

YOUR DAILY ENERGY OPTIMIZATION GUIDE

Based on Astrology + Genetics + Biochemistry

MORNING ROUTINE BY RISING SIGN

ARIES RISING: High-intensity workout (HIIT, running), protein-heavy breakfast, cold shower. Your body wakes up with movement.

TAURUS RISING: Gentle yoga or walk, grounding breakfast (oats, eggs), skincare ritual. Ease into your day slowly.

GEMINI RISING: Light cardio or dance, varied breakfast, journaling or reading. Stimulate your mind early.

CANCER RISING: Water-based movement (swimming, bath), comforting breakfast, gratitude practice. Emotional grounding first.

LEO RISING: Energizing workout, colorful breakfast bowl, mirror affirmations. Start with confidence-building.

MORNING
routine

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VIRGO RISING: Organized routine, clean eating, to-do list creation.
Structure reduces anxiety.

LIBRA RISING: Balanced movement (barre, Pilates), aesthetic breakfast,
beauty ritual. Create harmony.

SCORPIO RISING: Intense workout, transformative practice (meditation,
breathwork), protein-rich meal. Deep inner work.

SAGITTARIUS RISING: Outdoor movement, adventurous breakfast, inspiring
podcast.
Freedom and expansion.

CAPRICORN RISING: Disciplined workout, efficient breakfast, goal review.
Productivity mindset.

AQUARIUS RISING: Unique routine, brain-boosting breakfast, learning
something new.
Mental stimulation.

PISCES RISING: Flowing movement (yoga, tai chi), intuitive eating,
dream journaling. Spiritual connection.

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PEAK PRODUCTIVITY HOURS BY SUN SIGN

FIRE SIGNS (Aries, Leo, Sagittarius): 10am-2pm

High energy midday. Schedule important tasks here. Crash after 3pm—plan accordingly.

EARTH SIGNS (Taurus, Virgo, Capricorn): 8am-12pm

Morning clarity is your superpower. Handle complex tasks early. Steady energy all day.

AIR SIGNS (Gemini, Libra, Aquarius): 11am-3pm & 7pm-9pm

Two peaks—use them. Mid-afternoon dip is real. Evening creativity surge.

WATER SIGNS (Cancer, Scorpio, Pisces): 9am-11am & 8pm-10pm

Morning intuition + evening depth. Afternoon is for routine tasks. Honor your rhythm.

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SUPPLEMENT TIMING BY GENETIC PROFILE

MTHFR VARIANTS (Methylation issues):

- Methylated B-Complex: With breakfast (supports energy production all day)
- 5-MTHF (Folate): Morning with food
- Methyl-B12: Morning (can be energizing)

COMT SLOW VARIANTS (Slow dopamine breakdown):

- Magnesium Glycinate: Before bed (calms racing mind)
- L-Theanine: Afternoon when stress peaks
- AVOID: High-dose tyrosine or dopamine precursors in evening

COMT FAST VARIANTS (Fast dopamine breakdown):

- Tyrosine or L-Dopa: Morning for focus
- Rhodiola: Mid-morning for sustained energy
- B-Vitamins: Morning to support neurotransmitter production

VDR VARIANTS (Vitamin D receptor issues):

- Vitamin D3: With largest meal (fat-soluble, needs fat for absorption)
- Higher doses often needed (2000-5000 IU)
- Pair with Vitamin K2 and Magnesium



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SUPPLEMENT TIMING BY GENETIC PROFILE

APOE4 CARRIERS (Brain health focus):

- Omega-3s (DHA/EPA): With breakfast (brain protection)
- Antioxidants (glutathione, CoQ10): Morning
- Avoid: Evening high-fat meals



NO GENETIC DATA YET?

- Start with: Magnesium (PM), Vitamin D (AM), Omega-3s (AM), B-Complex (AM)
- Then get testing for personalization

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EVENING WIND-DOWN RITUAL BY MOON SIGN

ARIES MOON: Physical release (punching bag, intense stretching), spicy/warm tea, action movie. Discharge energy.

TAURUS MOON: Sensory comfort (soft blankets, candles), rich decaf tea, comfort food. Ground through senses.

GEMINI MOON: Light reading, journaling thoughts, podcast or audiobook. Quiet the mental chatter.

CANCER MOON: Cooking comfort food, bath ritual, family time or call. Emotional nourishment.

LEO MOON: Creative activity, self-care ritual, inspiring content. Feed your inner child.

VIRGO MOON: Organize tomorrow, gentle yoga, herbal tea, plan next day. Control calms you.

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EVENING WIND-DOWN RITUAL BY MOON SIGN

LIBRA MOON: Aesthetic environment, partnership time, beauty ritual, peaceful music. Create harmony.

SCORPIO MOON: Deep journaling, shadow work, intimate conversation, transformative practice. Process emotions.

SAGITTARIUS MOON: Inspirational reading, planning adventures, philosophical content. Feed optimism.

CAPRICORN MOON: Review achievements, prep for tomorrow, structure ritual, discipline practice. Productive rest.

AQUARIUS MOON: Unique hobby, social media scroll (limited!), innovative thinking. Mental freedom.

PISCES MOON: Meditation, dream journaling, music, bath, spiritual practice. Dissolve boundaries.

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HYDRATION STRATEGY BY METABOLIC TYPE

FAST OXIDIZERS (Often Fire/Air signs + certain gene combos):

- 16-20 oz water upon waking (you dehydrate overnight)
- Sip throughout morning
- Electrolytes mid-afternoon
- Reduce after 7pm (frequent urination at night)

SLOW OXIDIZERS (Often Earth/Water signs + certain gene combos):

- 8-12 oz warm lemon water upon waking
- Smaller, frequent sips all day
- Herbal teas in evening
- Don't force excessive water (can dilute minerals)

GENERAL RULE:

$\frac{1}{2}$ your body weight in ounces daily (150 lbs = 75 oz)

More if exercising or in heat

Add mineral drops or pinch of sea salt to prevent depletion

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WANT YOUR PERSONALIZED PROTOCOL?

This cheat sheet gives you general guidance based on your astrological and genetic patterns—but imagine having a custom 90-day protocol built specifically for YOUR:

- ✓ Exact natal chart + Human Design
- ✓ Specific genetic variants (not just type)
- ✓ Current mineral status via HTMA testing

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