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# Cortisol Protocol

## The Re-Ignite Program

By Sam Guest

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**IMPORTANT:** Where a link is given in this document it is to help you identify what it is you're looking for, do not feel obliged to buy these particular products.

***Anything ordered from Amrita use the Code M9HCFA to get a 10% discount***

Give up all caffeine.

BIG Breakfast of protein and carbohydrates, cold potato and chicken is perfect. Or have a Berry Bowl:

300 - 500g blueberries

25g Walnuts

Pinch Cinnamon

Recipe also in the Meals section of the app.

### Supplements

To be taken whenever you feel stressed or know a stressful situation is coming:

Phosphatidyl serine

Take every other morning (do not do this one more than once every 2 days as too much GABA can have a depressive effect):

3000mg GABA

150mg Saffron Extract

If struggling to sleep:

Melatonin

Or grab the Master Sleep Protocol