

Thank you for taking the first step toward improving your energy, health, and performance. This guide was created to help you take back control of the most important levers of your well-being – fitness, nutrition, recovery, and environment.

Inside, you'll find:

- A sample nutrition plan to fuel your body with the right foods at the right times.
- A supplement guide highlighting proven essentials that can support energy, recovery, and long-term health.
- A sample fitness program designed to help you build strength, resilience, and vitality.
- An environmental checklist to help you remove hidden toxins from your daily life that may be harming you.

These are the core lifestyle factors that often determine whether you feel strong, energized, and focused – or fatigued, stressed, and stuck. While no guide can replace personalized medical care, this reset plan will give you practical tools you can begin using right away.

Remember: improving your health is not about perfection. It's about building better habits, one step at a time, and creating momentum you can sustain for the long term. Use this guide as your foundation, revisit it often, and commit to steady progress.

We're here to support you on your journey toward a stronger, healthier, more optimized life.

In strength & health,
The Primal Mountain Medical Team

Sample Nutrition Plan

This sample nutrition plan is for informational purposes only. For a personalized diet plan we offer 1:1 Health Coaching. This plan seeks a simple balanced diet by following the ingredient selections, portions, and frequency described below. The basic idea is to eat protein, fat, and carbohydrates in the right amounts and ratio to fuel optimal health. Again this is a baseline sample program and may need to be adjusted over time.

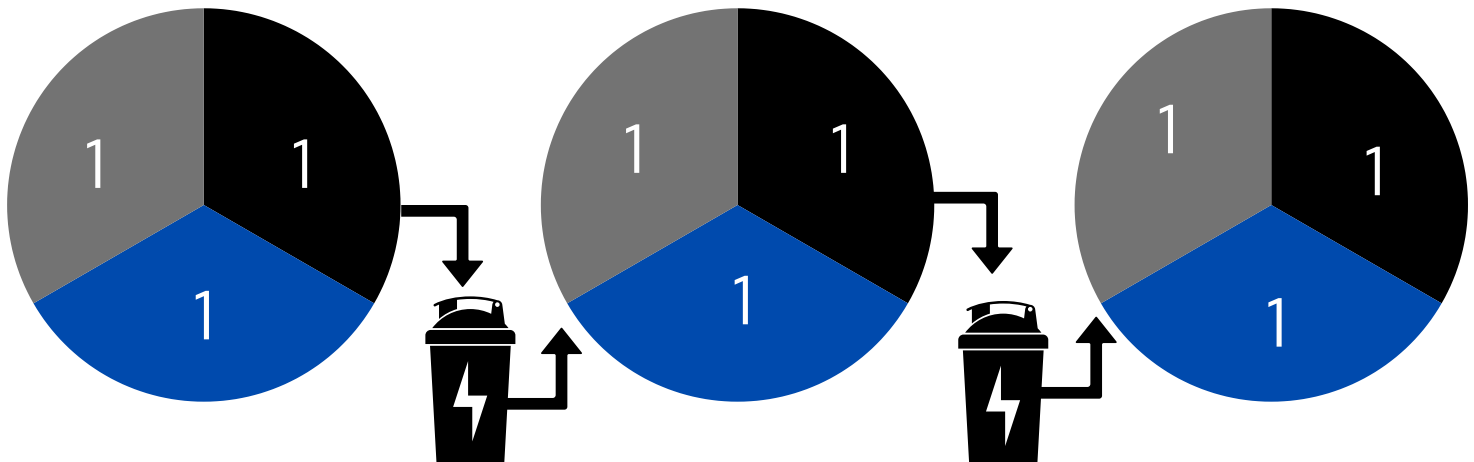
Ingredients are listed from best to worst (top to bottom).

Protein (Palm-sized Portion)	Fat (Thumb-sized Portion)	Carbohydrates (Fist-sized Portion)
6 oz Elk 6 oz Bison 6 oz Beef 6 oz Venison 6 Eggs 6 oz Chicken Breast 6 oz Pork Tenderloin 6 oz Lean Turkey 6 oz Fish 6 oz Any Shellfish 1.5 cup Cottage Cheese 1.5 cup Greek Yogurt 1.5 scoops Whey Protein 1.5 can Tuna	2 tb Beef Tallow 2 tb Ghee 2 tb Grassfed Butter 1/2 Medium Avocado 1.5 tb Avocado Oil 1.5 tb Olive Oil 1.5 tb Coconut Oil 2 tb Peanut Butter 2 tb Almond Butter 1/4 cup Nuts	2 cups Berries 2 cups of Fruit 1.5 cup Sweet Potato 1.5 cup Potato 1 cup White Rice 3 slices Ezekiel Bread 2 cups Vegetables 1 cup Quinoa 1 cup Oatmeal *We do not recommend pasta, bread, or beans due to their common negative health effects.

Breakfast

Lunch

Dinner



Each day eat three meals with a whey protein shake or other protein snack in between. Avoid eating 3 hours before bed. Drink at least 100 oz of clean water per day. You may optionally add a green smoothie like Athletic Greens (AG1) for probiotics and micronutrients.

Vitamin & Supplement Guide

This guide outlines just a few of the vitamins and supplements used to address common deficiencies and improve performance. You should consult your doctor about whether any of these are right for you.

Vitamin D

4,000-5,000 IU/Day

Essential for bone health and immune function, Vitamin D is synthesized by the skin in response to sunlight but may require supplementation, particularly in those with limited sun exposure.

Zinc

30 mg/Day

Vital for immune function, wound healing, and maintaining a healthy metabolism. Zinc supplementation is helpful for individuals with inadequate dietary intake.

Magnesium

200-300 mg/Day

Supports muscle and nerve function, energy production, and bone health. May help with sleep. Magnesium supplementation may benefit those with insufficient dietary intake or specific health conditions.

Electrolytes

1-2 packets/Day

Essential minerals like sodium, potassium, and magnesium that play a vital role in maintaining fluid balance, nerve function, and muscle contractions. Electrolyte supplements help recovery after intense exercise.

Creatine

5 Grams Pre-workout

Aids in energy production during intense exercise, enhancing strength and performance. Lift a little more, a few more times. Creatine is widely used by athletes and individuals engaging in high-intensity workouts.

Fish Oil

2 Grams/Day

Rich in omega-3 fatty acids, fish oil promotes heart health, supports brain function, and reduces inflammation. It is commonly recommended for overall cardiovascular well-being.

Athletic Greens

1-2 Servings/Day

A comprehensive greens supplement containing vitamins, minerals, probiotics, and antioxidants. Athletic Greens aims to support overall health, energy levels, and provide a convenient source of essential nutrients.

Protein Powder

1-2 Servings/day

A convenient and efficient way to supplement protein intake, crucial for muscle repair and growth. Whey protein or beef protein are preferred. Both support athletic performance and overall protein needs.

Peptides

As Directed

Short chains of amino acids, peptides play crucial roles in biological functions. They function as signaling molecules, hormones, and can have therapeutic applications. Ask your doctor if any peptides might help you.

Sample Fitness Program

This sample fitness program is designed to deliver strength and fitness results using functional compound movements. It is being provided as a sample and is in no way a prescription from your doctor. Always train with a partner when possible. If you are a novice it is highly recommended you seek out a personal trainer to help you with proper movement.

Daily Program

<u>Day 1:</u>	<u>Day 2:</u>	<u>Day 3:</u>	<u>Day 4:</u>
<ul style="list-style-type: none"> • Back Squat • Overhead Press • Flys • Conditioning* 	<ul style="list-style-type: none"> • Deadlift • Bent Over Row • Static Hang (1m) • Conditioning* 	<ul style="list-style-type: none"> • Front Squat • Chin-ups • Lunges • Conditioning* 	<ul style="list-style-type: none"> • Long Outdoor Effort • Ruck, run, cycle, swim, sports...

*Conditioning can be crossfit, intervals, cardio machines, running, etc. Go hard for 8-12 minutes and get comfortable being uncomfortable!

Weekly Rep Schemes

<u>Week 1:</u>	<u>Week 2:</u>	<u>Week 3:</u>	<u>Week 4:</u>
For each exercise:	For each exercise:	For each exercise:	For each exercise:
<ul style="list-style-type: none"> • 3 sets <ul style="list-style-type: none"> ◦ 8 reps (55%) ◦ 8 reps (65%) ◦ 8 reps (75%) 	<ul style="list-style-type: none"> • 3 sets <ul style="list-style-type: none"> ◦ 5 reps (60%) ◦ 5 reps (70%) ◦ 5 reps (80%) 	<ul style="list-style-type: none"> • 3 sets <ul style="list-style-type: none"> ◦ 3 reps (80%) ◦ 3 reps (85%) ◦ 3 reps (90%) 	<ul style="list-style-type: none"> • 5 sets <ul style="list-style-type: none"> ◦ 5 reps (40%) ◦ 5 reps (50%) ◦ 5 reps (60%)

Exercises can be done with a barbell, kettlebells, dumbbells, bands, or unweighted. Let your equipment and experience dictate.

How to Find a Great Gym

If you are not already a member of a great gym, here are some tips to find one!

- Look for a gym with a good selection of free-weights (bumper plates a plus)
- The members you see there should be training hard and likely have the physique you want
- There should be high quality trainers and coaching available
- Performance should be the clear priority over amenities and "Pizza Fridays"

To perform at your best, you must also recover well. That means prioritizing quality sleep, practicing mobility, and embracing the benefits of heat and cold exposure. This holistic approach to sustaining both body and mind creates the foundation to pursue your goals with focus, strength, and resilience.

Mobility

Training and life break down your body tissues and range of motion.

Soft tissue work, stretching, and mobility help reverse these effects.

Heat & Cold

Sauna, cryo, and cold plunges have been shown to have a powerful restorative effect. They also aid in your overall sense of wellbeing!

Mindfulness

Daily meditation, breathwork, or mindfulness center you and decrease stress. Even better, they also have restorative physiological benefits.

Sleep Hygiene Checklist

Sleep is without a doubt the best performance enhancing drug. Getting at least 7-hours of sleep has been shown to decrease all-cause mortality significantly. It also improves cognition, mood, and body composition. Follow the below checklist to help get consistently restful and restorative sleep.

- Maintain a consistent sleep schedule
- Create a relaxing bedtime routine
- Limit caffeine and other stimulants, especially after lunch
- Exercise regularly
- Create a comfortable sleep environment that is cool and completely dark
- Avoid eating within 2-hours of sleep
- Consider an evening cup of herbal tea (non-caffeinated)
- Supplements like Magnesium, Valerian Root, L-Theanine, Glycine, CBD, and 5-HTP have been shown to help those with difficulty sleeping

A healthy, active, and rewarding sex life is a part of living well. Unfortunately, as we age there are risks of decreased libido and sexual function. Follow the below checklist to retain or regain this vital aspect of your life.

Sexual Health & Function Checklist

- **Regular Exercise:** Engage in regular physical activity to promote cardiovascular health, enhance blood flow, and maintain overall fitness
- **Manage Stress:** Practice stress management techniques such as deep breathing or meditation which can impact sexual function
- **Get Quality Sleep:** Ensure sufficient and consistent sleep
- **Maintain a Healthy Weight:** Achieve and maintain a healthy weight to reduce the risk of obesity-related conditions.
- **Avoid Excessive Alcohol and Tobacco:** Both have a detrimental effect on sexual health.
- **Limit Sugar and Processed Foods:** Reduce intake of sugary and processed foods, which contribute to inflammation and impact vascular health.
- **Kegel Exercises:** Practice Kegel exercises to strengthen pelvic floor muscles, potentially improving erectile function and overall sexual satisfaction.
- **Supplements:** Consult with your doctor before considering supplements such as L-arginine, ginseng, or other natural remedies.
- **Medical Treatment:** Consult with your doctor about the the variety of treatment options available at Primal Mountain Medical.

Environmental Toxins

“The Sinister Six”

Heavy metals, “forever chemicals”, microplastics, pesticides, and other harmful agents can be found everywhere in the modern world and have been shown to cause many negative health outcomes.

Here is a list of the six most common toxins, what they are, and where they can be found.

Bisphenol (BPA)

What is it?

This chemical is used in plastics, resins, and shatterproof glass.

Where is it found?

Water bottles, food packaging and storage containers, glasses, water pipes, and more.

Negative health effects

Low-T, reproductive problems, developmental issues, and reproductive disorders.

Phthalates

What are they?

This group of chemicals are used to make plastics more durable.

Where are they found?

Plastics, personal care products, fragrances, and some medical devices. Also as a dust in the air.

Negative health effects

Low-T, reproductive problems, developmental issues, and potential effects on the liver, kidney, and respiratory system.

Pesticides

What are they?

Used in agriculture to control pests on conventionally grown fruits and vegetables.

Where are they found?

Found on non-organic fruits, vegetables, as well as in some household products.

Negative health effects

Neurological problems, reproductive issues, and an increased risk of certain cancers. Long-term exposure can have chronic health effects.

PCB's

What are they?

These now-banned chemicals were used in electronics, coolants, and hydraulic fluids.

Where are they found?

Found in old electronics, contaminated soil, water, and in the air.

Negative health effects

Developmental issues, reproductive problems, and a risk of cancer. They can accumulate in the fatty tissues of living organisms.

Polyfluoroalkyl (PFAS)

What are they?

These manufactured “forever chemicals” have been used in industry and consumer products since the 1940s.

Where are they found?

Non-stick pans, water and stain-proof coatings, food packaging and consumer goods.

Negative health effects

Cancer, obesity, low-t, immune effects, reproductive problems.

Heavy Metals

What are they?

Any metal that is toxic to humans such as lead, mercury, arsenic, cadmium, and more.

Where are they found?

various sources including contaminated water, certain fish, dental fillings, and certain industrial processes.

Negative health effects

Each heavy metal has specific health risks including developmental issues, kidney problems, cancer, and nervous system problems.

Now that you have an understanding of the “Sinister Six” most common environmental toxins to avoid, complete this environmental checklist to reduce or eliminate them!

Environmental Checklist

- Choose BPA-free products for food and beverages.
- Store food and beverages in glass or stainless steel containers.
- Avoid non-stick cookware; opt for stainless steel or cast iron.
- Check product labels for PFAS-free options in waterproof or stain-resistant items.
- Choose phthalate-free personal care products, cosmetics, and plastics.
- Avoid touching receipts (phthalates).
- Choose organic produce to reduce exposure to pesticide residues.
- Explore non-chemical methods for pest control in your home and garden.
- Dispose of old electrical equipment responsibly.
- Be mindful of fish consumption, choosing low-mercury options.
- Use water filters certified to remove all of the listed contaminants. Under-sink, pitcher, refrigerator, and even whole-home options are available.
- Dust and clean your home regularly.
- Ensure proper ventilation for reduced indoor air pollution.
- Use HVAC air filters rated to remove airborne particles and toxins (MERV 10+). Replace these quarterly.



Dr. Jacob Egbert - Founder & Medical Director

Dr. Jacob Egbert is a skilled men's health provider specializing in testosterone replacement therapy (TRT) for optimal performance, anti-aging, and overall health. With years of experience, Dr. Egbert has become a leading expert in this field and has worked with various celebrities and professional athletes to help them achieve their physical potential.

Dr. Egbert's in-depth approach emphasizes not only hormone levels but also factors like diet, exercise, and lifestyle habits that affect overall well-being.

Jason Skeesick - CEO

Jason Skeesick is a veteran, entrepreneur, fighter, and father. Upon leaving the US Army, Jason earned a degree in finance and opened Bucktown CrossFit in Chicago, a fitness staple in Chicago. He is an evangelist of fitness, health, personal development, and entrepreneurship.

Inspired by shared mission and values with Dr. Egbert, he joined Primal Mountain Medical as Chief Executive Officer in 2023. He supports this mission through strategy, business systems, and fitness expertise.



Amelia (Yokel) Egbert - Founder & COO

Amelia Egbert is a filmmaker with a background in writing, producing, and directing.

Amelia and Jacob founded Primal Mountain Medical in January of 2023. Together they envision a future where strong families are led by men of conviction to bring hope and prosperity to our great country.

As COO, she brings to the team an understanding of interpersonal synergy, project and resource management, grit, and imagination.