



Longevity Planning Guide

Based on a combination of ease, cost and importance of implementation



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MONTH ONE: (step 1)

- Sleep 8 hours a night
- Take actions to increase deep sleep
- Purchase a comprehensive blood test plus appropriate hormone panel (from Life Extension Institute) (LEI)
- Obtain free 60 minute analysis with health advisor from LEI of your results including the optimum (not normal) range for each

MONTH TWO:

- Eat much less sugar (step 3)
- Limit processed and prepackaged food (step 2)
- Cook (and eat) food with natural oils (olive, avocado, coconut) not “vegetable” oils (e.g. canola oil) (step 3)
- Increase hydration to 90 ounces of liquid per day for women, 125 for men (step 2)

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MONTH THREE: (step 7)

- Move every hour for 2 minutes
- Walk every day (30 minutes)
- Be in fresh air every day
- Walk in a forest/park two hours per week
- Perform strength training program once a week

MONTH FOUR: (step 3)

- Limit amount of lectin consumed (grain, bread, pasta)
- Shift from cow dairy products to alternatives
- Pressure cook legumes prior to eating or buy them already pressure cooked (e.g., Eden brand)
- Increase fiber (prebiotic foods)

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MONTH FIVE:

- Limit meat and poultry consumption (step 3)
- Eat meat from animals and poultry that is grass-finished, pasture raised without hormones or antibiotics (step 3)
- Eat more fatty fish, vegetables, mushrooms, nuts and low sugar fruits (step 3)
- Add walnuts, hemp hearts, chia seed and ground flax seed to diet (step 3)

MONTH SIX:

- Shift to eating mainly organic foods (step 3)
- Cook food at lower temperatures, especially meat (step 2)
- Eat only wild caught fish/shellfish (step 3)

MONTH SEVEN: (step 5)

- Start taking 15 basic supplements (see www.asherlongevity.com)

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MONTH EIGHT: (step 7)

- Meditate every day for 15 minutes
 - Increase mindfulness
- Keep in touch regularly with social network
- Have a life purpose

MONTH NINE:

- Fast two days in a row for 16 consecutive hours every two weeks (step 7)
- Alternate three months fasting; one non-fasting (step 7)

MONTH TEN: (step 4)

- Schedule periodic testing of all biomarkers
- Take actions to maintain all biomarkers in the optimum range

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MONTH ELEVEN:

- In middle age, start taking eight Longevity supplements (step 7)
- Take the three prescription drugs (Statin, Beta Blocker and Metformin) to ward off cancer and live longer (step 6)
- Take baby aspirin every day to ward off colon cancer (step 6)

MONTH TWELVE:

- If over 60, start taking Deprenel and Rapamycin. If your primary doctor will not prescribe them, contact ALI for guidance to finding a Longevity MD practitioner in your area (step 6)
- Consider full body stem cell regeneration (step 8)
- Check in with ALI website monthly to see new and approved emerging Longevity protocols (www.asherlongevity.com) (step 9)