

The Hormesis Cheat Sheet

DISCLAIMER: Every individual has unique health conditions and tolerances. The following evidence-based interventions are not personalized recommendations. Please consult with your physician before implementing any hormetic stressors, especially if you have pre-existing health conditions.

General Principles

- The ideal hormetic stressor provides enough challenge to stimulate positive adaptation without causing harm
- Start with milder exposures and gradually increase intensity as your body adapts
- Consistency is more important than intensity for long-term benefits

Intentional Heat Exposure (Sauna)

- Intentional Heat Exposure has been shown to reduce cardiovascular disease risk, increase heat shock proteins, improves stress response, and enhance sleep quality
- Interventions to Consider:
 - Temperature: 70-100°C (158-212°F)
 - Duration: 15-20 minutes per session (19-20 minutes appears particularly effective)
 - Frequency: 4-7 sessions per week for optimal benefits
- Safety Considerations:
 - May reduce sperm count temporarily (reversible within 6 months)
 - Avoid if pregnant or if you have certain cardiovascular conditions
 - Exit immediately if feeling faint or unwell

Intentional Cold Exposure

- Intentional Cold Exposure has been shown to increase brown adipose tissue, activate metabolism, improve mood, and reduce inflammation
- Interventions to Consider:
 - Cold ambient air (61-66°F/16-19°C) for 1-2 hours daily
 - Cold showers at 68°F/20°C for 2-3 minutes
 - Cold plunge/ice bath (duration varies by temperature and tolerance)

- Morning exposure may be ideal for energy and mood benefits
- Avoid before bedtime as it raises core body temperature and activating neurotransmitters, which can interfere with sleep onset
- Consider timing away from workouts if building muscle mass is a priority
- Safety Considerations:
 - Exit immediately if experiencing numbness or extreme discomfort
 - Build tolerance gradually
 - Listen to your body's signals

Red Light Therapy

- Red Light Therapy can enhance mitochondrial function, improve skin health, promote wound healing, and support eye health
- Interventions to Consider:
 - Red light panels for full-body exposure
 - Red light masks for facial application
 - Specialized devices for targeted areas
 - Wavelength: 630-1,000nm (red to near-infrared light)
 - Duration: 10-30 minutes per session
 - Frequency: 2-5 sessions per week
- Safety Considerations:
 - Start with shorter durations to assess tolerance

Phytochemicals

- Consuming phytochemicals can reduce oxidative stress in the body, promote proper protein folding, and enhance cellular resilience.
- Best Food Sources:
 - Dark leafy greens (spinach, kale, collards)
 - Brightly colored vegetables and fruits (carrots, beets, berries)
 - Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)
 - Allium vegetables (garlic, onions)
 - Green tea, dark chocolate, coffee
 - Extra virgin olive oil
 - Turmeric and other spices
- "Eat the rainbow" to get a diverse array of phytochemicals