Good evening everyone!

This week is **November Week 1: DST Fall Back + Immune Continuation + Kidney Introduction** (November 1–7). Last week was the purification clean-out before the shift. Early this morning the clocks fell back an hour. Today just before 11 AM, the generators move to sleep and circadian recovery, continued cold/flu defense, and the first Kidney support of the season as Water element begins to rise.

In TCM, Metal is still present but Water (Kidney/Bladder) is starting its ascent. In Ayurveda we are still in Sharad, moving toward the November 15 transition into Hemanta (early winter). The body is gaining an hour, but melatonin timing and the earlier darkness still need support. The chains address both.

What's Running on the Generators this week:

Gen	Chain	Rationale
1	**Immune System Stimulation/Balance → Common Cold → Influenza (General) → Health Support Immune System → Mucosal IgA Support: Respiratory, Digestive, and Urinary Tracts**	Continued peak-season immune defense. Cold/flu transmission remains at its highest. This is the 5th consecutive month of immune building (August → November), providing deeply layered protection. Two new programs were added. Health Support Immune System (new as of 10/26, 7 real-world peptides) covers dendritic-cell and T-cell regulation, macrophage cleanup, epithelial defensins, and immune-cell recruitment. Mucosal IgA Support (new 10/23, 6 real-world peptides) builds secretory IgA, the antibody that guards the airways, gut, and urinary tract, which is where cold and flu viruses first land. Chain: balance immunity → block cold viruses → block influenza → support the whole immune system → fortify the mucosal front line. **Estimated cycle time:** 3:57:30 (peptide programs 3:03:30 + substances, nootropics, and flower 54:00) **Additional Substances:** • Allicin (Subs) — garlic's main sulfur compound, known for antimicrobial and antiviral activity. • Arabinogalactan (Subs) — a larch-tree fiber used as a prebiotic and immune modulator. • Black Cumin (Subs) — Nigella sativa (thymoquinone), traditionally used for immune and respiratory support. • Astragalus Membranaceus (Huang Qi) (Subs) (Imprinting) — the classic TCM immune tonic for Wei Qi (defensive energy); its astragalosides are also studied for healthy aging. • NAD+ (Subs) — anti-aging: the central energy coenzyme and fuel for the sirtuin repair enzymes; NAD+ levels fall with age. **Nootropics:** • Zinc (JRG) — essential for immune-cell function and widely used at the first sign of a cold. • Quercetin (JRG) — an antiviral, antihistamine-like flavonoid that helps zinc get into cells. **Flower Essence:** • Walnut (R) — the Bach remedy for protection from outside influences, fitting for peak cold and flu season.
2	**Insomnia → Jet Lag → Stress, Anxiety and Low Mood → Broad-Spectrum**	The proven sleep-mood-cortisol chain for DST recovery. The "gained hour" paradoxically disrupts sleep because the

	Neurotransmitter Modulation → Cortisol Dysregulation → Health Support Vagus Nerve → Kidney Function Balance	body's melatonin onset hasn't shifted. The earlier darkness triggers mood drops. Cortisol awakening response needs recalibration. This is the mirror of March's DST Spring Ahead recovery. Jet Lag (10 real-world, 1 designed) treats the Fall Back shift as a small time-zone change. Broad-Spectrum Neurotransmitter Modulation (new 10/25, 6 real-world peptides) balances serotonin, dopamine, GABA, and excitation-inhibition. Health Support Vagus Nerve (new 10/26, 8 real-world peptides) supports the rest-and-digest system that calms the stress response. Kidney Function Balance (5 real-world peptides) is the first Kidney support of the season as the Water element rises. Chain: restore sleep → reset the clock → steady mood → balance neurotransmitters → recalibrate cortisol → calm through the vagus → introduce Kidney support. **Estimated cycle time:** 3:34:15 (peptide programs 3:04:15 + substances, nootropics, and flower 30:00) **Additional Substances:** • Magnesium Glycinate (Subs) — a well-absorbed magnesium for relaxation and sleep quality. • Apigenin (Subs) — anti-aging: the chamomile flavone, studied for calm and for helping preserve NAD+ levels. • Cordyceps / Caterpillar Fungus / Cordyceps (Subs) — a TCM Kidney and Lung tonic for energy, introducing Kidney support alongside Kidney Function Balance. **Nootropics:** • Tryptophan (JRG) — the building block of serotonin and melatonin, supporting sleep and mood through the time change. • Vitamin D (JRG) — falls as daylight shrinks; supports mood and immunity in the dark season. • Ashwagandha (JRG) — an adaptogen studied for lowering cortisol under stress. **Flower Essence:** • Mustard (R) — the Bach remedy for gloom that descends without a clear reason, a direct match for seasonal low mood.
3	**Erectile Dysfunction (ED) → Boost Nitric Oxide (NO) → Loss of Libido → Penile Growth or Enlargement (Supportive Therapy) → FOXO4-DRI → Health Support Endocrine System → Adrenal Gland Balance**	Vascular health in cold weather (vasoconstriction increases) + NO for vasodilation + adrenal stabilization during DST stress. Four programs were added. Loss of Libido (4 real-world, 1 designed) supports desire through melanocortin and GnRH signaling. Penile Growth or Enlargement (Supportive Therapy) (7 real-world, 1 designed) supports tissue repair, new blood vessels, and blood flow in penile tissue. FOXO4-DRI (new 10/21) is a single senolytic peptide that clears senescent cells; its source study found it removed senescent testosterone-producing (Leydig) cells in lab tests and eased age-related testosterone decline in aged mice. Health Support Endocrine System (new 10/26, 8 real-world peptides) supports the whole hormonal network. Chain: restore erectile function → boost nitric oxide → rekindle

		libido → support tissue growth and blood flow → clear aging cells → support the endocrine system → stabilize the adrenals. **Estimated cycle time:** 4:14:10 (peptide programs 3:35:10 + substances, nootropics, and flower 39:00) **Additional Substances:** • Nitric Oxide (Subs) — the direct substance-level match for Boost Nitric Oxide (NO). • Cistanche / Desertliving Cistanche / Herba Cistanches / Desert Cistanche (Subs) — the TCM kidney-yang tonic traditionally used for impotence, also tying into the Kidney season. • Land Caltrops / Puncture Vine / Tribulus Terrestris (Subs) — a traditional male-vitality herb; reliable human testosterone elevation should not be assumed from traditional use alone. • Ginseng / Asian Ginseng / Radix Ginseng (Panax Ginseng) (Subs) — the classic vitality tonic, with small human trials in erectile function. • Damiana / Ram Goat Dashalong / Turnera Diffusa (Subs) — a traditional aphrodisiac herb; clinical evidence is still limited. **Nootropics:** • DHEA (JRG) — an adrenal hormone precursor to testosterone that declines with age. • Maca (JRG) — traditionally used for stamina, libido, and sexual function. **Flower Essence:** • Larch (R) — the Bach remedy for low confidence, relevant to the self-esteem impact of erectile difficulties.
4	**Menopause → Vaginal Atrophy (Genitourinary Syndrome of Menopause, GSM) → Health Support Breast → Health Support Endocrine System → Cortisol Balance → Dry Skin**	Hormonal foundation + SAD/mood protection as darkness deepens + continued dryness management through the heating season. Mood is carried by the Saffron and 5-HTP nootropics and the Gorse flower essence. Four programs were added. Vaginal Atrophy (Genitourinary Syndrome of Menopause, GSM) (4 real-world peptides) addresses menopausal tissue dryness and thinning, extending the dryness theme inward. Health Support Breast (new 10/26, 6 real-world peptides) supports normal breast tissue through antimicrobial defense and calmer inflammatory and oxidative-stress signaling. Health Support Endocrine System (new 10/26, 8 real-world peptides) supports the whole hormonal network. Cortisol Balance (9 real-world peptides) balances the stress axis through the time change. Chain: support menopause → restore tissue moisture → support breast tissue → balance the endocrine system → balance cortisol → hydrate the skin. **Estimated cycle time:** 4:07:40 (peptide programs 3:28:40 + substances, nootropics, and flower 39:00) **Additional Substances:**

		• Maca (Subs) — traditionally used for hormonal balance and menopausal symptoms. • Sea Buckthorn Oil (Subs) — an omega-7-rich oil traditionally used for dry skin and mucous membranes, supporting Dry Skin and Vaginal Atrophy (GSM). • Cimicifugoside (Subs) — a constituent of black cohosh, the best-known botanical for menopausal symptoms. • Resveratrol (Subs) — anti-aging: the grape and knotweed polyphenol that activates SIRT1, also supporting skin. **Nootropics:** • Saffron (JRG) — studied for mild-to-moderate low mood as the days darken. • 5-HTP (5-Hydroxytryptophan) (JRG) — the direct precursor to serotonin, supporting mood. **Flower Essence:** • Gorse (R) — the Bach remedy for hopelessness, supporting mood as the days darken.
5	**0011 Sleep Frequencies → 0187 Melatonin Correction → 0408 Deep Sleep → 0061 Kidney Balance & Correction**	The **DH DST recovery + Kidney introduction** chain. **0011** and **0187** return for sleep and melatonin support during the clock change. **0408** provides deep sleep targeting. **0061 Kidney Balance & Correction** makes its first appearance — introducing Kidney frequency support as the Water element begins rising. This previews the Kidney-focused programming that intensifies through the transition weeks. Chain: sleep → melatonin → deep sleep → Kidney introduction.

Diet / Food / Teas (DST Recovery + Early Kidney Week)

Warm, cooked, and a little richer. Agni is strong heading into winter, so this is a good window for nourishing rather than restricting. Kidney support begins this week — think warm, salty, and moistening.

Favor:

- Soups and stews with root vegetables (beets, carrots, daikon, winter squash)
- Bone broth or vegetable broth with a pinch of sea salt
- Cooked grains (rice, oats, barley, Job's Tears)
- Black beans, kidney beans, or adzuki (small amounts)
- Warm cooked greens
- A little sesame oil or ghee
- Stewed pears or apples

Helpful teas:

- Ginger + cinnamon for circulation and warmth
- Nettle or dandelion leaf if you already use them
- Chamomile or lemon balm in the evening
- Warm water with a pinch of salt if digestion feels dry

Reduce: cold drinks, late heavy meals, and alcohol if sleep is already light. The earlier darkness makes an earlier dinner useful.

Essential Oils

Cedarwood or frankincense (diffused) for the nervous system and grounding. Lavender or vetiver at night. A little ginger or black pepper (diluted) over the low back or feet if you want warmth.

Self-Care
Abhyanga with warm sesame oil remains helpful — Vata is still dominant and the time change can feel ungrounding. Same video: https://www.youtube.com/watch?v=CmuggGjxEf8&t=69s

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Why this week's chains look the way they do

Gen 1 continues peak-season immune defense (fifth consecutive month of layered immune work) and adds two newer programs: **Health Support Immune System** and **Mucosal IgA Support** (respiratory, digestive, and urinary tracts). Secretory IgA is the antibody that guards the surfaces where cold and flu viruses first land.

Gen 2 is the DST recovery chain: Insomnia, Jet Lag, Stress/Anxiety/Low Mood, SAD, a new Broad-Spectrum Neurotransmitter Modulation program, Cortisol Dysregulation, Health Support Vagus Nerve, and the first **Kidney Function Balance** of the season. The "gained hour" still disrupts melatonin timing; the earlier darkness raises SAD risk. Kidney Function Balance begins Water-element support.

Gen 3 and Gen 4 both carry endocrine and cortisol support through the time change. Gen 3 adds FOXO4-DRI (senolytic) and Loss of Libido. Gen 4 adds Vaginal Atrophy (GSM) and continues dryness management. Gen 5 is the DH sleep + first Kidney set: Sleep Frequencies, Melatonin Correction, Deep Sleep, and **0061 Kidney Balance & Correction**.

Substances that pair especially well this week

- **Allicin, arabinogalactan, black cumin, astragalus** — immune and Wei Qi support (Gen 1)
- **Zinc + quercetin** — classic cold-season pairing
- **Magnesium glycinate, tryptophan, vitamin D, ashwagandha** — sleep, mood, and cortisol through Fall Back (Gen 2)
- **Cordyceps** — traditional Kidney/Lung tonic, introducing Kidney support
- **Nitric oxide, cistanche, maca** — vascular and vitality support
- Flower essences: **Walnut** (protection / outside influences), **Mustard** (gloom without a clear reason), **Larch**, **Gorse**

The attached Peptides document walks the real-world peptides behind each chain (Thymosin alpha-1, the full Common Cold roster, the new Health Support Immune and Mucosal IgA programs, the rebuilt Insomnia set, Kidney Function Balance, and the endocrine programs). Cortisol Dysregulation remains fully designed — noted the same way we flag other theoretical programs.

Events This Week

Sunday, November 1 — Scalar Group Therapy, 3:00 – 4:30 PM, Psinergy Natural Health, 6050 50th St N, Oakdale, Suggested donation $5–25 sliding scale. *Scalar is on Sundays & Thursdays.*

Monday, November 2 – In-Person Networking Social, 5:30 – 7:00 PM, Caribou Coffee, 3354 Rice St, Shoreview, MN 55126, Free. Twin Cities Energy & Holistic Workers (TCEHW). We're back after last Monday's Heavenly Birthday gathering.

Thursday, November 5 — Scalar Group Therapy, 6:00 – 7:30 PM, Psinergy Natural Health, 6050 50th St N, Oakdale, Suggested donation $5–25 sliding scale. *Scalar is on Sundays & Thursdays.*

Sunday, November 8 – Kitchari Class & Social, 3:00 – 4:30 PM, Psinergy Natural Health, 6050 50th St N, Oakdale, Suggested donation $5–25 sliding scale. ---> Learn about balancing excess Vata during this season.

Cosmic Notes – November 1–7

Scorpio season continues. Mercury and Venus are both still retrograde (until November 13).

- **Saturday into Sunday, November 1 — DST Fall Back.** Clocks gain an hour. The Jet Lag and sleep programs are already in the chain. An earlier night helps the body take the extra hour.
- **Mercury retrograde in Scorpio** continues through November 13. Review, revise, and double-check communication. Not the week for new contracts or sharp emails. ---> Van Van Oil is great during this time.
- **Venus remains retrograde in Libra.** Relationship and values review continues. Notice what needs evening out rather than forcing a decision.
- Next major lunar point is the New Moon around November 9 (in the transition week).

Looking ahead

Next week (November 8–14) is Transition Week 1: Daily Wellness for circadian anchoring one week after Fall Back, plus Kidney detox as we enter the November 8–22 transition window. The core Metal → Water / Sharad → Hemanta shift is November 15. If someone new wants to join for the rest of November, have them reply or call (612) 217-4325 / schaon@psinergyhealth.com.

That's the week — recover the clock, keep the immune defense, and begin Kidney support as Water starts to rise.

Feel free to reply or text if sleep, mood, or energy shift as the Fall Back and the new chains land.

Grateful you're here.