

Warning: All botanical allies must be cross-referenced for glycemic impact and toxicity before field application. KNF-7 is not responsible for misidentification of 'sugar traps' or look-alikes that result in metabolic failure. This is not medical advice—it is a salvage log for survival.

DATES



FISH OIL



UPDATED:
23JAN2026



Terminal Link: Scan to sync
with Bunker Mainframe.

Botany Bunker Report 002 BLOOD SUGAR ALLIES

Botany Bunker Report

FIELD MANUAL

002 BLOOD SUGAR ALLIES

Caution: Monitor insulin sensitivity. Do not rely on scavenged 'sugar kicks' to fuel high-intensity breaches.

Twenty minutes of pre-war glory in a Fun Cake. Then the crash—mean as hell—leaves you wondering why.

KNF-7

Herbal Reference Vault

STABILITY & GLUCOSE LOG

Ration/ Dose	Response (Spike/Crash)	Field Status
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The date bites are efficient, but if you eat them without the fat of the butter/pecans, your heart will hammer like a faulty generator before you hit the deck. Respect the balance

PROTOCOL 003: THE METABOLIC SHIELD

In the wasteland, a sugar crash isn't just a headache, it's a tactical vulnerability.

This protocol identifies botanical allies that steady the burn and prevent the metabolic "static" that leads to errors in judgment.

Managing insulin sensitivity and cortisol reduction is as vital as managing your ammunition.

Your body's the rusted bunker you drag through the wastes. Keep the seals tight, listen for the warning rattles in the dark, ration the water and the stims.

It'll guard what's left of you long after the last safehouse burned .

PROTOCOL: LEMÉA

Approved for Scavenger Distribution
FILE REF: BT-BSA-002

- Drink first thing in the morning on an empty stomach to prime your metabolic seals.

The Ration (Ingredients):

- 1 cup warm water (Must be 110-120 degrees).
- Fresh Lemon (Preferred) or lemon juice in a pinch.
- 1 scoop Collagen.
- 1 tsp Benefiber.
- 1 tsp Sole.
- 5 drops Trace Minerals.

Technical Note:

Keep the temperature under 120 degrees. Excess heat breaks down the nutrients and minerals, rendering the dose inefficient.

If the water is too hot, you're just drinking expensive lemon water. Check the temp with your finger. If it stings, it's too hot.

SUPPLEMENTAL REINFORCEMENTS



Magnesium:

Critical for curbing late-night cravings when rations are lean. It steadies the nerves before a midnight watch.

Omega-3s:

Prioritize Nordic-style sources. Essential for reducing inflammation and maintaining insulin sensitivity after a heavy rucksack haul.

Don't skip the Magnesium if you're pulling double shifts at the Listening Dune. It keeps the 'shakes' away when the caffeine runs out.

SECTOR 10: GLYCEMIC HAZARD ZONE

The A1C Breach:

High blood sugar is a slow-acting poison. Entering Sector 10 with an unmanaged A1C (7.6+ range) is like heading into a rad-storm without a filter. You need to keep your "metabolic seals" at 5.6 or lower to maintain peak cognitive function under stress.

The "Rust-Sugar" Trap:

Do not consume "Old World" candy or processed rations found in the Smokestacks. These are high-glycemic triggers that will spike your glucose, clouding your vision and slowing your reaction time during a breach.

Tactical Correction:

If you are forced to eat high-carb scavenge, you should follow with high fiber roughage, high protein (if you're lucky), a double-dose of Berberine (found in Barberry root) or Bitter Melon to blunt the insulin response.

QUICK FUEL: DATE & PECAN BITES

The Ration (Ingredients):

1 Date (Halved)
Dab of Butter
Sprinkle of Ceylon Cinnamon
Dash of Sea Salt
2 Pecan Halves



Preparation:

Add butter to date halves and heat for 5-8 seconds until molten. Let sit for 1-2 minutes, then top with remaining ingredients.

Warning:

Try to use only Ceylon cinnamon. Cassia (the common stuff) can be toxic to the liver in the high doses required for wasteland survival.

These bites have a short fuse. If you "nuke" them too long, you'll create a "caramel grenade".

NOTABLE ALLIES: THE ALC REINFORCEMENTS

Fenugreek:

Earthy, bitter, and grounding. Use as seeds (chewed or brewed) to slow glucose absorption.

Bitter Melon:

Potent and sharp. Known for aggressive metabolic support; it acts like a "manual override" for high sugar.

Mulberry Leaf:

A gentle tea often used to blunt the impact of carbohydrates.

Saffron:

Beyond its trade value, it supports mood and emotional steadiness, reducing the cortisol spikes that indirectly raise blood sugar.

Berberine:

Found in Barberry root. Note: Aradia found this didn't work well for her personally, but it remains a primary tactical option for others.

Don't just throw these at a 7.6 spike and hope for the best. Pick two that work for your chemistry and stick with them. Consistency is the only way to hold the 5.6 line.

SECTOR 9: BUNKER HQ MAINTENANCE

The "On Air" Storage:

Keep your primary allies at the Bunker HQ where humidity is controlled.

Storage Tiers:

Dry Seeds (Fenugreek):

Store in sealed canisters to prevent radiation rot.

Dried Leaves (Mulberry): Vacuum seal if possible; otherwise, keep in the deepest level of the bunker to maintain cool temps.

Maintenance:

Check seals weekly. If your Bitter Melon smells like the damp floor of a Sector 4 tunnel, incinerate the batch.

The 'On Air' tower isn't just for signals—it's a landmark for the most stable soil in the grid. If you're struggling to keep your ALC steady, return to HQ for a full metabolic reset.

PROCUREMENT LOGISTICS: SECTORS 8 & 9

Saffron (Sector 8):

Remind the user that high-potency stigmas are found near Beacon Parish. Use these to manage cortisol-induced spikes during high-stress scavenges.

Bunker HQ (Sector 9):

This is your primary "clean" water source for the Leméa Protocol.

Storage Warning:

Ensure your Date & Pecan supplies are stored in the cool-zones of the bunker to prevent the butter from turning rancid in the wasteland heat.

Log your hauls. If Sector 8 is too hot with scavengers, fall back to the HQ garden. A missed harvest is better than a 7.6 spike from a firefight.

KINETIC VENTING: MANUAL SPIKE REDUCTION

The Protocol:

30 minutes of vigorous activity immediately following a glycemic breach.

Approved Methods:

Vigorous Walking: Must be intense enough to break a sweat or induce heavy breathing.

Vibration Plate: High-frequency mechanical oscillation to stimulate glucose uptake.

Tactical Warning:

A casual stroll will not suffice. If your heart rate isn't elevated, the "rusty bunker" isn't burning off the excess fuel—it's just letting it sit and corrode your systems.

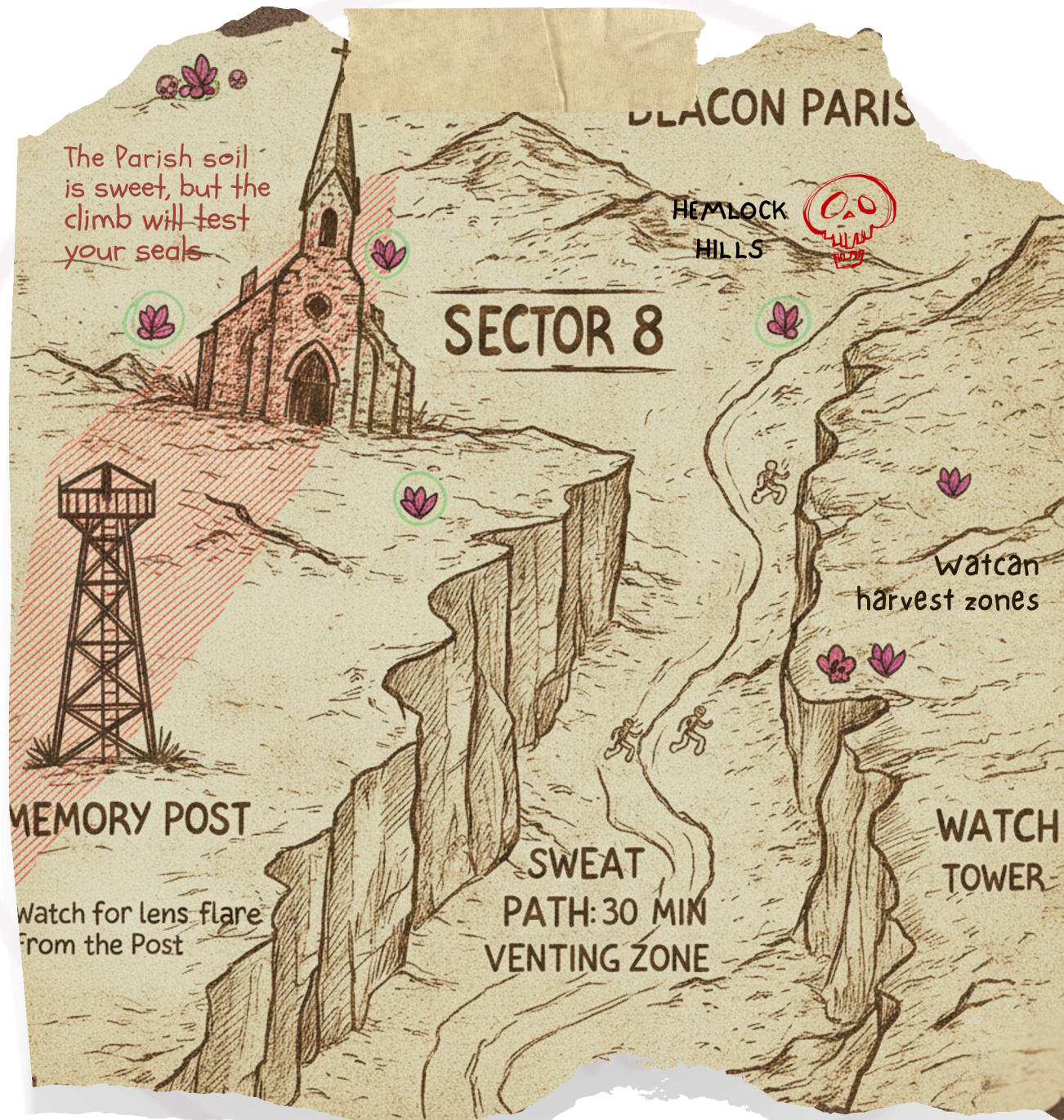
If you eat a 'caramel grenade' in the field, you better start running. Sweat is the only thing that washes the sugar out of your blood before it turns to lead.

The Glucose Tracker Chart:



Don't just dot the chart. Connect the lines. If your graph looks like the jagged skyline of Sector 10, your seals are leaking. Smooth the curve. Save your life.

I marked the 'Sweat Path' clearly. If you get sloppy and eat a date bite without the pecans, you'd better be halfway up that ridge before the sugar hits your brain. The Parish isn't just for harvesting; the thin air and the climb are what actually patch the cracks in your metabolic bunker.



SAFFRON
(Crocus Sativus)



MEADOW
SAFFRON
(Colchicum autumnale)



'SWEAT PATH'

SECTOR
8

