

Youthful by Design

Shed Years, Not Pounds

Design your life for total vitality

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ARE YOU READY TO EXPERIENCE MAXIMUM VITALITY ?

The body is a miracle designed for perfect health--effortlessly. Using functional medicine's findings on reverse-aging as our guide, youthfulXdesign magnifies the effects of sleep, nutrition and movement. You will learn the proven formula for an epigenetic upgrade resulting in extreme clarity, limitless vitality & total health.



WELCOME!
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Welcome to Youthful by Design, a proven path to longevity + quality of life. Together we learn the tools to quantum jump into your most joyful, energetic, healthy body; peaceful, compassionate mind, and open heart. Over the course of eight weeks, you will get a complete epigenetic upgrade by transforming daily routines into rituals that nourish mind, body and spirit. We will shed years, not pounds, and experience total vitality, health and wellbeing in eight weeks.

HOW I DISCOVERED REVERSE-AGING



SHEDDING YEARS NOT POUNDS SINCE 2018

I discovered reverse-aging while desperately trying to recover from a mystery illness. My legs were going numb, I had constant exhaustion and fatigue, incessant brain fog, and lava lamp-like fluid collecting in my torso. Conventional doctors told me nothing was wrong. I became paralyzed with anxiety as my symptoms worsened, so with nothing to lose, I started watching YouTubes of others with my symptoms. After over a year of seeking answers, I received a Lyme diagnosis in 2017. Since then, I've spent all of my time and resources learning to heal. After repairing the damage done to my body, restoring my health, and renewing my vitality, I have more energy and clarity in my 40s than I ever did in my 20s and 30s. Youthful by Design distills my five-year wellness journey into eight weeks of exactly what works. Since my recovery, key components of this program have been proven in clinical trials to reduce biological age by three years, promote healthy genetic expression, lower risk of chronic illness, and improve or cure various midlife chronic diseases and undesirable health conditions.

Three Key Components:

WELLBEING MOVEMENT NUTRITION

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Wellbeing Circle



Movement Circle



Regenerative Cooking Circle

EIGHT MODULES

EIGHT WEEKS TO TOTAL VITALITY



SLEEP

#1 Predictor of
Health Outcomes



EPI-NUTRITION

Epinutrient Foods &
Simple Recipes



MOVEMENT

The Body is Designed to Move



REST

Active Rest + Total Relaxation



NEUROHACKS

Reshape your brain for the better



SUPPLEMENTS

Inflammation, energy
& immune function



YOUR WELLBEING CONSTELLATION

Connecting the Dots



ENVIRONMENTAL HEALTH

Home: the Hearth of Health



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Are we a good fit?

Youthful by Design is for you if:

You want to design your life for longevity, quality of life & total vitality

You know there is a proven path to a more energetic existence, you just haven't discovered it yet

You're ready to hold boundaries around sleep + wellbeing

You desire to decode the right foods for your stage of life & hormones

You want to wake up to a joyful, energetic, healthy body every day

You're committed to achieving the healthiest you

You want to be empowered to determine your health outcomes

You'd like to feel grounded in a strong sense of self, purpose + direction

You're ready to declare sovereignty & take agency over your body

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Bibliography of Resources & Suggested Texts:

Why We Sleep, Dr. Matthew Walker

The Hormone Cure, Dr. Sara Gottfried

Younger You, Dr. Kara Fitzgerald

The Anatomy of Anxiety, Dr. Ellen Vora

The Sleep Solution, Dr. Chris Winters

The Sleep Revolution, Ariana Huffington

One Simple Thing, Eddie Stern

WELL BUILDING STANDARD V3

Healing Spaces, Dr. Esther Sternberg

Women, Food & Hormones, Dr. Sara Gottfried

SUGGESTED TEXTS:

The Sleep System, Megan Mazzocco

The Magic, Rhonda Byrne

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