

Here is the master schedule for the integrated 12-week rejuvenation and oncological protocol, including the optimized daily routine and vital dietary restrictions regarding what and when to eat.

The Daily Master Schedule

06:00 – 08:00 | Fasted Core Stack

- **What to take:** Your oral baseline of Methylene Blue (15-30mg for rejuvenation or 150mg for oncology), NMN (500mg), and um-PEA (600mg) 1.
- **Dietary Rule (When NOT to eat):** You must take these supplements first thing in the morning on an completely empty stomach with pure water 1. Following ingestion, you must adhere to a **strict 2-hour fasting window** 1. This establishes a metabolic bottleneck, avoids macronutrient competition, and sparks sirtuin-mediated DNA repair under low-energy cellular conditions 1, 2.

06:00 | AM Topical Application

- **What to apply:** Apply the daytime environmental shielding matrix (Silymarin, Rosmarinic Acid, Berberine, Gingerols, and Ginkgo Extract) to target dermal zones 1.

18:00 | PM Topical Application

- **What to apply:** Apply the nighttime regenerative matrix (Bakuchiol, Gotu Kola, Rosmarinic Acid, Curcumin, Gingerols, and EGCG) to target dermal zones to align with peak nocturnal cellular mitosis 1.

Crucial Dietary Restrictions (What NOT to Eat)

- **During High-Dose Methylene Blue (150mg):** If you are utilizing the 150mg high-dose Methylene Blue protocol for active oncological management, you **must strictly avoid a high-tyramine diet** 3, 4. This means you cannot eat **aged cheeses, cured meats, fermented soy, or red wine** 3. High-dose Methylene Blue completely deactivates the MAO-A enzyme, meaning your GI tract loses its ability to process tyramine 3. Eating these foods under these conditions will cause an immediate displacement of stored norepinephrine, leading to severe vasoconstriction, dangerous blood pressure spikes, and a potentially fatal hypertensive crisis 3. *(Note: You must also strictly avoid serotonergic medications and over-the-counter supplements like 5-HTP or St. John's Wort to prevent Serotonin Syndrome 5).*
- **During the Senolytic Purge (Weeks 1-2):** You must strictly avoid any **exogenous antioxidants** 6. A localized oxidative spike is mandatory during this time to trigger apoptosis and kill senescent cells 6.
- **During 72-Hour Flushes:** At the end of Weeks 2, 5, and 8, you will enter a 72-hour flush where phase-specific agents are suspended. During these 3-day windows, your diet must shift to **strict hydration and the consumption of cruciferous vegetables** to provide sulforaphane, which induces Phase II hepatic detoxification 7.

The 12-Week Macro-Rotation Schedule

Weeks 1 – 2: Phase 4 (Senolytic Purge)

- **Oral Baseline:** NMN and Methylene Blue 6.
- **Suspended:** Oral PEA is completely suspended during this phase 6.
- **Targeted Stack:** High-dose Fisetin, Quercetin, Piperlongumine, Tocotrienols, and Ginsenoside Rg1 6.
- *End of Week 2:* Initiate the first 72-hour flush (Hydration and cruciferous vegetables only) 6, 7.

Weeks 3 – 5: Phase 1 (Clear & Flow)

- **Oral Baseline:** Reactivate the full oral baseline (NMN, Methylene Blue, and a 1200mg loading dose of um-PEA) 6.
- **Targeted Stack:** GSZMT Base Formula, Liposomal Curcumin, Pycnogenol, Ginkgo, Dan Shen, Boswellia, Spermidine, and Serrapeptase 6. Focuses on clearing post-apoptotic debris 6, 7.
- *End of Week 5:* Initiate the second 72-hour flush 6, 7.

Weeks 6 – 8: Phase 2 (Activate & Tonify)

- **Oral Baseline:** Full baseline, but taper um-PEA down to an 800mg maintenance dose 6.
- **Targeted Stack:** *Cistanche tubulosa*, Micronized Trans-Resveratrol, Icaritin, Naringin, *Rhizoma Drynariae*, Urolithin A, and Coenzyme Q10 to resuscitate mitochondrial function 6, 7.
- **Mandatory Reset (Weeks 6.5 – 7.5):** During this specific 7-day window, cut oral Methylene Blue by exactly 50% and completely stop all active topical botanicals to clear lipophilic receptor sites 6, 7.
- *End of Week 8:* Initiate the final 72-hour flush 6, 7.

Weeks 9 – 12: Phase 3 (Build & Structure)

- **Oral Baseline:** Full baseline, maintaining um-PEA at 600-800mg 6.
- **Targeted Stack:** *Eucommia ulmoides*, *Astragalus membranaceus*, *Panax ginseng*, Bioactive Type II Collagen Peptides, and *Rehmannia glutinosa* 6. This final phase swings the body into an anabolic state to physically rebuild the tissue matrix 6, 7.