

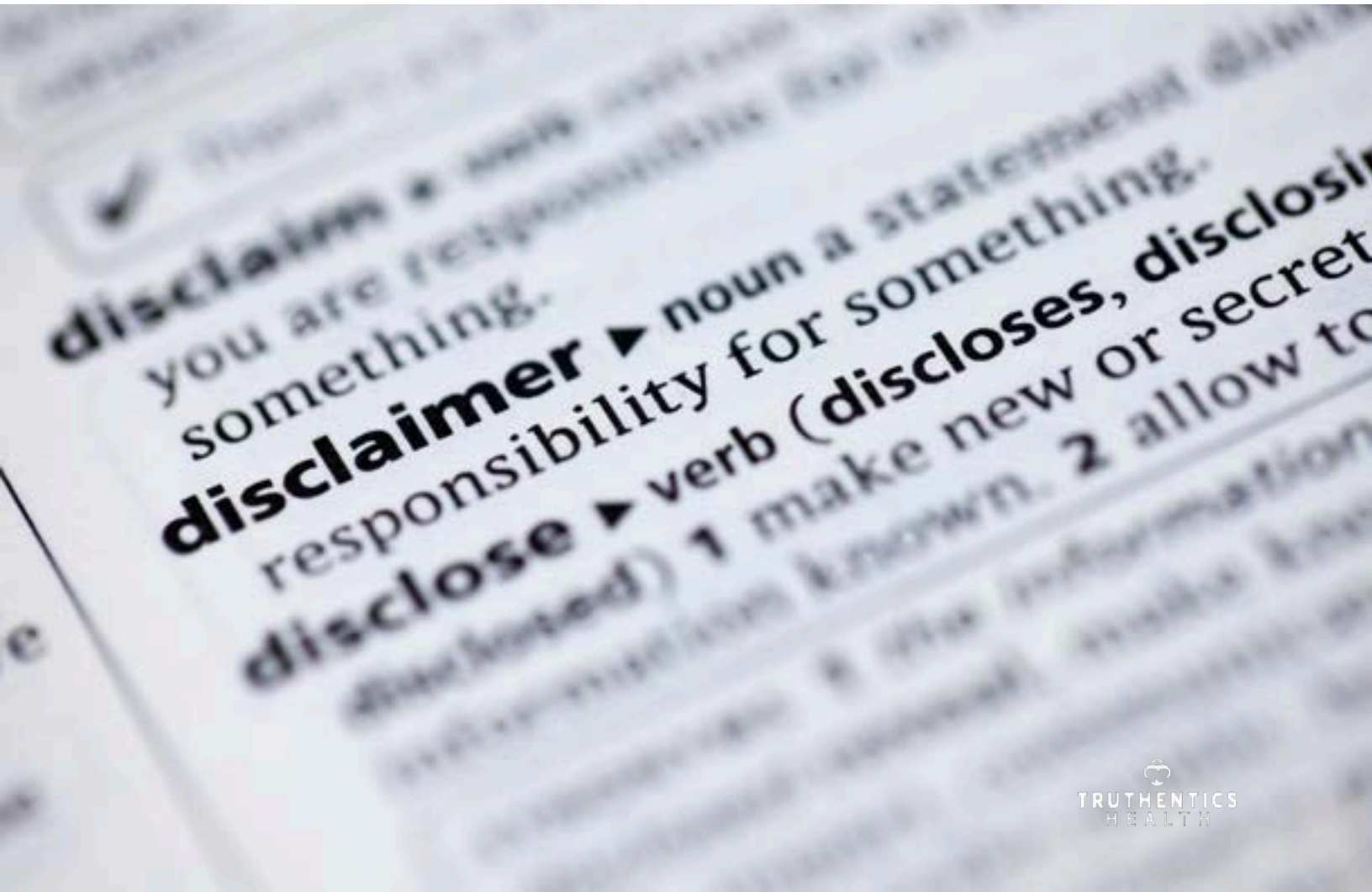
All-Day Energy, Every Day!

10 Daily Habit Upgrades To Improve Energy, Balance Blood Sugar, and Restore Your Body's Natural Efficiency.

TRUTHENTICS
HEALTH

Disclaimer

This special report is not medical advice and is for informational and educational purposes only. It does not constitute medical advice, diagnosis, or treatment, nor does it establish a doctor-patient relationship. The information provided should not be used as a substitute for consultation with qualified healthcare professionals. Always consult your physician before making changes to your diet, exercise, supplementation, or medication regimens. Individual results vary. The strategies discussed may not be appropriate for your specific situation. Never disregard professional medical advice or delay seeking it because of something you've read here. If you have existing health conditions or are taking medications, obtain medical clearance before implementing any protocols mentioned.



Hello and Welcome! My name is **Dr. Rich Farina** and I'm so glad you've decided to join me here toward gaining a better understanding of ***how you can unleash a more energetic, vibrant, slimmer, and healthier YOU... that's hiding inside.***

We're certain you've heard of the word **"metabolism"**, but perhaps you don't realize how important it is as it relates to the energy your body produces each and everyday... and when it doesn't work properly, slows, and becomes inefficient, the downstream ripple effects can result in a whole list of seemingly unrelated conditions.

These include:

- ✓ **Random Periods of Low Energy**
- ✓ **Unexplained Fatigue**
- ✓ **Intermittent Focus Issues & Brain Fog**
- ✓ **Slower Calorie Burning**
- ✓ **Loss of Muscle Strength**
- ✓ **Stubborn Weight Gain**
- ✓ **Hidden Changes in Body Chemistry**

Can it be helped? The answer is ***YES!***

It's almost **35 years** now that I've been helping men and women repair their slower, faulty metabolisms so they can get their bodies back into balance and succeed in overcoming a number of related health conditions. Through small daily habit upgrades that make your body perform more efficiently, **these people return to their ideal weight, have more energy, feel better, and live a happier, healthier lifestyle!**

During these 35 years in our very own ***Metabolic Health & Performance Centers***, I've helped thousands of men and women take control and improve their health by coaching them on how to reset their metabolisms using a combination of the 10 proven and practical lifestyle strategies outlined in this ***Special Report***.

Re-activating your metabolism so your body becomes healthier once again requires MUCH MORE than following a fad diet or exercise plan. It's about learning and implementing these **10 strategies** together that will ultimately help you create the leaner, more energetic, healthier body you've always wanted… *and deserve.*

Just remember… No matter how far away from being healthy you've wandered, your body can change! Make the commitment to yourself and let me help you move toward optimal health by implementing these **10 proven metabolism and health saving strategies.**

Yours in health,

Dr. Rich Farina
Metabolic Health Specialist
Founder, Truthentics Health

Introduction — Why Energy & Health Starts With Your Metabolism

Your **metabolism** is your body's hidden internal engine — the system behind the scenes that turns food and nutrients you eat into usable energy. When it runs efficiently, you feel alert, strong, and clear-minded. When it secretly slows or becomes impaired, your energy production falters, leading to ***fatigue, brain fog, unexpected weight gain, blood sugar and hormonal imbalances, and declining strength.***

While many people chase quick fixes for many of the downstream ripple effects of a changed metabolism, true metabolic restoration happens through the implementation of **small daily habit upgrades with supportive targeted nutritional supplements that accumulate over time.**

This ***Special Report*** outlines **10 simple but precise "micro-changes"** you can make in your daily lifestyle that generate huge, positive impacts on how your body makes and manages your energy, overcomes seemingly unrelated health conditions, enables you to return to an healthier, active lifestyle that you deserve.

In fact, in our personalized health coaching program, we use these same strategies to help our customer's achieve faster and long-lasting results.

Micro-Change #1 — Start Your Day Hydrated

Why it matters: Overnight, your body loses water and electrolytes through breathing and sweating. Dehydration—even mild—can reduce cellular energy output, elevate cortisol, and slow metabolism.

How it helps your metabolism: Hydration supports blood flow, oxygen delivery, and mitochondrial activity — all essential for energy creation.

How to implement: Before coffee, drink 16–20 oz of water with a pinch of sea salt or a mineral packet. Add lemon for flavor. Make it your first ritual every morning.

Energy & Blood Sugar Benefit: Proper hydration improves circulation, supports cellular energy production, and helps your body respond more efficiently to insulin.

Targeted Support: Starting your day hydrated creates a better internal environment for nutrients in ***Truthentics GlucoPlus*** to be absorbed and utilized effectively.



Micro-Change #2 — Eat Protein-Forward Meals

Why it matters: Protein provides amino acids that rebuild muscle and enzymes that drive metabolic reactions.

How it helps your metabolism: More muscle = higher resting energy burn. Protein stimulates thermogenesis and regulates appetite hormones.

How to implement: Target 25–35g of protein per meal. Prioritize lean sources: eggs, fish, poultry, Greek yogurt, or plant protein blends. ‘Protein first’ at every meal.

Energy & Blood Sugar Benefit: You’ll experience fewer energy crashes, better appetite control, and more stable blood sugar throughout the day.

Targeted Support: Nutritional supplements like ***Truthentics GlucoPlus*** work alongside protein-rich meals to support healthy glucose metabolism and insulin function.



Micro-Change #3 — Move for 15 Minutes After Meals

Why it matters: After eating, blood sugar naturally rises. Remaining sedentary make sit spike higher and stay longer — straining insulin and promoting fat storage.

How it helps your metabolism: Post-meal movement activates glucose transporters (GLUT-4), pulling sugar into muscles instead of storing it as fat.

How to implement: The easiest way to implement this strategy is to walk for 15–30 minutes after each main meal you eat. Using the major muscles of your legs naturally reduces excess blood sugar from your blood stream.

Energy & Blood Sugar Benefit: Muscles act like a "glucose sponge," pulling sugar out of your bloodstream and stabilizing energy levels.

Targeted Support: This habit enhances the effectiveness of ***Truthentics GlucoPlus*** by improving how your body uses glucose.



Micro-Change #4 — Anchor Your Sleep and Wake Times

Why it matters: Your circadian rhythm controls hormones that dictate energy, hunger, and metabolism.

How it helps your metabolism: Consistent sleep patterns regulate melatonin, leptin, and growth hormone — vital for recovery and fat metabolism.

How to implement: Choose a consistent bedtime and wake time (±30 min). Create a power-down routine: dim lights, avoid screens, breathe, or journal.

Energy & Blood Sugar Benefit: Better sleep improves insulin sensitivity, hormone balance, and next-day energy.

Targeted Support: Consistent sleep helps your body respond more predictably to the metabolic pathways ***Truthentics GlucoPlus*** supports.



Micro-Change #5 — Morning Light Exposure

Why it matters: Morning sunlight resets your internal clock and boosts alertness.

How it helps your metabolism: Light stimulates cortisol awakening response — a natural energy boost regulating appetite and fat oxidation.

How to implement: Within 30 minutes of waking, get 10 minutes of natural light outdoors. No sunglasses. Combine with your hydration ritual.

Energy & Blood Sugar Benefit: Improves cortisol rhythm, reduces cravings, and stabilizes appetite and energy.

Targeted Support: When your circadian rhythm is aligned, your body processes nutrients — including those in ***Truthentics GlucoPlus*** — more efficiently.



Micro-Change #6 — Strength Work For Muscle Protection

Why it matters: Muscle is your body's metabolic currency. After age 30, you lose 3–5% per decade without resistance activity.

How it helps your metabolism: Muscle burns 5x more calories at rest than fat. Strength exercises increases your insulin sensitivity and energy efficiency.

How to implement: Do 2–3 short resistance sessions weekly: bodyweight, bands, or weights. Even just15 minutes is adequate if performed with a method that is specific to waking up and stimulating most of your muscles.

Energy & Blood Sugar Benefit: More muscle = better glucose control + higher daily energy output.

Targeted Support: ***Truthentics GlucoPlus*** helps support the metabolic pathways that allow your muscles to better utilize glucose.



Micro-Change #7 — Eat Within A 8-10 Hour Window

Why it matters: Constant grazing keeps insulin elevated, reducing fat burning and repair time.

How it helps your metabolism: Shorter eating windows promote metabolic switching — enabling you to use stored fat for energy.

How to implement: Example: Eat breakfast at 8am, finish dinner by 6 pm. Avoid late-night snacks. Hydrate after dinner.

Energy & Blood Sugar Benefit: Improves insulin sensitivity and allows your body to tap into stored energy.

Targeted Support: Taking ***Truthentics GlucoPlus*** during your eating window helps support balanced blood sugar responses to meals.



Micro-Change #8 — Replace Energy Crash Foods

Why it matters: Foods made of refined and processed carbs cause glucose spikes and crashes that drain energy and raise inflammation.

How it helps your metabolism: Stable blood sugar = stable energy. Replacing processed carbs with whole-food options supports your metabolism's optimum performance.

How to implement: Swap cereal for eggs or yogurt. Replace processed snacks like chips with nuts or fruit+protein. Always have a portion of protein in every snack.

Energy & Blood Sugar Benefit: Fewer crashes, more consistent energy, less inflammation.

Targeted Support: ***Truthentics GlucoPlus*** complements these choices by supporting healthy glucose metabolism instead of working against poor food patterns.



Micro-Change #9 — Support Your Energy "Signaling"

Why it matters: Artificial food processing with unnatural chemicals and preservatives robs your body of the essential nutrients required to keep your metabolism running at an optimum and avoid a decline as you get older.

How it helps your metabolism: Specific supplements naturally support the same metabolic pathways your habits target without side effects.

How to implement: The Truthentics brand offers 8 specific nutritional supplements that help individuals restore and maintain their metabolic engine for optimum health. Contact us to find out which ones are BEST for you.

Energy & Blood Sugar Benefit: Support healthy blood sugar levels, insulin function, and cellular energy production.

Targeted Support: Start by taking ***Truthentics GlucoPlus*** daily to help your body process carbohydrates more efficiently and support stable energy throughout the day.



Micro-Change #10 — Track, Measure & Reflect Weekly

Why it matters: You can't improve what you don't measure. Tracking builds awareness and consistency.

How it helps your metabolism: Tracking reinforces habits that support a more efficient, adaptive, and flexible metabolism — staying balanced under stress.

How to implement: Record sleep, weight, walking distance, protein intake, and energy levels weekly. Adjust one variable or metric at a time.

Energy & Blood Sugar Benefit: Tracking builds awareness and consistency — key drivers of long-term metabolic health.

Targeted Support: Tracking helps you see how consistent use of ***Truthentics GlucoPlus*** (alongside habits) improves your energy and stability over time.



Conclusion — Small Changes, Big Energy

True metabolic change or "transformation" doesn't come from overhauling your entire lifestyle — ***it comes from stacking micro-habits that compound over time.***

Each small change nudges your metabolism toward greater efficiency, stability, and vitality. Energy isn't found — it's created by how you live each day.

Start with one or two micro-habits. Feel the difference. Add more micro-habits as your metabolism builds momentum and you feel more genuine energy throughout your day.

Don't forget to include a targeted nutritional support supplement like *Truthentics GlucoPlus* in your new daily health regimen. When you combine smart daily habits, consistent routines, and targeted support like Truthentics GlucoPlus... you create the conditions for steady, all-day energy, balanced blood sugar, and a stronger, more efficient metabolism.

Your body has remarkable potential — **fuel it, move it, and measure it.**

Yours in Health,
Dr. Rich Farina
Metabolic Health Specialist

TRUTHENTICS HEALTH



ENERGY

METABOLISM

EVERYDAY HEALTH

Support Your Energy... The Right Way

Small habits create the foundation — targeted support helps your body respond.

You've seen how simple daily habits can improve how your body creates and uses energy. From hydration and movement to sleep and nutrition — each step helps your metabolism work more efficiently. But there's **one piece many people overlook...**

Targeted Nutritional Support

- More stable, all-day energy
- Fewer post-meal crashes
- Better day-to-day consistency
- Supports healthy glucose metabolism
- Works alongside your daily habits
- Helps reinforce metabolic efficiency



Truthentics GlucoPlus

Designed to complement the exact habits outlined in this guide — helping support how your body processes carbohydrates and maintains steady energy throughout the day.

It's not a replacement for your habits... it helps your body respond better to them.

Where to Find It

Amazon
Fast delivery and verified reviews.

Truthentics.com
Official source for product details and guidance.

Available online for convenience, fast delivery, and easy access.

A Simple Way to Get Started

Start with one or two habits. Stay consistent. Add support where it makes sense.

That's how real, lasting energy is built.

Your metabolism doesn't need perfection — it needs consistency, support, and the right inputs.

TRUTHENTICS HEALTH

GET THE MOST FROM YOUR GLUCO PLUS



Simple daily habits to help support steady energy, balanced blood sugar, and better metabolic health.

HOW TO TAKE

2 CAPSULES DAILY
FOR BEST RESULTS

15–30 MINUTES
BEFORE YOUR LARGEST MEAL

OPTIONAL: SPLIT DOSE
1 BEFORE LUNCH,
1 BEFORE DINNER

5 PRO TIPS FOR BEST RESULTS

1. BE CONSISTENT
Take at the same time each day for best results.

2. PAIR WITH MEALS
Works best before meals that contain carbohydrates.

3. START SMART
Begin with 1 capsule for a few days, then increase to 2.

4. SUPPORT WITH FOOD
Combine with protein, fiber, and balanced meals.

5. TRACK SMALL SIGNALS
Pay attention to energy, cravings, and how your clothes fit—you'll notice the difference.

WHAT MAKES THE DIFFERENCE?

It's not about quick bursts of energy—
it's about creating **steady, all-day energy** without crashes.

STAY CONSISTENT. TRACK SMALL CHANGES.

That's where real results begin.

WHAT TO EXPECT (AND WHEN)

WEEK 1

7 DAYS

- ✓ More stable energy after meals
- ✓ Fewer sugar cravings
- ✓ Less afternoon fatigue

> *"I don't feel that heavy, tired feeling after eating anymore."*

WEEK 2

14 DAYS

- ✓ Steadier energy throughout the day
- ✓ Better appetite control
- ✓ Reduced snacking

> *"I'm naturally eating less without trying."*

WEEK 4

28 DAYS

- ✓ More consistent daily energy
- ✓ Less bloating, improved waistline
- ✓ Better focus and clarity

> *"My clothes fit better even before the scale changed."*

BEYOND 4 WEEKS

- ✓ Long-term metabolic support
- ✓ Easier weight management
- ✓ More predictable energy & appetite

> *"This is the first time something actually felt sustainable."*

WHAT TO WATCH FOR

Most results are subtle at first—look for:

- **FEWER ENERGY CRASHES**
- **LESS THINKING ABOUT SUGAR**
- **MORE CONSISTENT DAILY ENERGY**

TRUTHENTICS HEALTH

Supporting your metabolism—
so your body can work the way it's supposed to.

INSPIRED BY NATURE • BACKED BY SCIENCE

FOLLOW YOUR PROGRESS: ENERGY | CRAVINGS | WAIST | FOCUS

TRUTHENTICS HEALTH®

MEET

DR. RICH FARINA

FOUNDER OF TRUTHENTICS HEALTH®

A Metabolism-First Approach to More Energy, Better Health, and Lasting Results.



35+ YEARS
of real-world experience in metabolic health, nutrition, and performance.

THOUSANDS
of people helped to improve energy, blood sugar, weight, strength, and overall health.

LIFESTYLE + TARGETED NUTRITION
A practical, natural approach to address the root causes of poor metabolic health.

> *My mission is simple—help you understand your metabolism and give you real, practical strategies to feel better, have more energy, and take back control of your health.*

AREAS OF FOCUS

- Energy & Metabolism
- Blood Sugar & Insulin Health
- Healthy Weight & Body Composition
- Muscle, Strength & Performance
- Hormonal & Cardiometabolic Health
- Healthy Aging & Longevity

FOLLOW DR. RICH

FOR PRACTICAL TIPS, RESEARCH INSIGHTS, AND SIMPLE STRATEGIES FOR A HEALTHIER METABOLISM.

TRUTHENTICS
HEALTH



OUR MISSION

To Help People Restore Their Energy & Health by Fixing Their Metabolism.

We provide simple, science-backed strategies and high-quality nutritional support to address the root causes of low energy, weight gain, and metabolic decline—so you can feel better, function stronger, and ***live a healthier, more active life.***



STEADY ENERGY | **HEALTHY WEIGHT** | **BETTER METABOLISM** | **CLEARER THINKING**

OUR GOAL ›

To give you the knowledge, tools, and support to take control of your metabolic health—***naturally and for life.***

Dr. Rich Farina

FOUNDER,
TRUTHENTICS HEALTH

TRUTHENTICS
HEALTH

WHAT MAKES TRUTHENTICS DIFFERENT?



Dr. Rich Farina

FOUNDER,
TRUTHENTICS HEALTH

PREMIUM, LAB-TESTED INGREDIENTS
High-quality, trusted, and pure.

METABOLISM-FIRST FOCUS
Supports energy, blood sugar, weight, and long-term health.

SCIENCE-BACKED FORMULAS
Evidence-informed nutrients that work with your body.

QUALITY YOU CAN TRUST
Made in the USA in cGMP-certified facilities with third-party testing.

REAL-WORLD RESULTS
Built from 35+ years of experience helping thousands of people improve their metabolic health.

NOT JUST SUPPLEMENTS—
A SMARTER, METABOLISM-FOCUSED APPROACH TO BETTER HEALTH.