

FREE GUIDE

# The **Morning** Energy Blueprint

The first 90 minutes set your neurochemical state for the entire day. Here's how to stop leaving them to chance.

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I didn't always have a morning routine. I had chaos before coffee and a phone in my face before I'd even spoken to my own mind. When I started protecting the first hour, everything shifted. Mood, focus, energy, how I handled pressure. I stopped giving the first part of my day away before I was even properly awake, and the compounding effect of that single change was bigger than any supplement I've ever taken.

The first 60–90 minutes after waking set your neurochemical state for the entire day. Most men spend those minutes spiking cortisol from notifications, running on a dehydrated system, and wondering why they feel behind before 9am. It's a biology problem, not a character one. Here's what to do instead.

## No Phone for 30 Minutes

Not airplane mode. Not a quick check. Nothing. The phone stays face down until the protocol is done.

Your brain wakes in a theta wave state creative, receptive, programmable. The moment you open a notification, you hand that state to someone else's agenda. You're now reactive before you've had a single conscious thought of your own.

What you put in first sets the tone. Protect the window.

# Six Steps. 60 Minutes.

● **HYDRATE**

0:00

500ml of water with a pinch of Himalayan salt and the juice of half a lemon. Drink it before coffee, before food, before you speak to anyone. Sea salt or Himalayan works. Not table salt, which is stripped of the minerals that make this actually land.

You've been fasted and dehydrated through the night. The body needs water to produce the morning cortisol response, flush metabolic waste, and prime the gut for digestion. Most men reach for coffee first. Coffee on a dehydrated system spikes cortisol too fast. The energy comes in hard and crashes early. The anxiety runs higher than it needs to. Water first, every morning.

● **LIGHT EXPOSURE**

0:10

Get outside or stand at an open window facing the light. 10 minutes minimum. No sunglasses.

Morning sunlight hits the suprachiasmatic nucleus, the master clock in your brain, and sets your circadian rhythm for the entire day. It tells the body to stop producing melatonin and start the cortisol awakening response on schedule. When this step is missing, the body's timing gets confused. You feel groggy into the late morning, wired at night when you should be winding down, and your sleep quality drops. It all connects.

Overcast days still work. Cloud-filtered light is significantly brighter than any indoor light. No phone during this time. Walk slowly. Let the protocol do its job.



## COLD EXPOSURE

0:20

End your shower cold. 2–3 minutes minimum. Start warm if you need to, but finish cold and stay in it.

The neurochemistry of this is well documented:

↑ Norepinephrine

↑ Dopamine +250%

Vagus nerve activation

↑ Stress tolerance

The dopamine increase from a 2-minute cold exposure stays elevated for hours. You're not proving toughness. You're triggering a measurable biological response that no supplement replicates. And the resistance you feel before getting in, the negotiating, the hesitation, that is the training. Every time you move through it anyway, you build the capacity to move through discomfort in every other area of your life. Cold showers are actually a mindset tool.



## MOVEMENT

0:35

10–15 minutes. The goal is blood flow, lymphatic activation, and a rise in core body temperature. Not a workout. Movement.

→ 10 minutes walking outside

→ 15 min bodyweight 3 rounds of push-ups, squats, and hip hinges

→ Yoga sun salutations, 5–10 rounds

→ Jump rope for 10 minutes

Movement in the morning increases BDNF brain-derived neurotrophic factor which directly improves focus, learning, and mood for the rest of the day.

## ● FUEL

0:50

The cereal, the toast, the pastry. All of those spike blood glucose, trigger an insulin response, and produce the 10:30am energy crash that most men have just accepted as normal. It's a glucose problem, not an energy problem. Protein and fat in the morning stabilise blood sugar, keep you satiated for 4–6 hours, and support the dopamine and serotonin production your brain needs to function clearly through the day.

**A Bulletproof Coffee:** 1–2 shots espresso blended with 1 tbsp grass-fed butter and 1 tbsp MCT oil. Add a pinch of cinnamon or vanilla if you like. Blend it properly. It's amazing and keeps you in ketosis with sustained mental energy and zero crash.

**B Protein-first breakfast** 2–3 eggs cooked in butter. Half an avocado. A small portion of fermented food like sauerkraut or kimchi on the side. Fat, protein, and live bacteria in one meal. No toast. No juice.

## ● INTENTION

1:00

Two minutes. Phone stays down. Before the day pulls you in, ask yourself one question:

*"What is the one thing that, if completed today, means this day was not wasted?"*

Write it down. One sentence. One outcome. Not a list. The brain operates on what you prime it with. If you don't do it deliberately, the inbox will do it for you. And those are someone else's priorities, not yours.

AT A GLANCE

# The Full Blueprint

TIME	ACTION	OUTCOME
0:00	500ml water + lemon + salt	Hydration, cortisol readiness
0:10	10 min morning light	Circadian entrainment, melatonin clearance
0:20	Cold shower, 2–3 min	Norepinephrine, dopamine, vagus nerve
0:35	10–15 min movement	BDNF, blood flow, temperature rise
0:50	Protein-fat breakfast or bulletproof coffee	Stable glucose, satiety, neurotransmitter support
1:00	One intention, written down	Direction, mental clarity

WHAT CHANGES

## Within Two Weeks

→ Mental clarity from the first hour, not mid-morning

→ Energy level across the day no spike and crash

→ Mood more stable. Reactivity decreases.

→ Sleep improves. Circadian signal set correctly.

None of that is motivational. It's all downstream of managing cortisol, circadian rhythm, blood glucose, and neurotransmitter precursors at the right time of day. The body is a biological system. Give it consistent inputs and it produces consistent outputs. Most men are just running it without a protocol and wondering why the results are inconsistent.

WHEN LIFE DISRUPTS

## The Minimum Viable Morning

Some mornings will get disrupted. Kids, travel, early calls. I have those mornings too. What I've learned is not to abandon the whole thing when one part falls away. Compress it instead.

Water and light cost nothing and take 10 minutes combined. Cold shower is 2 minutes. Movement is 10. That's the whole protocol in 22 minutes and it captures most of the biological benefit.

Non-negotiable doesn't mean perfect. It means knowing what you protect when things get tight.

Mental clarity. Noticeable drive. Stable energy.  
None of that comes from discipline.  
It comes from a managed biology.

WANT THE COMPLETE SYSTEM?

## The Full Bioharmonic Energy & Recovery Guide

HRV training, sleep architecture, nutritional timing, hormonal balance,  
and the full 90-day protocol that builds on everything in this guide.

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