

MVHK Protocol 7-Day Quick Start

Lower LDL. Increase energy. Improve metabolic health.

- No supplements required
- No extreme routines
- No guesswork

Just a simple system that works.

HOW THIS WORKS

Your body responds to signals:

- Light → circadian rhythm
- Movement → insulin sensitivity
- Nutrition → lipid metabolism
- Sleep → recovery

Fix the inputs → results follow.

THE RULES

- Eat real food
- Move every day
- Sleep at the same time
- No constant snacking

Consistency > optimization

DAY 1 — RESET SIGNALS

- Morning light (5–15 min)
- 8–10k steps total
- Delay first meal (optional, 12:00–14:00)

→ stabilizes circadian rhythm + insulin response

DAY 2 – CHOLESTEROL FOCUS

- Oats daily (beta-glucan \geq 3g)
- Fiber in every meal
- Avoid ultra-processed fats

→ supports LDL reduction

DAY 3 – MOVEMENT BASE

- 8–10k steps
- 20–30 min moderate cardio
- Core work (planks, basic stability)

→ improves glucose handling

DAY 4 – SLEEP LOCK-IN

- Fixed sleep time
- Dark room
- No screens before bed

→ improves recovery + hormones

DAY 5 – NUTRITION STRUCTURE

- Protein + fiber every meal
- No snacking
- Last meal 2–3h before sleep

→ stabilizes energy + appetite

DAY 6 – STRENGTH

- Full body training
- Compound movements
- Moderate intensity

→ builds metabolic resilience

DAY 7 — RECOVERY

- Light walk
- Mobility / stretching
- Maintain routine

→ supports consistency

FOCUS ON THIS

If you only do 3 things:

1. Morning daylight
2. Daily movement
3. Fiber intake

This drives most results.

NEXT STEP

[Get the full MVHK Protocol \(exact steps + structure\):](#)

START NOW

You don't need more information.

You need execution. Most people feel a difference within 3–7 days.

Start today. Repeat tomorrow.