

RÊVE
HEALTH

RÊVE HEALTH

REVIVE PROTOCOL

WELLNESS PLAN

BIOLOGICAL AGE ASSESSMENT
PACE OF AGING
PHYSICAL & EMOTIONAL HEALTH

REVEHEALTH.COM



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ABOUT THE FOUNDERS



Julie Elaine Brown, M.A.

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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 HEALTH 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 **six 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:

- HIIT 3-4 times a week with alternating 70-80% Max HR
- Include 1 day a week cardio for 30 minutes or more
- 1 -2 day a week strength training; more reps with lower weights
- One full rest day

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 HEALTH PHILOSOPHY

What is true *health*?

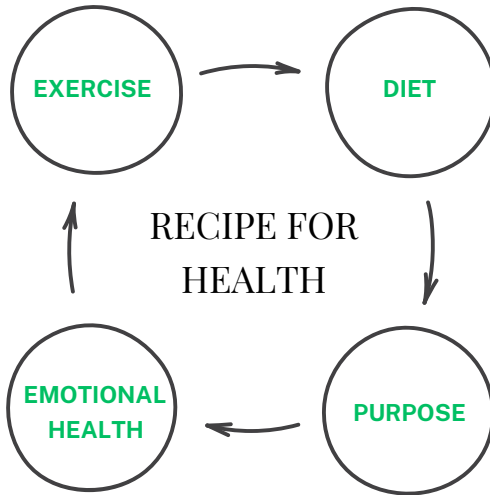
At Rêve Health, we believe a long, healthy life is comprised of four factors - **optimal diet, adequate exercise, resilient emotional health, and having a strong sense of purpose.**

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 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. The overall mood is peaceful and serene.

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

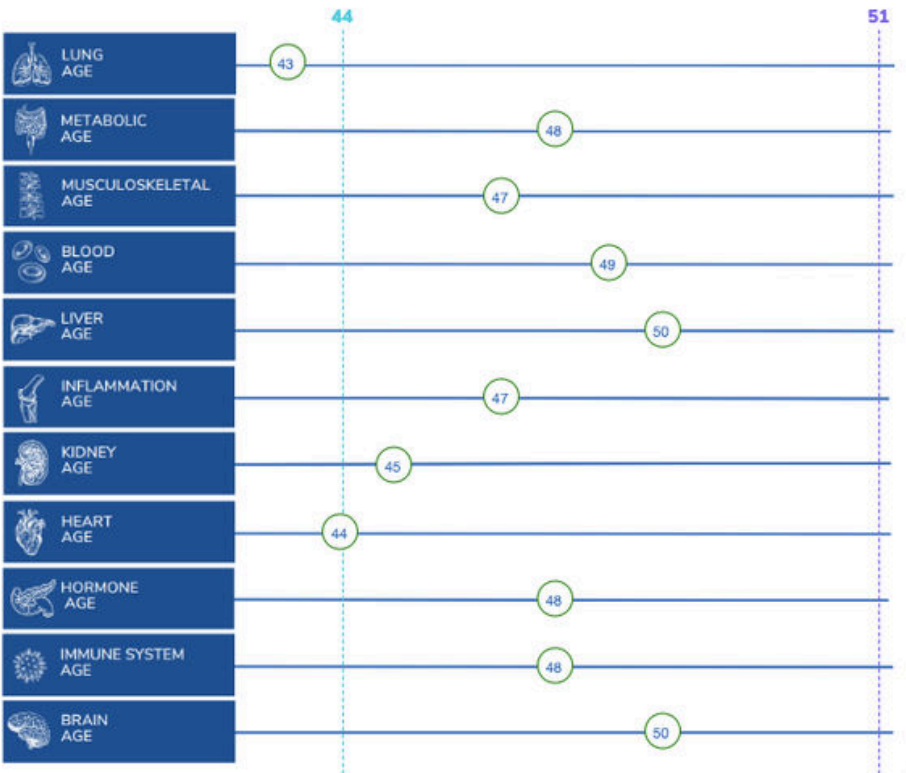
- **INCREASE ANTIOXIDANTS:** increasing your intake of fruits and vegetables can increase your antioxidant intake and protect your cells against oxidative stress and DNA damage
- **AVOID SUNBURNS:** sun exposure is healthy but avoid being in the sun long enough that a burn, which can be DNA damaging, 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



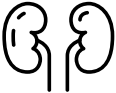
LIVER AGE
Metabolism & detoxification

YOUR VALUE: OPTIMAL



INFLAMMATION AGE
Toxicity, infection & healing

YOUR VALUE: OPTIMAL



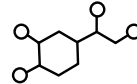
KIDNEY AGE
Waste & regulate fluids

YOUR VALUE: OPTIMAL



HEART AGE
Transport, nutrients & waste

YOUR VALUE: OPTIMAL



HORMONE AGE
Reproduction & stress

YOUR VALUE: OPTIMAL



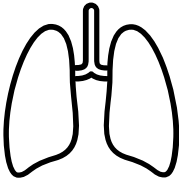
IMMUNE AGE
Fight infections & healing

YOUR VALUE: OPTIMAL



BRAIN AGE
Control & cognition

YOUR VALUE: OPTIMAL



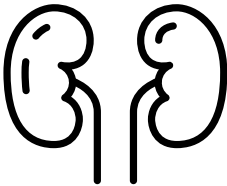
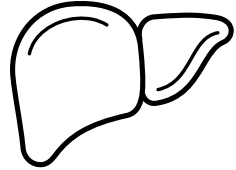
LUNGS & GRIEF

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.**

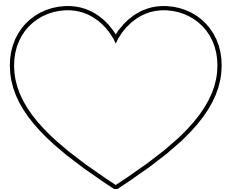


KIDNEYS & FEAR

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*

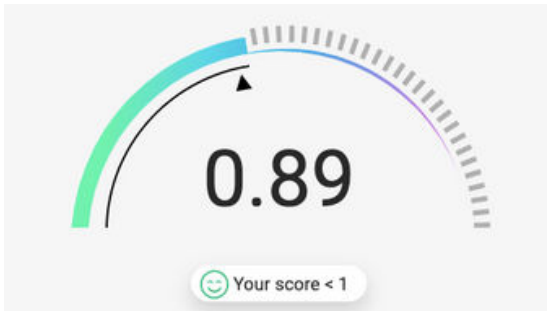
TO CHANGE YOUR
PHYSIOLOGY

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

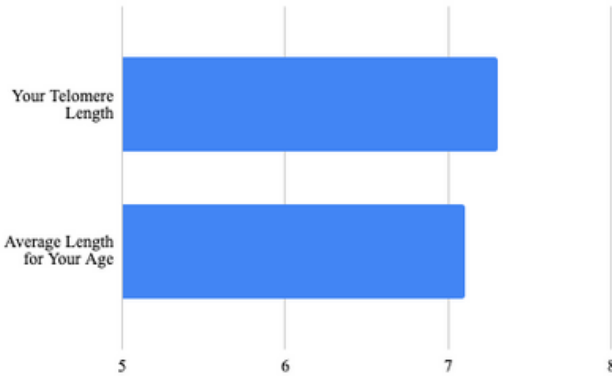
BIOMARKER ASSESSMENT

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 prayer position. 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 bright orange.

*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, serene landscape with snow-covered mountains and a small town on the far shore under a cloudy sky. The overall mood is peaceful and contemplative.

*INCREASE
YOUR
HEALTHSPAN*

AND
YOUR LIFESPAN