



the 5
SECRETS
to
UNLOCK YOUR
BODY'S
RESILIENCE



BY JOHN ALLEN MOLLENHAUER

5 Secrets You Need to Know To UNLOCK YOUR BODY'S RESILIENCE

WHAT IS RESILIENCE?

Everyone experiences ups and downs, but even when life is going well, you need to call upon resilience, which is *ultimately* about energy, not psychology *alone*.

Don't get me wrong; there is always psychology and mindset involved. Still, the truth is, recharging and restoring the energy you need to bounce back after major energy expenditures, challenges, and setbacks or surges in productivity ensures resilience; and, ultimately, antifragility, where you can come back even stronger.

When life is not going well, you are facing excessive stress, and it's impeding energy production and flow; it's the same; to cultivate resilience, bounce back and have enough energy to meet all your needs, you've got to increase your power proactively.

How you go about doing that is what I'm talking about in this e-book.

RESILIENCE HAS MANY DEFINITIONS. A COMMON DEFINITION IS:

"Resilience is a measure of an organism's ability to adapt and withstand challenges to its stability.

When challenges come along, how well we adapt depends on the vital life force we've got at our disposal.

Resilience is a complex interaction of:

- Genetics: the properties or features of an organism, characteristics, etc.,
- Epigenetics: the study of how your behaviors and environment can cause changes that affect the way your genes work
- Vital energy is the electromagnetic energy stored in your cells, which is the most important.

Increasing vital energy is a high-leverage factor.

- Physical condition: How efficient your body is at generating and regenerating energy.

- Psychology: how well you express the energy that you have.
- Other factors: Some people are more resilient than others because of their financial resources, support level, and more, but regardless of these other factors, it all starts with energy.

So, as you can see, it's not one thing, but one thing is for sure, without energy, neither genetics nor epigenetics nor your physical or financial condition have much room to influence change.

ASPECTS OF BEING RESILIENT

There are three aspects of resilience.

First is the ability to face and cope with challenges in our lives.

Second is adapting to the changes often influenced by these challenges.

The third is the ability to recover and even grow from these challenges.

The third aspect of being resilient should be #1 because it gives you the ability to face and cope with future challenges as and when they appear in your life and then adapt stronger, as I discussed earlier.

The recovery, healing, or regeneration of energy is the key to all three aspects of resilience.

CONSIDER THIS SPECTRUM:

Fragile: you face a challenge and then retreat because you don't have enough energy to meet the challenge with stability.

Resilient: you have enough energy to adapt.

When adaptive energy (energy reserve) is low, a person is more likely to suffer from stress-related diseases and conditions known as rundown or burnout.

When adaptive energy is high, or you know how to recover such energy proactively, you can bind back and adapt to, change, or eliminate the stress.

When you are resilient and living your best Self, is your energy high or low?

You know the answer.

Antifragile: Ultimately, you want to have periods where you get stronger because you have excess adaptive energy over and beyond your daily needs. When you face

challenges, you cannot only meet them but adapt and get even stronger because of the challenge.

Like lifting a weight just outside your capacity, you can adapt to and conquer the weight. But with, first and foremost, the vital energy to adjust and resilience, antifragility is a pipe dream.

So, for your body and brain to bounce back, you've got to learn what vital energy is and how to recharge and restore your body's battery.

That's the key.

Your body has the properties of a battery, and you need to start treating your body/brain accordingly.

That is where the real breakthrough energy discoveries are, essential to upgrading your lifestyle from the SAD Standard American Dream-driven lifestyle where you chase the dream at the cost of burning out because your lifestyle fundamentals are weak. You go to bed whenever you eat whatever, exercise if ever, and so forth, but you are all out caught up with whatever makes you feel good or makes you successful, ultimately trading your health for pleasure and success.

That also has to change, because recharging your body battery and then spending your energy all over the map, while also damaging your body don't work for long.

You want to start living a healthy lifestyle successfully, and then step up and into living a healthy "performance" lifestyle where you now know what your needs are, you understand what powers, fuels, strengthens and optimizes your human performance and as a result, you start living in balance with vibrant health and peace of mind while achieving even your most ambitious goals.

That's called an upward spiral and for you to upgrade your lifestyle, you first need to unlock your bodies resilience.

Now let's get into the 5 secrets.

THE 5 SECRETS YOU NEED TO KNOW TO UNLOCK YOUR BODY'S RESILIENCE

Secret #1: Resilience is not just psychological.

Resilience is often referred to as one's "mental" ability to "bounce back" from adversity, tragedy, trauma, or significant stress, but see if you can spot the missing part of the definition.

It's Energy and it's almost always missing from definitions like that because it's an inconvenient truth for people who don't know how to talk about human energy, health and performance beyond traditional psychology or motivational psychology.

It's also inconvenient for people who have a vested interest in keeping you going by projecting all the onus for lack of better "performance" on your thinking, which is part of it, but not primary.

One's mental ability or physical capacity to bounce back, respond, heal, perform at higher levels etc. depends on their overall level of vital force, life force or simply "vital energy."

Your brain and body are both considered the "physical body" and run on the same electromagnetic charge that powers energy production in your body, even before the fuel that your body/brain receives from food.

If you are not feeling resilient and can't muster the thinking you need to forge forward from a position of strength, you are likely depleted of the vital "electrical" energy that the full functioning of your body/brain (as it's now commonly referred to) depends on.

Your mind's ability to function (like every other human capacity) depends on the physical body/brain's energy level. So, you need to make sure your "body/brain" is literally charged up.

More on what that means *practically*, below.

Secret #2: You are powered by bioenergy, not just fueled by food.

You've just learned that resilience, your ability to bounce back, and forge forward from a position of strength, depends on your body's vital energy level at any given time.

To be resilient, and bounce back not only psychologically but physically, your body needs your vital energy to be at or close to full capacity, so you have enough energy over daily demands to come back stronger. If it's not, then you are likely going to struggle in the face of challenges.

Even if you are willful and face challenges in the face of depletion (everyone's capable of that during extreme circumstance), it won't be long before your body will crumble under such stress if the body/brain does not have enough energy to sustain.

This is when breakdowns of various kinds happen.

Just think about your last reactive episode, the lingering back pain, or the injury that's not healing as "fast as it should." Responding better, reducing, or eliminating pain, and

healing... let alone living at your full potential, all depend on you having excess reserve energy over and beyond current demands.

So, what is the is energy I'm taking about?

When we think of energy, we think of calories from food. Our lexicon (vocabulary) is built on analogies around this "fueling" concept, "*I've got nothing left in the tank...*" *don't fill up too much...*" etc. But these analogies only make sense when you are talking about food; when you are talking about vital energy, they make no sense!

Neither coffee nor soda, produce the life force I'm talking about, even though countless people try, only to realize they are even more exhausted after the drink because your body must put forth (spend) life force to deal with these toxic substances.

Even healthy food only partially replenishes vital energy. The food we eat contains stored chemical energy. As the bonds between the molecules in food loosen or break, a chemical reaction takes place, and new compounds are created. The energy produced from this reaction keeps us warm, helps us move, and allows us to grow. Different foods store different amounts of energy.

But that alone will not recharge your body batter, or ever help you overcome the constant tiredness, for some fatigue, that people feel.

If you're in doubt, consider this little experiment. Eat the healthiest diet you can imagine possible, but stay out of the sun, and don't sleep much and see how much "energy," you have.

No one is suffering from a lack of calories (let alone caffeine) these days, and when you are, you usually get hungry, not tired. To get weaker from a lack of food you've got to seriously deplete your glucose, and glycogen (stored glucose) and be well into the transition to ketosis, or in a state of fasting.

But notice, I said "weaker," not tired.

Ask anyone who has fasted for days, or weeks like this author, and they will tell you, that initially their energy goes up not down because they've freed their body from the demands of constant digestion.

Tiredness is not really caused by lack of food. Tiredness is caused by lack of battery power, by a lack of cellular charge and stored energy reserve.

So, reconsider that your body runs on food alone—carbohydrates, protein, and fats; it's just not true.

Think about it again, most of us don't know why they sleep other than they just do it because they feel tired at the end of the day and everyone else is doing it too; you haven't eaten or drunk anything, yet your energy increases.

You need light to do this.

Secret #3: You Want to Increase the number and expand the size of your mitochondria.

Throughout our lives, fatigue is a constant symptom for countless diseases, as the mitochondria in our cells, serve two purposes:

1. Cellular energy generation and regeneration.
2. Cell Defense.

You've probably heard of mitochondria.

They make most of the cell's supply of adenosine triphosphate (ATP), a molecule that cells use as a source of energy. Their main job is to convert electrical energy to chemical energy.

When the body is sick, mitochondria slow the production of energy, so they can focus on defending the cell from toxins and threats.

Think about the last time you were sick, where you energetic? No, your body shuts you down so you can conserve energy and heal.

You have approximately 1500 – 2000 or more mitochondria in each cell, but as we age, they dwindle and shrink in size to boot.

This must change, and it can happen, with a combination of:

Excess stress reduction

There are few people alive who are not faced with excess stress in the performance culture we're living in today.

It's fast paced, it's intense, you need to be able to function and perform well, and most of us are responding to that stress not by having a lifestyle that full supports us and what we are up to in the world to create more energy, but rather by creating even more stress.

When your approach to life stress management does not reduce or eliminate known causes of what's are becoming known as lifestyle-induced diseases (like fatigue, the overweight condition, obesity, mental and physical health complications like diabetes, heart disease and cancer) and are not replaced with the known promoters of energy recovery, health, and higher performance; your condition will get worse and worse.

What you need to do is not manage stress, you need to reduce and eliminate all excess stress in your life.

That's how you free up energy so that your body has the energy to get better and better.

Sun exposure and red-light therapy.ⁱ

What if the missing key to achieving your fat loss, anti-aging, and health goals was ... *light*?

Of course, everyone knows about the importance of vitamin D from sunlight (from UV light). But few are aware that there is another type of light that may be just as vital to our health – red and near-infrared light (also referred to as photobiomodulation.)

Think it's all just hype? Think again! Believe it or not, there are now over *3,000 peer-reviewed scientific studies* showing incredible health and anti-aging benefits of red light therapy and near-infrared light therapy, proving that they can help you:

- Fight skin aging, wrinkles, and cellulite and look 10 years younger.
- Lose fat (nearly twice as with diet and exercise alone)
- Rid your body of chronic inflammation.
- Fight the oxidative damage that drives aging.
- Increase strength, endurance, and muscle mass.
- Decrease pain.
- Combat hair loss
- Build resilience to stress at the cellular level.
- Speed up wound/injury healing.
- Combat some autoimmune conditions and improve hormonal health.
- Optimize your brain function and mood.

- Overcome fatigue and improve energy levels

If there was a pill that was proven to have all these effects, it would be hailed as a “miracle drug.” Hundreds of millions of people would be told to start taking it by their doctors every day. And people would tell you that you’re crazy if you weren’t taking it.

Diet and intermittent fasting

A diet rich in a variety of plant phytonutrients provides the essential micronutrients the body needs for energy production as well as acting as an antioxidant and hormetic stressor responsible for reducing inflammation and initiating mitochondrial growth and biogenesis (the creation of new individual mitochondria). Plant phytonutrients include polyphenols such as:

- resveratrol in red grapes
- sulforaphane in broccoli
- curcumin in turmeric
- E.C.G.C. in green tea
- epicatechins in cacao
- ellagic acid in pomegranates
- carotenoids in tomatoes
- anthocyanins in berries

Although eating a healthy diet is critically important for mitochondrial health, when you eat and how you eat can also affect mitochondrial function. Calorie restriction and time-restricted feeding (TRF) (or intermittent fasting) have been shown to optimize mitochondrial function and extend lifespan.

Exercise:

Movement has a profound effect on neurotransmitters that regulate wakefulness. When you sit around a lot during the day, your body thinks it is time to rest and will start preparing for sleep. Sitting and inactivity can lead to a decrease in the number and health of mitochondria, thus slowing down metabolism over time, which is not necessarily a bad thing, if you are eating healthy, but you want your metabolism to slow while you have regular movement in your life.

Exercise signals your body to wake up. Even small, simple actions such as taking short movement breaks and walking more will increase your N.E.A.T. (Non-Exercise Activity Thermogenesis) and keep you alert and energized. For well-trained individuals, including High-Intensity Interval Training (H.I.I.T.), especially in a fasted state, can improve energy levels.

Supplementation:

Though eating a healthy, phytonutrient-rich diet, exercising regularly, and getting good quality sleep are vitally important for improving energy levels, there are often still needs for supplementation, especially while managing the stresses of life.

This is where supplements can play an important role. Studies have shown that combinations of supplements can significantly reduce fatigue and other symptoms associated with mitochondrial damage and can naturally restore mitochondrial function.

Secret #4: Bioenergy (electrical energy) needs to be managed.

When I founded REGENUS CENTER, I did so as a [lifestyle coach](#), who had learned over time that our client's biggest constraint was energy, and that once it began to run low, they would engage in all kinds of behaviors that were working against them, as they coped with a low-grade biological fatigue even when they were stimulated.

Here at REGENUS CENTER we offer the best core recovery technologies in existence to help people recharge, and restore their energy, including Pulsed Electromagnetic Field, Photobiomodulation (PBMT, Red Light or Whole-Body Light Therapy), and IR Sauna...

These among other technologies are essential in today's fast-paced world to accelerate recovery for people who are faced with seemingly and realistically relentless demand on

their time, and their energy, and don't have enough time to get all the sleep, and rest, they need.

People require recovery tech to help them get their energy back, in an accelerated way, to stay healthy and perform at the levels demanded of them as working parents, and business professionals with other aspirations on top of it all.

But once you recharge and restore your energy, you must then manage it, else you'll dissipate it, potentially too far, again.

It's a never-ending process, but you must get good at the entire process and build your life around it.

You do that through lifestyle and that is what makes a REGENUS CENTER what it is; the fact that we inspire, educate, and support our clients in meeting three major needs that are often never learned by a wide majority of people, which is why they are tired all the time.

1. **Bioenergetics** – the study of the energy exchange in living systems so you know how to proactively source energy in your daily, and weekly routines and make sure that energy is flowing in a healthy body field.

This is the master controls system of your body's biochemistry, physiology, and psychology.

We will help you detect, correct, and protect it.

2. **Proactive Recovery** – to move the needle of increasing your energy, genuinely, not merely through stimulants, we then engage you in a course of proactive recovery that is the combination of what you can do here at REGENUS CENTER and when you are not at the center.

when it comes to needing to make changes, if you don't have the energy, or you are in pain, chances are you won't do it.



3. **Personal Energy Management** – is the study of how you spend and recuperate your energy, including but not limited to your life force energy, the quality of the food you eat and your activity levels in the process of achieving your goals.

When you know how energy is sourced, produced, and harnessed, you as a human being are so much more efficient and effective when you manage your energy.

There is a lot to know in the management of energy, but we've done a great deal to greatly simplify for you into *7 Breakthrough Energy Discoveries*.[©] Apply them in your life and watch what happens.

Secret #5: You need to upgrade your lifestyle so you can achieve your goals without running yourself down and into the ground.

To really get the biggest bang for your buck invested into unlocking your bodies resilience, you ultimately need to upgrade your lifestyle.

When people think of "lifestyle" they typically think about what they can afford to do in the world; what they own, where and how they live, what car they drive, and various values and interests they participate in.

But there is a more "core" view of lifestyle that is essential to your capacity to stay vital, healthy, and fully functioning at full capacity as a human being. Sure, it includes nutrition, activity or exercise, sleep, known as the "health trinity," but it's not enough to live healthy today, we need to *live for performance*, which naturally requires we understand the fundamentals of energy, health, and human performance in a practical

context.

We also need to understand stress, energy, and the purpose of managing both as you fulfill your plans in the world.

This is what makes the biggest difference when you leave a REGENUS CENTER.

If you do more than just try different modalities to look, feel and perform better and take full advantage of what we've painstakingly assembled over the course of decades to help you manage your energy and upgrade your lifestyle, in 90 days or more you'll start making changes and improvements in the way you live that enable not only to get the most out of your time at REGENUS CENTER, but upgrade your whole quality of life.

You can do all the above in bits and pieces but the people who commit for at least 90 days and get all three major needs met will literally transform their lifestyle and upgrade their life.

For perhaps the first time in their life they start getting proactive about recovery of their energy and everything begins to get better. A lot of amazing things happen when your body has more vitality.

We even provide you, the healthy, Performance Lifestyle® Blueprint. It's a treasure trove of the essential lifestyle changes, how to improve and optimize the way you live as you step up and into a successful way of life. You can do it on your own or with the help of the group training and coaching support from our founder John Allen Mollenhauer, Performance [Lifestyle Coach JAM](#), provides.

So, there you have it, *The 5 Secrets To Unlocking Your Bodies Resilience*®. Now it's your turn to take the next step, keep learning, show up for an experience at REGENUS CENTER and get into it.

No matter what approach you decide on, a piecemeal approach or an all-in 90 days that will help you begin living your full potential we're here to support you,

Stay Vital,

John Allen Mollenhauer "JAM" Performance Lifestyle® Coach.

Founder,
[REGENUS CENTER](#) – Unlock Your Body's Resilience.

ⁱ <https://theenergyblueprint.com/red-light-therapy-ultimate-guide/>