions on Amazon — check verified reviews and confirm they include the grounding cord.



When purchasing earthing products on Amazon, look for items with the grounding cord and outlet adapter included, and always verify that the product uses a legitimate silver-thread or carbon conductive surface. Read reviews carefully — this is an area where quality varies significantly.

Breathing & *Stress Reset*

Your breath is the only autonomic function you can consciously control — and through it, you can directly influence your heart rate, blood pressure, nervous system state, and emotional tone. Refer to your **Stress Guide** and **Sleep Guide** for the full vagus nerve reset, morning and night routines, and additional stress strategies. Below are the core breathing techniques for this course.

4-7-8 Breath

4 · 7 · 8

Inhale for 4 counts, hold for 7, exhale slowly for 8. Powerful for sleep onset and acute stress relief. The extended hold is the key mechanism.

Box Breathing

5 · 5 · 5 · 5

In for 5, hold for 5, out for 5, hold for 5. Used by Navy SEALs and first responders. Excellent for focus and nervous system regulation.

Nostril Breathing

L · R

Cover one nostril and breathe in deeply, then cover the other and breathe out. Alternate sides. Balances the two hemispheres of the nervous system.

Diaphragmatic



The foundation of all breathwork. Breathe into your belly, not your chest. One hand on belly, one on chest — belly rises first. Practice this daily as your baseline breath.

Vagus Nerve Reset & More

Your Stress Guide contains the full vagus nerve reset protocol — a powerful tool for shifting out of a fight-or-flight state. Your Sleep Guide contains the morning and night routines, including breathing sequences to begin and end your day. These guides are essential companions to this course.

11 — INNER WORK

The Journaling *Practice*

Five to ten minutes, every day. Keep it short, honest, and open. This is not a productivity log — it is a pressure valve and a compass. You are not journaling to perform wellness; you are journaling to know yourself.

Daily Journaling Framework

- 1 What is on my mind right now? What needs to be processed or released?

- 2 What is bothering me, or what am I carrying that feels heavy?

- 3 One moment of genuine gratitude — something real, not just a box to tick.

- 4 One goal for today — something specific and within my control.

- 5 One thing to reflect on from my journey so far.

- ★ ***If writing about a struggle:*** pair it with an action — even one small step, or an honest "I don't know yet, but I'm going to ask for help."

 Struggles released on paper without action can deepen rumination. When you write something painful down, add what you *think* might help — even if that answer is "I'm not sure, and I need support." Both are valid. Both move you forward.

12 — BIOFIELD WORK

The Meditation *Practices*

These three practices are the signature element of the 8-Week Course. Unlike the physical pillars, they do not all begin at once — they are layered in progressively so each one has time to take root. The **Kouas Biofield Reset** begins on Day 1. The **Chakra Meditation** is added in Week 3. The **Pro-Consciousness Meditation** joins in Week 5. By the halfway point, all three are part of your daily life. Treat them as skills you are learning to master. Progress comes from repetition, patience, and surrender to the process. Spread them across your day — they do not need to be back-to-back.

Posture & Setting

Sitting upright on a cushion or mat is ideal. A chair is perfectly fine if that is more comfortable. Lying down is acceptable *only* if you can remain alert — the goal is to look asleep from the outside while remaining fully awake and focused on the inside. You are not falling asleep. You are the consciousness observing.

Pro-Consciousness Meditation

~20 minutes — Full crystal & chakra work

1

Preparation

Acquire the meditation kit from projectnoosphere.com. Find a quiet space. Sit upright or lie down with focus. Use brain.fm to access a meditative brain state. Begin your session by setting a clear intention: healing, balance, restoration.

2

Third Eye — 10 Minutes

Hold your Vogel-cut crystal lightly over your third eye (between and slightly above your eyebrows). Breathe slowly. Let your thoughts arise and pass without attachment. You are not your thoughts — you are the consciousness behind them. Allow the session to deepen.

3

Root Chakra — 5 Minutes

Move the crystal to your root chakra (base of the spine / perineum area). Continue breathing and releasing. Feel into the energy of safety, groundedness, and stability.

4

Heart Chakra — 5 Minutes

Place the crystal over your heart center. Breathe love in, breathe tension out. This is a practice of opening — to yourself, to healing, to life.

Chakra Meditation — The Rainbow

5–10 minutes — ROYGBIV journey through your energy centers

						
ROOT RED	SACRAL ORANGE	SOLAR YELLOW	HEART GREEN/PINK	THROAT BLUE	THIRD EYE INDIGO	CROWN VIOLET

Sit comfortably and upright. Turn on your music (brain.fm recommended). Begin at the root chakra — visualize a glowing sphere of red light at the base of your spine. Feel it. When it feels right, move upward. Each chakra: its color, its energy, its associated feeling. The heart is green and pink — most teachers and traditions hold this. Take as much time at each center as you need. The goal is 5–10 minutes total, but do not be attached to time. Even two minutes of genuine presence in this practice is meaningful.

Biofield Reset — The Kouas

Based on classical Chinese / Taoist Medicine meridian energy points

The Kouas are ten charge points corresponding to the meridians in your body — used in Taoist medicine to cultivate and direct vital energy (qi). Dr. Paul Drouin pairs specific emotions and affirmations with each point. You do not need to say them aloud — hold the intention internally. Focus on **feeling** the energy at each point. This is a skill, and it deepens with practice.

Guided Practice Video

Follow Dr. Paul Drouin's guided Kouas session to learn this practice:

► [Watch the Kouas Practice Guide on YouTube](#)



Your Vogel-cut crystal is used in this practice as well. As you develop sensitivity, you will begin to feel subtle energy at each Koua. Be patient — this is one of the more advanced techniques in the course and may take weeks or months to feel deeply. That is exactly as it should be.

🎵 **brain.fm — Recommended for All Sessions**

brain.fm uses AI-generated functional music engineered to help your brain enter specific states: deep focus, relaxation, sleep, or meditation. It acts as a powerful support tool for all three meditation modalities and makes entering a meditative state significantly easier. Highly recommended for this course. brain.fm



*You are not your thoughts. You are the consciousness behind your thoughts.
These practices are not something you do — they are something you
remember.*

13 — REFERENCE

Resources & *Links*



Project Noosphere

Source for the Pro-Consciousness meditation kit and Vogel-cut crystal.

projectnoosphere.com



brain.fm

Functional music for focus, relaxation, and meditation. Recommended for all meditation sessions.

brain.fm

Hooga Health

Red light therapy panels and full-spectrum lighting.

hoogahealth.com

Block Blue Light

Blue light blocking glasses, bulbs, and screen filters for evening use.

blockbluelight.com

Kouas Practice

Dr. Paul Drouin's guided Kouas / biofield reset video.

[Watch on YouTube](#)

PT Distinction

Your exclusive online training and nutrition tracking platform. Login info sent after enrollment.

Paleo Valley

High-quality grass-fed organ meat supplement complex.

paleovalley.com

Trace Mineral Research

Broad-spectrum mineral and organ complex supplements.

traceminerals.com

A Final Word on Balance

Life is about more than optimizing. During these eight weeks, make space for joy — a hobby you love, time with people who matter to you, laughter, play, and rest that isn't a performance. The point of all this work is to feel more alive. Do not lose that in the pursuit of it. You are already whole. This course helps you remember it.

Renaissance Health & Fitness

8-WEEK TRANSFORMATION COURSE

This guide is a living document to be used alongside your Sleep Guide, Stress Guide, Nutrition Guide, 4-Week Course, and PT Distinction platform. All content is provided for educational and wellness purposes. Consult a qualified healthcare provider for any medical concerns.

TRUST THE PROCESS · BE PATIENT WITH YOURSELF · YOU ARE WORTH THIS