



Hormetic Lever™

“Pull the one input that makes the entire system”

In every biological system, there's one stressor, stimulus, or shift that creates disproportionate impact. The Hormetic Lever™ identifies that input - your most evolutionary relevant, epigenetically powerful starting point.

Instead of fixing everything at once, we apply pressure where biology responds most - initiating cascade recalibration. From improved glucose control to better sleep, from better movement to better mood, the right lever activates the whole system.

This is not a habit. This is leverage. And it's built into your code.

