

RÊVE
HEALTH

RÊVE HEALTH

LONGEVITY PROTOCOL

WELLNESS PLAN

BIOLOGICAL AGE ASSESSMENT
PACE OF AGING
PHYSICAL & EMOTIONAL LONGEVITY

REVEHEALTH.COM

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ABOUT THE FOUNDERS



Julie Elaine Brown, M.A.

Co-Founder



Madeline Cunningham, LAc, IHP, AFMCP

Co-Founder

Julie Elaine Brown, M.A.

I got sick in my early forties, and was gaslit by doctors who told me my issues were “normal” for my age. While I was able to resolve many health concerns with lifestyle changes and holistic treatments, I still underwent two Myomectomy surgeries (fibroid surgeries).

In hindsight, I believe these could have been avoided with earlier holistic intervention. My experience was a catalyst to help empower other women at any age.

We have the ability to balance our hormones, avoid surgical interventions, and extend our healthspan with a blend of science and lifestyle.

Madeline Cunningham, L.Ac, IHP, AFMCP

After years of living a healthy lifestyle and growing a private practice, I began experiencing symptoms that slowly increased over time. Many doctors appointments, misdiagnoses and being told I was “tired” or “anxious,” I was finally diagnosed with Lyme disease and environmental illness.

In my private practice, I constantly saw women suffer from chronic illness or toxicity and worry about how it was going to impact their fertility. I was now one of them.

After healing my body with holistic and lifestyle interventions, I realized I could teach other women to do the same—to create healthier versions of themselves and potentially healthier future generations.



INTRODUCTION

WELCOME TO YOUR LONGEVITY PLAN

At Rêve Health, we believe in holistic-based care. Through advanced lab work, personalized guidance, and community we help you connect back to your best health.

Take your time reading through your personalized health report and let the information digest in a way that feels best for you. Please know you can schedule additional wellness consultations or nutritional coaching at any time for more support.

EXECUTIVE SUMMARY

BIOLOGICAL AGE

Your current biological age is **44**. This is **seven years younger** than your chronological age! Excellent!

LIFESTYLE RECOMMENDATIONS

Here are your lifestyle recommendations to continue to maintain a younger biological age and potentially reverse your age further:

EXERCISE:

- Incorporate one day of 40-50 minute aerobic exercise such as a kickboxing class (which will also help manage anger)
- Keep going with the HIIT sprint training--it is working for you. 3-4 days a week.
- Kettlebells at lower weights, such as 15lbs for 3 sets at 10 reps may help improve grip strength even more

DIET:

- *Antioxidants*: include more sources of antioxidants in your diet, such as broccoli, cauliflower, wild blueberries, kiwi, dark leafy greens, and pomegranates
- *Balance Blood Sugar*: discontinue intermittent fasting and stick to a regular eating schedule
- *Reduce Alcohol Intake*: limit alcohol consumption for special occasions
- *Adequate Protein*: include a vegetarian or fish-source of protein with each meal about the size of your palm

EMOTIONAL HEALTH:

- *Anger Practice*: consider an anger practice, such as clenching and relaxing your fists or attending a boxing class to healthily process the emotion of anger

SENSE OF PURPOSE:

- *Get to Know You*: fill out the Identity Matrix to get clearer on what makes you, you
- *Gratitude*: write down three things each morning you're grateful for
- *Prioritize Joy*: schedule one small thing you love to do every single day, schedule one bigger or longer activity you love per week

RÊVE LONGEVITY PHILOSOPHY

What is true *longevity*?

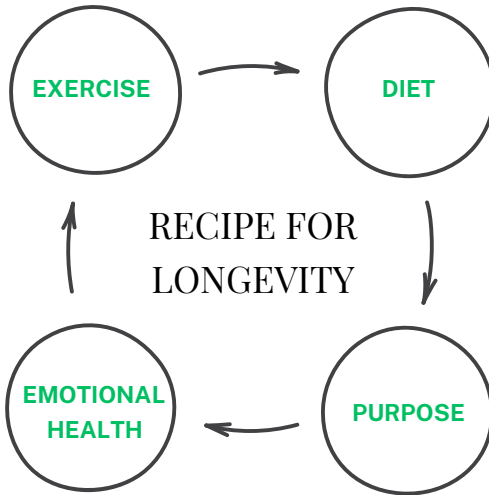
At Rêve Health, we believe a long, healthy life is comprised of four factors - **optimal diet, adequate exercise, resilient emotional health, and having a strong sense of purpose.**

Our philosophy on longevity combines the:

- *lifestyle of the Blue Zones*: areas of the world where people live longer
- *science of Functional Medicine*: a systems biology approach to health
- *wisdom of Traditional Chinese Medicine*: emphasizing emotional wellbeing
- *importance of purpose driven living*: strong purpose correlates to longer lives

Our Longevity Protocol will help you create a physically, emotionally, and spiritually healthier life so can not only live longer, but live better.

Let's get started.



INTAKE FORM INSIGHTS

SUMMARY OF FINDINGS

PHYSICAL HEALTH PRESENTATION

- Uterine Fibroids
- Previous Smoker
- Social Drinker
- Perimenopausal

LIFESTYLE PRESENTATION

- Pescatarian Diet
- AM Intermittent Fasting
- Mostly Organic Food
- Regular Exercise
- Moderate Stress
- Exposure to Non-Stick Pans

EMOTIONAL HEALTH PRESENTATION

- Difficulty Letting Go
- Strong Sense of Confidence
- Ability to Relax in Stillness
- Flexible & Adaptable
- Frequent Anger & Frustration

LIFE DESIGN PRESENTATION

- Desiring Partnership
- Strong Community
- Fulfilling Career
- Desire for More Income
- Desire for a Family
- Fears Around Infidelity

CURRENT MEDICATIONS

- None

CURRENT SUPPLEMENTS

- Moon Juice Super Hair

A woman with long, wavy, light brown hair is seen from behind, sitting in a meditative lotus position on a large, mossy rock. She is wearing a blue and black striped sports bra and black leggings. Her hands are resting on her knees in a mudra. The background is a dense, lush green forest with sunlight filtering through the trees, creating a serene and natural atmosphere.

MAKING HEALTHY LIFESTYLE CHOICES

**CAN SLOW DOWN OR
EVEN REVERSE
BIOLOGICAL AGE**

BIOMARKER ASSESSMENT

OMICM AGE

OMICm age is a biological age calculation using methylation patterns from approximately one million locations on your DNA. This calculation includes:


- *Genomics*: the study of genes housed in our DNA
- *Epigenomics*: the study of how genes are modified by certain interactions
- *Transcriptomics*: the study of how genes are copied
- *Proteomics*: the study of how different proteins function
- *Metabolomics*: the study of chemical processes by protein interactions
- *Phenomics*: the study of observable traits such as hair and eye color


CURRENT OMICM AGE: 44.23


COMPARISON TO CHRONOLOGICAL AGE: -6 YEARS


Your current OMICm age is 6 years below your chronological age. Amazing!

Your OMICm age can represent an increase or decrease risk of certain diseases and death. Based on your OMICm age, your disease risks are:


 **DEATH**
-47.01% lowered risk of overall death


 **T2D**
-47.01% lowered risk of type 2 diabetes

 **HEART DISEASE**
-28.67% lowered risk of heart disease

 **CANCER**
-18.67% lowered risk of cancer

 **COPD**
-14.44% lowered risk of COPD

 **DEPRESSION**
-14.44% lowered risk of depression

 **STROKE**
-24.78% lowered risk of stroke

BIOMARKER ASSESSMENT

ACTIONABLE EBPS

Epigenetic Biomarker Proxies (EPBs) are predictors for DNA methylation patterns. By comparing your markers to ideal aging patterns, we can identify patterns that are above or below average and take actionable steps toward improvement.

Your personal EPBs for improvement:

DNAM HISTONE H2B TYPE 1-K

Histone H2B Type 1-K is a core component of the proteins which wrap and control expression of DNA. Histones play a central role in transcription regulation, DNA repair, DNA replication and chromosomal stability. H2B Type 1-K has been shown to accumulate in senescent fibroblasts with DNA damage.

ACTION ITEMS

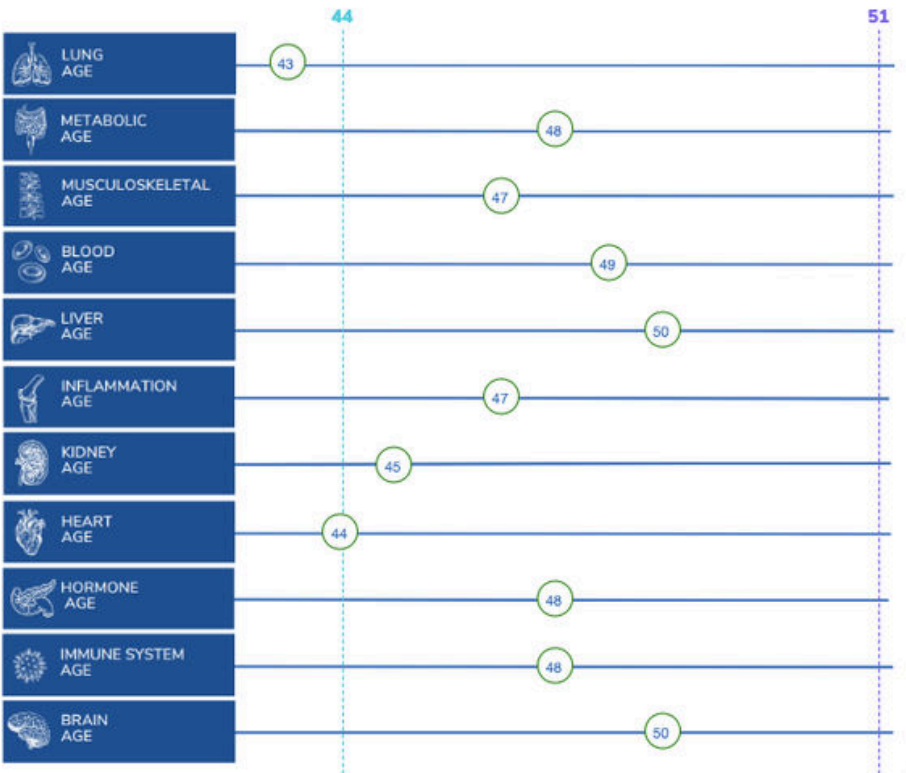
- **INCREASE ANTIOXIDANTS:** increasing your intake of fruits and vegetables can increase your antioxidant intake and protect your cells against oxidative stress and DNA damage
- **AVOID SUNBURNS:** sun exposure is healthy but avoid being in the sun long enough that a burn, which can be DNA damaging, occurs
- **MANAGE STRESS:** practice nervous system regulating exercises such as meditation to prevent DNA damage from chronic stress
- **ADEQUATE EXERCISE:** regular exercise has been shown to lower oxidative stress and DNA damage

BIOMARKER ASSESSMENT

SYMPHONYAGE

SYMPHONYAge (System Methylation Proxy of Heterogeneous Organ Years) is a new way of looking at aging by examining how different parts of the body age independently and synchronously.

Different organ systems age at difference paces for different people. Your SymphonyAge chart is shown below. We can see your chronological age at the right in purple (51), your biological age (44) and the age of each organ system marked with a circle.



SYMPHONY AGE



LUNG AGE
Exchange O₂/CO₂

YOUR VALUE: OPTIMAL



METABOLIC AGE
Absorption & transportation

YOUR VALUE: OPTIMAL



MUSCULOSKELETAL AGE
Movement

YOUR VALUE: OPTIMAL



BLOOD AGE
Transport, nutrients & waste

YOUR VALUE: OPTIMAL



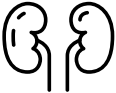
LIVER AGE
Metabolism & detoxification

YOUR VALUE: OPTIMAL



INFLAMMATION AGE
Toxicity, infection & healing

YOUR VALUE: OPTIMAL



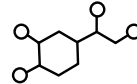
KIDNEY AGE
Waste & regulate fluids

YOUR VALUE: OPTIMAL



HEART AGE
Transport, nutrients & waste

YOUR VALUE: OPTIMAL



HORMONE AGE
Reproduction & stress

YOUR VALUE: OPTIMAL



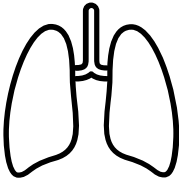
IMMUNE AGE
Fight infections & healing

YOUR VALUE: OPTIMAL



BRAIN AGE
Control & cognition

YOUR VALUE: OPTIMAL



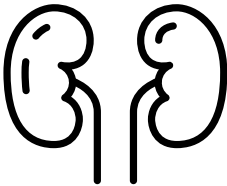
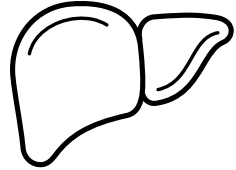
LUNGS & GRIEF

The lungs breathe in new experiences. In order to bring in the new, it requires us to let go of the old. The lungs house the emotion of grief - the act of letting go appropriately. When we have an adequate sense of self worth, it is easier to let go and trust new experiences will come.

Based on your Symphony Age, your sense of grief is balanced.

LIVER & ANGER

The liver acts as our body's planner - it keeps a strict schedule of all body functions. When things don't go according to plan, the liver has to have enough creativity and flexibility to find a solution. Those who have liver imbalances often experience anger - a lack of flexibility to adapt to life's changes. **Based on your Symphony Age, anger may be a more difficult emotion for you to process.**

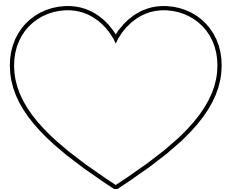


KIDNEYS & FEAR

The kidneys house the emotion of fear. The adrenal glands sit on top of the kidneys and produce the stress response hormone, cortisol. Those who have a kidney imbalance may find it difficult to sit in stillness or have a great fear of the unknown. **Based on your Symphony Age, your sense of fear is balanced.**

HEART & JOY

The heart is associated with our ability to experience joy. Joy is experienced in the present moment - an appreciation for the here and now. When the capacity to experience joy is limited, anxiety, typically about the future, can form. **Based on your Symphony Age, your sense of joy is balanced.**



A man in a dark t-shirt is lying on a black bench, performing a bench press with two dumbbells. He is viewed from above. The gym background is slightly blurred, showing various pieces of equipment and a person in the distance. The lighting is dramatic, highlighting the man's muscles.

*YOU HAVE
THE POWER*

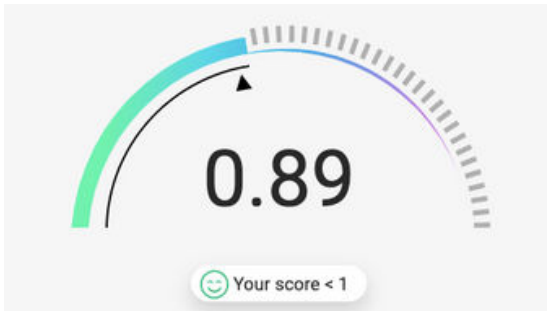
TO CHANGE YOUR
PHYSIOLOGY

BIOMARKER ASSESSMENT

DUNEDINPACE & IMMUNE MARKERS

Not everyone ages at the same pace. The DunedinPACE, created by Duke and Colombia Universities, calculates the rate of how many biological years the body ages within one calendar year. Values below 1 indicate the body is aging slower than chronological time - this is a good thing!

CURRENT DUNEDINPACE: 0.89
PAGE OF AGING. 0.89 YEARS / CALENDAR YEAR



The CD4/CD8 Ratio examines different aspects of the immune system. A ratio between 1 and 4 is ideal and shows the immune system is functioning optimally. A value below 1 indicates altered immune function and chronic inflammation.

CURRENT CD4/CD8 RATIO: 1.84

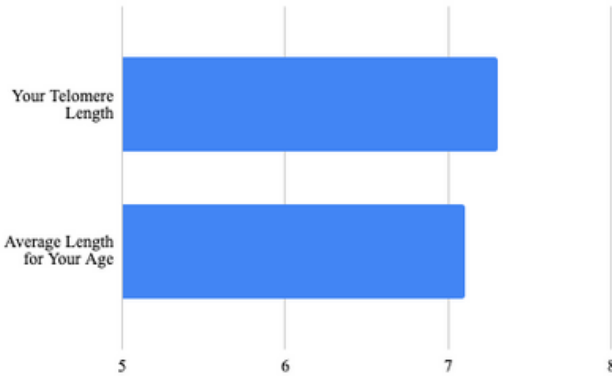
BIOMARKER ASSESSMENT

TELOMERE LENGTH

Telomeres are little caps on the end of each of our chromosomes. They prevent fraying as the cell replicates, much like the plastic tip on the end of a shoelace. As a cell ages, its telomeres become shorter. Longer telomeres equal younger cells. This is one way of calculating your biological age.

CURRENT TELOMERE LENGTH: 7.32

Your telomere length is longer than 93.67% of people with your same chronological age.



BIOMARKER ASSESSMENT

DIABETES RISK & INFLAMMATION

Recent studies have shown that there are certain physiological markers that may make someone more prone to develop Type II Diabetes.

CURRENT TYPE II DIABETES RISK: LOW RISK

The more negative associations with aging (cognitive decline, grey hair, aging skin) is correlated with inflammation rather than the actual aging process. This is known as “inflamm-aging” - inflammation + aging. Your inflammation levels were measured with two markers - DNAm CRP and DNAm IL-6.

DNAm CRP is a marker for non-specific inflammation. Chronic inflammation can lead to cognitive decline and impact overall brain health.

CURRENT DNA CRP LEVELS: AVERAGE

DNAm IL-6 is a marker for inflammatory proteins. This marker increases as we age. It can be a cause of chronic inflammation and impact brain function.

CURRENT DNA IL-6 LEVELS: MODERATELY INCREASED

Reducing alcohol intake, discontinuing smoking, and maintaining a healthy weight have all been shown to reduce DNA IL-6 levels.

A person is silhouetted against a bright sunset over the ocean. The person is sitting on a rock in a meditative pose, with their hands raised in a mudra. The sun is low on the horizon, creating a golden glow and a shimmering reflection on the water. The sky is a mix of deep blue and orange, with scattered white clouds. The overall mood is peaceful and serene.

*YOU
CAN
TRAIN
YOUR
CELLS*

TO ACT YOUNGER

BIOMARKER ASSESSMENT

MITOTIC CLOCK

The Mitotic Clock calculation is a measurement of how often cells are turning over in the body. As cells replicate, there is increased risk for small mistakes with copying. The more cells turnover, there is an increased risk of errors.

This calculation has been associated with understanding overall cancer risk. Research has shown that only 1/3 of cancers are genetic or environmental. If there is high cellular turnover, it may help to explain the remaining 2/3 cause of cancer.

Elevations in this marker are not necessarily a direct cause for concern, but an evaluation with your PCP is recommended.

CUMULATIVE STEM CELL DIVISIONS PER YEAR: 695.28
COMPARISON: TOP 4.95% WITH THE SAME CHRONOLOGICAL AGE

AVERAGE ESTIMATE FOR INTRINSIC STEM CELL DIVISIONS: 13.62
COMPARISON: TOP 4.87% WITH THE SAME CHRONOLOGICAL AGE

BIOMARKER ASSESSMENT

FITNESS MARKERS

Using DNA methylation (DNAm) has allowed for the development of fitness biomarkers. Combine with the OMICm age, we are able to calculate your biological fitness age, or OMICm FitAge.

CURRENT OMICM FITAGE: 43.72

COMPARISON: -7.31 YEARS FROM CHRONOLOGICAL AGE

Gait speed, or walking speed, is measured in meters/second. Gait speed reduces with age, the most significant reductions occurring after age 60. Faster gait speeds are associated with better mobility.

CURRENT GAIT SPEED EPIGENETIC BIOMARKER: 1.99

COMPARISON: +77.10% OF PEOPLE WITH SAME CHRONOLOGICAL AGE

Maximum hand grip strength (GripMax) is a calculation of age related decline in muscle strength. Evidence suggests that grip strength may be a predictor of all cause disease and mortality.

CURRENT GRIPMAX EPIGENETIC BIOMARKER: 31.97

COMPARISON: +94.37% OF PEOPLE WITH THE SAME CHRONOLOGICAL AGE

Max VO₂ is a measurement of cardiovascular health and aerobic endurance. It measures the volume of oxygen the body is processing during a certain period of time. Higher Max VO₂ levels are associated with decreased age, better memory, and better overall fitness.

CURRENT MAX VO₂: 42.71

COMPARISON: +84.52% OF PEOPLE WITH THE SAME CHRONOLOGICAL AGE

BIOMARKER ASSESSMENT

FITNESS MARKERS & WEIGHT LOSS

Forced Expiratory Volume (FEV1) measures lung function by determining how much air is forced from the lung in one second.

CURRENT FEV1: 2.11

COMPARISON: +28.61% OF PEOPLE WITH THE SAME CHRONOLOGICAL AGE

Weight loss is a complex topic. The generic recommendations for weight loss are typically to be in a calorie deficit. There are certain DNA methylation markers that can show if caloric restriction is an effective way for weight loss.

WEIGHT LOSS MARKERS: HYPOMETHYLATED

RECOMMENDATION: UNLIKELY YOU WILL RESPOND TO A CALORIC DEFICIT

A person is seen from behind, sitting on a wooden dock that extends into a calm lake. The person is wearing a dark, textured sweater. The background features a vast, scenic landscape with snow-covered mountains, a small town on the far shore, and a dense forest of evergreen trees. The sky is overcast and grey, creating a serene and somewhat somber atmosphere. The water reflects the surrounding environment.

*INCREASE
YOUR
HEALTHSPAN*

AND
YOUR LIFESPAN

PURPOSE DRIVEN LIVING

PURPOSE & OPTIMISM

PURPOSE

Based on your intake form responses, it looks like you work for yourself and love your job.

However, you are under a great deal of stress and have difficulty setting boundaries with others. You also noted that while you are excited for the future you are not 100% certain about a sense of purpose.

Research shows the powerful impact purpose has on both health and longevity.

A study in JAMA Psychiatry found that people with a strong sense of purpose have a lower risk of heart disease and cognitive decline.

Another study in The Lancet revealed that those who live with purpose have a lower mortality rate, often living longer and healthier lives.

Purpose seems to protect against depression, chronic diseases, and even premature aging. It's a critical piece of the longevity puzzle.

When we live with purpose, our actions align with our values, creating a deep sense of fulfillment. This satisfaction boosts emotional well-being, strengthens our resilience, and helps us handle stress. People with purpose tend to have better emotional regulation and a more positive outlook on life.

People with a strong sense of purpose focus on relationships, personal growth, and gratitude, rather than chasing external success.

This aligns with findings from the Blue Zones — places where people live the longest. In these regions, community, purpose, and connection are central to a long, fulfilling life. Purpose nurtures abundance, resilience, and happiness.

In these Blue Zones, people often live by their “Ikigai” (a Japanese term for purpose) and surround themselves with supportive social circles that promote healthy behaviors.

SUMMARY OF RECOMMENDATIONS

- Fill out the “Identity Matrix” on the next page to discover more about your true goals, values, relationship needs, and your overall purpose.
- Consider journaling each day to identify the activities that feel aligned with a higher sense of purpose.
- Consider that boundaries extend relationships--they enable you to foster and grow a healthy connection.

OPTIMISM

Based on your intake form responses, it looks like you have a difficult time connecting to the emotion of joy.

“Optimists tend to live 11 to 15 percent longer than pessimists and have a higher chance of reaching ‘exceptional longevity,’” says Harvard’s Lewina Lee.

Optimists naturally lean toward purpose-driven lives. They see opportunity and believe their actions can make a difference. This optimism helps them find and maintain purpose. Studies show that optimists are not only healthier and live longer, but they’re also more likely to set meaningful goals and pursue them with passion.

Purpose, when tied to optimism, becomes a powerful motivator. It helps people overcome obstacles and grow, even in tough times, creating a loop of growth and well-being.

The good news is you can teach yourself optimism. Just like muscle, the brain can be trained to view everything under a lens of positivity.

Waking up and writing down 3 things you are grateful for each day can help you start the day in a joyful mood.

SUMMARY OF RECOMMENDATIONS

- Shift your mindset each day to believe it will be a wonderful day!
- Practice gratitude
- Set boundaries
- Schedule in one thing you love to do each day (small thing, such as reading a chapter in a book)
- Schedule one bigger thing in that you love each week (a more significant thing such as a yoga class)

IDENTITY MATRIX

Rêve Health Identity Matrix

EXTERNAL	<p>CORE VALUES</p> <p>What do you value the most?</p>	<p>RELATIONSHIPS</p> <p>What is most important to you in your closest relationships?</p>	<p>INTENTION</p> <p>How do you want people to perceive you? What is your key intent for people to receive from your work or presence?</p>
EXTERNAL/ INTERNAL	<p>EXPRESSION</p> <p>How do you express yourself? This can be how you dress, your hair, your gestures, how you write and communicate</p>	<p>PURPOSE</p> <p>Your north star or "why"; what you are meant to do.</p>	<p>PERSONALITY</p> <p>What are some key attributes for your personality? How do you want to be perceived?</p>
INTERNAL	<p>GOALS</p> <p>What are your key goals in life?</p>	<p>CULTURE</p> <p>What cultural values from your culture or family are important to you personally?</p>	<p>COMPETENCES</p> <p>What are you good at? What do you like doing? What is your education? What is your experience?</p>

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STRONG SENSE OF
PURPOSE
=
INCREASED LIFESPAN

EXERCISE RECOMMENDATIONS

MOVEMENT FOR LONGEVITY

The exercise that best supports your body is different for everyone. Various factors go into determining which movement is for you, including your muscle fiber type, specific goals, current health status, and more.

Based on your intake form responses, it looks like you exercise 5-6 days a week and your primary methods of exercise are sprinting and walking your dog.

In order to optimize your exercise routine specific to your physiology, we recommend to **eat an hour before working out**. Based on your intake form, you can experience symptoms of low blood sugar. Working out after eating will help you fuel optimally for your workouts and avoid blood sugar crashes.

You may benefit from **more variety**. We know, from other tests (not through us) that you have 2B muscle fiber type, however as people age those fibers decrease. Incorporating activities such as downhill skiing to enable aerobic and anaerobic exercise may be a good way to avoid a plateau.

In order to manage anger, we recommend classes such as kickboxing, boxing, or dance classes. This will also help increase your Max V02.

Consider one day a week strength training with lower weights and higher reps.

Take one full day off a week with no intended exercise.

SUMMARY OF RECOMMENDATIONS

- Eat an hour before exercising
- Aim for shorter bursts of energy with longer recovery
- 3 sprint training sessions
- 1-2 days a week strength training
- 1-2 days a week aerobic activity
- Take 1 full day off a week

DIET GUIDANCE

NUTRITION FOR LONGEVITY

Food has the ability to greatly influence our physiology. When we choose foods that keep blood sugar balanced, support healthy hormones, avoid toxins, and provide nourishment, food can be used as a major health tool.

Based on your intake form responses, it looks like you eat a pescatarian diet.

You reported practicing intermittent fasting in the morning and eating for the remainder of the day.

Intermittent fasting is typically not beneficial for menstruating women. We recommend to **gradually transition to eating breakfast in the mornings**, ideally within the first hour of waking. This meal should be protein forward, containing at least 25-30 grams of protein. Smoothies with a protein powder tend to be easiest, but other options such as eggs are great as well.

Finding your blood sugar balance window is important to maintain stable blood sugar throughout the day. After your first

meal, notice how many hours you can go before starting to feel symptoms of low blood sugar - brain fog, fatigue, anxiety, feeling cold, jittery, and overall low energy. You want to eat prior to any symptoms appear. Most people need to eat a meal or snack every 4ish hours, but it can also be as often as every 2 hours. It may take some time to find a good rhythm. Listen to your body.

Foods for longevity include optimal protein for maintaining muscle and antioxidants for DNA damage prevention. Pescatarian sources of protein include fish, shellfish, eggs, beans, tofu, and lentils. **The amount of protein should be about the size of your palm per meal.**

High antioxidant food sources include dark leafy greens such as arugula, kiwis, pomegranates, wild blueberries, artichokes, green tea, and dark chocolate. Aim to include a high antioxidant food item per meal.

NUTRITION FOR LONGEVITY

General recommendations for a healthy diet include purchasing organic whenever possible, remember to wash your produce to reduce pesticide exposure, use a high quality water filter to reduce toxins in the water supply, and stick to a whole foods diet as much as possible.

SUMMARY OF RECOMMENDATIONS

- Gradually transition to eating breakfast in the morning, ideally within 1 hour of waking
- Have your first meal of the day be protein forward, containing a minimum 25-30 grams of protein
- Find your blood sugar tolerance window
- Purchase organic when possible
- Wash your produce
- Opt for filtered water
- Stick to whole foods when possible

NERVOUS SYSTEM REGULATION

DE-STRESS FOR LONGEVITY

Increased stress and cortisol levels can have detrimental impacts to almost every single system in the body, including gut health, thyroid function, sex hormone production, immune function, rapid aging, and more.

Based on your intake form responses, your reported stress level is highly stressed, rated a 7/10 for stress levels. You reported utilizing relaxation techniques in periods of heightened stress.

The nervous system gets conditioned to respond to situations through repetition. If there is a repetitive pattern of coping with difficult emotions, reacting to stress in the same pattern, or repeating the same stress-inducing thoughts, the body will continue to respond in the same way.

Practices like **meditation, journaling, and breathing practices** can create some space from the stressor and create a new response instead of the old repeated pattern. Some examples of nervous system regulating practices include:

Box Breathing

Inhale to a count of 4
Hold for a count of 4
Exhale to a count of 4
Hold for a count of 4
Repeat for 3-5 minutes

Physiological Sigh

Place your right hand in your armpit
Place your left hand over your shoulder
Take a deep inhale
Audibly sigh to exhale
Repeat for 3-5 minutes

Orient


Feel yourself being supported by the surface beneath you - a chair, floor, bed.
Notice the surface touching your body and relaxing into it.
Observe for 3-5 minutes

In order to repattern, the nervous system needs a lot of repetition. Try including one of these exercises every hour for a few minutes to connect back to your body.

General recommendations for stress management include taking epsom salt baths, set boundaries to support your needs, accept the things that are out of your control, and develop a spiritual practice that supports a connection to something greater than yourself.

SUMMARY OF RECOMMENDATIONS

- Develop a consistent de-stressing practice
- Rest as needed
- Incorporate epsom salt baths
- Set healthy boundaries
- Connect to something bigger than yourself

An aerial photograph of a grassy field with several people sitting on the ground, viewed from above. The image is overlaid with a dark teal color. The text is centered in the middle of the image.

*CHRONIC STRESS
AGES YOUR
ORGANS AND
IMPACTS THEIR
ABILITY TO
METHYLATE*

RECOMMENDED SCHEDULE

DAILY SCHEDULE

WAKE UP:

- Gratitude Journaling: write down three things you're grateful for
- Nervous System Regulation Exercise: orienting, physiological sigh, or box breathing

BREAKFAST:

- Eat within 1 hour of waking (have spoonful of nut butter if can't eat full meal right away)
 - Include adequate protein
 - Include a high antioxidant food source

MID MORNING:

- Snack containing protein and/or fat
- Exercise (if not rest day) - HIIT training, light yoga, or stretching
- Be sure you've scheduled one thing you love doing for the day

LUNCH:

- Eat a full meal
 - Include adequate protein
 - Include a high antioxidant food source
- Practice 3-5 minutes of a stress reducing exercise

MID AFTERNOON:

- Snack containing protein and/or fat

DINNER:

- Eat a full meal
 - Include adequate protein
 - Include a high antioxidant food source
- Practice 3-5 minutes of a stress reducing exercise

BEFORE BED:

- Practice 3-5 minutes of a stress reducing exercise

RECOMMENDED SCHEDULE

WEEKLY SCHEDULE

PURPOSE:

- Schedule one longer or bigger activity that you love to do per week

NERVOUS SYSTEM SUPPORT:

- 1 longer de-stress practice such as a massage, somatic coaching session or yin yoga class per week

CONCLUSION

THIS IS THE BEGINNING OF SOMETHING GOOD.

This is the storybook of you. We've reviewed your intake form, biological age test results, dietary patterns, exercise habits, emotional wellbeing, and sense of purpose. We have seen how your physiology is responding to your environment and created a customized plan to empower you to step into the best version of yourself.

Lasting change takes time. This plan is not a quick fix nor meant to be implemented all at once. Review your daily schedule and slowly make the transition to embody the routine. This is the beginning of living in alignment with your physiology.

Please feel free to schedule additional guidance calls if you need support along your journey. We can't wait to see you transform.

In health & happiness,

The Rêve Health Team

