The Second Wave Protocol

The daily playbook that keeps the relapse off your calendar



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VITAL REMS

Why this exists

The flare you just treated was an event. The weakness that produced it is a condition. The Second Wave is what happens when the event ends, life goes back to normal, and nothing is guarding the wall.

This playbook is the guard's schedule. Nothing in here takes willpower or more than a few minutes. It works by removing the pressure that loads the Pooling Point, every day, quietly.

It is general information, not medical advice. If bleeding is new or changing, or you take prescription medication, speak to your doctor or chemist.

The 5 pressure habits to break

1. Straining with held breath

Every held-breath push slams pressure onto the repaired wall. Exhale while it happens. If nothing moves in about two minutes, stand up and get on with your day. The urge comes back; forcing it is the one move this whole system exists to avoid.

2. Phone marathons on the seat

The loo is not a reading chair. Long sitting with the pelvic floor open pools blood exactly where it shouldn't. In and out: two minutes.

3. Parking the urge

A delayed urge means water pulled back out of the stool and a harder landing later. When it calls, go. One more email is never worth it.

4. Marathon sitting

Desk, car, lorry, plane: every unbroken hour is an hour of load. Stand for one minute every 50. Set a silent timer; nobody has to know why.

5. Lifting with held breath

Gym, boxes, grandchildren: exhale on the effort. The same rule that protects your back protects the wall.

The daily guard (2 minutes, total)

Morning: a full glass of water on waking. Capsules and Vein Guard with breakfast, one habit, same cup of coffee. On the loo: feet on a low stool, knees above hips, exhale, two-minute limit.

Through the day: the 50-minute stand-up rule, a glass of fluid with every meal.

Evening: one piece of soft-fibre fruit (kiwi and pears are the quiet heroes).

The weekly check (Sunday, 60 seconds)

Look at the week, not the day. Were most mornings soft? Did you break the sitting at work? Any warning signs below? A week that trends calm is a win; one heavy day never undoes you.

The 3 early-warning signs most people miss

1. The faint pressure after a heavy stretch: a long drive, a lifting day, a stressful week. It fades in hours, so people ignore it. It's the wall asking for backup.

2. Two hard mornings in a row. One is noise. Two is a trend, and trends are where waves start.

3. A trace on the paper after a strained morning. Not an emergency, but never 'nothing'. It's the earliest, cheapest moment to act.

The first 24 hours, if you feel one

Don't panic and don't strain: a warning sign is not a relapse. Keep the capsules and the Guard going exactly as normal. Double the fluids today. Add an extra kiwi or pear tonight. Take a 10-minute walk after meals instead of the sofa. Swap dry paper for lukewarm water and pat dry. Skip alcohol and heavy lifting for 48 hours. A warm bath in the evening does the soothing.

If you see bleeding that is new, heavier, or different from anything before, or pain that escalates, that's a doctor conversation, promptly. The protocol handles pressure; it doesn't diagnose.

The 14-day habit tracker

Day	Capsules + Guard	50-min rule	2-min rule	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

Questions, or your Quiet or Free guarantee: support@vitalrems.com. Keep the empties.