

Meet R2M

A new approach to nourishing your body. R2M is as easy as 1-2-3.

The Race To Maintenance protocol is anchored by three evidence-based pillars — high-utilisation protein, nutrient-supported fasting, and adaptogenic stress support — designed to systematically address nutritional deficiencies, chronic stress, and cellular toxicity. Rather than treating these as isolated issues, R2M creates a powerful synergistic effect within the body, aligning these core pillars so you can achieve optimal health and safe weight loss while revitalizing your metabolism for results that are built to last.

The Structure

The program is engineered to infuse your lifestyle with premium nutrition while eliminating the friction of meal prep and portion control:

5 Non-Fasting Days per Week

1 shake in the morning High-protein lunch
High-protein dinner 1 shake before bed

2 Intermittent Nutritional Fasting Days per Week

A deliberate shift toward deep cellular repair, where nutrient-rich botanicals and adaptogens flush and restore the body rather than deprive it.

What Changes When Your Body Gets What It Needs

The results reach further than the scale.

More energy, sustained through the day

Deeper, more restorative sleep

Clarity of focus that cuts through the fog

A body that feels lighter, moves easier

Moods that steady, not swing

Weight & Body Composition

Fat loss, with particular impact on visceral fat, alongside increased lean muscle built through resistance training paired with high-utilisation protein.

Heart Health

Reduced LDL cholesterol and triglycerides, alongside lower systemic inflammation.

Blood Sugar & Insulin

Improved insulin sensitivity — sugar processed as fuel, not stored as fat. Steadier blood sugar all day.

Cellular Repair

Fasting Days trigger autophagy — your body's own clean-up and repair process.

The Research Behind It

R2M isn't built on trend — it's anchored in protocols studied by Dr. Paul Arciero (Obesity, 2013; Nutrition Journal, 2023) and Dr. Marco Ruggiero (Madrige Journal of Immunology, 2017), each targeting the root drivers of metabolic syndrome: insulin resistance, elevated lipids, and chronic inflammation.

Research findings

Measured	REPORTED CHANGE
Blood sugar (HbA1c)	Down 0.5–1.0% in 3–6 months
LDL cholesterol	Down 15–25%
Triglycerides	Down 10–20%
Body fat	Down 5–15% in 8–12 weeks
Inflammation (CRP)	Down 15–25%
Energy & cognitive function	Up 10–15%

Individual results vary based on starting point, adherence, and individual physiology.

Not Just for Fixing What's Broken — Built for Performance

Dr. Arciero's protein-pacing protocol wasn't developed only for people managing metabolic syndrome — it's been directly studied in already-fit, exercise-trained populations, with measurable gains in strength, endurance, and power alongside continued fat loss and lean mass gains (Nutrients, 2016; J Nutr Metab, 2015).

So why would someone already healthy — or already an athlete — use the R2M protocol?

Creatine

is one of the most heavily studied performance supplements in existence: it fuels the ATP your muscles use for power output, supports faster recovery between sessions, and helps preserve strength as you age.

High-utilisation protein

(90%+ vs. 16–30% typical) supports muscle repair and growth without excess calories doing the work — better body composition from the same training load.

Structured autophagy

isn't just a repair tool for damaged cells — it's preventative cellular housekeeping for healthy ones too.

Adaptogenic stress support

(Ionix Supreme) helps regulate the cortisol load from hard training, travel, and life stress — protecting recovery capacity.

Metabolic flexibility

— a body that shifts efficiently between fuel sources simply functions better, whether you're chasing a PR or want to feel sharp at 3pm.

R2M isn't a program you graduate away from once you're "healthy enough." It's a system some of the fittest people use specifically because they're already invested in performing, recovering, and aging well.

Why It Works When Other Things Haven't

Most approaches ask you to sustain willpower against a body working against you. R2M is engineered differently, aligning four pillars into one system:

- 1 High-utilisation protein — your body actually uses what you give it: over 90% net utilisation, against the 16–30% typical of standard protein.
- 2 Structured, nutrient-supported fasting — not deprivation, but a deliberate shift toward cellular repair.
- 3 A dedicated Coach for your first 30 days — so you're never guessing whether you're doing it right.
- 4 A community built for the long term — accountability and support that outlasts the coaching window.

The Key Ingredients Behind the System

Protein Shake

New Zealand whey, third-party tested, carrying 70 trace minerals. An incubation process lifts net protein utilisation to over 90%.

Cleanse for Life

Botanicals and adaptogens, the centrepiece of your Fasting Days, keeping you nourished through the fast rather than depleted by it.

Ionix Supreme

An adaptogen-rich tonic supporting your body's own stress response, for steadier energy, sharper focus, and calm — without caffeine.

Creatine

Fuel for ATP production in muscle and brain — and notably past 40, the muscle and bone preservation that gets harder to hold.

An Investment That Pays You Back

USD

Food no longer purchased about \$95 / wk · \$411 / mo

Month 1 — \$422 program cost Breaks even

Month 2+ — \$320 program cost about \$91 / mo ahead

GBP

Food no longer purchased about £75 / wk · £325 / mo

Month 1 — £310 program cost about £15 ahead

Month 2+ — £280 program cost about £45 / mo ahead

Based on 5 non-fasting breakfasts and 2 full fasting-day meals replaced per week. Individual spending and results will vary.

R2M doesn't simply replace habits, it replaces costs you're already carrying.

Ask me how to start your first 30 days.

Individual results vary. Products are not intended to diagnose, treat, cure, or prevent any disease. Not a substitute for advice from your own doctor — especially if you have an existing condition, take medication, or are a competitive athlete subject to supplement testing/regulations.