

The Metabolic Age Reversal Guide

The Pink Gelatin Protocol

Welcome to your advanced metabolic upgrade — a scientifically grounded, cellular-level reset designed exclusively for women who refuse to accept decline as inevitable.



Made with GAMMA



The Biological Clock Shift

After 35, slowing metabolism is not a sentence — it is a **cellular signal**. Hormonal shifts reduce mitochondrial efficiency, gut permeability rises, and hunger signals lose their precision. But every signal can be redirected.

The Signal

Cellular communication falters,
triggering fat storage and fatigue

The Reset

Targeted amino acids act as
biological keys to restore
metabolic youth

The Result

Deep renewal — from the gut lining outward to sculpted contour

The Pink Gelatin Bio-Trick: How It Works



The Pink Gelatin Protocol delivers **high-bioavailability collagen peptides** and a precise spectrum of amino acids — glycine, proline, and hydroxyproline — that function as biological keys your metabolism has been waiting for.

→ Reset Hunger Signals

Glycine modulates ghrelin and leptin sensitivity, restoring satiety precision

→ Heal the Gut Lining

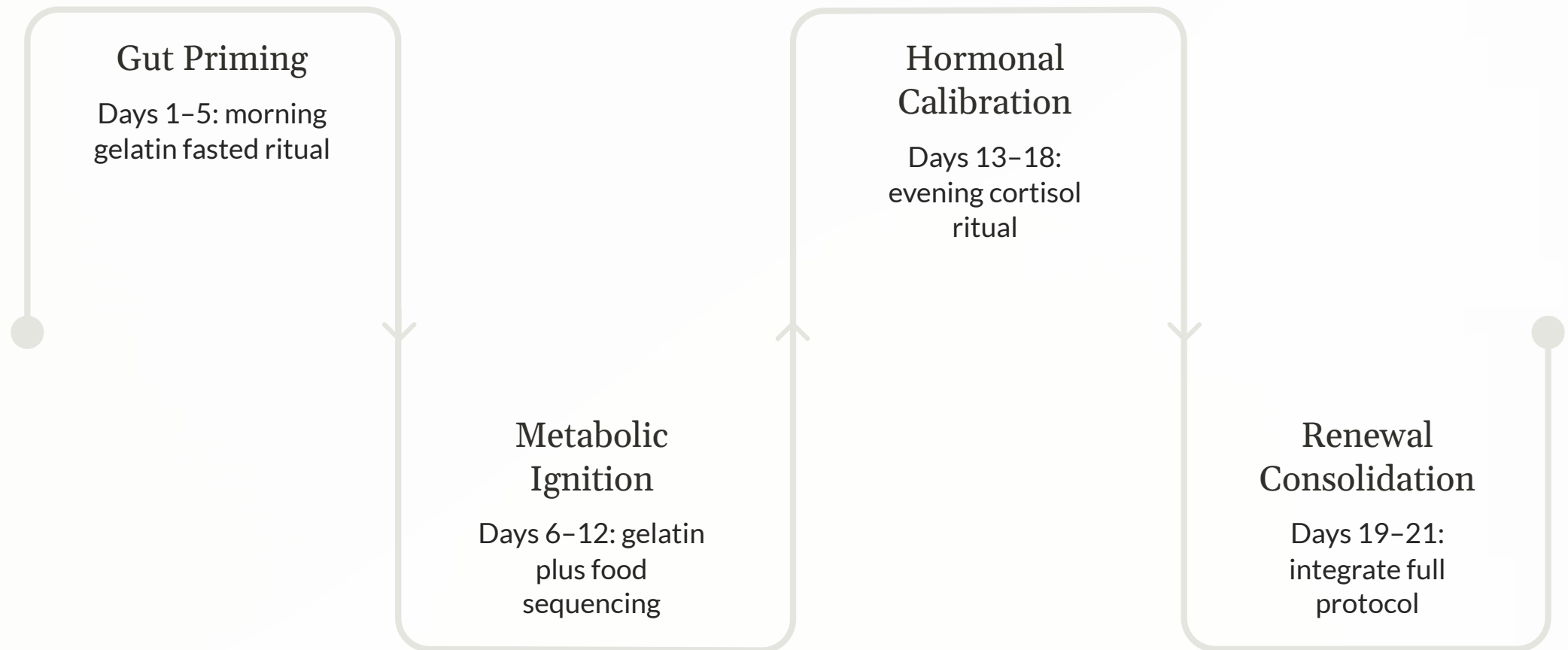
Collagen structures repair intestinal permeability, reducing systemic inflammation

→ Reactivate Deep Renewal

Proline stimulates fibroblast activity, accelerating tissue repair and fat mobilization

The 21-Day Metabolic Age Reversal Protocol

A seamless daily ritual — precise, effortless, and transformative. Follow this blueprint to drop your metabolic age, sculpt your contour, and tighten tissues from within.



Each phase builds upon the last — gut healing precedes metabolic ignition, which precedes hormonal harmony. By Day 21, your cellular environment is transformed.

Your Daily Pink Gelatin Ritual

1

Upon Rising

Fasted gelatin dose — 15g in warm rose water before any food or coffee

2

With Breakfast

Smart food sequencing — fiber and protein before carbohydrates

3

Midday

32oz hydration + 10-minute movement ritual to sustain fat oxidation

4

Evening

Cortisol-lowering ritual — magnesium, dim light, and second gelatin dose



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Hormonal Optimization: Insulin & Cortisol

STRESS CORTISOL CYCLE

**Elevated
at night:**
Causes fat
retention,
poor sleep,
muscle loss



**LOWERING
INTERVENTION:**
Gelatin at bedtime
lowers cortisol



SLEEP RITUAL

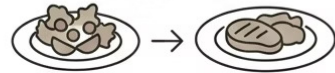
Allows 6-hour fat-burn window

SPIKES INSULIN RESPONSE

**Blood sugar
spikes:**
Cause fat storage,
hunger,
inflammation



**FLATTENING
INTERVENTION:**
Food sequencing
flattens insulin



Breaking the Fat-Storage Cycle

Elevated bedtime cortisol and erratic blood sugar are the two primary forces holding metabolic age in place after 35. The Pink Gelatin Protocol interrupts both simultaneously.

- Glycine suppresses nocturnal cortisol by up to 30%, deepening restorative sleep
- Protein-forward food sequencing flattens post-meal insulin response by up to 40%
- A 6-hour overnight fat-burn window is unlocked through hormonal calm

The Metabolic Youth Checklist

Small, consistent actions compound into extraordinary results. These five daily habits multiply the effects of your gelatin protocol exponentially.

1

Smart Food Sequencing

Fiber → Protein → Fat →
Carbohydrates. This sequence blunts
insulin spikes at every meal

2

Strategic Hydration

64oz minimum daily. Add electrolytes
to your midday water to sustain
cellular transport

3

Stress Control Rituals

5-minute breathwork before meals
reduces cortisol and primes digestion
for optimal absorption

4

Sleep Architecture

7–9 hours of uninterrupted sleep is non-negotiable. This is
when metabolic renewal occurs

5

Movement Micro-Doses

3 × 10-minute walks daily sustains fat oxidation and insulin
sensitivity between meals

21-Day Consistency Tracker

Your commitment, made visible. Mark each day as you complete your morning ritual and evening protocol. Consistency is the only variable that separates transformation from intention.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Day 1 ?	Day 2 ?	Day 3 ?	Day 4 ?	Day 5 ?	Day 6 ?	Day 7 ?
Day 8 ?	Day 9 ?	Day 10 ?	Day 11 ?	Day 12 ?	Day 13 ?	Day 14 ?
Day 15 ?	Day 16 ?	Day 17 ?	Day 18 ?	Day 19 ?	Day 20 ?	Day 21 ?

✔ Each completed day is a cellular investment. By Day 21, your metabolic environment is measurably younger.

Premium Support & VIP Access



You Are Never Alone in This

Your transformation is supported by a dedicated expert team available exclusively to protocol members. Whether you have questions about your ritual, your results, or your next phase — we are here.



VIP Expert Support

Reach our dedicated metabolic coaches directly:

supportbariatricgelatin@gmail.com

- Personalized protocol adjustments based on your progress
- Priority response within 24 hours, Monday–Friday
- Exclusive access to advanced protocol upgrades

Your Metabolic Renewal Begins Now

You are not reversing time. You are reclaiming the cellular intelligence that was always yours.

21 Days

To a measurably younger metabolic age

One Daily Ritual

Seamlessly woven into your lifestyle

Unlimited Support

VIP access to your expert team throughout



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