

THE 7-DAY QUICK-ACTION PROTOCOL // ₹49 TRIPWIRE

ANTI-BLOAT GROCERY & ELECTROLYTE CHECKLIST

THE POCKET FIELD MANUAL: EXACT SUPERMARKET ITEMS, 3:1 POTASSIUM-SODIUM FLUSH RATIO & 7-DAY SCORECARD



BEFORE SODIUM WATER RETENTION



AFTER 7-DAY WATER DUMP

PILLAR 01

3:1 FLUSH RATIO

3,500mg potassium vs <1,500mg sodium to trigger involuntary water flush.

PILLAR 02

ZERO-BLOAT CART

Potatoes with skin, coconut water, lemons, pink salt, & clean greens.

PILLAR 03

7-DAY MATRIX

Daily accountability checkboxes to establish a dry facial baseline.

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"This field checklist is engineered to strip 2 to 3 pounds of trapped water from your face in 7 days. Zero medical talk. Zero boring theory. Just pure supermarket execution, precise electrolyte ratios, and daily discipline."

PROTOCOL 01 **THE 3:1 POTASSIUM-TO-SODIUM FLUSH SCIENCE**

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How excess sodium traps subcutaneous water, the 3:1 flush mechanism, and the 3-second diagnostic test.

PROTOCOL 02 **THE MASTER ANTI-BLOAT SUPERMARKET GROCERY LIST**

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Complete interactive shopping cart: baked potatoes, coconut water, lemons, pink salt & the banned red list.

PROTOCOL 03 **THE MORNING FLUSH ELIXIR & 4-LITER HYDRATION CURVE**

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PROTOCOL 01 // FIELD CHECKLIST

THE 3:1 POTASSIUM-TO-SODIUM FLUSH SCIENCE

"When you wake up with a soft, swollen face, your cheek bones and jaw corners are not gone; they are simply buried under two to three pounds of trapped subcutaneous water."

Your cellular fluid balance is governed by a strict chemical pump. High sodium forces fluid outside your cells directly beneath your facial skin, while potassium pulls fluid back inside your muscle tissue and drives excess water into the bladder for rapid excretion.

SPEC

THE ELECTROLYTE WATER EXCHANGE FORMULA

[HIGH JUNK SODIUM: > 3,000mg]

→ Fluid pulled under cheek skin; moon face created

[LOW DIETARY POTASSIUM: < 1.5g]

→ Kidneys lock onto emergency water reserves

[TARGET FLUSH RATIO: 3:1]

→ 3,500mg Potassium vs < 1,500mg Sodium dumps trapped fluid

THE 3 CORE ELECTROLYTE RULES:

- **The Sodium Elimination Target:** Cap processed table salt below 1,500mg daily. Eliminate hidden preservatives from sauces, packaged snacks, and takeout meals.
- **The Potassium Loading Target:** Reach 3,500mg to 4,200mg of dietary potassium daily exclusively from whole food sources to trigger involuntary fluid flushing.
- **The Cell Re-Hydration Trigger:** Water follows potassium into intracellular muscle stores, creating firm fullness in the muscles while leaving cheek skin bone-dry.

PROTOCOL CONTINUES ON NEXT PAGE →

PROTOCOL 01 // FIELD CHECKLIST // CONTINUED

THE 3-SECOND FINGER PRESS DIAGNOSTIC:

- **The Cheek Density Test:** Press your thumb firmly into your lower cheek next to your mouth for 3 seconds. If a white circular indentation lingers, you have active interstitial fluid retention.
- **The Morning vs Evening Jaw Check:** If your jaw appears noticeably sharper at 08:00 PM than at 08:00 AM, your facial softness is 100% trapped water, not genetic bone shape.
- **The Sodium-Flush Transition:** Within 72 hours of shifting to the 3:1 ratio, kidney filtration surges and cheek fullness visibly contracts.

METRIC	BLOATED FACIAL STATE	CHISELED FLUSH PROTOCOL
Sodium Intake	3,200mg - 4,500mg (Excess)	Under 1,500mg (Clean Sea Salt)
Potassium Intake	1,200mg - 1,800mg (Deficient)	3,500mg - 4,200mg (Whole Food)
Primary Water Store	Subcutaneous cheek fat pads	Intracellular muscle tissue
Visual Jaw State	Blurry boundary into neck	Sharp, angular 90-degree edge

COACH WARNING

Coach Warning: Cutting Water Triggers Severe Rebound: Never attempt to de-bloat by dehydrating yourself. When water intake drops below 2.5 liters, aldosterone hormone surges, locking water into your cheeks even harder. You must over-hydrate with 4 liters daily to signal the kidneys that water is abundant.

PROTOCOL 02 // FIELD CHECKLIST

THE MASTER ANTI-BLOAT SUPERMARKET GROCERY LIST

"Walking into a grocery store without an exact blueprint guarantees you will purchase sodium-dense foods that destroy your jawline. Take this exact shopping list to the market."

Everything in this cart serves a singular aesthetic function: accelerating renal water excretion, suppressing gut inflammation, and supplying bioavailable potassium without artificial chemicals.

SPEC

BASKET ALLOCATION RATIO

[60% HIGH-POTASSIUM WHOLE PRODUCE]

→ Bananas, baked potatoes with skin, raw spinach, avocados

[25% CLEAN LEAN PROTEIN SOURCES]

→ Chicken breast, wild salmon, pastured eggs, firm tofu

[15% NATURAL FLUSH DIURETICS]

→ Fresh coconut water, lemons, dandelion tea, cucumber

THE COMPLETE ANTI-BLOAT SHOPPING CART:

- []

[]

[]

Baked Russet Potatoes (with skin): 900mg potassium per medium potato. The highest bioavailable source on Earth.
- []

[]

[]

Raw Tender Coconut Water (100% pure): 600mg - 1,000mg natural electrolytes per 500ml bottle with zero added cane sugar.
- []

[]

[]

Fresh Bananas (5-7 pieces): 420mg potassium per fruit. Instant midday electrolyte replenishment.
- []

[]

[]

Baby Spinach (500g bag): 840mg potassium per cooked cup plus high magnesium to prevent nighttime jaw clenching.
- []

[]

[]

Organic Lemons & Cucumbers: Citric acid stimulates liver bile production while cucumber silica reduces facial puffiness.
- []

[]

[]

Pure Himalayan Pink Rock Salt: Unrefined mineral salt providing trace minerals without chemical anti-caking agents.

PROTOCOL CONTINUES ON NEXT PAGE →

PROTOCOL 02 // FIELD CHECKLIST // CONTINUED

THE BANNED RED LIST PROTOCOL:

- **The Restaurant Sodium Trap:** Prepared meals contain 300% more sodium than home cooking to preserve moisture and mask cheap oils.
- **The Zero-Tolerance Rule:** For the next 7 days, eliminate all restaurant deliveries, packaged seasonings, and processed meats.
- **Pure Clean Cooking:** Season every home meal with unrefined pink salt and fresh lemon juice exclusively.

BANNED ITEM	HIDDEN DAMAGE	CLEAN ZERO-BLOAT REPLACEMENT
Instant Ramen/Soups	1,800mg synthetic sodium	Bone broth with pink salt
Commercial Soy Sauce	1,000mg sodium per tablespoon	Coconut aminos or fresh lemon
Packaged Potato Chip	Fried in inflammatory seed oil	Oven-baked potato wedges
Carbonated Colas	High fructose corn syrup bloat	Chilled sparkling lemon water

COACH

DIRECTIVE

Coach Directive: Cook 100% of Meals at Home: Restaurant and delivery kitchens intentionally dump sodium and MSG into meals to extend shelf life and enhance taste. For the next 7 days, cook your own food using pink salt and fresh produce only.

PROTOCOL 03 // FIELD CHECKLIST

THE MORNING FLUSH ELIXIR & 4-LITER HYDRATION PROTOCOL

"Drinking water randomly throughout the day does not mobilize trapped cheek water. You need a structured intake curve that spikes kidney filtration during waking hours and tapers at sunset."

Begin every morning with the VitalVault Morning Flush Elixir within 10 minutes of waking. This kickstarts cellular peristalsis, clears digestive stagnation, and replaces overnight mineral depletion.

SPEC

THE MORNING FLUSH ELIXIR SPECIFICATION

[500ml WARM PURIFIED WATER]

→ Activates gastrointestinal motility without cold shock

[1/2 FRESHLY SQUEEZED LEMON]

→ Delivers natural potassium citrate to alkaline urine

[1/4 TSP HIMALAYAN PINK SALT]

→ Supplies 84 trace ionic minerals to balance adrenal glands

THE TIMED 4-LITER HYDRATION SCHEDULE:

- **07:30 AM (Wake-Up Flush - 1.0 Liter):** Drink the 500ml Morning Flush Elixir followed by 500ml pure water. This terminates nighttime aldosterone hoarding instantly.
- **11:30 AM - 01:30 PM (Midday Flush - 1.5 Liters):** Consume alongside your whole-food lunch (e.g. baked potato with skin + chicken breast).
- **04:30 PM - 07:00 PM (Evening Completion - 1.5 Liters):** Sip 500ml fresh coconut water followed by 1 liter pure water. All heavy fluids finish by 07:00 PM.
- **08:00 PM (Hydration Curfew):** Restrict fluids to small sips only. Sleeping with a full bladder elevates nighttime cortisol and causes morning facial pooling.

PROTOCOL CONTINUES ON NEXT PAGE →

PROTOCOL 03 // FIELD CHECKLIST // CONTINUED

TOP POTASSIUM WHOLE FOODS RANKED:

- **Potassium Density Rule:** Always prioritize skin-on root crops and raw tender coconut water over low-density fruits.
- **Electrolyte Synergists:** Combine high potassium with magnesium from leafy greens to maximize intracellular fluid retention.
- **Zero Chemical Powders:** Rely exclusively on real whole food items to prevent osmotic stomach irritation.

WHOLE FOOD SOURCE	SERVING SIZE	POTASSIUM CONTENT	PREPARATION EFFORT
Baked Potato (Skin)	1 Large (300g)	950mg - 1,050mg	40 min oven bake
Tender Coconut Water	500ml Bottle	650mg - 900mg	Zero (Pour & Drink)
Cooked Spinach	1 Cup (180g)	840mg	5 min steam or saute
Whole Avocado	1 Medium (150g)	730mg	Zero (Slice & Eat)
Ripe Banana	1 Large (135g)	450mg	Zero (Peel & Eat)

OPTIMAL

OUTCOME

Optimal Outcome: Clear Urine Benchmark: By Day 3 of this hydration curve, your urine will be completely pale straw-colored, kidney filtration will be optimized, and cheek skin will begin hugging your zygomatic bone structure tightly.

PROTOCOL 04 // FIELD CHECKLIST

THE 7-DAY DAY-BY-DAY ACTION & ADHERENCE MATRIX

"Consistency across 7 uninterrupted days is the difference between a temporary 6-hour depuff and an unmistakable facial transformation that reveals bone definition."

Follow this day-by-day progression. Check off every box each night before sleep. If you miss a water milestone or consume high sodium, compensate immediately the following morning.

SPEC

THE 7-DAY WATER MOBILIZATION PROGRESSION

[DAYS 01 - 02]

→ Sodium Reset: Baseline photo, zero junk salt, initial 4L water adaptation

[DAYS 03 - 04]

→ The Water Dump: Frequent urination, 1.5 to 2.5 lbs fluid drop, cheeks tighten

[DAYS 05 - 06]

→ Contour Definition: Trapped water clears; jawline corner visible in profile

[DAY 07 FINAL]

→ Peak Leanness: 100% dry facial baseline; hollow cheek shadows established

THE 3 CORE EXECUTION RULES:

- **Standardized Lighting:** Take a front and 45-degree side profile photo at 08:00 AM in front of the same window on Day 1 and Day 7.
- **The Ice Water Splash:** Combine your morning hydration with a 30-second ice-cold facial wash to shrink facial capillaries instantly.
- **Daily Salt Tracking:** Keep total added salt under 1/2 teaspoon of pink Himalayan salt per day across all home-cooked meals.

PROTOCOL CONTINUES ON NEXT PAGE →

PROTOCOL 04 // FIELD CHECKLIST // CONTINUED

THE 7-DAY ACCOUNTABILITY SCORECARD:

- **The Daily Completion Standard:** Check off all 4 daily markers every single night before 10:00 PM.
- **The Slip-Up Protocol:** If you consume restaurant sodium, add an extra 1-liter morning flush and 500ml coconut water the next day.
- **Zero Alcohol Tolerance:** Alcohol completely halts fluid mobilization and locks 72 hours of rebound facial water.

DAY	4L WATER FLUSH	3,500MG POTASSIUM	ZERO JUNK SALT	MORNING ICE DUNK
D-01	[] 4.0 Liters	[] Whole food	[] Zero chips	[] 30-Sec Splash
D-02	[] 4.0 Liters	[] Whole food	[] Zero sauces	[] 30-Sec Splash
D-03	[] 4.0 Liters	[] Whole food	[] Clean home	[] 30-Sec Splash
D-04	[] 4.0 Liters	[] Whole food	[] Clean home	[] 30-Sec Splash
D-05	[] 4.0 Liters	[] Whole food	[] Clean home	[] 30-Sec Splash
D-06	[] 4.0 Liters	[] Whole food	[] Clean home	[] 30-Sec Splash
D-07	[] 4.0 Liters	[] Whole food	[] Clean home	[] Audit Photo

COACH

DIRECTIVE

Coach Directive: Zero Excuses for 7 Straight Days: One single late-night pizza or handful of salty chips can set your fluid balance back by 48 hours. Protect your momentum and execute with 100% daily discipline.

PROTOCOL 05 // FIELD CHECKLIST

EMERGENCY PROTOCOL & THE 14-DAY BLUEPRINT BRIDGE

"If you wake up with severe facial swelling on the morning of a date, photoshoot, or meeting, use this 24-hour emergency protocol to force rapid vasoconstriction and drain fluid in under 30 minutes."

However, understand the biological reality: dumping trapped water reveals your facial bone structure, but it does not expand your jawline width, correct tongue posture, or eliminate eyelid puffiness.

SPEC

THE 24-HOUR EMERGENCY EVENT DE-PUFF DRILL

[STEP 1: ICE WATER BOWL DUNK]

→ 10 ice cubes in cold water; 3 x 15-second submersions

[STEP 2: FROZEN SPOON EYE TAP]

→ Press chilled stainless spoons onto lower eyelids for 60 seconds

[STEP 3: 5-MINUTE NECK SWEEP]

→ Glide knuckles from chin to earlobes, then sweep down to collarbone

FLUSHING WATER IS STEP 1 - NOW BUILD PERMANENT BONE ARCHITECTURE:

- **The Masseter Hypertrophy Protocol:** Tough Chios Mastic gum workouts build 3mm - 5mm of dense muscle at the lower jaw corners, creating a permanent wide, masculine square jawline.
- **The 24/7 Mewing Suction Seal:** Vacuum-sealing the back of your tongue against the palate pulls the under-chin skin up like a drum, eliminating double-chin sagging permanently.
- **Hunter Eye Architecture:** Specialized squinch exercises and orbital grooming elevate the lower eyelids, eliminate tired eye bags, and forge an intense, commanding masculine gaze.

PROTOCOL CONTINUES ON NEXT PAGE →

PROTOCOL 05 // FIELD CHECKLIST // CONTINUED

UPGRADE TO THE FULL 14-DAY FACIAL DE-BLOAT BLUEPRINT:

- **Permanent Aesthetic Transformation:** While water drops in 7 days, building muscular jaw corners and tongue posture permanently restructures your side and front profile.
- **The Complete 16-Chapter Curriculum:** Covers craniofacial bone anatomy, mewing physics, mastic gum resistance cycles, TMJ safety, and high-contrast facial grooming.
- **Exclusive VIP Reader Price:** As an action-taker who unlocked this Checklist, you qualify for the full Master Blueprint at a private ₹99 launch discount.

• COMPLETE 16-CHAPTER STANDALONE MASTER PDF (PURE BLACK / COBALT SCHEMATIC SYSTEM)

• Full Chios Mastic Gum Resistance Regimen (Sets, reps, rest days, TMJ joint safety)

• The 24/7 Mewing Suction Blueprint & 30-Night Mouth-Taping Protocol

• Hunter Eyes & Lower Eyelid Squinch Manual + Cold Spoon Depuffing Arsenal

• High-Contrast Grooming: Dark brows, smooth lips, and 14-day teeth whitening run

💬 DM "DEBLOAT" OR "BLUEPRINT" ON INSTAGRAM TO UNLOCK THE MASTER GUIDE FOR JUST ₹99

OPTIMAL OUTCOME

The Chiseled Benchmark: Congratulations on executing the 7-Day Anti-Bloat Grocery & Electrolyte Checklist. Take your Day 7 photo and compare it with Day 1. Upgrade to the complete 14-Day Blueprint to make your chiseled jawline permanent.