

The 7-Day Quick Start Program

Bonus — The Modern Man's Herbal Playbook

You don't need to do everything in the book at once. Start here — one focus per day, building on the day before. Pages 2-3 give you the herb and food reference to support each step.

Day 1

Morning Light

- Get 5–15 minutes of outdoor light before checking your phone — no sunglasses, even cloudy light works.
- This single habit stabilizes cortisol and supports testosterone signaling more than most supplements.

Day 2

Breakfast Rules

- Build breakfast around protein + fat, minimal sugar — eggs with vegetables, or a meat-based breakfast.
- Egg yolks and quality red meat are not the enemy — they supply the raw materials hormones are built from.

Day 3

Evening Downshift

- Dim the lights, slow your movements, take a warm shower before bed.
- Cut screens 60 minutes before sleep — night mode is not enough.

Day 4

Choose One Herb

- Pick ONE herb from the reference chart (page 2) that matches your dominant weakness — stress, circulation, or energy.
- Stimulating herbs (Tongkat Ali, Rhodiola, Ginseng) go in the morning only — never in the evening.

Day 5

Circulation Foods

- Add one nitric-oxide food today — leafy greens, beetroot, or watermelon (see page 3).
- Light morning movement (a walk, stretching) supports the same goal — circulation, not punishment.

Day 6

Sleep Consistency

- Set one consistent bedtime and wake time — including weekends.
- Keep your bedroom cool, dark, and quiet. This is biological necessity, not luxury.

Day 7

The Weekly Reset

- Review Days 1-6 — which stuck, which didn't?
- Read Chapter 13 (The Weekly Reset Routine) and choose your one weekly stress-release practice going forward.

THE 21ST CENTURY APOTHECARY — NOT MEDICAL ADVICE. ALWAYS CONSULT A QUALIFIED HEALTHCARE PROFESSIONAL.

Your Herb Quick-Reference Chart

Organized by what each herb is actually for — choose one or two, not all

For Testosterone & Stress Resilience (Chapter 6)

Herb	Best For	Timing
Tongkat Ali	Chronic stress, low drive, "normal but low" labs	Morning · cycle 5 on / 2 off
Ashwagandha	Anxiety, burnout, poor sleep, "wired but tired"	Evening · start low
Shilajit	Low energy, burnout recovery	Small doses · purified source only
Fenugreek	Low libido, abdominal fat, post-meal crashes	With meals

For Blood Flow & Erectile Health (Chapter 7)

Herb	Best For	Timing
Panax Ginseng	Weaker erections, mental fatigue, performance anxiety	Morning/early afternoon · cycle
Horny Goat Weed	Reduced firmness/sensitivity, age-related decline	Start low · avoid with heart rhythm issues
Beetroot	Mild circulation issues, food-based preference	Fresh or lightly cooked
L-Arginine Foods	Foundational, long-term vascular health	Watermelon, pumpkin seeds, turkey, chickpeas

For Energy, Focus & Drive (Chapter 8)		
Herb	Best For	Timing
Rhodiola Rosea	Cognitive load, brain fog, mental burnout	Earlier in day · cycle periodically
Maca Root	Low enthusiasm, mood-related fatigue	Small amounts · avoid late-night
Siberian Ginseng	Long workdays, easy physical crashes	Mild, steady — good for consistency
Korean Ginseng	Acute performance demands, sharp focus	Short-term · should be cycled

The Apothecary Rule: More is not better. Choose based on your dominant weakness — stress, circulation, or energy — not all three at once. Herbs amplify discipline; they do not replace it.

THE 21ST CENTURY APOTHECARY

THE 21ST CENTURY APOTHECARY

Your 3-Day Vitality Meal Plan

Built from Chapters 9 & 10 — foods that build hormones and open circulation

Build Testosterone - Eggs & quality red meat - Oysters, beef, pumpkin seeds (zinc) - Olive oil, avocado, fatty fish	Open Circulation - Spinach, arugula, kale (nitrates) - Beets & watermelon - Raw cocoa	Avoid / Limit - Industrial seed oils, trans fats - Ultra-processed "low-fat" foods - Excess sugar, chronic mouthwash use
--	--	---

Day	Breakfast	Lunch	Dinner
Day 1	Eggs + spinach, avocado	Grass-fed beef, mixed greens, olive oil	Fatty fish, roasted beets, leafy greens
Day 2	Eggs + pumpkin seeds, greens	Turkey, chickpeas, arugula salad	Beef or oysters, swiss chard, olive oil
Day 3	Eggs + watermelon on the side	Fatty fish, kale, beetroot salad	Grass-fed beef, spinach, avocado

The Principle Behind This Plan: Every meal either signals safety and abundance to your hormones, or signals stress and scarcity. This isn't a strict diet — it's a repeatable pattern. Rotate these meals, adjust portions to your needs, and keep the pattern consistent rather than perfect.

THE 21ST CENTURY APOTHECARY — NOT MEDICAL ADVICE. ADJUST FOR ANY ALLERGIES OR MEDICAL CONDITIONS.