page-break-before: avoid; page-break-after: always; /* KEY FIX: Solid dark background for premium feel. Removed gradient/grain. */ background: #1e293b; color: #ffffff; min-height: 100vh; padding: 3cm 2cm; } /* Simplified cover heading styles */ .cover-page h1 { font-size: 3.2em; margin-bottom: 0.8em; font-weight: 700; /* Made it bold white text */ letter-spacing: 0.5px; text-transform: uppercase; color: #ffffff; /* Use solid white */ background: none; text-shadow: none; } /* Multi-column sections using print-friendly CSS Columns */ .content-section-two-column { columns: 2; column-gap: 3em; margin: 2em 0; /* Increased margin for separation */ page-break-inside: auto; break-inside: auto; } /* Single column for better flow */ .content-section-single { /* Replaced with a simple block for natural flow */ display: block; width: 100%; margin: 0; padding: 0; } /* The inner content-column div is still used for structure but is ignored by CSS Columns flow */ .content-column { /* CRITICAL: Ensure blocks that need to stay together do not split */ break-inside: avoid; margin-bottom: 2em; } /* Prevent orphan headings */ h1, h2, h3 { break-after: avoid; page-break-after: avoid; } /* Keep content blocks together */ .score-card, .test-table, .content-item, .phase-module { break-inside: avoid; page-break-inside: avoid; } /* Table break rules */ table { break-inside: avoid; page-break-inside: avoid; width: 100%; border-collapse: collapse; } /* --- SCREENING TABLE FIXES --- */ .screenings-table th { /* KEY FIX: Accent color as background for professional contrast */ background: #eef2ff; color: #1a1a2e; font-weight: 600; padding: 1em 0.8em; /* Increased vertical padding */ text-align: left; } .screenings-table td { padding: 1em 0.8em; /* Increased vertical padding */ border-bottom: 1px solid #e2e8f0; } .screenings-table { break-inside: avoid; page-break-inside: avoid; width: 100%; border-collapse: collapse; margin: 1em 0; } /* --- LIST FIXES (UL) --- */ ul li { position: relative; padding-left: 1.5em; /* Increased spacing for visual breathing room */ margin-bottom: 0.8em; /* Increased spacing between items */ line-height: 1.6; } ul li::before { /* KEY FIX: Replaced bold dash with subtle, smaller square for elegance */ content: '■'; left: 0.2em; /* Adjusted position */ top: 0.1em; color: #2c5aa0; font-weight: normal; font-size: 0.6em; /* Smaller symbol */ } /* --- DAILY ACTIONS (CHECKMARK) FIXES --- */ .daily-actions ul li::before { /* Checkmark remains, but slightly lighter */ content: '✓'; left: 0.1em; top: 0.05em; color: #2c5aa0; font-weight: 600; font-size: 0.9em; } /* List break rules */ ul, ol { break-inside: auto; page-break-inside: auto; } /* Ensure list headings stay with the list */ h4 + ul, h4 + ol { break-before: avoid; page-break-before: avoid; } /* Adjust for column flow when score-cards are used */ .score-card { width: auto; -webkit-column-break-inside: avoid; /* Specific rule for WebKit-based renderers */ break-inside: avoid; page-break-inside: avoid; } /* Table break rules */ table { break-inside: avoid; width: 100%; border-collapse: collapse; } .screenings-table { break-inside: avoid; width: 100%; border-collapse: collapse; margin: 1em 0; } .screenings-table tr:nth-child(even) { background: #f8f9fa; } .screenings-table th { background: #e9ecef; color: #1a1a2e; font-weight: 600; padding: 0.8em; text-align: left; } .screenings-table td { padding: 0.8em; border-bottom: 1px solid #e2e8f0; } /* List break rules */ ul, ol { break-inside: auto; } /* Enhanced spacing for ordered lists */ ol li { margin-bottom: 0.6em; color: #1a1a2e; line-height: 1.6; } /* Sophisticated custom bullets for all lists */ ul { list-style: none; padding-left: 0; } ul li { position: relative; padding-left: 1.2em; margin-bottom: 0.6em; color: #1a1a2e; line-height: 1.6; } ul li::before { content: '—'; position: absolute; left: 0; top: 0; color: #2c5aa0; font-weight: bold; font-size: 1em; }

/* Enhanced action lists with checkmarks */ .daily-actions ul { list-style: none; padding-left: 0; } .daily-actions ul li { position: relative; padding-left: 1.5em; margin-bottom: 0.6em; color: #1a1a2e; line-height: 1.6; } .daily-actions ul li::before { content: '✓'; position: absolute; left: 0; top: 0; color: #2c5aa0; font-weight: bold; font-size: 0.9em; } /* Ensure list headings stay with the list */ h4 + ul, h4 + ol { break-before: avoid; } /* Content section break rules */ .content-section { break-inside: auto; } .page:first-child { page-break-before: avoid; } .single-column { grid-template-columns: 1fr; max-width: 100%; } .content-column { background: transparent; padding: 0; border: none; box-shadow: none; position: relative; overflow: visible; width: 100%; height: auto; } .cover-page { text-align: center; padding: 3cm 2cm; background: linear-gradient(135deg, #1a1a2e 0%, #16213e 50%, #0f3460 100%); color: #ffffff; min-height: 100vh; display: flex; flex-direction: column; justify-content: center; position: relative; overflow: hidden; } .cover-page::before { content: ''; position: absolute; top: 0; left: 0; right: 0; bottom: 0; background: url('data:image/svg+xml,

'); opacity: 0.3; } .cover-content { position: relative; z-index: 2; } .cover-page h1 { font-size: 3.2em;

margin-bottom: 0.8em; font-weight: 200; letter-spacing: 2px; text-transform: uppercase; background: linear-gradient(45deg, #ffffff, #e8f4f8); -webkit-background-clip: text; -webkit-text-fill-color: transparent; background-clip: text; text-shadow: 0 4px 8px rgba(0,0,0,0.3); } .cover-page .subtitle { font-size: 1.4em; margin-bottom: 3em; opacity: 0.95; font-weight: 300; letter-spacing: 1px; } .cover-page .user-info { font-size: 1.2em; margin-bottom: 1.5em; background: rgba(255,255,255,0.1); padding: 1.5em 2em; border-radius: 12px; backdrop-filter: blur(10px); border: 1px solid rgba(255,255,255,0.2); box-shadow: 0 8px 32px rgba(0,0,0,0.2); } .cover-page .date { font-size: 1em; opacity: 0.8; font-style: italic; letter-spacing: 0.5px; } h1 { font-size: 2.2em; color: #1a1a2e; margin-bottom: 1em; font-weight: 700; letter-spacing: -0.01em; line-height: 1.2; position: relative; } h1::after { content: ''; position: absolute; bottom: -0.3em; left: 0; width: 50px; height: 3px; background: linear-gradient(90deg, #667eea 0%, #764ba2 100%); border-radius: 2px; } h2 { font-size: 1.5em; color: #1a1a2e; margin-top: 0; margin-bottom: 1em; font-weight: 600; letter-spacing: -0.01em; line-height: 1.3; position: relative; } h2::before { content: ''; position: absolute; left: -1.2em; top: 0.2em; width: 3px; height: 1em; background: linear-gradient(180deg, #667eea 0%, #764ba2 100%); border-radius: 2px; } h3 { font-size: 1.2em; color: #2c3e50; margin-top: 1.5em; margin-bottom: 0.8em; font-weight: 600; letter-spacing: -0.01em; line-height: 1.4; } h4 { font-size: 1.1em; color: #34495e; margin-top: 1.2em; margin-bottom: 0.6em; font-weight: 600; letter-spacing: 0; line-height: 1.4; } .executive-summary { background: linear-gradient(135deg, #f8f9fa 0%, #ffffff 100%); border-left: 4px solid #667eea; padding: 2em; margin: 1.5em 0; border-radius: 12px; box-shadow: 0 8px 32px rgba(0,0,0,0.1); border: 1px solid #e8ecf0; } .executive-summary h2 { color: #1a1a2e; border: none; margin-top: 0; font-size: 1.8em; font-weight: 300; letter-spacing: 1px; } .contents { background: transparent; padding: 0; margin: 0.8em 0; border: none; box-shadow: none; width: 100%; } /* --- TABLE OF CONTENTS FIXES --- */ .contents ul { display: block; columns: 2; column-gap: 3em; } .contents li { margin: 0.8em 0; /* Increased spacing */ line-height: 1.4; font-weight: 400; font-size: 1em; padding-left: 0; list-style: none; /* Ensure no default list style */ } /* Replaced dots with a cleaner, subtle dash/space placeholder for elegance */ .contents li::before { content: '— '; position: static; color: #94a3b8; /* Subtler gray color */ font-weight: normal; font-size: 1em; } /* Removed all box-related CSS - using clean text layout */ /* Removed all table-related CSS - using clean text layout */ /* Removed all remaining box-related CSS - using clean text layout */ } .risk-plan { background: #fff; border: 1px solid #e9ecef; border-radius: 6px; padding: 1em; margin: 1em 0; } .risk-plan h4 { color: #2c3e50; margin-top: 0; } .environment-checklist { background: #f8f9fa; padding: 1.5em; border-radius: 8px; margin: 1.5em 0; } .checklist-section { background: #fff; border: 1px solid #e9ecef; border-radius: 6px; padding: 1em; margin: 1em 0; } .checklist-section h4 { color: #2c3e50; margin-top: 0; } .travel-protocol { background: #f8f9fa; padding: 1.5em; border-radius: 8px; margin: 1.5em 0; } .travel-section { background: #fff; border: 1px solid #e9ecef; border-radius: 6px; padding: 1em; margin: 1em 0; } .travel-section h4 { color: #2c3e50; margin-top: 0; } .red-flags { background: #fff5f5; border: 1px solid #fed7d7; border-radius: 8px; padding: 1.5em; margin: 1.5em 0; } .red-flags h2 { color: #c53030; border-bottom: 2px solid #fed7d7; } .implementation-calendar { background: #f8f9fa; padding: 1.5em; border-radius: 8px; margin: 1.5em 0; } .week-section {

background: #fff; border: 1px solid #e9ecef; border-radius: 6px; padding: 1em; margin: 1em 0; } .week-section h4 { color: #2c3e50; margin-top: 0; } .faq-section { background: #f8f9fa; padding: 1.5em; border-radius: 8px; margin: 1.5em 0; } .faq-item { background: #fff; border: 1px solid #e9ecef; border-radius: 6px; padding: 1em; margin: 1em 0; } .faq-item h4 { color: #2c3e50; margin-top: 0; } .disclaimer { background: #fff3cd; border: 1px solid #ffeaa7; border-radius: 8px; padding: 1.5em; margin: 1.5em 0; color: #856404; } .disclaimer h2 { color: #d63031; border-bottom: 2px solid #ffeaa7; } .appendix { background: #f8f9fa; padding: 1.5em; border-radius: 8px; margin: 1.5em 0; } .appendix h2 { color: #2c3e50; border-bottom: 2px solid #e9ecef; } .appendix-section { background: #fff; border: 1px solid #e9ecef; border-radius: 6px; padding: 1em; margin: 1em 0; } .appendix-section h3 { color: #2c3e50; margin-top: 0; } ul, ol { margin: 1.5em 0; padding-left: 0; } li { margin: 0.8em 0; line-height: 1.6; color: #2c3e50; } strong { color: #1a1a2e; font-weight: 700; } p { margin: 1.2em 0; line-height: 1.7; color: #2c3e50; word-wrap: break-word; overflow-wrap: break-word; width: 100%; } .text-center { text-align: center; } .text-muted { color: #6c757d; } .mb-0 { margin-bottom: 0; } .mt-0 { margin-top: 0; } .section-divider { height: 1px; background: linear-gradient(90deg, transparent 0%, #e8ecf0 50%, transparent 100%); margin: 2em 0; border: none; } /* Clean text-based layout with typography highlighting */ .content-section { display: grid; grid-template-columns: 1fr 1fr; gap: 2em; margin: 1em 0; width: 100%; } .content-column { width: 100%; } /* Professional Typography System */ /* --- TYPOGRAPHY & HEADINGS --- */ h1 { font-family: 'Merriweather', serif; font-size: 2.8em; font-weight: 700; color: #1a1a2e; margin-bottom: 0.8em; line-height: 1.2; } h2 { font-family: 'Merriweather', serif; font-size: 1.8em; font-weight: 700; color: #1a1a2e; /* Cleaned up vertical spacing for a consistent rhythm */ margin: 3em 0 0.8em 0; line-height: 1.3; position: relative; } /* H2 Accent Bar: Made thinner, reduced opacity, and moved slightly left for cleaner look */ h2::after { content: ''; position: absolute; left: -1em; top: 0.2em; width: 1px; /* Thinner line */ height: 1.2em; background: #2c5aa0; border-radius: 1px; opacity: 0.8; } h3 { font-family: 'Inter', sans-serif; font-size: 1.3em; font-weight: 600; color: #2c5aa0; margin: 1.5em 0 0.6em 0; line-height: 1.4; } h4 { font-family: 'Inter', sans-serif; font-size: 1.1em; font-weight: 600; color: #1a1a2e; margin: 1em 0 0.4em 0; line-height: 1.4; } p { /* Increased line-height for better body text readability */ margin: 1.2em 0; line-height: 1.8; color: #334155; } strong { color: #1a1a2e; font-weight: 700; } /* --- EXECUTIVE SUMMARY FIXES --- */ .executive-summary { /* KEY FIX: Removed box-shadow and gradient. Flat, subtle background. */ background: #fcfcfd; border-left: 3px solid #667eea; /* Thinner, clean accent line */ padding: 2em; margin: 1.5em 0; border-radius: 4px; /* Reduced radius for sharper corners */ box-shadow: none; border: 1px solid #e8ecf0; } h3 { font-family: 'Inter', sans-serif; font-size: 1.3em; font-weight: 600; color: #2c5aa0; margin: 1em 0 0.6em 0; line-height: 1.4; } h4 { font-family: 'Inter', sans-serif; font-size: 1.1em; font-weight: 600; color: #1a1a2e; margin: 0.8em 0 0.4em 0; line-height: 1.4; } /* --- PREDISPOSITION MAP (SCORE CARD) FIXES --- */ .score-card { /* KEY FIX: Minimalist card design. Removed shadow, border, and gradient. */ background: #fcfcfd; border: none; border-radius: 8px; padding: 1.2em; /* Reduced padding slightly */ margin: 1em 0; box-shadow: none; break-inside: avoid; border-left: 3px solid #2c5aa0; /* Subtle accent on the left */ } .highlight-score { font-family: 'Merriweather', serif; /* KEY FIX: Reduced size and removed

alignment/shadow */ font-size: 2.6em; font-weight: 700; color: #2c5aa0; margin: 0.2em 0; text-align: left; text-shadow: none; position: relative; } .highlight-score::before { content: none; /* Removed the distracting emoji icon */ } .highlight-title { font-size: 1em; /* Reduced title size slightly */ font-weight: 600; color: #1a1a2e; margin: 0.3em 0 0.3em 0; } .highlight-subtitle { font-family: 'Inter', sans-serif; font-size: 0.95em; font-weight: 500; color: #4a5568; margin: 0.3em 0; line-height: 1.5; } .highlight-text { font-family: 'Inter', sans-serif; font-size: 0.9em; color: #4a5568; line-height: 1.6; margin: 0.4em 0; } .important-note { /* Softened border and background */ background: #fefcf2; border: 1px solid #fffae0; border-left: 4px solid #dc2626; border-radius: 6px; padding: 1em; margin: 1.5em 0; color: #583300; } .section-title { font-family: 'Inter', sans-serif; font-size: 1.2em; font-weight: 600; color: #2c5aa0; margin: 1.2em 0 0.6em 0; padding-bottom: 0.4em; border-bottom: 2px solid #e2e8f0; position: relative; } .section-title::after { content: ''; position: absolute; bottom: -2px; left: 0; width: 40px; height: 2px; background: linear-gradient(90deg, #2c5aa0, #1e3a8a); } /* Clean text-based content styling */ .content-item { margin: 0.8em 0; padding: 0; background: transparent; border: none; } .content-item h4 { font-size: 1em; font-weight: 600; color: #1a1a2e; margin: 0.5em 0 0.3em 0; } .content-item .value { font-size: 1.8em; font-weight: 300; color: #667eea; margin: 0.2em 0; } .content-item p { font-size: 0.85em; color: #5a6c7d; line-height: 1.4; margin: 0.3em 0; } .content-item strong { color: #2c3e50; font-weight: 600; } /* List styling */ .content-list { margin: 0.5em 0; padding-left: 1.2em; } .content-list li { margin: 0.3em 0; font-size: 0.85em; color: #2c3e50; line-height: 1.4; } .content-list li strong { color: #1a1a2e; font-weight: 600; }

THE ARC — EXECUTIVE LONGEVITY BLUEPRINT

Designed for: Test User • Age: 35 • Edition: Executive Series

Date: 10/24/2025

Executive Summary

This is a test PDF generation to verify the system is working correctly. The system includes comprehensive health assessment, personalized recommendations, and actionable steps for longevity optimization.

Contents

1) The Concept

Modern health is noisy. Devices and dashboards proliferate while clarity declines. The Arc takes the opposite approach: one focus per month, three daily micro-actions, and periodic reflections. The aim is not perfection but rhythm—a stable pattern your biology can trust.

Each phase teaches why an action matters, not just what to do, so you can self-adjust when life changes. This is a prevention-first framework: small, repeated behaviours that reduce friction in sleep, glucose, inflammation, and stress signalling. The result is sustained energy, steadier mood, and quieter physiology—foundations of long healthspan.

2) Predisposition Map

Scores (0–100; higher = more attention pays off)

FAMILY/CARDIOVASCULAR RISK

75

Your family history shows moderate genetic predisposition to cardiovascular disease and diabetes.

PHYSIOLOGICAL PATTERN (AUTONOMIC BALANCE)

45

Your physiological patterns suggest some autonomic dysfunction, likely related to stress and sleep quality.

LIFESTYLE LOAD (PERCEIVED STRESS)

60

Your lifestyle load indicates moderate stress levels with room for improvement in sleep, exercise, and stress management practices.

BIOLOGICAL RISK (BEHAVIOURAL/ANTHROPOMETRIC/LAB)

25

Your biological markers show good metabolic health with low inflammation.

COGNITIVE RHYTHM (FOCUS & WELL-BEING)

55

Your cognitive health shows some fatigue-related concerns. Prioritize sleep quality and stress reduction techniques.

Important Notes

This map does not diagnose conditions; it highlights where small, consistent work changes long-term risk.

Health Dimensions Explained

Each score represents a different aspect of your health profile, helping identify where focused attention will yield the greatest benefits for your longevity journey.

How to Use This Map

Focus on the highest scores first. These areas represent your greatest opportunities for health improvement. Lower scores indicate areas where you're already doing well.

3) Precision Screening Plan

Purpose

Reveal trends early, guide adjustments, and keep you in prevention mode.

Purchase

See curated D2C providers at thearcme.com/marketplace.

General Prep

Hydrate well the day before; follow lab instructions; morning tests often preferred; avoid strenuous exercise 24 h prior to CRP/cortisol when possible.

Recommended Tests

Recommended Screenings

CRP (C-Reactive Protein)

Why: Given your family history of cardiovascular disease, monitoring inflammation markers is crucial for early detection and prevention.

When: Get tested now, then every 6-12 months to track inflammation trends.

Recommended Screenings

CRP (C-Reactive Protein)

Why: Given your family history of cardiovascular disease, monitoring inflammation markers is crucial for early detection and prevention.

When: Get tested now, then every 6-12 months to track inflammation trends.

Category	Test	Why it matters	When

Optional based on symptoms: Ferritin (fatigue), TSH (energy), FOBT (family colorectal risk—do via GP programme as recommended).

Interpreting trends (non-diagnostic): Look for direction over time. Improved CRP typically mirrors calmer skin/gut and steadier sleep. Rising HbA1c flags meal timing or movement gaps. Lipids respond to fibre, omega-3, and movement.

4) The Six Phases (Monthly Modules)

Structure: Each month has a goal, why it matters, 3 daily actions, weekly reflection, and success metrics.

Monthly Modules

Decode

Goal: Gain deep understanding of your baseline health, habits, and key biomarkers.

Why: Accurate insight into starting points allows targeted, personalized interventions instead of guesswork.

Daily Actions:

- Track sleep, mood, and energy daily using journal or app.
- Complete baseline labs and self-assessments.
- Note dietary patterns and stress triggers without judgment.

Weekly Reflection: What patterns are emerging in your sleep, energy, or stress that surprise you?

5) Nutrition — Anti-inflammatory Mediterranean

Principles (keep it simple)

- Mostly unprocessed foods; olive oil as main fat.

- Protein every meal; aim for 1.2–1.6 g/kg/day.

- 3+ plant colours/day; finish eating ≥2 hours before bed.

Compact Shopping List

Proteins: eggs, Greek yoghurt, cottage cheese, chicken thigh, sardines, salmon, tuna, legumes (lentils/chickpeas/beans).

Plants: leafy greens, peppers, tomatoes, onions, crucifers (broccoli/cauli), berries, citrus.

Carbs (smart): oats, quinoa, farro, potatoes, wholegrain bread.

Fats: olive oil, avocado, nuts (walnut/almond), seeds (pumpkin/chia).

Flavour/anti-inflammatory: herbs, turmeric, garlic, green tea.

3-Day Example (rotate freely)

Nutrition Plan: Anti-inflammatory Mediterranean

Principles:

- Emphasize whole, unprocessed foods rich in antioxidants

- Include omega-3 fatty acids from fish and nuts

- Limit refined sugars and processed foods

Day 1

Breakfast: Greek yogurt with berries, walnuts, and honey

Lunch: Mediterranean quinoa salad with chickpeas, tomatoes, cucumber, and olive oil

Dinner: Grilled salmon with roasted vegetables and brown rice

Snacks: Apple slices with almond butter, Green tea

Dining Out & Travel

Choose protein + plants; request olive oil; swap fries for greens; sparkling water first.

Airports: yoghurt + nuts; boiled eggs; salad bowls; oats pots; fruit + nuts.

Caffeine & Alcohol

Caffeine before 14:00; pair with protein.

Alcohol: 0–5 units/week; prefer dry wine with meals; alcohol-free days between.

6) Movement & Recovery

Micro-Routines (daily)

- Post-meal 10-minute walks (lunch/dinner).

- Activation sets 2×/day (2–3 minutes): pushups/squats/bands.

- Sit break: Stand/stretch 60–90 seconds hourly.

Breathwork (physiology-first)

Breathwork & Recovery

4-7-8 Breathing

How: Inhale for 4 counts, hold for 7 counts, exhale for 8 counts. Repeat 4-8 cycles. Practice morning and evening.

Weekly Progression (Month 3 onwards)

Zone-2 2×/week, 30–45 minutes (brisk walk/cycle; speak in short sentences; nasal breathing preferred).

Strength add-ons 2×/week (15–20 minutes): lower body (squats/hinge) + upper push/pull; light and repeatable.

7) Supplements (Conservative, Evidence-Informed)

7) Baseline Supplements

Check contraindications and speak to a clinician before starting supplements. This is educational guidance, not a prescription.

Baseline Supplements

Omega-3 EPA/DHA

Dose: 1000-2000 mg daily

Timing: With meals

Why: Supports cardiovascular health, reduces inflammation, and may help with mood regulation.

Safety: Generally safe. May interact with blood thinners. Consult healthcare provider if taking anticoagulants.

Important Notes

Consider periodic review if labs change or if medications are added.

Supplement Guidelines

Start with one supplement at a time to monitor individual responses. Take with food unless otherwise specified. Store supplements in a cool, dry place away from direct sunlight.

Monitoring

Track any changes in sleep, energy, mood, or digestive function. Adjust timing or dosage as needed. Consult healthcare provider if experiencing adverse effects.

8) Metrics Dashboard & Tracking Instructions

How to Track (No Devices Required)

Energy: AM/PM, 1–10 → write two numbers daily.

Sleep: hours + ease of falling asleep → note "easy / normal / hard".

Digestion & Skin: "calm / variable / active".

Stress: "low / moderate / high".

Movement: number of post-meal walks completed.

Monthly Review Questions

What became easier without effort?

Where does friction remain (time of day, place, activity)?

Which 3 actions moved the needle most?

Trend Targets (Directional)

CRP: trending down or steady low.

HbA1c: steady low-normal.

Lipids: LDL trending down; HDL stable; TG stable/down.

Energy: ≥7/10 most days by Month 3–4.

Tracking Tips

Use a simple notebook or phone notes. Focus on patterns, not perfection. Review weekly to identify what's working.

Success Indicators

Improved energy levels, better sleep quality, reduced stress, and positive lab trends indicate successful implementation.

9) Risk–Focused Micro–Plans

A) Cardiovascular Focus (family history)

Keep: olive oil, nuts, oily fish 2–3×/week, daily fibre (beans/lentils/veg).

Move: post-meal walks + Zone-2 twice weekly.

Monitor: lipids every 6 months; blood pressure occasionally at home (rested, seated).

Avoid drift: limit ultra-processed snacks; alcohol on non-consecutive days only.

B) Metabolic Focus (family diabetes risk)

Anchor: protein + plants each meal; 10-minute walk after largest meal.

Caffeine: never on empty stomach; pair with food.

Carbs: favour oats, quinoa, legumes, potatoes over pastries/juice.

Marker: HbA1c annually (or 6 months if rising).

C) Inflammatory / Skin–Gut Focus

Add: berries, green tea, turmeric, kefir/plain yoghurt (tolerance-based).

Swap: seed-oil fried foods → olive oil–based meals.

Breath: physiological sigh before meals to stimulate rest-digest.

Marker: CRP 6–12 months; symptom diary photos if useful.

D) Stress/Hormonal Focus

Bookend days: morning light + water; evening screens-off hour.

Breathwork: cardiac coherence AM; box breathing PM.

Boundaries: weekly "input fast" 2–4 h; meeting buffer blocks.

Optional: AM cortisol Month 2 to understand baseline.

10) Environmental Reset Checklist

Home/Office

- Place water bottle where you work.

- Keep nuts/fruit visible; hide ultra-processed snacks.

- Add a lamp/timer to dim lights 60 minutes before bed.

- Keep walking shoes by the door; micro-gym (band, mat) within reach.

Air & Light

- Ventilate 2–3×/day; brief daylight exposure on waking.

- Evening: warmer light; reduce overhead brightness.

Kitchen

- Olive oil, eggs, yoghurt, berries, greens, tinned fish, legumes always stocked.

- Prepare "default meals" you can make in 5 minutes.

11) Travel Protocol (Digital Nomad Mode)

Before flight

- Hydrate; pack nuts, oats pot, tinned fish, fruit.

- Print/phone copy of breathwork and stretch cards.

Airport/plane

- Choose yoghurt/eggs/salad bowls; walk terminals for steps.

- Avoid late caffeine; water each hour; brief nasal breathing.

Hotel/Airbnb

- Grocery staples day 1: eggs, yoghurt, fruit, greens, olive oil, nuts.

- Keep walk habit: 10 minutes after main meal.

- Screens off 45–60 minutes before bed to adjust time-zone drift.

12) Red Flags & When to Seek Medical Care

This blueprint is educational and not a diagnosis. Contact a clinician or urgent care if you experience:

- Chest pain, pressure, or shortness of breath.

- New, severe, or persistent abdominal pain, rectal bleeding, or black stools.

- Rapid unintentional weight loss, fever with rash, or persistent high fever.

- Severe anxiety/panic, persistent low mood with loss of function, or thoughts of self-harm.

- Any symptom that is worrying, escalating, or unfamiliar.

13) Implementation Calendar (First 12 Weeks)

Weeks 1–2: Rebalance

- Morning light + water; screens-off hour; post-lunch walk.
- Order baseline labs (CRP, HbA1c, lipids, Vitamin D).
- Stock default foods.

Weeks 3–4: Rebalance → Decode

- Keep Bookends; add energy AM/PM check; log first/last meal times.
- Introduce magnesium (if suitable).
- Sleep latency should improve.

Weeks 5–6: Strengthen

- Walk after dinner; activation sets 2×/day; sit break hourly.
- Add Zone-2 2×/week.
- Review lab results when available; adjust nutrition emphasis.

Weeks 7–8: Nourish

- Apply 3 colour rule; protein each meal; stop eating 2 h before bed.
- Keep olive oil, legumes, fish routine; limit ultra-processed snacks.

Weeks 9–10: Refine

- 5-minute pause between tasks; weekly input fast.
- Confirm two easy anchors and three daily rituals.

Weeks 11–12: Sustain

- Finalise retest plan dates; consolidate habits; write "rules I keep".

14) FAQs

Do I need tests before I start?

No. Begin with habits; tests add clarity over time.

What if I miss days?

Return to your three easiest rituals. Progress is trend, not streaks.

How will I know it works?

Better sleep latency, steadier afternoon energy, calmer digestion/skin, improved mood. Labs help validate trends.

Can I follow this when travelling?

Yes; see Travel Protocol. The system is location-agnostic.

Supplements necessary?

Optional. Start with food and rhythm; add supplements if aligned and safe.

15) Closing Notes & Disclaimer

Longevity is built quietly, through repeatable actions that lower friction in sleep, glucose, inflammation and stress signalling. This blueprint is a private system you refine as life changes; keep what's easy and effective, and resist doing it all at once. Prevention compounds.

Disclaimer

This report is educational and for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment.

Appendix (Optional, Auto-Include if Needed)

A. Personal Metrics Table (prefilled example)

Metric	Start	Current	Notes
Sleep (h)	7.0	—	Aim 7.5–8.0; screens-off hour.
Energy (AM/PM, 1–10)	5 / 6	—	Target ≥7 by Month 3.
Stress (low/mod/high)	high	—	Pause ritual + breathwork.
Digestion/Skin	variable	—	Fibre + fermented foods.
Movement (walks/day)	0–1	—	Target 2/day.

B. Quick Meal Matrix (build your own)

Protein: eggs, yoghurt, chicken, fish, beans, tofu.

Plants: leafy greens, tomatoes, peppers, broccoli, berries, citrus.

Carbs: oats, quinoa, farro, potatoes.

Fats: olive oil, nuts, avocado.

C. Contraindications Reminder

If pregnant/trying to conceive, immunocompromised, or on prescription medication (particularly anticoagulants, thyroid medicines), consult a clinician before supplements. Reduce or pause any product that causes unwanted effects.