



# Thrive LIMITLESS

## Longevity Roadmap



Hello,  
John Doe

Welcome to your longevity roadmap,  
This report has been carefully curated  
for you.

# Table Of Contents

• Health Profile	03
• Your Current Symptoms & Conditions	04
• Your Current Stack	05
• Your Family & Past History	06
• Your Health Goals	07
• Your Lifestyle Trends	08
• Comprehensive Vital Parameters	09
• Digital Brain Function Screen	11
• Body Mass Index (BMI)	12
• Body Composition Analysis	13
• Fitness Assessment	14
• HOMA-IR	15
• Framingham Risk Score	16
• Oligo Scan	17
• Areas of Concern	22

 ID - USR12345

# John Doe

♀ Female ⚡ Bangalore - 560001 ☰ Software Engineer

⌚ D.O.B - 1985-06-15 ☰ D.O.A - 2025-06-30

ψ Dietary Preference - Omnivore

**Vascular Age****29.00** 00

Optimal

**Heart Rate Variability****37.35**

Sub Optimal

40 - 100 m/s

**Grip Strength (Left)****55.2**

Low

&gt;121.9 Kg

**Grip Strength (Right)****59** 00

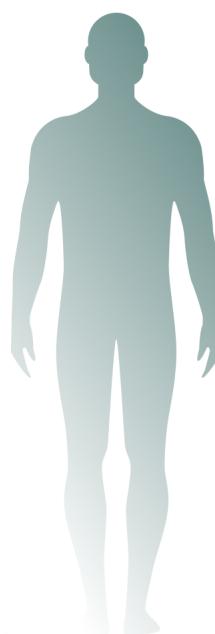
Low

&gt;121.9 Kg

**Cognitive****129/200**

Sub Optimal

200

**Age**  
**34** yr**Height**  
**161** cm**Weight**  
**64.50** kg

# Your Current Symptoms & Conditions

Provides a snapshot of your current health issues to help tailor personalized care and ensure informed treatment decisions

## Current Symptoms

-  Fatigue
-  Gut issues
-  Brain fog
-  Premature greying of hair
-  Stiffness in arms

## Known Conditions

-  Migraine
-  Prediabetes
-  Chronic Sinusitis

# Your Current Stack

Captures everything you're taking to ensure safe, personalized, and effective care

## Medications

-  Febustat 40 MG
-  Magnesium citrate
-  On Insulin Skin Patch

## Supplements

-  Zentok
-  Multivitamin(1mm)
-  Magnesium citrate
-  Fenofibrate + Rosuvastatin

# Your Family & Past History

Reveals inherited health risks to guide proactive, personalized prevention strategies



## Family History

### ♀ Mothers Side

- Paternal Grand mother-Lung Cancer
- Diabetes

### ♂ Fathers Side

- Hypertension
- Heart issues



## Past History

- Lung problem because of smoke in Diwali times
- 2022 December plum got accumulated in lungs took steroids for 2 days
- Did Bronchoscopy took out 80ml of liquid



## Menstrual History

● LMP - 10/6/2025

● Cycle length: 23-24 days

● Duration: 5-6 days

# Your Health Goals

Defines personalized health goals to support lasting vitality, prevention, and a longer health span

## Goals

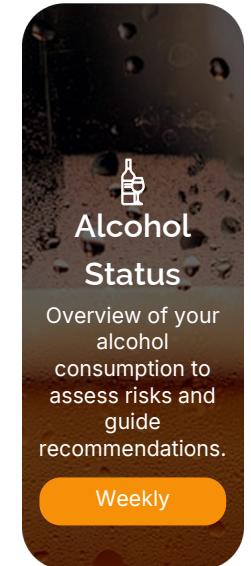
-  Personalised Preventive Healthcare
-  Longevity
-  Disease Management
-  Symptom Reversal
-  Improved Fitness
-  Improved Gut Health
-  Better Hormonal Balance

# Your Lifestyle Trends

Evaluates daily habits to uncover lifestyle changes that boost long-term health and well-being

## Your Lifestyle Trends

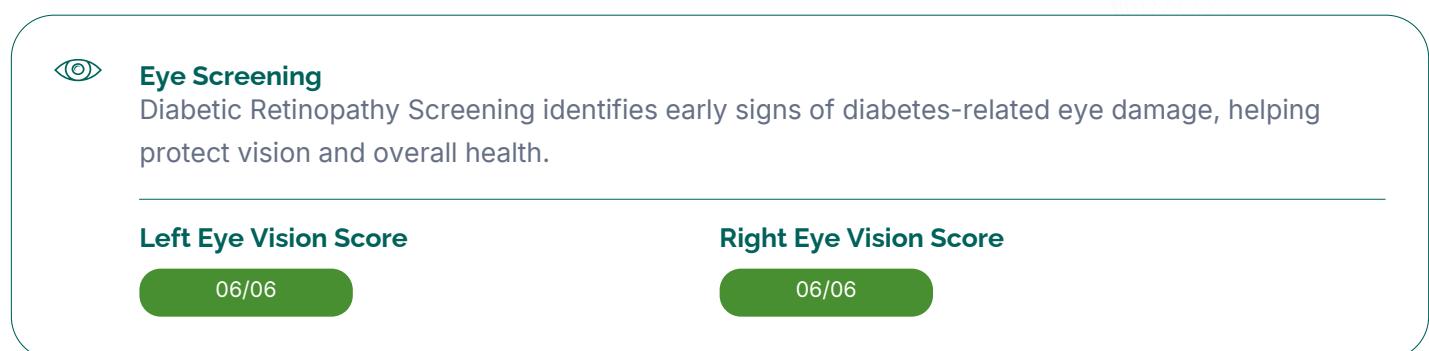
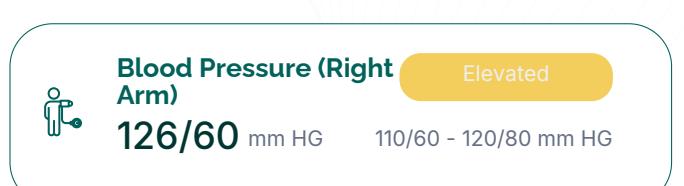
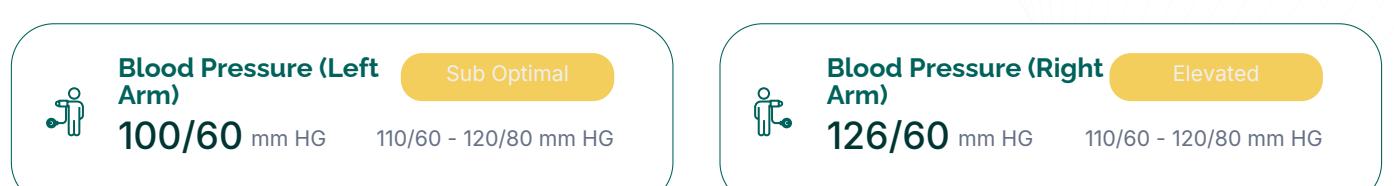
- |  |  |
|--|--|
|  Diet Preference        |  Protein Intake     |
| Lacto-ovo-vegetarian   | Unknown gm/bw/day  |
|  Movement               |  Carbs Window       |
| Moderate   | 15 hours   |
|  Physical Activity      |  Hydration          |
| Strength Training, 4-5 days a week, 60 minutes, Strength Training, 4-5 days a week, 60 minutes           | 6 glasses  |
|  Relationship         |  Stress           |
| Married  | Unknown  |
|  Social Connectedness |  Sleep Duration   |
| 07 / 10  | 7-9 hours  |
|  Sleep Quality        |  Food Intolerance |
| Fair   | Mushroom, Strength Training, 4-5 days a week   |
|  Allergies            |  |
| dust, Mushroom, Strength Training, 4-5 days a week, 60 minutes, Strength Training, 4-5 days a week       |  |



# Comprehensive Vital Parameters

Delivers vital health metrics to detect risks early and guide personalized, preventive care

## Vitals



# Comprehensive Vital Parameters

Offers a clear snapshot of vital health markers to identify risks early and personalize preventive care

## Ear Screening

To assess and clean the ear canal by removing wax, debris, or foreign objects, and to check for infections or abnormalities.

## Otoscopy

Ear screening detects hearing issues and ensures optimal auditory health.

Left Ear

clear

Right Ear

clear

## Hearing

Ear screening detects hearing issues and ensures optimal auditory health.

Left Ear

Normal Hearing

Right Ear

Normal Hearing

## Examination

Ear screening detects hearing issues and ensures optimal auditory health.

### Left Ear

#### Tympanic Membrane

- Healthy Tympanic Membrane

#### External Auditory Canal

- Normal

#### Mastoid Process

- Normal

### Right Ear

#### Tympanic Membrane

- Healthy Tympanic Membrane.

#### External Auditory Canal

- Normal

#### Mastoid Process

- Normal

# Digital Brain Function Screen

Assesses key aspects of brain function to guide focus and resilience strategies—designed for screening, not diagnosis



## Overall Brain Score 140/200 • Optimal

### Attention

Attention helps you focus on what matters and ignore distractions.



### Immediate Memory

Immediate memory holds info briefly; working memory uses it to think and learn.



### Working Memory

Working memory helps you use short-term information to think and learn.



### Brain Executive Function

Executive function helps you focus, plan, and control actions.



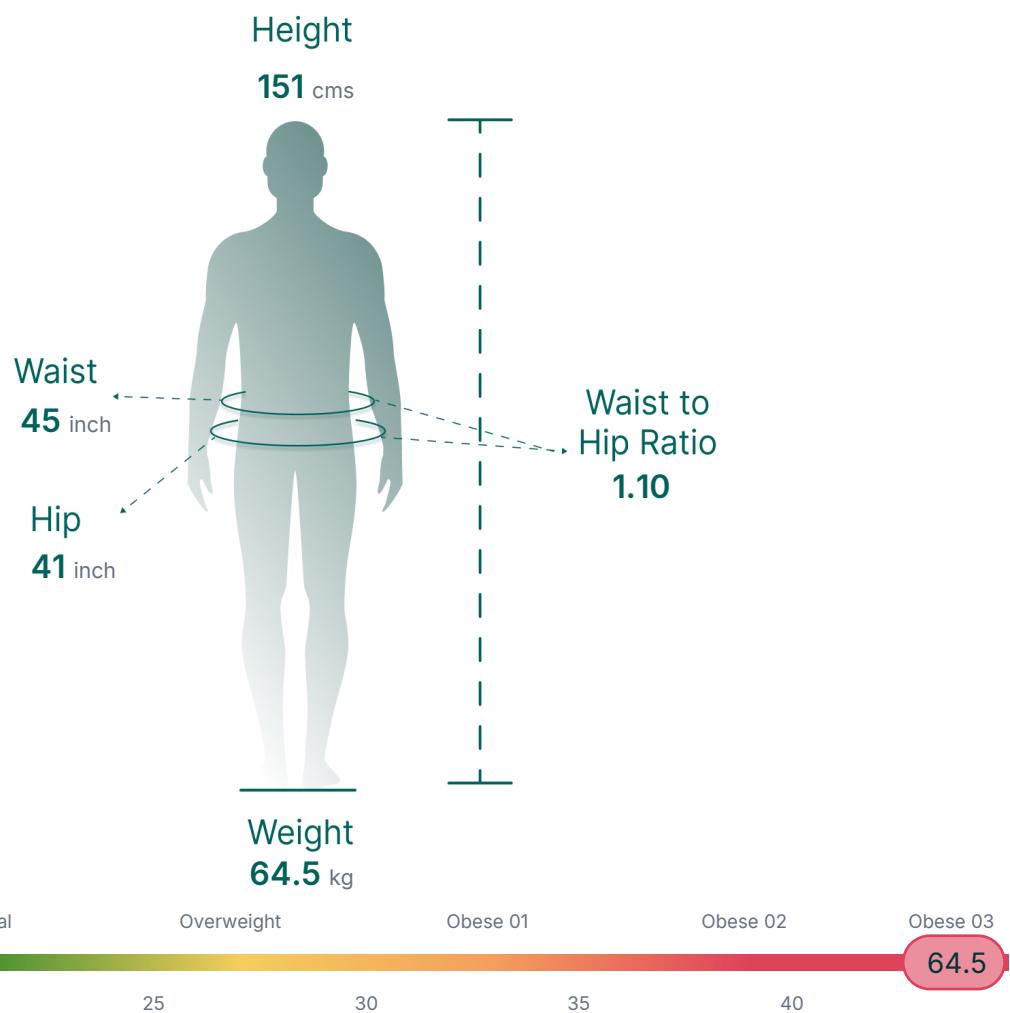
# Body Mass Index (BMI)

Combines BMI and Waist-to-Hip Ratio to offer a fuller picture of weight-related health risks and fat distribution



## Body Mass Index (BMI)

BMI provides a snapshot of your weight relative to height, offering insights into overall body composition and health risk



# Body Composition Analysis



Body Composition Analysis reveals fat, muscle, and bone distribution for metabolic health.

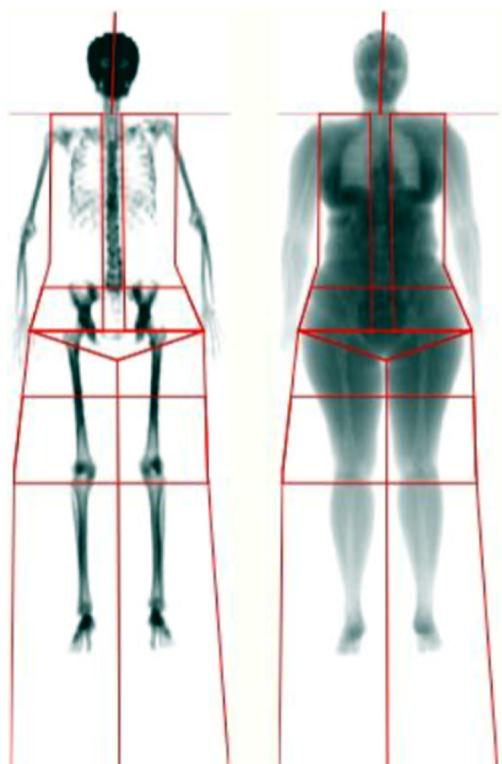


Image not for diagnosis

**Body Weight**

**56.46 kg**

**Total Body Fat**

**26 %**

Optimal

20%-28%

**Total Bone Mass**

**2.3 kg**

Sub Optimal

2.5 - 3.5 kg

**Total Soft Tissue**

**96.5 %**

85-95% of total body weight

Elevated

**Total Lean Mass**

**64.35 %**

65-75% of total body weight

Sub Optimal

**VAT Mass**

**570 gm**

Elevated

< 500 gm

**VAT/SAT Ratio**

**0.82**

Sub Optimal

<1

**Z Score**

**1.4**

Elevated

## T Score

Your T-score reflects bone density.



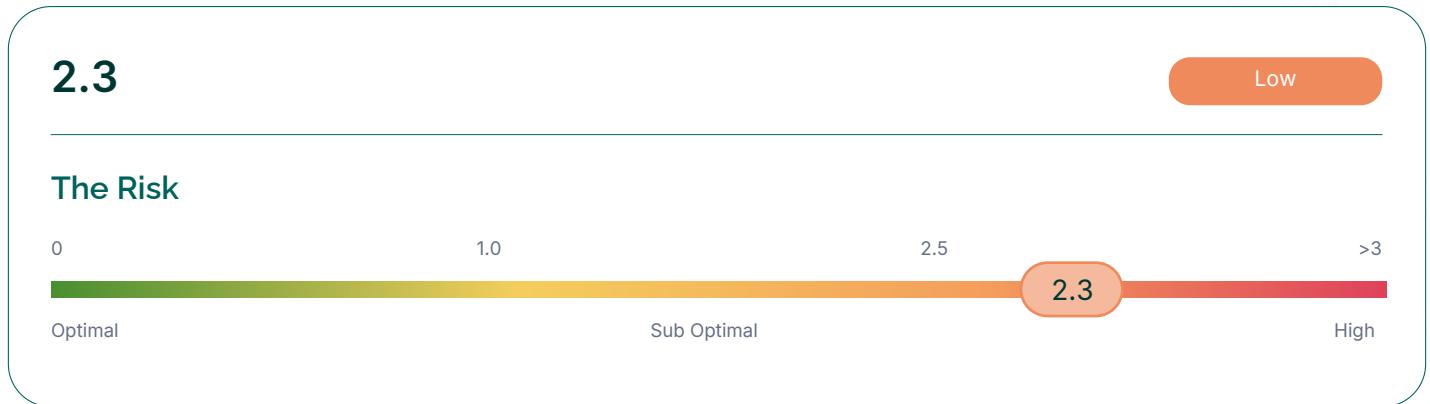
# Fitness Assessment

Provides a snapshot of your physical fitness to tailor plans that enhance performance and prevent future issues

Test Name	Your Score	Optimal Score
Balance & Posture	08	10
Upper Body Strength	07	10
Lower Body Strength	09	10
Agility	07	10
Power	05	10
Upper Body Flexibility	08	10
Lower Body Flexibility	09	10
Hand Eye Coordination	08	10
Reaction Time	07	10
Total PMX Fitness Score	68	90

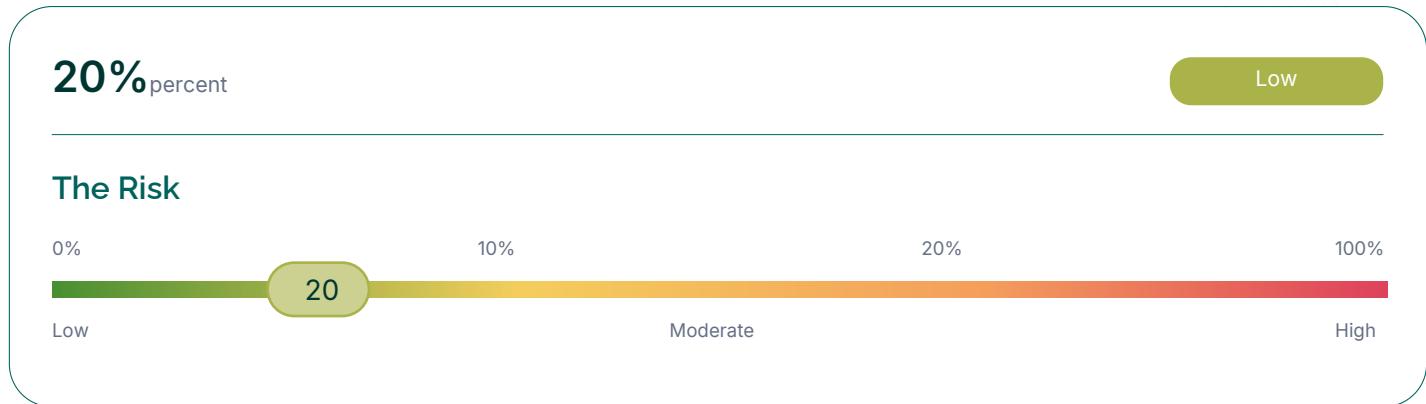
# HOMA-IR (Homeostatic Model Assessment of Insulin Resistance)

Measures insulin resistance to reveal how well your body manages blood sugar and flag early metabolic risks



# Framingham Risk Score

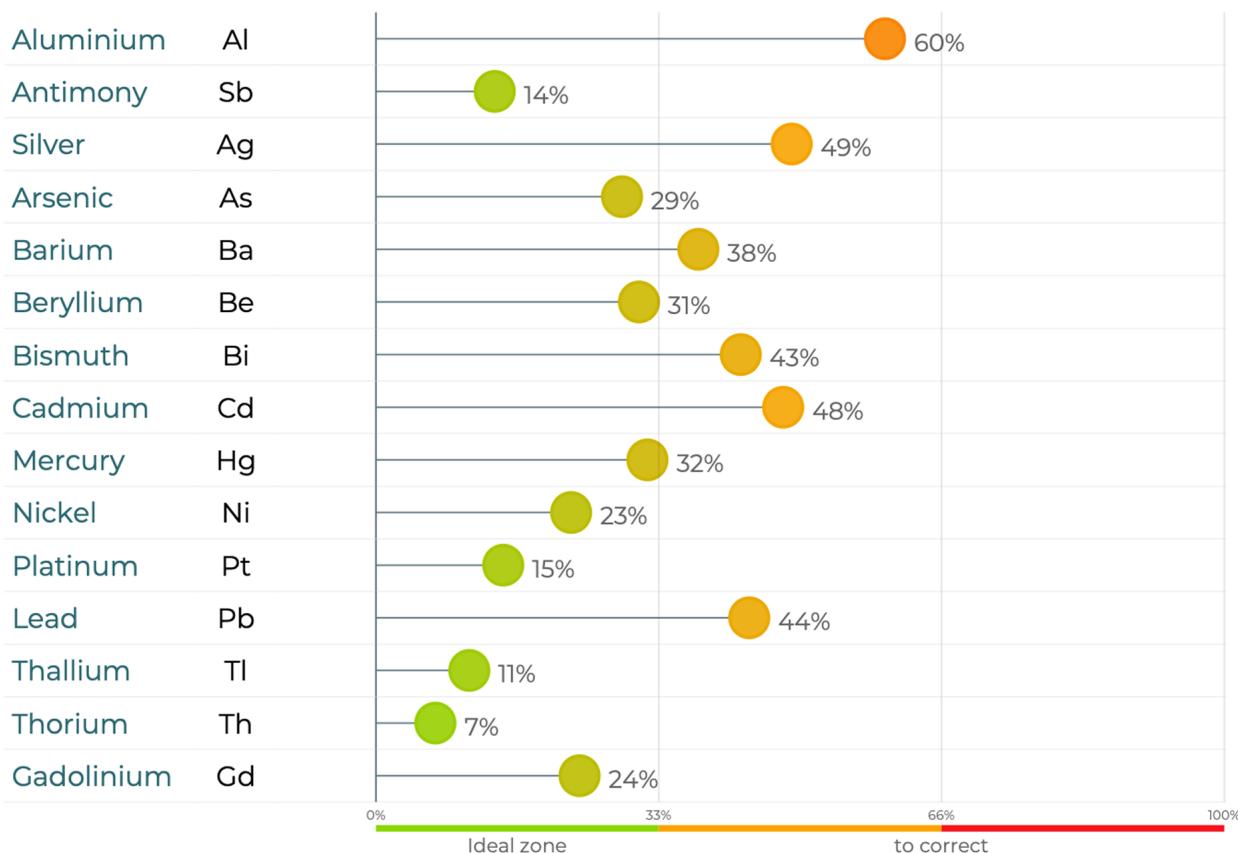
Estimates your 10-year risk of heart disease to guide proactive prevention through lifestyle or medical interventions



# Oligo Scan

A non-invasive, adjunctive screening tool to assess intracellular mineral trends and potential heavy metal accumulation at the tissue level. It does not replace validated laboratory diagnostics such as blood, urine, or hair analysis, and its findings should not be construed as definitive evidence of deficiency or toxicity. All OligoScan findings are interpreted in context of clinical symptoms, patient history, and follow-up diagnostics when needed. No medical diagnosis or treatment is initiated based solely on this scan.

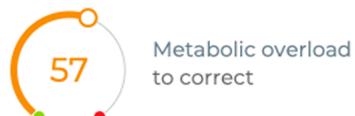
## Heavy Metal Test Report



- **Aluminium, Antimony, Arsenic, Mercury, Silver** are **Moderately Elevated**. These can come from contaminated water, household cookware, ornaments and pesticides
- **Lead, Bismuth, Cadmium** are **Moderately Elevated**. These are linked to neurological issues, hypertension, GI discomfort
- **Barium** is **Moderately Elevated**. These can come from contaminated water or pesticides.

# Domains In focus

## DETOX.



## DIGESTION



## MENTAL CONDITION



## GENERAL BALANCE

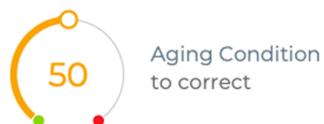


# Domains In focus

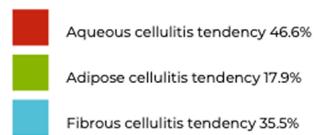
## OXIDATIVE STRESS



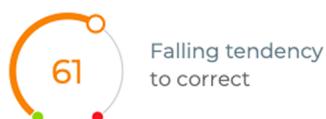
## ANTI-AGING SKIN



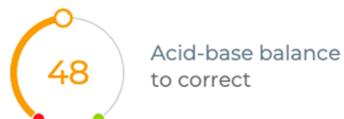
## SLIMNESS



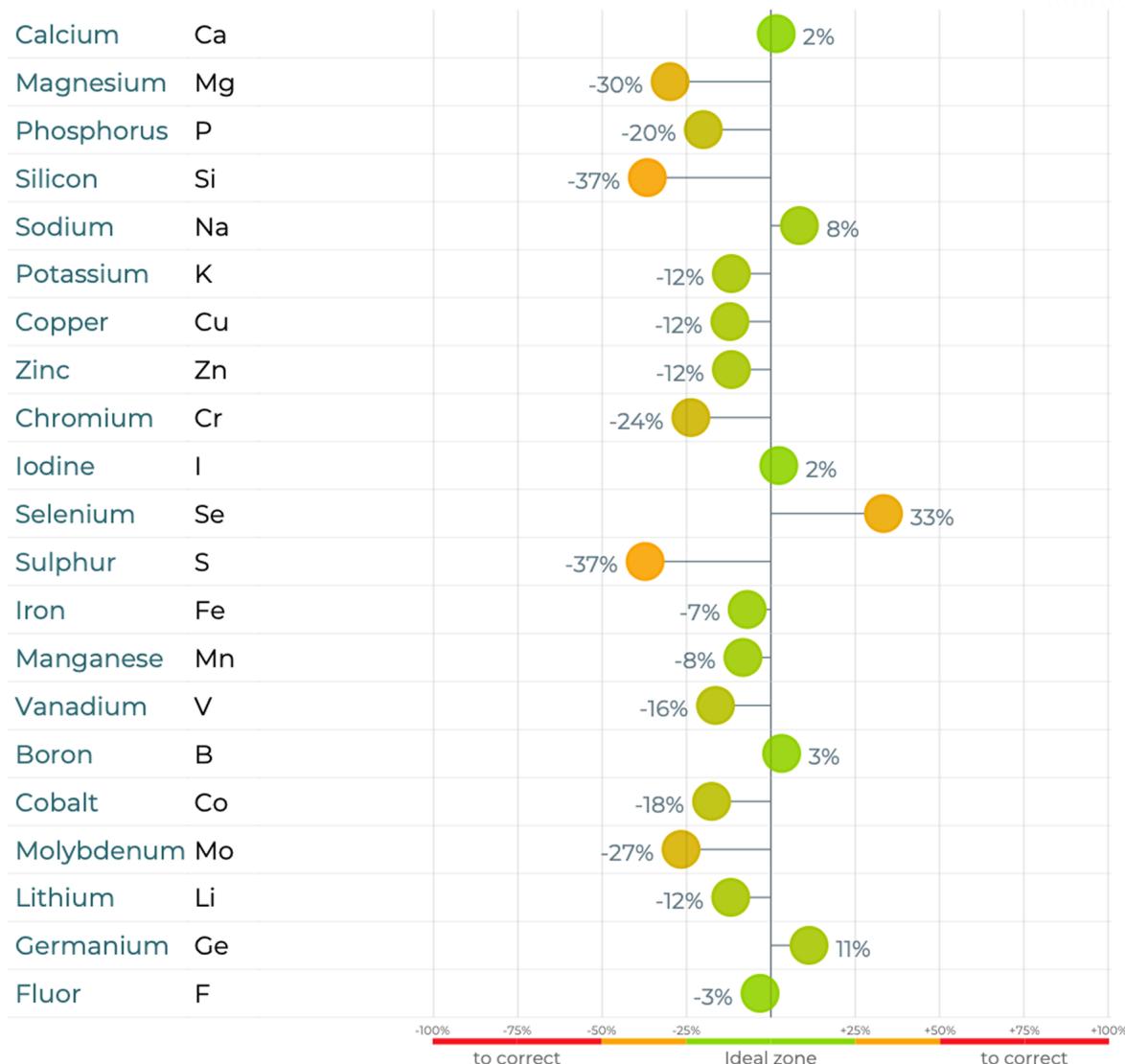
## HAIR / NAILS



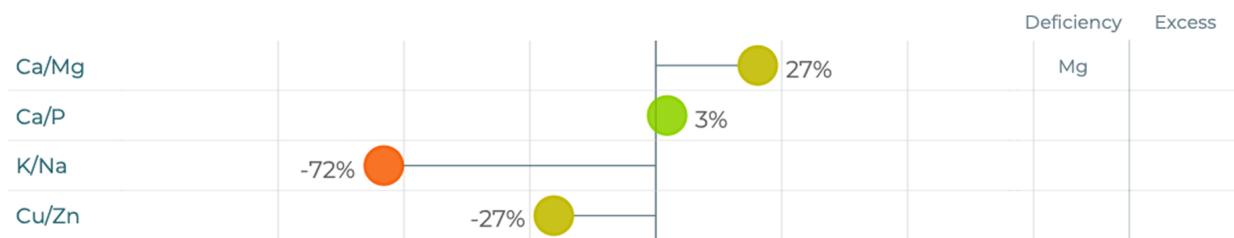
## JOINTS



# Mineral Test & Ratios Report



## RATIOS



- **Chromium, Phosphorous, Zinc, Silicon** are **low**. These are important for glucose metabolism. These deficiencies can affect skin, bone and immune health.
- **Potassium to Sodium, Calcium to Phosphorous ratios** are **skewed**. Long term imbalance can increase the risk of heart disease.

# Aerobic Capacity (Volume of Oxygen Maximum - Vo2 Max)

Measures your body's oxygen use during exercise to assess cardiovascular fitness and guide endurance goals

**46.5** ml/kg/min

Optimal

How your VO2 Max compares to people similar to you



# Resting Health Profile

Analyzes metabolism, energy use, and heart health at rest to guide personalized strategies for improved wellness and vitality



## Resting Energy Expenditure

REE shows the calories your body burns at rest

**1592** kcal/per day

## Your Metabolism

Metabolism converts food into energy, affecting weight and health.

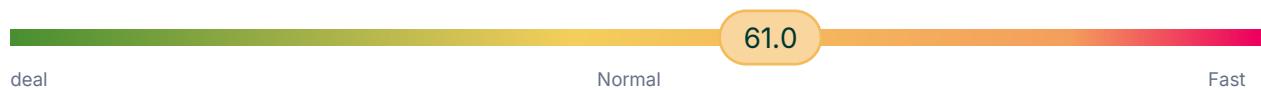
low



## Resting Heart Rate

Those who achieve a resting heart rate under 50 live the longest

Normal



## Heart Rate Variability

A higher HRV is associated with better health and fitness

56.45

# Fatty Acid Profile

**Purpose:** Evaluates your body's fatty acid balance to understand its effects on inflammation, cardiovascular health, and overall wellness.

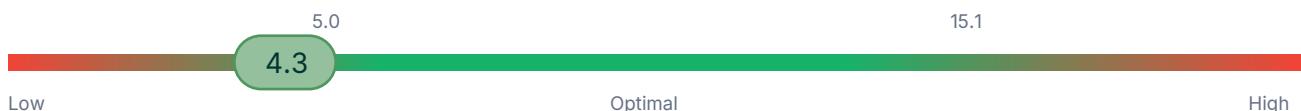
**Key Insights:** Identifies imbalances in fatty acids that can contribute to inflammation or health risks.

**Importance:** Supports better management of heart health, brain function, and chronic disease prevention.

**Outcome:** Provides actionable recommendations for diet and supplements to improve fatty acid balance and long-term health.

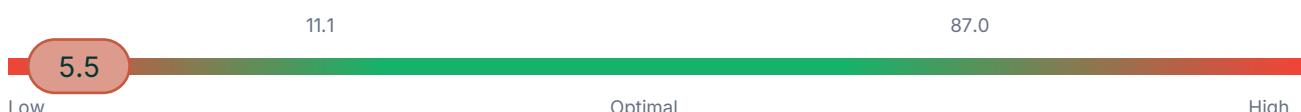
## Omega-3 Index (DHA+EPA)

Indicates heart, brain, and overall health status.



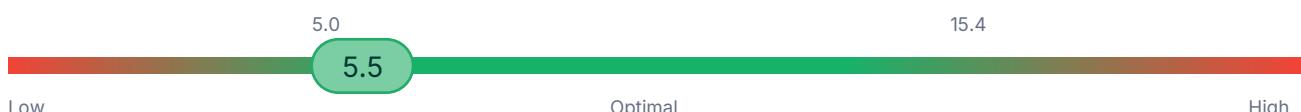
## AA to EPA Ratio

Reflects the body's inflammatory balance.



## n-6 to n-3 Ratio

Imbalance may lead to chronic inflammation.



# Your Digestive Health

**Purpose:** To assess the balance of your gut microbiome and its impact on digestion, immunity, and overall wellness.

**Key Insights:** Evaluates gut diversity, dominant bacterial types, and potential imbalances.

**Importance:** Supports efficient digestion, nutrient absorption, and immunity while preventing chronic issues.

**Outcome:** Offers personalized recommendations to improve and maintain gut health.

## Gut Microbiome Health Index

Reflects overall gut health, with a higher index indicating better digestion, immunity, and overall well-being.

**0.0**



## Gut Microbiome Diversity Score (Shannon Index)

Measures the variety of gut bacteria, where a higher score is linked to better gut health and resilience.

**4.2**



## Gut Microbiome Type (Enterotype)

A higher HRV is associated with better health and fitness

Bacteroides **6.99** percent

Prevotella **6.98** percent

Ruminococcus **86.03** percent

# Disease Susceptibility Score

**Purpose:** Assesses the risk of chronic diseases and metabolic disorders based on gut bacteria balance.

**Key Insights:** Evaluates the ratio of disease-preventing to disease-promoting bacteria.

**Importance:** Detects early signs of gut imbalance linked to lifestyle-related health issues.

**Outcome:** A higher score indicates better gut health, lowering the risk of metabolic disorders and chronic diseases.

## Disease Susceptibility Score

This score reflects the balance of beneficial and harmful gut bacteria. A higher score indicates a lower risk of chronic, metabolic, and lifestyle-related diseases

**0.55**

Optimal

Low

Good

## Gut Microbial Community

Your microbiome is as unique as your fingerprint. Composed of bacteria, fungi and archaea - 99% of the DNA present in your stool is microbial DNA with 1% originating from your own cells

## Your Gut Comprises of

Bacteria	<b>97.29</b> percent
Archaea	<b>1.20</b> percent
Fungi	<b>1.51</b> percent

# Macronutrient Digestion Potential

**Purpose:** Assesses the role of gut bacteria in nutrient digestion and absorption.

**Key Factors:** Examines the breakdown of undigested carbohydrates, proteins, and lipids.

**Importance:** Detects inefficiencies in digestion that may impact nutrient absorption.

**Outcome:** Enhances nutrient utilization for better overall health.

## Carbohydrate Digestion

Low

This indicates that your gut microbiomes ability to efficiently metabolize starch is reduced. Consequently, you may experience symptoms like bloating and gas. Moreover, this imbalance can also affect nutrient absorption and blood sugar regulation.



## Protein Digestion

Ideal

Reflects your gut microbiome's ability to efficiently digest proteins, promoting optimal nutrient absorption, aiding tissue repair, and supporting immune function and hormone production.



# Lipid Digestion

**Purpose:** Facilitates the breakdown and absorption of dietary lipids.

**Key Factors:** Gut microbes assist in converting complex fats into smaller, absorbable molecules.

**Importance:** Supports the body's ability to utilize fats for energy and essential functions.

**Outcome:** Enhances nutrient absorption and overall metabolic health.

## Cholesterol Digestion

Low

Gut microbes modify cholesterol molecules, enabling them to be absorbed or excreted by the body, which helps regulate cholesterol levels important for cell membranes and hormone production



## Phospholipid Digestion

Excess

Phospholipids found in foods such as eggs and soybeans, are broken down into fatty acids helping in their easy absorption.



## Triglycerides Digestion

Excess

Dietary triglycerides from oils, butter, and fatty foods are broken down into simple compounds, aiding their absorption for energy production and cellular functions



# Short-Chain Fatty Acids

**Purpose:** Supports gut health by maintaining gut lining integrity and reducing inflammation.

**Key Factors:** Produced by gut bacteria through the fermentation of undigested dietary fibers in the colon.

**Importance:** Plays a role in anti-inflammatory responses, immune regulation, and metabolic health.

**Outcome:** Contributes to digestive health, weight management, cardiovascular protection, and neuroprotection.

## Acetate

Ideal

Acetate, the primary SCFA, aids in suppressing inflammation, regulating appetite, and managing fat metabolism



## Butyrate

Low

Butyrate serves as an energy source for gut cells, maintains the gut barrier, and aids in reducing inflammation.



## Propionate

Excess

Propionate is crucial for regulating blood glucose levels, reducing inflammation, and protecting the integrity of the blood-brain barrier.



# Gases

**Purpose:** Assesses gas production as a marker of digestive health.

**Key Factors:** Measures byproducts of undigested proteins and carbohydrate fermentation.

**Importance:** Detects signs of bloating, flatulence, and digestive inefficiencies.

**Outcome:** Identifies potential digestive issues for improved gut health management.

## Hydrogen Sulfide (H<sub>2</sub>S)

Gut bacteria metabolize sulfur-containing amino acids and produce H<sub>2</sub>S, which causes flatulence giving the rotten egg smell.



## Methane (CH<sub>4</sub>)

This is generally produced by methanogens through the reduction of carbon dioxide and hydrogen. Its production is a natural part of the metabolism process.



## Ammonia (NH<sub>4</sub>)

Ammonia production is a way through which bacteria recycle protein in the gut.



# Neurotransmitters

**Purpose:** Supports cell function, growth, and development.

**Key Factors:** Derived from food and the gut microbiome, especially B vitamins.

**Importance:** Essential for overall health and helps maintain a balanced gut microbiome.

**Outcome:** Promotes bodily functions and supports microbial health in the gut.

## Gamma-aminobutyric acid (GABA)

Low

GABA produced in the gut helps to regulate gut motility, inflammation, and modulate immune responses. It also affects brain function through the gut-brain connection, influencing mood and stress levels.



## Serotonin (5-hydroxytryptamine)

Low

Gut-derived serotonin is crucial for influencing both mood and gastrointestinal activity, playing a key role in digestion and overall gut health.



## Dopamine

Ideal

Dopamine produced in the gut influences gastrointestinal motility, secretion, and mucosal barrier function.



# Vitamins

**Purpose:** Supports normal cell function, growth, and development.

**Key Factors:** Derived from food and the gut microbiome, especially B vitamins.

**Importance:** Essential for overall health and contributes to the well-being of gut microbes.

**Outcome:** Helps maintain bodily functions while promoting a balanced and healthy gut environment.

## Vitamin B2 (Riboflavin)

Low

Gut microbes provide about 2.8% of our daily B2 needs. This vitamin boosts immune cells, helps regulate fat metabolism, acts as an antioxidant, and supports energy production.



## Vitamin B7 (Biotin)

Excess

Gut microbes contribute up to 4.5% of our daily biotin needs. This vitamin is crucial for energy production and maintaining an anti-inflammatory environment within the gut.



## Vitamin B9 (Folate)

Low

Gut microbes provide up to 37% of our daily folate needs. Folate is crucial for nucleotide synthesis and repairing DNA and methylation processes.



## Vitamin B12 (Cobalamin)

Excess

Gut-derived vitamin B12 is essential for maintaining a healthy balance of gut microbes and strengthening the gut barrier to prevent infections.



# Understanding Biomarker Ranges:

## Normal is not optimal

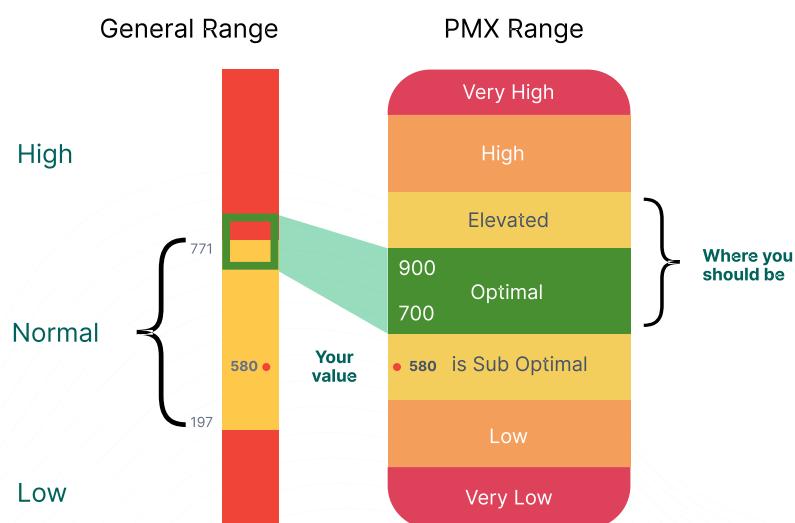
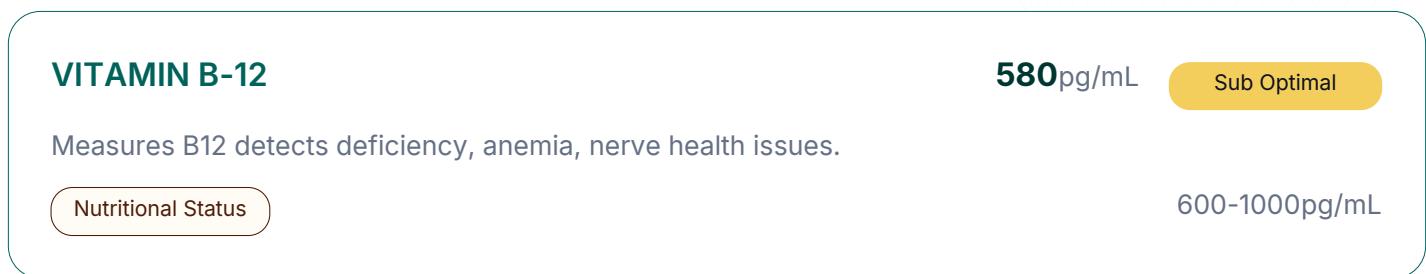
Being “normal” on a lab test just means you’re in the average range—but average isn’t always ideal for long-term health

## Think of it like this

- Normal means you’re not sick.
- Optimal means you’re at your best, feeling great, and preventing future issues.

## Example

A Vitamin B12 of 580 pg/mL is technically “normal,” but bringing it into an optimal range can help keep your energy steady and support long-term well-being.



\*This comparison is only for Vitamin B12  
The ranges differ for different biomarkers

# Areas of Concern

Identifies suboptimal biomarkers to spotlight health risks and guide targeted improvements for better wellness

## HEMATOCRIT (PCV)

**80.0%**

Sub Optimal

Percentage of red blood cells; tests for anemia.

Blood Health

Nutritional Status

40-50%

## HEMATOCRIT (PCV)

**80.0%**

High

Percentage of red blood cells; tests for anemia.

Blood Health

Nutritional Status

40-50%

## PULMONARY FUNCTION TEST

Very High

This test shows reduced capacity; monitors respiratory health and your test report suggests Low Vital Capacity

Other

# Diagnoses

ASCVD

Folate Deficiency

Decreased ANS Activity

Borderline High Aortic Stiffness

Vitamin B12 Insufficiency

Vitamin D Insufficiency

Systemic Inflammation

Hypocalcemia

Hyperprolactinemia

Liver Parenchymal Inflammation

# Additional Diagnostics

Fecal Immunochemical test

At PMX Health

Dental screening

Focus Dental Care

Ultrasound Abdomen and KUB

Tenet Diagnostics

Serum PSA

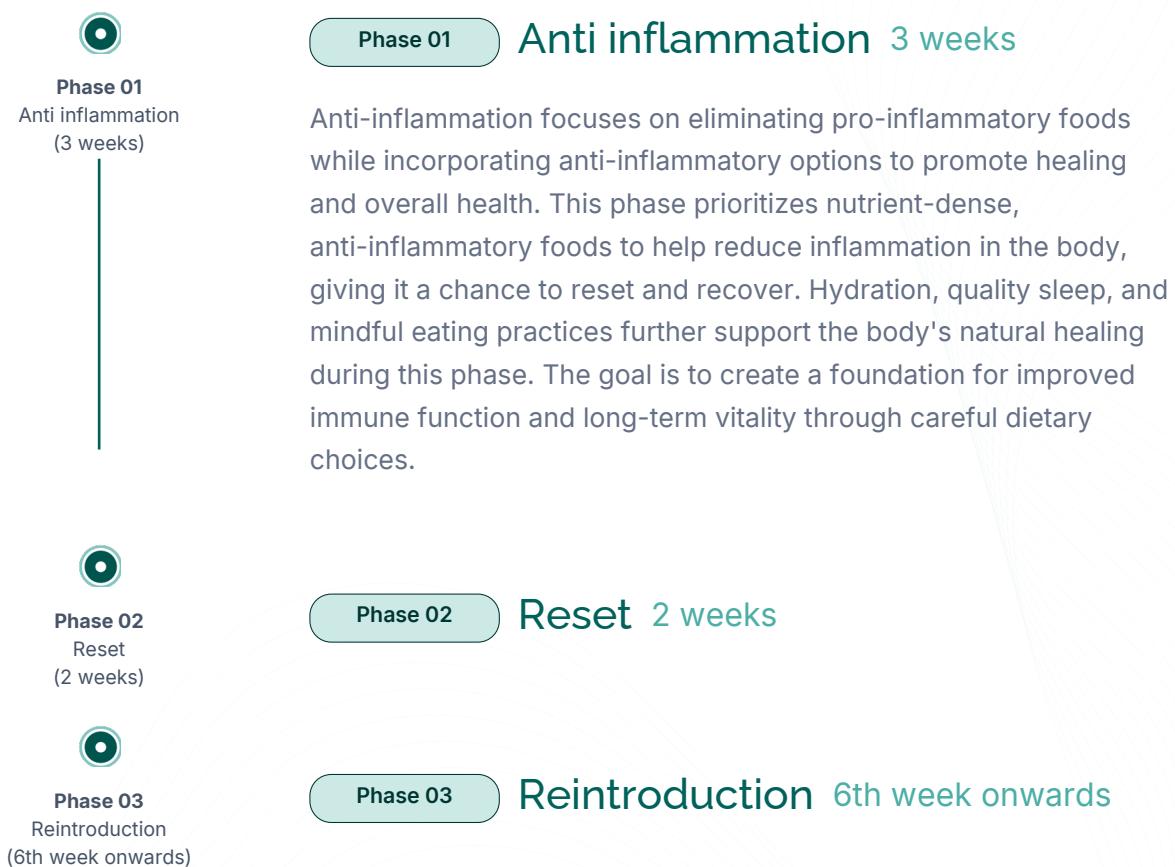
At PMX Health

# Action Plan

- **Follow Phase 1 for 3 weeks**
- **Take nutritional supplements based on prescription below**
- **Review after 1 month**

## How to start with supplements?

This carefully curated plan consists of four phases, each with specific actions to gradually implement. Follow the steps for each phase to enhance your overall health and well-being.



# Morning Routine Protocol

Here's a science-backed morning routine to beat grogginess—especially helpful if you wake up feeling sluggish, tired, or foggy. This routine works by syncing your circadian rhythm, activating cortisol naturally, and stimulating energy systems without relying only on caffeine.

## Within 1–3 Minutes of Waking

- Sunlight + Movement = Cortisol Boost
- Get sunlight exposure as soon as possible (open a window, step onto the balcony).
- Walk barefoot for 2–5 minutes (earthing helps reset your biological clock).
- Avoid checking your phone immediately—this spikes dopamine too early.

## 5–10 Minutes After Waking

- Rehydrate & Activate Digestion
- Drink 300–500 mL of water with:
  - A pinch of Himalayan salt (electrolytes)
  - Optional: ½ lemon or a few drops of trace minerals
- Do 1–2 minutes of "Physiological Sighs" (2 short inhales + slow exhale x5)

## 10–20 Minutes After Waking

- Mental Alertness + Physical Wake-Up
- Cold face splash or quick cold water rinse (activates vagus nerve)
- Do a 5-minute nitric oxide dump or brisk stretching
- Light journaling (write 1 thing you're grateful for or your top intention)

## 20–30 Minutes After Waking

- Delay Caffeine for Maximum Energy
- If you need caffeine, wait at least 30–90 minutes to let natural cortisol peak
- This prevents the caffeine crash mid-morning.
- Consider bulletproof coffee if you do intermittent fasting (fat + caffeine = stable focus)

## 30–60 Minutes After Waking

- Optional Add-ons Based on Time & Energy
- 10-minute walk or sunlight exposure again
- Breath work (Box breathing or 4-7-8 if you're still anxious)
- High-protein breakfast (only if you're not fasting)

# Cognitive Health Recommendations

## Ways to improve Attention

- Do an 'attention workout': Spend a few minutes bouncing a ball or play a sport that requires concentration, such as ping pong and badminton.
- Brain training games: improve your attention as well as memory. For example, playing chess and doing jig-saw puzzles require attention and focus and is also a good 'attention workout'.
- Mindfulness and meditation practices: Practising mindfulness or meditation does not have to involve sitting down silently; activities like deep breathing, paying attention to the plants when walking, and yoga are also part of practising mindfulness. Mindfulness can also improve memory and other cognitive abilities.
- Refer to our lifestyle recommendations for more detailed tips.

## Ways to improve Working Memory

- Break big chunks of information into small, bite-size pieces. Focus only on one or two of these small information pieces before moving on.
- Augment working memory skills: For eg. Write down six unrelated words, start by remembering 3 words without looking at them. You can increase the number of words as you improve.
- Reduce multitasking: Studies have shown that multitasking can actually shrink certain areas of the brain. Complete one task before moving on to the next.
- Add brain games to your routine: Crossword puzzles and Sudoku are good examples of training your working memory.
- Refer to our lifestyle recommendations for more detailed tips.

## ● Ways to improve Executive Function

- Play board games: A number of board games target executive functioning skills. Scrabble is a game that trains your cognitive flexibility and planning. Playing chess will train your planning and working memory.
- Do more arts and crafts: Try to create time to indulge in creative processes. Crafts, designing or building things, are examples of this. Hands-on activities allow for problem-solving, flexibility, and creativity.
- Sports: Participate in team or coordination sports. Many sports target a number of executive functioning skills from attention and flexibility to perseverance and self-control.
- Refer to our lifestyle recommendations for more detailed tips.

## ● Ways to improve Immediate Memory

- Playing Trivia games: Trivia games require you to retrieve learnt facts and previously stored information. Studies have found that people who play trivia games regularly had better memory recall than those who did not.
- Playing 'Spot-the-difference' games: To challenge yourself, give yourself 1-2 minutes to look at the original picture before covering it up then identify the differences in the second picture. This trains your brain's ability to store and retrieve previously stored information.
- Repeat it out 'loud' or 'write it down': Studies have found that people who repeat information out loud after learning them or writing the information have better recall of the information later.
- A Healthy, stress-free lifestyle: Good sleep, diet and exercise help to boost memory abilities. Managing stress also benefits brain performance.
- Refer to our lifestyle recommendations for more detailed tips.

# Lifestyle Recommendations

## Engage in stress reduction techniques

- Yoga
- Meditation
- Diaphragmatic Breathing (Enhances Relaxation) [Video](#)
- Box Breathing (Improves Focus) [Video](#), [App](#)
- Deep Breathing (Reduces Stress) [Video](#)
- 4-7-8 Breathing (Promotes Sleep) [Video](#)

## Follow the sleep protocol

- Sleep 7-8 hours
- Prioritize 6-8 hours of uninterrupted sleep within the same time window consistently.
- Wind down 2 hours before bedtime.
- Close feeding window 3 hours before sleep.
- Consider warm showers before bedtime.
- Avoid digital screens 2 hours before bed time.
- Get comfortable and maintain the room temperature less than 22°C

## Physical Activity & Zone 2 Training

- Aim for 150–180 minutes per week of Zone 2 cardio (heart rate at 60–70% of max) through:
  - Walking (brisk pace)
  - Cycling
  - Swimming
- Incorporate 3 resistance training sessions per week, focusing on compound movements to improve insulin sensitivity and testosterone.

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## Hot and Cold Therapies

- Infrared Sauna: 2–3 sessions/week for 15–30 minutes can improve detox pathways, HRV, and mitochondrial function.
- Cold Exposure: Daily 1–2 minute cold shower or weekly cold plunge for HRV enhancement and parasympathetic activation.

## Meditation & Mindfulness:

- Practice guided meditation or yoga nidra 3–4 times per week.
- Consider vagus nerve stimulation exercises such as humming, chanting, or gargling for better HRV.

# Cardiovascular Recommendations

## Nitric Oxide (NO) Dump Exercise

- This is a 4-minute, high-intensity movement designed to enhance vascular health, improve circulation, and reduce arterial stiffness. It stimulates NO release, which promotes vasodilation, lowers blood pressure, boosts endothelial function, and supports metabolic health.

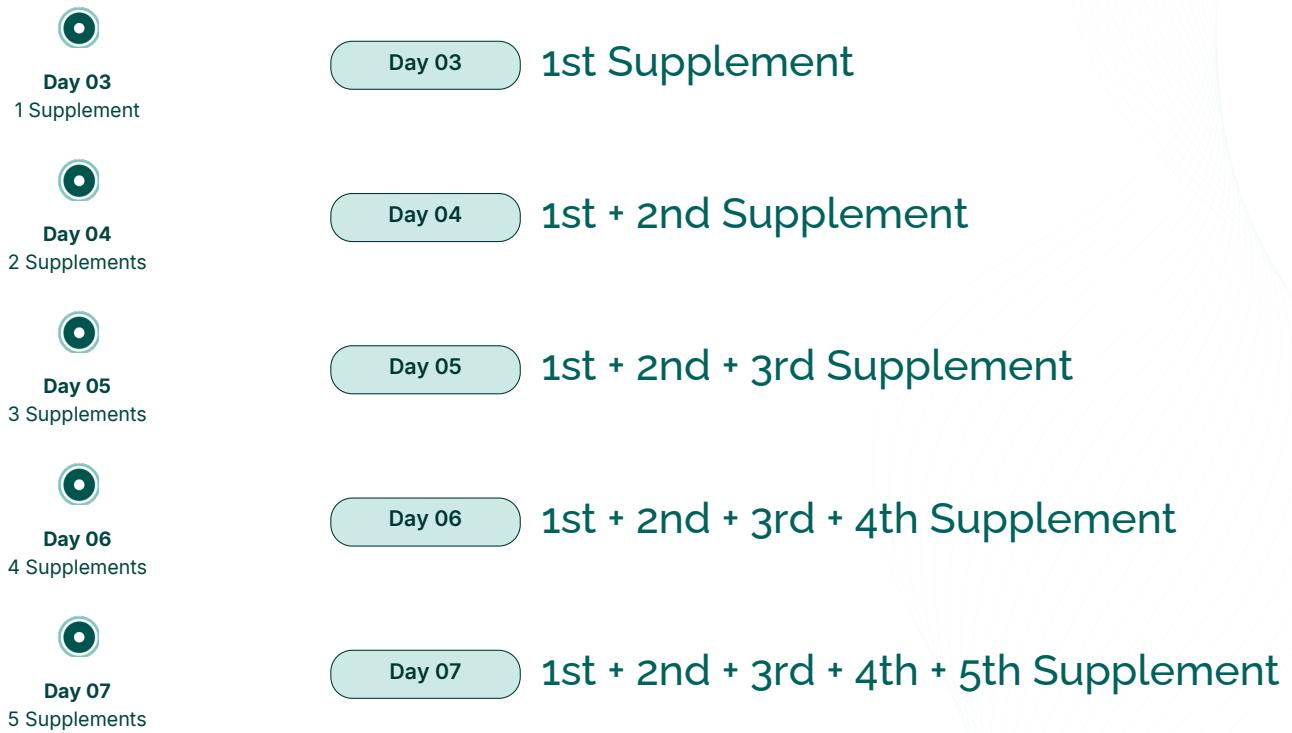
### Actionable Plan:

- Perform 2-4 times daily for optimal benefits.
- Pair with nitrate-rich foods.
- Breath work: For hypertensive or arterial stiffness clients, pairing the NO Dump with Box Breathing (4-4-4-4) post-exercise can further stabilise the autonomic nervous system, lower blood pressure, and enhance recovery.

### After completing the NO Dump:

- Take a deep nasal inhale.
- Hold your breath for 5-10 seconds (longer if comfortable).
- Then exhale slowly through the nose.
- Repeat for 2-3 cycles post-exercise.
- This simple breath-holding technique enhances NO retention, improves oxygen efficiency, and supports vascular health.
- <https://youtu.be/PwJCJToQmps?si=4LPJtzj98Pz5nc8N>

# How to start with supplements?



This goes on until you have included the last supplement

Please let us know which supplement you would be introducing everyday, along with weight every morning. This kind of introduction of new supplements will make sure you tolerate them well before continuing it in the long term.

