

A SABLE + SAND PROTOCOL

# The Cortisol Reset Protocol

Twelve weeks. Three phases.  
Built from the evidence.

*Researched. Practical. Honest.*

## SECTION 01

# Before you begin

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*You cannot outrun cortisol with willpower. The body only stops producing it when it believes the threat has passed.*

## What this Protocol is

A twelve week plan in three phases. Foundation (weeks one to four): the lifestyle anchors and foundation supplements that signal to the body the threat has passed. Recalibration (weeks five to eight): targeted adaptogens and parasympathetic work layered onto a calmer system, with a midpoint cortisol test. Sustain (weeks nine to twelve): build the routine that holds, address the underlying stressor, retest at week twelve.

## Who it is for

Women whose pattern is wired but tired. Energy crashes by three in the afternoon. Awake at four in the morning with the mind racing. A waistband that has crept up even though nothing about eating has changed. Bloods come back normal but the body does not feel right. The cohort whose cortisol sits a little too high, a little too long, and the knock on effects show up everywhere.

## Who it is not for

Anyone in the middle of a real diagnosis (work with your clinician). Anyone on thyroid medication or in active autoimmune flare, where the herbal additions need a clinician conversation first. Pregnancy and breastfeeding. The Protocol is educational and is not a substitute for medical care.

## What is included

The full Protocol PDF you are reading. A seven day quick start companion to begin tomorrow morning. A GP conversation letter ready to take to a consultation. A printable symptom tracker. Brand free supplement guidance with the doses the trials actually used.

## How long it takes

Twelve weeks. Most women notice a softer waking and steadier afternoon energy within the first ten to fourteen days. The ashwagandha and breathwork compound across phase one. The midpoint cortisol test in week eight gives a real data point. The retest in week twelve confirms what shifted.

Read it once before you start. Then return to week one and follow the structure week by week.

## SECTION 02

## The science in one page

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*You cannot outrun cortisol with willpower. The body only stops producing it when it believes the threat has passed.*

Cortisol is a survival signal, not a character flaw. Your adrenal glands release it when your nervous system perceives a threat. The threat does not have to be a tiger. It can be a difficult email, a skipped meal, an argument replayed at midnight, three flat whites before noon, an HIIT class on three hours of sleep. Your body cannot tell the difference. It responds the same way each time.

The system that was designed for short bursts of acute stress was never meant to run continuously. When it does, the daily curve flattens. Cortisol stays a little too high through the evening, drops too low first thing in the morning, and the natural rhythm that should make you feel alert at nine and sleepy at ten unravels. Sleep gets lighter. Recovery slows. The body starts holding onto fat around the middle as an emergency calorie store. Hair sheds. Periods become erratic. Patience thins.

The trap is that the standard advice (try harder, exercise more, discipline yourself out of it) is exactly what keeps cortisol elevated. Pushing harder is another threat signal. The body interprets your willpower as more pressure and responds the way it always does. You cannot lower cortisol by being stricter with yourself. You can only lower it by signalling, repeatedly and consistently, that the threat has passed.

That is what this Protocol does. Each of the twelve weeks adds one small intervention that signals safety. Sleep environment, breath, blood sugar, light, movement, supplementation. None of them on their own is dramatic. Stacked over twelve weeks, they tell a coherent story to your nervous system: nothing is chasing you. The threat has passed. You can stand down.

The body knows how to do the rest.

WEEK 1 . PHASE 1

# Bedroom audit and breath

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## This week

Make your bedroom a sleep environment, not a working environment. Begin box breathing twice daily.

## What you do

- Set bedroom temperature to between sixteen and eighteen degrees centigrade. Use a thermometer for one night to check.
- Block all light. Black out curtains, mask, no LEDs visible from the bed.
- Move every screen out of the bedroom. Charging happens in another room.
- Twice daily, four counts in, four hold, four out, four hold, for five minutes. Once on waking, once at bedtime.

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## Continued in the full Protocol

The full Protocol contains all twelve weeks plus the supplement card, lab tests, the printable symptom tracker, and the GP conversation letter. The seven day quick start sheet is included so you can begin tomorrow morning.

Available at [sableandsand.com/protocols/cortisol-reset-protocol](https://sableandsand.com/protocols/cortisol-reset-protocol). One payment of nineteen pounds. Lifetime updates included.