

General Longevity Guide

Created by AENTHV

for the AENTHV Longevity Institute

A Step-by-Step Beginner's Guide: Simple health & vitality tips for those beginning their longevity journey.

Introduction

This longevity guide is a **step-by-step guide** to managing **1. stress** (mental & adrenal health), **2. glucose** (digestive health), and **3. energy** (neuromuscular & cardiovascular health). The information below draws from **Eastern medicine, modern biomedical science, and ancient Greek philosophy** to provide a holistic and practical approach to daily longevity.

Each section contains **simple daily steps, lifestyle adjustments, and one supplement** to support each pillar.

Step 1: Stress Management – Cultivating Mental & Adrenal Health Why It Matters

Chronic stress weakens the adrenal glands, disrupts sleep, accelerates aging, and leads to burnout. Managing stress preserves **mental clarity, resilience, and longevity**.

Daily Steps to Reduce Stress

- ☉ **Sunlight Exposure:** Spend 5–10 minutes in the morning sun to regulate **cortisol and circadian rhythm**.
- ☉ **Adaptogenic Drink:** Brew a cup of **reishi tea**, known in Chinese medicine to **protect against stress-induced mental fatigue**.
- ☉ **Mindful Movement:** Engage in **10 minutes of slow stretching, Qi Gong, or walking**, which gently activates the nervous system by engaging the body's natural pharmacy of neurotransmitters like endorphins, dopamine and serotonin.
- ☉ **Evening Wind-Down:** 30 minutes before bed, **avoid screens** and practice deep breathing that expands the diaphragm and low abdomen.

Supplement Recommendation:

Ganoderma Lucidum (Reishi) – This adaptogen reduces **mental fatigue** and enhances **stress resilience**. Used Eastern medicine traditions, Reishi strengthens the body's stress response.

Step 2: Glucose Management – Optimising Digestive Health

Why It Matters

Unstable blood sugar leads to **fatigue and inflammation** which accelerates premature aging. Managing glucose prevents cardiovascular and metabolic diseases.

Daily Steps to Balance Blood Sugar

- ☉ **Eat a Protein-Rich Breakfast:** Within 1 hour of waking, consume **protein + healthy fats (eggs, nuts, fish)** to maintain stable blood sugar and energy levels.
- ☉ **Drink Bitter Tea Before Meals:** Used in traditional medicines around the world, **bitter teas** like green tea and bitter melon stimulate digestion and prevent **sugar spikes** which lead to **inflammation that damages the blood vessels**.
- ☉ **Post-Meal Movement:** After eating, **walk for 10 minutes** to stabilise glucose and support digestion. **Important Tip:** Remember, the digestive system is made out of muscles too! That is why walking is so good for your digestive health.
- ☉ **Carbohydrate Control:** Eat meals high in protein and complex carbs (**quinoa, lentils**) in small portions to prevent weight gain and high blood sugar levels.

Supplement Recommendation:

Berberine – A powerful and natural **insulin regulator** to balance blood sugar and support gut microbiome health.

Step 3: Energy Management – Neuromuscular & Cardiovascular Health

Why It Matters

Energy levels depend on **cellular ATP production, blood circulation, and neuromuscular function**. A strong **heart, muscles, and mitochondria** are essential for a long life.

Daily Steps to Improve Energy & Circulation

☉ **Hydrate First Thing in the Morning:** Drink **water & pinch of sea salt** to replenish minerals lost overnight. Your body's muscles including your heart need minerals to function properly.

☉ **Joint Movement:** Engage in **5–10 minutes of mobility drills, jumping jacks, or climbing stairs** to maintain joint and muscular health, especially in the lower body.

☉ **Cardio:** Perform **20–30 minutes of low-impact movement (walking, cycling, swimming, qi gong)** to train the cardiovascular system without damaging the joints.

☉ **Cold Exposure or Contrast Therapy:** End showers with **30 seconds of cold water** to stimulate blood circulation and nervous system resilience.

☉ **Forest Bathing:** Spend time in nature regularly to **re-calibrate** your body's **energy system**. This practice is prescribed by doctors in Japan to people of all ages, but especially to sedentary/stressed office workers, elderly who have shut themselves indoors, and young individuals who have forgotten humanity's deep connection with nature. Forest bathing is called "shinrin-yoku" in Japanese.

Supplement Recommendation:

Coenzyme Q10 (CoQ10) – Supports **mitochondrial function, cardiovascular health, and endurance**. Known in scientific literature for **enhancing energy production at the cellular level**.

Personalize Your Daily Longevity Flow

Use the flowchart below to create your own longevity routine. Stick it on your bathroom mirror or refrigerator as a guide.

☞ Morning:

- Hydration + sunlight
- Mindful movement + stress reduction
- Protein-rich breakfast

☞ Afternoon:

- Balanced meals + post-meal movement
- Cardiovascular exercise

☞ Evening:

- Wind-down rituals
- Bitter tea for digestion
- Cold exposure and/or deep breathing with inner contemplation

Key Supplements at a Glance

☞ Stress Management → Reishi

☞ Glucose Management → Berberine

☞ Energy Management → CoQ10

Begin now. A long and vital life starts with simple, daily habits.