

PEAK PERFORMANCE WELLNESS

Tamarin · Mauritius · ppwellness.co



Anti-Ageing

× *Fascia Protocol*

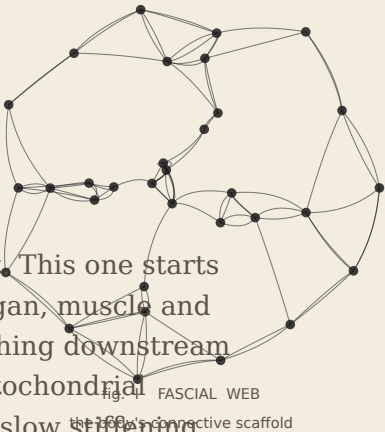
Age the way the body was designed to move.

PROTOCOL v2 · 2026

01 · THE FRAMEWORK

Six pillars.

One connected body.



Most anti-ageing protocols treat the body as a chemistry set. This one starts with fascia — the connective tissue web that holds every organ, muscle and nerve in place. When fascia dehydrates and adheres, everything downstream suffers: circulation, lymph, nerve glide, posture, and the mitochondrial machinery that powers it all. Ageing, in this protocol, is the slow stiffening of the web. Anti-ageing is the daily practice of keeping it soft, hydrated, mobile and well-powered.

I



FASCIA
HYDRATE THE WEB

Daily mobility, deep fascia work, 2-3 L of water, electrolytes, glycine. Fascia is 70% water — when it dries, it adheres, and adhered fascia is what we call

II



MITOCHONDRIA
RESTORE THE ENGINE

NMN, NADH, PQQ, CoQ10, zone-2 cardio. Mitochondrial decline is the single most replicated finding in ageing research. Power the cell, power the person.

III



HORMESIS
STRESS, ON PURPOSE

Cold plunges, sauna, fasting, sunlight, brief intense effort. Small, controlled stressors trigger repair pathways — AMPK, sirtuins, heat-shock proteins.

IV



LIGHT
SUN IN, BLUE OUT

Morning sunlight within 30 min of waking. Blue-blocking glasses 2 h before sleep. Light is the master clock — get it wrong and nothing else compensates.

V



SLEEP
PROTECT THE PULSE

8 h, cool, dark, silent. Growth hormone pulses in slow-wave sleep and does the overnight repair work — skin, fascia, mitochondria, everything.

VI



MIND
REGULATE THE NERVOUS SYSTEM

Breathwork, slow exhales, daily stillness. A chronically up-regulated sympathetic system burns through the body. Calm is not optional — it is metabolic.

02 · PILLAR I · FASCIA

The web that holds *everything together.*

Fascia is the body's forgotten organ. A continuous sheet of collagen, elastin and ground substance that wraps every muscle fibre, every organ, every nerve and every bone. When hydrated and healthy it glides. When dehydrated, under-used, or chronically stressed, it thickens and adheres — layers that should slide past each other start to stick. This is the real mechanical story of ageing: not weak muscles, but stuck fascia.

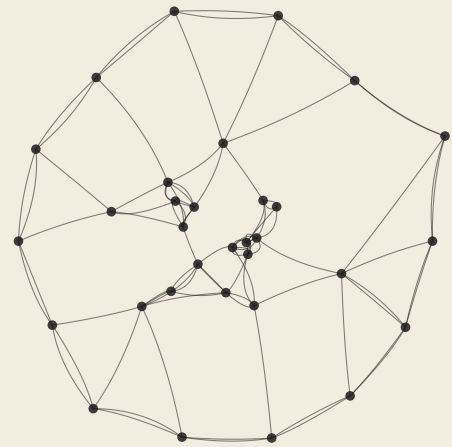


fig. II HEALTHY vs ADHERED FASCIA
hydrated web glides · dry web sticks

This is the lens through which this protocol was built. Vic's therapy practice is based on Deep Fascia Massage and Fascia Intelligence Pilates — the direct manual and movement-based restoration of that gliding capacity. Most of what we treat as 'old-age pain' — stiff shoulders, tight hips, restricted breathing, nerve compression — is not muscle or joint damage. It is fascia that has lost its water and its slide.

The daily fascia practice.

Morning	5-10 min mobility flow on waking · hip hinge, spine waves, shoulder glide
Hydration	2.5-3 L water with a pinch of sea salt · fascia is 70% water
Amino acids	Glycine 3 g/day (in collagen peptides) · raw material for connective tissue
Self-treatment	Lacrosse ball or foam roller 10 min PM · slow sustained pressure, not rolling
Professional	Deep fascia session every 2-4 weeks · restores layers manual work cannot reach
Breath	Diaphragmatic breathing — the diaphragm is the largest fascia pump in the body

03 · PILLARS II + III

Power the engine.

Then stress it, carefully.

Every cell runs on mitochondria. They convert food into ATP — the currency of life — and their efficiency declines with age as NAD⁺ falls, membranes oxidise, and biogenesis slows. The stack below rebuilds NAD⁺, triggers new mitochondrial growth, and protects the inner membrane. Then, once the engine is strong, we deliberately stress it with hormesis — cold, heat, fasting, intense effort. Small repeated stresses trigger repair pathways (AMPK, sirtuins, heat-shock proteins) that make the whole system more resilient.

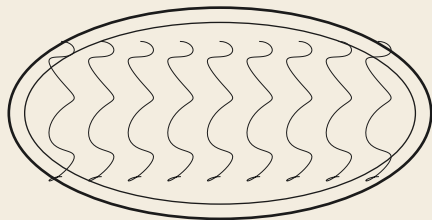


fig. III MITOCHONDRION

Mitochondrial stack

NMN	500 mg AM
NADH	20 mg AM
PQQ	20 mg AM · with fat
CoQ10 (ubiquinol)	100 mg AM
Magnesium glycinate	400 mg PM
Alpha-Lipoic Acid	300 mg AM

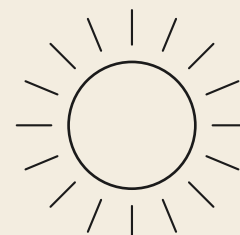
Hormesis — the weekly rhythm.

Daily	14–16 h fasting window · autophagy + AMPK
Daily	AM sunlight, 10+ min on bare skin · nitric oxide, mitochondrial biogenesis
3–5×/wk	Cold plunge 2–4 min, or 30s end of shower · norepinephrine, brown fat
2–3×/wk	Sauna 15–20 min at 80°C+ · heat-shock proteins, cardiovascular conditioning
3–4×/wk	Zone-2 cardio 30–45 min · mitochondrial biogenesis, fat oxidation
2×/wk	Resistance training · muscle is an endocrine organ, protects against sarcopenia

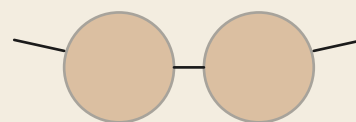
04 · PILLARS IV + V

Sun in. Blue out.

Light is not a lifestyle topic — it is the strongest zeitgeber we have. Morning sunlight on the skin and eyes sets the circadian clock, triggers nitric-oxide release, drops cortisol correctly, and primes melatonin for the evening. Blue light after sunset does the opposite: it delays melatonin, blunts the nocturnal growth hormone pulse, and steals slow-wave sleep. Blue-blocking glasses two hours before bed are the single cheapest anti-ageing intervention on this page. Non-negotiable.



AM · SUN



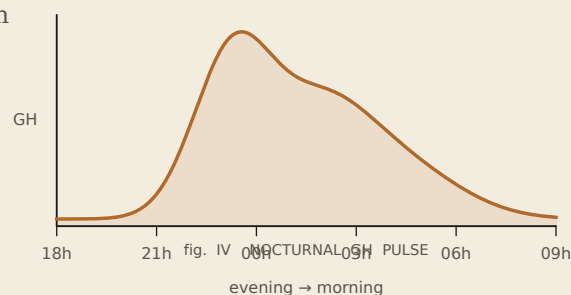
PM · BLUE-BLOCKERS

Light protocol.

06:00-08:00	10-15 min direct sunlight on face and skin · no sunglasses · no window glass
Midday	5 min sun exposure · vitamin D synthesis peak
Sunset	Watch it if you can · red-spectrum light recalibrates the circadian clock
20:00	Blue-blocking glasses on · amber lenses, not clear
21:30	Dim all indoor lights · candles or red bulbs ideal
22:00	Screens off · or if unavoidable, screen at lowest warm setting + glasses

Sleep — where the repair happens.

Growth hormone pulses in the first half of the night, during slow-wave sleep. That pulse is what remodels fascia, skin and muscle overnight. Protect it with darkness, coolness (18-19°C), silence, and a last meal closed by 20:00. Everything else on this page depends on sleep doing its work.



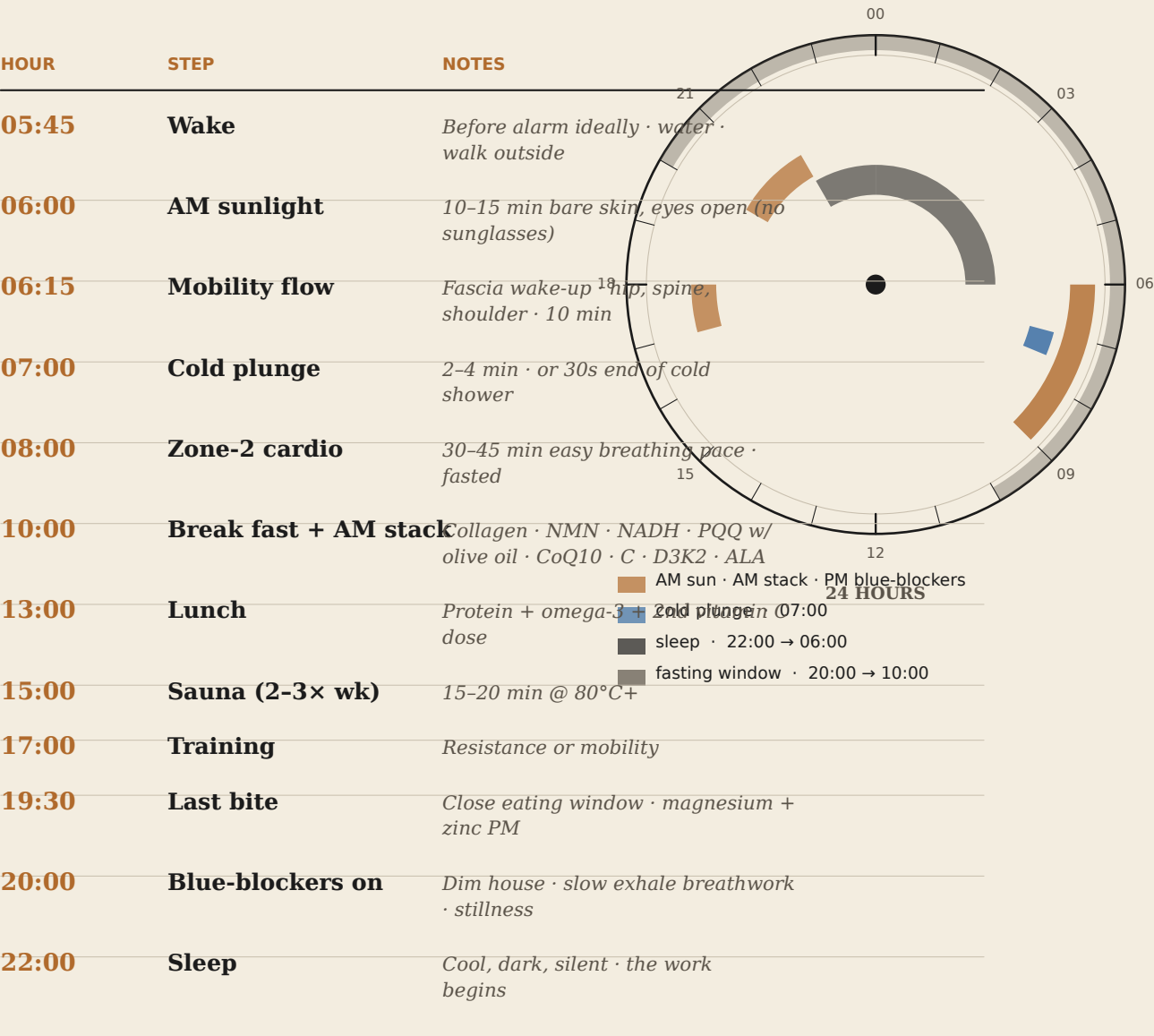
05 · THE COMPLETE STACK

The stack.

INGREDIENT	DOSE	TIMING	WHY
NMN	500 mg	AM fasted	NAD ⁺ restoration · longevity SIRT1 pathway
NADH	20 mg	AM fasted	Direct NAD ⁺ precursor, immediate ATP
PQQ	20 mg	AM w/ fat	Triggers new mitochondria
CoQ10 (Ubiquinol)	100 mg	AM w/ fat	Electron transport chain
Alpha-Lipoic Acid	300 mg	AM	Universal antioxidant, regen vit C/E
Vitamin C (liposomal)	1000 mg	AM + PM	Collagen, immunity, anti-ox
Vitamin D3 + K2	5000 IU + 100 mcg	AM w/ fat	Bone, immune, cardiovascular
Magnesium Glycinate	400 mg	PM	Sleep, fascia relaxation, 300+ enzymes
Zinc Picolinate	15 mg	PM	Immune, skin, separate from copper
Omega-3 EPA/DHA	2 g	Lunch	Membrane fluidity, anti- inflammatory
Collagen peptides	15 g	AM fasted	Glycine · fascia raw material
Blue-blocking glasses	—	20:00	Protects melatonin & GH pulse
Derma roller 0.5 mm	—	2×/wk PM	Localised collagen stimulation

06 · THE DAY, ORCHESTRATED

A day in the protocol.



If you forget everything else.

I Ageing is fascia stiffening.

Keep the web hydrated, mobile, and worked on. Everything else is downstream.

II Mitochondria set the ceiling.

You cannot out-supplement a dead engine. Rebuild NAD⁺, trigger biogenesis, then train it.

III Hormesis, not comfort.

Cold, heat, fasting, effort. Small stresses in · large repair out. Comfort is a slow decline.

IV Light is medicine.

AM sun, PM darkness, blue-blockers. The circadian system runs the whole show.

V Sleep is where repair lives.

GH pulses in deep sleep. Protect it or nothing else compounds.

VI Calm is metabolic.

Breathwork, stillness, nervous-system regulation. Chronic stress ages faster than any other input.

VII Consistency beats intensity.

A 70% protocol followed daily beats a 100% protocol followed twice. Build the rhythm.

DISCLAIMER · ADVISORY

This protocol is educational and reflects a synthesis of published research on fascia, mitochondrial biology, circadian endocrinology, hormesis and sleep. It is not medical advice and does not replace consultation with a qualified healthcare provider. Do not combine with prescription medication without speaking to your doctor. If you are pregnant, breastfeeding, have cardiovascular disease, or manage a chronic condition, obtain medical clearance before starting cold exposure, sauna, fasting or new

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Anti-Aging Protocol

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1. Magnesium Glycinate 400mg

GABAergic tone + cofactor; Mg deficiency widespread (Abbasi, J Res Med Sci 2012; Boyle, Nutrients 2017 meta).

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2. Omega-3 Triglyceride form, EPA ≥1g

Membrane phospholipids → eicosanoid balance; TG form better absorbed than ethyl ester (Dyerberg 2010).

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3. Vitamin D3 5000 IU + K2 (MK-7)

D3 → 25(OH)D; K2 directs calcium to bone vs artery (Manson, NEJM 2019 VITAL; Knapen 2015).

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4. Hydrolysed Collagen Peptides + Vitamin C

Hydrolysed peptides absorbed; stimulate fibroblast collagen; pair with vit C cofactor (Zdzieblik 2015; Proksch 2014).

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5. CoQ10 Ubiquinol 100mg

Mitochondrial electron transport (Complex I→III); ubiquinol better absorbed in older adults (Mortensen 2014 Q-SYMBIO).

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6. B-Complex methylated (5-MTHF + methylcobalamin)

Methylated forms bypass MTHFR variants; 1-carbon-cycle cofactor (Pietrzik 2010).

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7. Full-blackout sleep mask

Eliminates light-leak melatonin suppression (Mason, Sleep 2022 RCT).

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8. Weighted blanket (~7kg / 10% body weight)

RCT in psychiatric insomnia, large effect (Ekholm, J Clin Sleep Med 2020).

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