



 REGENUS CENTER

UNLOCK THE SECRETS TO RECAPTURE YOUR VITALITY

A Roadmap To Live Long And Thrive In the
High-Performance Culture We Live.

By John Allen Mollenhauer “JAM”

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John Allen Mollenhauer, Performance Lifestyle® Inc. Regenus Center LLC.

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The Achievers Dilemma:

“In our rapidly evolving world, where information flows ceaselessly, and opportunities abound, we find ourselves ensnared in a perplexing predicament: the busier we become, the less time we have to allocate to ourselves, our bodies, and our lives, or our “wellbeing.”

As a society, we have become weary and fatigued, constantly stimulated yet chronically under-recuperated. We are paradoxically well-fed yet undernourished eating predominantly calorie rich, micronutrient-poor foods, super busy but physically inactive. And as a result, constant tiredness, weight gain, and lifestyle-induced diseases have become inevitable.

Our modern existence keeps us ensconced indoors, estranged from the soothing and challenging embrace of the natural world, which “doesn’t kill us but makes us stronger.” However, because we’re not being engaged in and with it, ends up making us weaker and does kill us—slowly, surely, and prematurely.

And despite the remarkable strides in medical science, we find ourselves more fragile and less robust than our forebearers.

Sure, some of us have embarked on a “healthy” lifestyle, integrating exercise, dietary improvements, and supplements, maybe meditation, as well as more conscientious sleep routines. Nevertheless, the relentless demands imposed upon our bodies and minds by our modern lives render these efforts still insufficient in mitigating chronic stress, the energy depletion, inflammation, and pain that follow.

It is high time that we acknowledge that the current trajectory of our existence is failing us, our progeny, and our society at large and that we need a new trajectory, if we’re going to thrive in the high-performance culture we now live in.

It is time for an awakening. A life where the fog that clouds our minds becomes optional, where falling prey to illness becomes a choice we no longer make. Constant fatigue? A relic of the past. Aging becomes a healthy, graceful journey, and chronic aches and pains become a distant memory. Productivity? Higher than ever.

But what could possibly deliver on all of that? It’s putting into practice step by step the three secrets you will learn herein, starting with learning how to revitalize.

Stay Vital,

John Allen Mollenhauer “JAM.”

CHRONIC STRESS IS WEIGHING ON US.

TIGHTLY WOUND

According to the APA, severe stress is becoming the norm.

- 24% of Americans rate their stress 8 out of 10 or worse, up 19% from 2019.
- 47% wish they had more support, and 61% feel pressured to tough it out.
- 33% feel completely stressed out no matter what they do to manage.

Worse, people are stuck, with a third enduring so much daily stress they're unable to imagine the future.

The number-one stressor? It's the impact that chronic stress is having on our health and our ability to function and perform "well," namely, the depletion of the vital life force energy that sustains us.

Body on the mind. Stress is as much physical as it is mental, and constantly ruminating about it without essentially adapting to the new high-performance culture we live in, proactively recovering energy, and changing, reducing, or sometimes eliminating the stress that bears down on us amplifies its effects.

Prolonged stress leads to chronic illness, including hypertension, obesity, and metabolic syndrome. Stress is also linked to premature aging, rheumatoid arthritis, IBS, and infertility.

Millennials, in particular, are feeling the effects: Among 35–44-year-olds, 58% reported a chronic health condition and 45% were diagnosed with a mental health disorder, jumping 10% and 14%, respectively, from 2019.

MODERN SELF-MEDICATING

Glass half full. Struggling to cope, ~25% of Americans increased alcohol consumption to combat stress, and 55% depend on booze, weed, or pills to sleep.

Others deny it affects them, with 81% of respondents insisting they're in "very good" health despite having a diagnosed condition.

But, ignoring the symptoms—and dismissing the need for energy recovery, lifestyle change, and improvement—only compounds the underlying problem, pushing people toward a breaking point.

OUTSOURCE TO WEARABLES?

According to Fitt Insider... the leading Wellness industry bell weather...

...wearables like the Fitbit, Whoop, and Apple watches and more want to identify and alleviate stress in real time.

Initially, device makers added cortisol sensors to quantify stress. But, simply telling people they're unwell isn't all that useful. Pairing new tech with proven protocols, brands are now tracking, treating, and even diagnosing what they think are root causes of stress.

Internal intel. Oura recently upgraded its smart ring to combat stress — using health metrics and an AI-powered journal to detect spikes, identify triggers, and suggest interventions, including mindfulness prompts from Headspace.

Now, stress management is becoming table stakes in the wearable wars.

- Apple's Mindfulness and AI journaling apps address emotional state of mind.
- WHOOP pairs stress monitoring and breathwork developed by Dr. Andrew Huberman.

(I love Whoop, but it's never managed my stress or increased my energy; it just provides useful data for adjustments in lifestyle. ~ JAM)

- Apollo Neuro and NOWATCH improve sleep and stress resilience, leveraging Oura data to deliver targeted vibration therapy.

Offline, more are realizing the power of exercise and social fitness for stress relief, with 65% of people reporting post-workout boosts in mental well-being. Even though exercise is not really stress relief, unless you're talking about resolving the stress of not being fit.

Yes, lacking endurance and stamina is a stress!

At Regenus Center, we advocate wearables for added inspiration and data that can improve HRV, sleep, and exercise.... Still, while we utilize wearable data, it's important to acknowledge that wearables are accurate against themselves and do not fully represent what's going on in your body or your life!

CHRONIC DISEASES RISE

Health and fitness have a problem – health outcomes are worsening -- for all the profitable goods and services, like wearables, life expectancy is declining, the cost of chronic illness is mounting, and the mental health crisis has fueled record rates of loneliness, suicide, and substance abuse.

With the public's faith, the industry can help remedy longstanding issues, but productized wellness will never eliminate the need for lifestyle interventions.

FEELING IT

We need stress to develop our full capacity as humans and to learn how to handle challenges, but we also need the right kinds and levels of stress and the energy to handle it effectively.

Takeaways: Stress cannot be cured; it must be managed and recovered from in order to alleviate its impact. Becoming overly fixated on wearable data can be counterproductive, as relying solely on an app further disconnects us.

In reality, wearable technology algorithms cannot unlock our body's resilience to bounce back from stress, pain, and fatigue. Wearable devices only provide data and general insights to inspire you further.

RIGHT RELATIONSHIP

You want to be in the right relationship with your wearable. But know this: the brain is the ultimate 'wearable' and is the most intricately connected to our bodies, lives, and experiences. Knowing how to use our brain like a wearable so it doesn't use us and create even more stress is crucial for reclaiming our vitality and thriving in a stressful world. The key lies in knowing where to begin. But first...

LET'S TALK ABOUT THRIVING.

When we talk about "thriving," it's important to understand what it means. Thriving refers to making progress towards or achieving a goal despite challenging circumstances.

The terms "thrive", and "flourish" are often used interchangeably and have similar meanings. Both words imply growth, success, and prosperity in different aspects of life.

However, "thrive" can also imply overcoming hidden lifestyle challenges and adversity, while "flourish" emphasizes abundance and prosperity.

This ebook focuses on the three secrets to thriving in the high-performance culture we currently live in and explores the one habit that plays a significant role in making it happen. By cultivating this one habit, flourishing becomes a natural outcome.

KNOWING WHERE TO BEGIN

Many of us constantly strive for health, success, happiness, and fulfillment in today's fast-paced world. However, in our attempt at high performance, we often find ourselves out of energy balance and experiencing poor health.

That is because we lack a true understanding of human performance, which is evident in our daily lives.

To address that issue, we must first recognize the most crucial factor for our health and performance: **cultivating high vitality**.

That one habit, consisting of awareness, various skills, and routines, can positively impact all other habits and provide us with the necessary energy to function, stay healthy, perform "well," and achieve our goals.

Vitality, which refers to being recharged, restored, and rejuvenated with life force energy, is the key to unlocking and living our true potential. It also enables us to align our lives with our core purpose.

In this ebook, we are exploring the importance of vitality, why many people neglect it, and the steps you can take to address this.

THE POWER OF VITALITY

Vitality is “vital” because it has the most direct impact on our overall performance, well-being, and happiness. It is the energy that allows us to feel more alive, motivated, and capable of taking on challenges.

High vitality means abundant vital energy, which results from charging the voltage of our nervous system, cells, and blood. This energy gives us the personal power to live optimally, pursue our goals, engage in meaningful relationships, and truly enjoy life to the fullest.



Vitality, often called 'Life Force Energy,' is the cornerstone of a balanced and fulfilling life. We find ourselves battling lethargy, lacking motivation, and confronting various health challenges in its depletion.

In today's high-demand, high-performance culture, vitality is more important than ever. The absence of sufficient energy can lead to burnout, forcing us to compromise our health to pursue success. As highlighted in 'The Achievers' Dilemma' (see page 4), it's important to remember that the greater the demands placed upon us, the more vital energy we require to maintain our health and well-being. Nurturing our vitality is not just about sustaining performance; it's about preserving our health in the face of relentless demands.

- **Physically**, vitality refers to having a strong and healthy body with high energy and stamina levels. It involves being recharged and restored, with optimal nutrition to keep the body's "battery" in good working order, and physical fitness to keep it efficient and able to engage in activities without feeling tired easily.
- **Mentally**, vitality involves having a sharp and focused mind. It includes being mentally alert, having good cognitive abilities, and thinking clearly and critically. Vitality shows up mentally as a positive mindset, resilience, and the power to adapt to new situations.
- **Emotionally**, vitality shows up as having a positive and balanced emotional state. It involves managing and regulating one's emotions effectively, having a sense of emotional well-being, and being able to experience and express a wide range of emotions healthily and constructively.
- Spiritually, vitality... well IS your spirit!

Vitality enables us to have healthy relationships, handle stress and adversity, and find purpose and meaning in life. High-level vitality brings all of these benefits and more... at higher levels.

Yet, building vitality is an active endeavor requiring consistent practice. It involves adopting various routines that must effectively resonate with your lifestyle. If these routines don't align with your needs, thriving can become challenging. However, when they are in harmony with your personal goals, they can positively transform every aspect of your life and style of living it.

THE NEGLECTED HABIT

There is a neglected habit in our society, and that is the habit of cultivating and recapturing" vitality after it's been spent. It is often overlooked in our busy lives, despite being the most important habit we depend on.

Following through on every other habit depends on the habit of revitalizing.

For example, despite our efforts to live a healthy lifestyle, many of us still feel tired and run down, because we haven't prioritized the habitual routines that maintain high vitality for health, high performance, and longevity.

Not revitalizing regularly and systemically, can have several consequences.

Physically, it leads to a lack of life force energy, poor physical health, and increased vulnerability to illness. Mentally, neglecting the process of revitalizing can result in decreased focus, concentration, and cognitive abilities. Emotionally, it can lead to lethargy, apathy, and a lack of motivation. Spiritually, it can leave you feeling lost and disconnected.

It's important to prioritize and proactively maintain higher vitality to fully experience its power and benefits.

The key idea is understanding how to "revitalize" for a more vibrant and fulfilling lifestyle. By embracing the neglected habit of Revitalizing, we can unlock our true potential and experience its transformative impact in every area of our lives.

IS IT SIMPLY A MATTER OF SLEEP?

No, revitalizing is not solely dependent on getting more sleep; it can't be. While consistent, high-quality, and sufficient sleep is undoubtedly important, numerous other factors contribute to vitality during your waking hours.

Sleep, nutrition, and fitness are often highlighted as foundational elements of a healthy lifestyle, yet they only make up a small portion of what it takes to maintain high vitality. They comprise less than 10% of a balanced and healthy performance lifestyle.

To thrive, and truly sustain your health in the high-performance culture we live in, it is crucial to address all the other aspects of your lifestyle, which account for the remaining 90%.

I'm referring to those aspects of your lifestyle that enable you to manage your energy. This is all heading towards learning how to manage your energy like a pro.

For now, note that sleeping alone is not enough to fully restore your energy to a high level, especially in today's fast-paced world.

EXCESS STRAIN DRAINS ENERGY

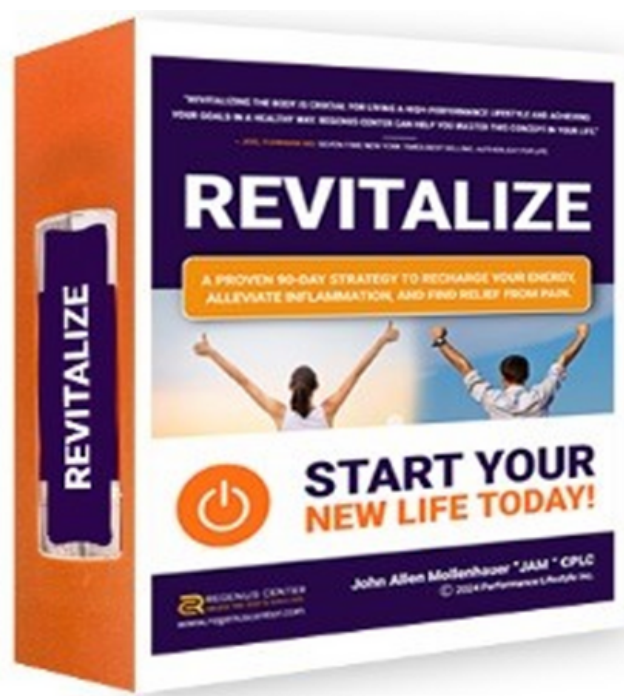
If there is one truism in today's day and again, it's this: the amount of stress most of us face each day, distractions included, is drastically underestimated.

We are constantly exposed to stressors and challenges that can result in individuals experiencing constant tiredness, low-level biological fatigue, and stress-related pain, even if they are getting enough sleep.

To promote healthy aging, high performance, and longevity, it is essential to supplement sleep with other forms of recuperation including advanced recovery and rejuvenation technologies that also regenerate your body/brain.

These advanced recovery technologies can accelerate energy recovery during wakeful hours and improve sleep quality, ultimately helping to maintain high energy levels over an extended period.

[Regenus Center](#) specializes in providing these rejuvenation technologies and the strategy for revitalizing.



THE 3 SECRETS TO RECAPTURING YOUR VITALITY SO YOU CAN THRIVE.

SECRET #1: PRIORITIZE RECUPERATION AND "REGENERATION"

We've established that most people wake up each day with a strong focus on achieving their goals. However, in the process, they often neglect their health and gradually sacrifice it for their success.

That happens because they prioritize the recovery of energy after their waking hours (meaning they rely on sleep alone) and never seem to get enough of it.

The key to recapturing vitality lies in a fundamental shift: rather than solely depending on sleep and squeezing in recuperation during waking hours, adopting a mindset and lifestyle that prioritize regular recuperative and regenerative practices is crucial. Build your daily routine to incorporate these vital practices consistently, ensuring they are central, not peripheral, to your life. Making them a core focus rather than an afterthought.

This means ensuring you get enough sleep, rest, and recovery... to recharge and restore your energy, allowing you to operate at optimal energy levels. This shift, once you overcome the fear of sleeping... too much and being unproductive, is incredibly transformative and can have a profound impact on your life.

SECRET #2: JOIN A RECOVERY CLUB

While embracing Secret #1 is vital, we must also acknowledge the fast-paced demands of our contemporary world. Given the compressed nature of our schedules, maximizing the limited time we have becomes imperative. This means paying attention to our essential revitalization needs and efficiently integrating them into our daily lives.

That requires insight into the principles and practices of revitalizing and learning to incorporate them into your life to guide your lifestyle.

These are the needles in the haystack or the rudder to your ship; this entire ebook has stated that most of us overlook these pivotal insights around revitalizing to our own detriment.

A recovery club like Regenus Center provides resources to learn, advanced rejuvenation technologies, and a facility with an environment that helps us recover and rejuvenate more efficiently and effectively.

This is a new kind of club, not a fitness club, but a "recovery club," which helps us apply these insights to accelerate energy recuperation and recovery in the time we have.

I started [Regenus Center](#) to provide individuals with the resources, technologies, and support they need to [Revitalize](#).

SECRET #3: OPTIMIZE YOUR LIFESTYLE

For healthy aging, high performance, and longevity, it is crucial to move beyond the unhealthy default reality that most people live in.

The typical fitness or healthy lifestyle paradigms are also not enough because 90% of us still lead over-engaged lives, which can lead to unhealthy performance practices that tire us out prematurely.

Instead, you need to engage in human and/or lifestyle optimization, popularly known as "biohacking," which is becoming increasingly popular as people face relentless demands on their time and energy, feel its effects, and want to do something about it.

This approach, for perhaps the first time in your life, dives you deeper into recovery to get the desired result that enables you to transition from being fragile to resilient to eventually becoming antifragile—where stress makes you stronger because you actually recover from it.

At REGENUS CENTER, our focus is on energy recovery, which we refer to as 'Revitalizing.'

However, our approach continues beyond there. Once you know how to recharge and restore your body and address inflammation and pain, it's important to also master your stress response. This involves responding to stress in ways that create more energy and freedom rather than more stress and fatigue.

We call this approach a healthy 'performance lifestyle,' which allows you to achieve your goals while maintaining vibrant health and peace of mind. It involves developing the lifestyle mindset, skillsets, and routines necessary to manage your energy for both health and success.

That mindset and skillset will clarify what to do, why, how, and when at the right level, intensity, and consistency. By mastering the principles, practices, and strategies of a balanced and healthy high- "Performance Lifestyle®" and making conscious choices, you can achieve your life, career, business, or sporting goals without burning out or sacrificing your health.

But you've got to have enough energy to manage, and that's why you want to start with Revitalizing. It's the start of a new life trajectory.



AT REGENUS CENTER, WE ARE DEDICATED TO HELPING YOU RECLAIM YOUR VITALITY:

To help you we provide a two-step approach.

Step 1: We can help you masterfully revitalize your body by providing the knowledge and tools to recharge your energy, alleviate inflammation, and relieve pain.

Step 2: We offer access to a world-class protocols for revitalizing your body, which includes advanced recovery and rejuvenation technologies. This protocol will accelerate your recovery in just 90 days, setting you on a new life trajectory.



This graphic, to the left, illustrates that new life trajectory. As energy and vitality increase, inflammation, and pain decrease, and this changes your life for the better.

This is a consistent observation we have made during our seven years of running one of the most advanced recovery clubs in the market.

We have actually been in this field for much longer, but at one point, I, too, had to revitalize my own body after years of neglecting recovery and having a suboptimal lifestyle despite being knowledgeable about nutrition and fitness.

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When you take those two steps, which gave rise to [the origin story of Regenus Center](#), you will start a new life and style of living it.

For the best results, book a complimentary consultation [here](#). Or call us directly at 862-295-1620

We look forward to helping you Revitalize!





John Allen Mollenhauer, or "JAM," is a leading health and performance lifestyle coach and an entrepreneur in the recovery club industry. He specializes in helping clients revitalize and manage their energy effectively.

As the founder of Performance Lifestyle Inc., he created the balanced Performance Lifestyle® program, which empowers driven individuals, including entrepreneurs, business owners, executives, professionals, athletes, and artists, to achieve their ambitious goals without burning out or sacrificing their health for success.

In line with that mission, John's company established Regenus Centers, where clients can unlock their body's resilience to bounce back from stress, pain, and fatigue using a world-class recovery and rejuvenation protocol. They also offer technologies enabling clients to accelerate recovery onsite at work and at home.

JAM's primary goal is to help individuals and companies effectively prevent lifestyle-induced diseases that distract and hold them back from living and achieving their full potential.

Outside of work, he is married and a proud father of two. He enjoys being a dad, getting enough sleep and rest, continuous learning, meditation, and traveling.

Learn More at RegenusCenter.com

CONTACT US:

Regenus Center LLC
37 Mt Pleasant Ave.
Suite #3
East Hanover NJ 07936
P: 862-295-1620
Email: admin@performancelifestyle.com

Mailing:
P.O. Box 1878
Livingston NJ 07039