

Longevity Blueprint- Journal

Appendix:

Section A: List of resources:

- Download the 90 day Road map sheet: [90 Days](#)
- List of which foods to have and which ones to avoid: [10 Day Sugar Reset](#)
- Recommended Basic Supplement: [number 1 recommended supplement](#)
- Meal Ideas: [Download here the Meal Ideas PDF](#)
- *Protocol on how to increase VO2max and HRV* [Download](#)
- Here is a Workout Strategy Example; [workout strategy guide](#)
- Brain Frequencies: [5 Types Of Brain Waves Frequencies: Gamma, Beta, Alpha, Theta, Delta](#)
- Learn more about EFT Tapping [HERE](#)

Section B: Blood Tests to Consider:

Blood test:

1. Do-At-Home *Balance Test*: Measures the Omega 3 - 6 ratio to measure the inflammation levels in our body, how good we can absorb nutrients from food. It is crucial to understand the onset of any chronic inflammation (digestive issues, overweight, chronic fatigue, skin concerns, hormonal imbalance). The kit comes with a 3-month course of a BalanceOil, crucial to get rid of inflammation and improve nutrients' absorption: [Link here](#) (Worldwide)
2. Do-At-Home *Valeo Full blood count test* that includes the below:
 - Vitamins & minerals profile
 - Blood sugar profile
 - Iron profile, cholesterol profile
 - CRP (C-reactive protein)
 - kidney, liver, thyroid profile
 - Hormonal profile (for Men: total testosterone, Sex Hormone Binding Globulin, Free Androgen Index. For Women: Follicle Stimulating Hormone, Prolactin, Estradiol, Progesterone). [Link here](#) (UAE residents)

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3. *Epigenetic Test*: The test tells you: your biological age, rate of aging, and age of 11 key organ systems by looking at 75+ biomarkers. By routinely taking the test, you can measure the impact of lifestyle changes you make to improve your epigenetic health. [Link here](#)

Stool test:

1. Do-At-Home *Valeo Stool Test*: [Link here](#) (UAE residents)
2. Do-At-Home *InSure Stool Test*: [Link here](#) (USA residents)

Section C: Personal Development Reading and Audio Recommendations:

Nutrition, Body & Longevity:

- Super Gut, Willian Davis
- Gut, Giulia Enders
- Superhuman, Mark Hyman
- Abundance, Peter Diamandis
- The science and technology of growing young, Sergey Young
- Lifespan, David Sinclair
- Outlive, Peter Attia
- The Source, Dr Tara Swart
- Cure, a journey into the science of Mind over Body - Joe Marchant
- Hack your hormones, Davinia Taylor
- The Metabolic approach to cancer, Nasha Winters
- Jellyfish, Age Backwards
- Feed your skin right, Mark Tager

Mindset, habits & the power of the mind:

- Becoming supernatural, Dr Joe Dispenza
- You are the Placebo, Joe Dispenza
- Four hour work week , Tim Ferris
- Atomic Habits, James Clear
- The Power is within you, Louise Hay
- Limitless, Jim Kwik

Wealth & Productivity:





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- Happy Money, Ken Honda
- 10X Grant Cardone
- Creativity inc. , Ed Catmull

2. Which of the list of **PODCAST** list (about life, mindset, and health) will you start listening to:

[The School of Greatness](#), Lewis House

[The Doctor's Pharmacy](#), Mark Hyman

[Huberman Lab](#)

[Collective Insights](#)

[Ben Greenfield Life](#)


[The Drhu Purohit Show](#)

[The Mindvalley Show](#), with Vishen

[The Human Upgrade](#), with Dave Asprey

Section 4: Mindset and Stress Techniques

Link to Healing Frequencies :

- [The 7 Healing Frequencies?](#)
 - [Abundance frequency 888](#)
 - [Healing frequency 1111](#)
 - [Earth's frequency 7.83](#)
 - [Brain & Heart Coherence 0.1](#)
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A Daily Journaling Sheet for you

Mornings:

Write down 3 things you're grateful about

1. _____
2. _____
3. _____

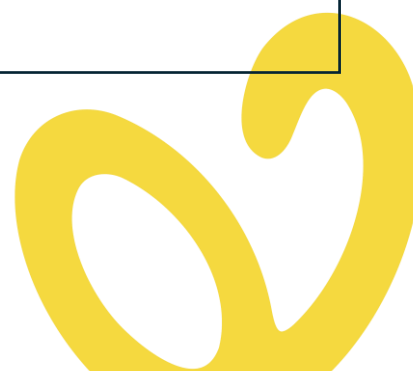
- Write how you'll make today great

-Positive affirmation

Evenings:

-My good deed today

-How I'll improve





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-Great things I experienced today

Meditation and Breathing Technique Recommendations:

[5 min Abundance Meditation](#)

[5 min breathing before meditation by Joe Dispenza](#)

[5 min Meditation by Joe Dispenza](#)

[6 min Powerful Meditation](#)

[11 Min Sleep Meditation](#)

[11 Min Chakra tune up](#)

[13 Min Morning Meditation by Joe Dispenza](#)

[10 min Abundance Meditation by Joe Dispenza](#)

[15 min Deep Transformation Meditation by Joe Dispenza](#)

[35 min Morning Meditation for Abundance by Joe Dispenza](#)

- *Breathing techniques:*

[10 min morning Breathwork routine](#)

[10 min NSDR before bedtime by Andrew Huberman](#)

[15 min mindfulness breathing](#)

[15 New Reality Breathwork](#)

[8 min Diaphragmatic breathing](#)

[30 min Quantum Breathwork Breathing](#)

[10 min relaxing Box breathing](#)



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