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Pucci Wellness Center

The Autonomic & Cellular Reset Protocol

When people struggle with brain fog, a twitchy digestive system, or that "tired but wired" feeling, they often view them as completely separate issues.

Biologically, however, they are deeply connected by a single network: the **Autonomic Nervous System**.

When chronic stress pulls you out of your parasympathetic ("rest and digest") tone and parks you in sympathetic overdrive, a cascade happens:

- **The Vagus Nerve goes quiet:** Your body drops its production of key neurotransmitters that tell your GI tract to digest food properly and keep inflammation down.
- **Mitochondria enter a defensive state:** Instead of making clean energy, your cellular powerhouses shift their resources to defense. Metabolic stability drops, and brain fog rolls in.

To help break this loop without overwhelming you with a dozen different bottles, we look for comprehensive, high-efficiency nutrients that target the **Gut-Brain-Mitochondrial Axis** simultaneously.

4-Step Cellular Support Strategy:

Below we've mapped out a streamlined, 4-step cellular support strategy to help flip the switch back into a healing, parasympathetic state:

1. **Comprehensive Cellular Energy (*ATP 360*):** A powerhouse formula that feeds your mitochondrial membranes while providing necessary B-vitamins, minerals, and choline to support neurotransmitter balance.
2. **Neurological Calming (*Magnesium L-Threonate*):** A specific form of magnesium that crosses the blood-brain barrier to promote relaxation, calm an overactive mind, and support deep sleep.
3. **Systemic Anti-Inflammation (*High-Potency Omega-3*):** Essential fatty acids to soothe cellular inflammation, protect the gut lining, and support overall brain health.
4. **Immune & Mucosal Modulation (*Vitamin D3/K2*):** Crucial for balancing immune activity and protecting the tight junctions of your gut barrier.

We have pre-loaded this streamlined combination as a **Shared Protocol** inside your patient portal to make it seamless for you to review.

This protocol is designed to address the **Gut-Brain-Mitochondrial Axis** by supporting cellular membranes, calming an overactive nervous system, and restoring healthy parasympathetic tone.

Recommended Dosing & Implementation Schedule

Supplement	Primary Target	Standard Dosage	Best Time to Take	Clinical Notes
ATP 360	Mitochondrial Membrane & Vagus Nerve Support	3 capsules daily	With breakfast	Serves as your comprehensive metabolic baseline; eliminates the need for an additional B-complex.
Magnesium L-Threonate	Neurological Calming & Sleep Quality	2 capsules daily	30–60 mins before bed	Crosses the blood-brain barrier to promote relaxation and calm an overactive mind.
High-Potency Omega-3	Systemic Anti-Inflammation	1–2 softgels daily	With your largest meal	Supports cellular membrane fluidity and calms chronic inflammation.
Vitamin D3/K2	Immune Modulation & Gut Barrier	1 capsule daily	With breakfast	Crucial for cellular signaling and protecting the mucosal lining of the gut.

Implementation Instructions

- Duration: For optimal cellular repair, consistency is key. We typically recommend following this baseline protocol for 60 to 90 days.
- Consistency: Toggle the Auto-Ship option inside your Fullscript portal to ensure you do not experience a gap in your protocol while your cells are actively repairing.
- Access Your Portal: Click your customized link below to find these exact items pre-loaded into your cart with your exclusive practitioner discount automatically applied.

👉 **Click here to access The Autonomic & Cellular Reset Protocol**

To your health,

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