

Personalised Longevity Blueprint

Your Health Journey Starts Here

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Age: 35 | Sex: female

Generated on 22 October 2025

Executive Summary

The personalised longevity blueprint is a comprehensive plan designed for a 35-year-old female, considering her family history, lifestyle, and cognitive factors. The blueprint identifies top risks and provides tailored strategies to mitigate them. The plan recommends an Anti-inflammatory Mediterranean nutrition plan, a six-phase health journey, and the implementation of four targeted supplements to enhance overall health and longevity. Additionally, the blueprint suggests the practice of three breathwork techniques to improve cognitive function. This personalised approach aims to promote longevity and a healthier lifestyle.

Your Health Predisposition Map

FAMILY RISK

85

Family risk score of 85 indicates a high genetic predisposition to health problems. This is due to the presence of cardiovascular disease and diabetes in first-degree relatives, and colorectal cancer in the mother.

PHYSIOLOGICAL

52

A physiological score of 52 suggests average physiological health. This score reflects the body's current physical state, including vital signs and organ function.

LIFESTYLE LOAD

65

Lifestyle load score of 65 shows a moderate impact of lifestyle factors on health. This could be due to factors like diet, exercise, stress, and sleep patterns.

BIOLOGICAL

10

A biological score of 10 indicates a low level of biological aging, suggesting good health at the cellular and molecular level.

COGNITIVE

56

Cognitive score of 56 suggests average cognitive health. This score reflects brain health and mental function.

Recommended Screenings

CRP

To monitor inflammation and assess cardiovascular disease risk.

When: once now, then every 6–12 months

HbA1c

To monitor blood sugar levels and assess diabetes risk.

When: once now, then every 3 months

Lipid panel

To assess cholesterol levels and cardiovascular disease risk.

When: once now, then every 5 years

Vitamin D

To assess vitamin D levels which can affect various health conditions.

When: once now, then annually

AM Cortisol

To assess adrenal function and stress response.

When: once now, then as needed

Your Personalised Nutrition Plan

Anti-inflammatory Mediterranean

Key Principles:

- High in fruits and vegetables
- Low in red meat
- High in whole grains

3-Day Meal Plan:

Day 1

Breakfast: Greek yogurt with mixed berries and a drizzle of honey

Lunch: Grilled vegetable salad with olive oil and lemon dressing

Dinner: Baked salmon with quinoa and steamed broccoli

Snacks: A handful of almonds, Sliced cucumber with hummus

Day 2

Breakfast: Scrambled eggs with spinach and feta cheese

Lunch: Lentil soup with a side of whole grain bread

Dinner: Grilled chicken with brown rice and mixed vegetables

Snacks: An apple, Carrot sticks with tzatziki sauce

Day 3

Breakfast: Whole grain toast with avocado and a sprinkle of chia seeds

Lunch: Quinoa salad with cherry tomatoes, cucumber, and feta cheese

Dinner: Baked cod with sweet potato and green beans

Snacks: A banana, Bell pepper slices with hummus

Targeted Supplementation

Magnesium glycinate

Dose: 200–400 mg | **Timing:** evening

Why: Supports muscle relaxation and sleep quality

Safety: Generally well-tolerated, may cause loose stools at high doses

Omega-3 EPA/DHA

Dose: 1–2 g/day | **Timing:** with meals

Why: Reduces inflammation and supports cardiovascular health

Safety: Safe for most people, may interact with blood thinners

Vitamin D3 + K2

Dose: 1000–2000 IU D3, 100–200 mcg K2 | **Timing:** with breakfast

Why: Supports bone health and immune function

Safety: Monitor blood levels, avoid excessive doses

Probiotic

Dose: 10–50 billion CFU | **Timing:** on empty stomach

Why: Supports gut health and immune function

Safety: Start with lower doses, may cause mild digestive upset initially

Breathwork & Recovery Techniques

Cardiac coherence

Inhale 4s, exhale 6s, 5 minutes morning.

Physiological sigh

Two short inhales, long exhale; repeat 3–5 times when stressed.

Box breathing

Inhale 4s, hold 4s, exhale 4s, hold 4s; repeat for 5 minutes.

Phase 1: Decode

Goal: Understand your current health baseline

Why: Foundation for all subsequent interventions

Daily Actions:

- Track symptoms in a journal
- Monitor energy levels throughout the day
- Practice breathwork for 5 minutes

Weekly Reflection: Assess progress and adjust approach based on how you feel

Phase 2: Rebalance

Goal: Address immediate stress and lifestyle factors

Why: Reduce chronic stress and improve daily habits

Daily Actions:

- Implement stress management techniques
- Follow the nutrition plan consistently
- Practice breathwork twice daily

Weekly Reflection: Evaluate stress levels and lifestyle changes

Phase 3: Strengthen

Goal: Build physical resilience and strength

Why: Improve physical capacity and metabolic health

Daily Actions:

- Engage in moderate exercise
- Continue nutrition plan
- Take recommended supplements

Weekly Reflection: Assess physical improvements and energy levels

Phase 4: Nourish

Goal: Optimize nutrition and cellular health

Why: Support cellular repair and metabolic function

Daily Actions:

- Follow the detailed meal plan
- Take all recommended supplements
- Practice mindful eating

Weekly Reflection: Evaluate nutritional adherence and health markers

Phase 5: Refine

Goal: Fine-tune and optimize all interventions

Why: Maximize benefits and address any remaining issues

Daily Actions:

- Maintain all established habits
- Add advanced techniques as needed
- Monitor progress closely

Weekly Reflection: Assess overall progress and make final adjustments

Phase 6: Sustain

Goal: Maintain long-term health improvements

Why: Ensure lasting benefits and prevent regression

Daily Actions:

- Maintain all healthy habits
- Continue monitoring and adjusting
- Share knowledge with others

Weekly Reflection: Celebrate achievements and plan for continued growth

Your Journey Continues

This personalised longevity blueprint is your starting point. Remember that health is a journey, not a destination. Regular monitoring, adjustments, and professional guidance will help you achieve your longevity goals.

Next Steps

Begin with Phase 1: Decode
Schedule your recommended screenings
Start implementing your nutrition plan
Practice your breathwork techniques daily
Track your progress and adjust as needed

This report is educational and informational only. It is not intended to replace professional medical advice, diagnosis, or treatment. Always consult with qualified healthcare professionals before making significant changes to your health routine.