



# THE CORTISOL RESET

How To LOWER Cortisol  
In As Little As 3 Days



# METABOLIC MENTOR'S CORTISOL RESET

Vince  
Pitstick

Everyday life pressures can build up over time and make high cortisol levels a real challenge. If you or your clients are feeling anxious and jittery, there are some simple strategies you can try to help lower your cortisol in as little as 3 days with our Cortisol Reset Protocol.

**The Cortisol Reset** was designed by one of the founders of Metabolic Mentor, Vince Pitstick. He designed this protocol using synergistic ingredients to help pull water off the body, reduce bloat, reduce fatigue, improve sleep, and overall pull down cortisol levels to make you feel really dang good.

## Watch This Video Training ↓ Before Starting! ↓



Click The Image To Watch

## Common Benefits of the Cortisol Reset

- ✓ Drop in inflammation and fluid retention
- ✓ Reduced bloating
- ✓ Better blood sugar
- ✓ High quality sleep
- ✓ More energy & reduced fatigue
- ✓ Less stress
- ✓ Lower cortisol levels
- ✓ Overall body recovery!



Always consult with your or doctor before trying new health strategies. The Cortisol Reset may NOT be a good fit if you have low cortisol levels, Addison's Disease, or PoTS.

If you'd like to LEARN MORE about our systems and protocols like this for your clients, visit [MetabolicMentor.com](https://MetabolicMentor.com) and explore our courses!



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## 1 Opt for Smaller Meals

High cortisol affects insulin sensitivity. This means less optimal nutrient utilization and more stress on your body. Try smaller meals throughout the day. The Mediterranean diet can be particularly beneficial here.

## 2 Shift from Sympathetic to Parasympathetic Dominance

If you're in a state of sympathetic dominance (hello, anxiety and jitters!), it's essential to shift back. Three effective ways to do this include:

- Getting more sleep.
- Regular meditation.
- Cold shock therapy.  
(yes, even ice baths can help calm your ANS)

## 3 The Secret Cortisol Reset

This is the secret weapon developed by Vince Pitstick over a decade. It's broke down into 4 key steps:

- Sleep an extra hour each night.
- Use **Cort-Eaze from NuEthix**, taking two tablets every 3 hours during waking hours.
- Drink a gallon and a half of water with electrolytes.
- Stick to walking and yoga for exercise.



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**GET 20% OFF**  
Your Bottle Of Cort-Eaze

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