



Longevity Made Simple[™]: 21 Ways to Age Well

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and Dimitri Villard, MS

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by

Dr. Robert Heller, MD and Dimitri Villard, MS

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Dr. Robert Heller, MD is the Medical Director and Co-Founder of Live Longer, Inc., which produces Juvelixir®, and Dimitri Villard, MS is Founder and CEO.

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How to use this book

- Pick **one** new habit each week. Small wins stack.
 - If you have a condition or take medication, **check with your doctor**.
 - Print the **30-Day Starter Plan** at the end and tape it to the fridge.
-

Foreword

My journey into longevity medicine began years ago. After graduating from Harvard University, I spent many years in the entertainment industry. Other than seeing doctors for routine ailments, I had no great interest in medicine. Then a frustrating, long-running health problem that conventional treatment hadn't resolved led me to explore natural and integrative approaches. That experience was the catalyst for a growing interest in medicine, especially natural medicine, and a complete change of careers as I co-founded a biotechnology company with faculty at USC Keck School of Medicine and obtained a Master of Science degree in Chinese Medicine, which led to helping found the USC Institute for Integrative Health. I attended meetings of the American Academy of Anti-Aging Medicine. Interest in longevity has now blossomed, fueled by exciting scientific discoveries backed by increasing amounts of venture capital and research funding. Promising results in small animals are beginning to be replicated in human clinical studies, although these take time because the human lifespan is so much longer than that of a mouse. What we know now is that interventions at multiple levels all contribute to the goal of healthy aging.

This book is intended to be a simple blueprint for anyone wishing to achieve that goal. At first, it may seem overwhelming, but if you can gradually adopt as many of these practices as you feel comfortable doing, they can help set you up for healthier aging. My great friend and business partner Robert Heller, MD and I have aggregated much of the current thinking about every aspect of aging well and divided them into chapters. Fundamentally, a proper diet, sufficient exercise and good sleep are the critical underpinnings of any anti-aging regimen – indeed, a healthy lifestyle - and then there are supplements and routines that can be added for a “full stack” program.

Dr. Heller and I founded a company called Live Longer, Inc., and we've formulated a dietary supplement called Juvelixir® with ingredients that have been studied in human clinical research, dosed at levels chosen with that research in mind, to support the body's natural processes associated with healthy aging. Our work together reflects a shared mission: to translate the latest longevity science into practical tools that help people age well, one simple step at a time.

Dimitri Villard, MS
Los Angeles, California
September 2026

Introduction

The Age-Old Question and the Answers That Have Finally Arrived

For as long as humans have walked this earth, we have been obsessed with one question: *Why do we age?*

Ancient philosophers pondered it. Explorers searched for fountains of youth. Poets mourned it. And scientists, generation after generation, dedicated their careers to unraveling its mystery. Some believed aging was simply the inevitable tick of time, a clock that could never be stopped. Others pointed fingers at poor diet, sleepless nights, chronic stress, cigarettes, sedentary living, or the cold hand of genetics. Many wondered if aging was less about the body and more about the spirit, about loneliness, loss of purpose, or a life lived without meaning.

They were all onto something. But none of them had the full picture.

What we now know is both humbling and exhilarating: aging isn't driven by a single villain. It is the result of many forces, biological, environmental, behavioral, and social, converging and interacting over a lifetime. Research has expanded our understanding far beyond lifestyle alone, revealing that environmental exposures, chronic loneliness, the timing of when we eat, and even the *type* of exercise we do for balance, strength, and flexibility all play measurable roles in how quickly or gracefully we age.

And thanks to breathtaking advances in cellular biology, genetic sequencing, imaging technology, immunology, and artificial intelligence, we are now able to study aging not just in people but *inside* cells themselves.

Then came a turning point.

In 2023, a landmark scientific paper sent a shockwave through the longevity community. After decades of painstaking research, scientists published a comprehensive framework identifying twelve “hallmarks” of aging: the key biological processes scientists associate with how our bodies change over time.

These biological processes, from DNA damage and cellular miscommunication to the accumulation of so-called “zombie cells” that linger in the body long past their usefulness, don't act alone. They interact, amplify one another, and cascade through the body's systems in ways that shape how we look, feel, and function as the years go by. Understanding these processes helps explain *why* we age, and why everyday habits matter.

That is not science fiction. That is the frontier of science today and it is the foundation of this book.

I have been practicing internal medicine for over 60 years. I have sat across from thousands of patients, young and old, sick and well, and I have watched, with deep curiosity, why some people seem to defy time while others are overtaken by it. I co-anchored Cable Health News and served as an Assistant Clinical Professor of Medicine at the UCLA Geffen School of Medicine. Today, as a Principal Investigator, I have overseen more than 50 clinical research trials.

That lifelong pursuit of answers led me here, to this book, and to the mission behind it.

Together with my colleague and CEO Dimitri Villard, I co-founded Live Longer, Inc. and co-created Juvelixir®, a science-informed formula designed to support the body's natural processes associated with healthy aging. And together, we wrote *Longevity Made Simple™: 21 Ways to Age Well*, not as a collection of vague wellness advice, but as an organized, research-informed, and deeply personal guide to aging on *your* terms.

During my decades in medicine, one observation kept surfacing: the people who aged best weren't necessarily the ones with the best genes or the most money. They were, more often than not, the ones who stayed lean, moved their bodies, nurtured their relationships, and found purpose in their days. Lifestyle, it turns out, may be the most powerful longevity tool we have and it is one that each of us holds in our own hands.

But knowing that lifestyle matters and *knowing what to do about it* are two very different things. That gap between science and daily life is exactly what this book bridges.

Longevity Made Simple™: 21 Ways to Age Well gives you concrete, actionable tools, plus a simple 30-day starter plan. Why 30 days? Because a month is a practical amount of time to start building habits that work *with* your biology instead of against it.

You don't need a laboratory. You don't need a prescription. You need a plan: a practical roadmap grounded in current research on healthy aging, and that is precisely what you are holding right now.

The question is no longer just *why* we age.

The question now is: what are you going to do about it?

Turn the page, and let's take the first step together.

Dr. Robert Heller, MD
Los Angeles, California
September 2026

Eat to Calm Your Body:

Simple Meals for Aging Well

Why it matters



What to do



The "Half-Plate" Rule

Focus on Healthy Fats:

Prioritize olive oil, avocado, and nuts as part of a balanced plate.

Make it easier



Use rotisserie chicken for quick protein.

Opt for pre-washed salads.

Keep olive oil on the table for flavor.

Use Healthy Shortcuts

Common mistakes



Intense Cravings

Avoiding protein leads to intense cravings and evening snack raids that disrupt progress.



Avoid the Hunger Trap

Try this today



TRADE YOUR MORNING PASTRY



FOR BERRIES AND YOGURT FOR A MORE BALANCED START TO YOUR DAY

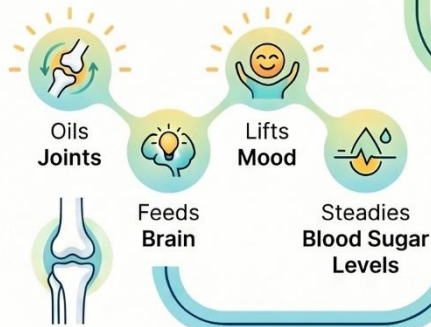
Swap This for That

Move a Little, Every Day: The Simple Path to Youthful Motion



The Foundation
of Daily Motion

Why Motion is Your “Youth Bank”



The Core Daily Routine



Walk 10 minutes
after meals



Perform 3 sets of
8 wall push-ups

The “Sit-to-Stand” Strength Builder



Perform 3 sets of
8 chair stands,
three days per
week

STRATEGY & IMMEDIATE ACTION

Make it Easier to Start



Place walking
shoes by the door



Walk while talking
on phone calls

Avoid the “Perfect Routine” Trap



Don't wait for a gym;
starting tiny and being
proud is more effective.



Try This Right Now:

Start your journey today with one
small, manageable habit.

Sleep: Your Nightly Superpower Tune-Up

Good sleep acts as a "nightly tune-up" that repairs the body and mind. By optimizing your bedroom environment and setting strict boundaries with technology, you can improve your skin, mood, and cognitive function.

OPTIMIZE YOUR SLEEP SANCTUARY



The Nightly Restoration

Quality sleep acts as a tune-up for tighter skin, brighter mood, and better memory.



10:00 PM



6:00 AM

Set a Consistent Rhythm

Maintain the same sleep and wake times daily, including weekends.



COOL



DARK



QUIET

The Ideal Environment

Keep your bedroom cool, dark, and quiet; use an eye mask if needed.

TAME YOUR TECH & EVENING HABITS



The 60-Minute Wind Down

Dim lights and enable blue-light filters on devices one hour before bed.



Ban Screens from the Bed

Keep chargers in the hallway and read paper books instead of social media.



Consider Magnesium Support

Magnesium supports muscle relaxation. Ask your doctor if it's right for you.

Stress Less, Smile More: Reclaim Your Glow



DAILY CALMING RITUALS



Stress Speeds Up Aging

Chronic stress impacts your face and body; calming your system restores your natural sparkle.



The 6-Breath Reset

Inhale for 4 seconds and exhale for 6 seconds to instantly soothe your system.



The Nature Minute

Look at a tree or the sky for 60 seconds to ground yourself.

TOOLS FOR SUCCESS



The 3-Line Journal

Write one worry, one next step, and one gratitude to clear your mind.



Use 'Breathe' Alarms

Set phone alarms for 10a, 2p, and 6p to ensure consistent daily pauses.



Avoid the 'Fix Everything' Trap

Don't try to solve every problem at once; one small step is enough.



Try This Today:

Do 6 slow breaths before your next task.

The Simple Routine for Younger-Looking Skin

Protect by day, repair by night: a simple philosophy for healthy-looking skin.

Morning Protection (The AM Routine)



Gentle Cleanse & Shield

Start with a gentle cleanse followed immediately by sunscreen on your face, neck, and hands.



Don't Skip the Sunscreen

Sun exposure causes most wrinkles; skipping SPF is the most common anti-aging mistake.

Nighttime Repair (The PM Routine)



Cleanse, Retinol, and Hydrate

Cleanse your face, apply retinol or a gentle retinol cream, and finish with moisturizer.



The Hydration Boost

Pair your moisturizer with plenty of water. Some people also take oral hyaluronic acid to support skin hydration; ask your doctor if it's right for you.

Make Success Automatic



Strategic Placement

Keep AM products by your toothbrush and PM products by your bed to never miss a step.

Consistency Is Key:

Doing these simple steps every day matters more than any single product.

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Keep Your Muscle: Your Personal “Youth Bank”



Your “Youth Bank” for Longevity

Muscle keeps you strong and steady and helps your body use energy efficiently.



Stability & Strength

Maintaining muscle is the primary key to staying balanced and mobile as you age.



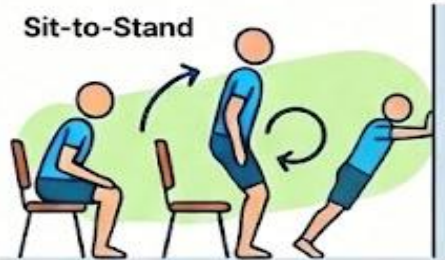
Metabolic Health

Maintaining muscle is essential for regulating blood sugar and metabolic health.

The Action Plan

The 3x8 Strength Routine

Sit-to-Stand



Perform **3 sets** of 8 reps for chair stands and wall push-ups three days a week.



Make it easier

The “TV Ad” Trigger:

Do a set during commercials or while waiting for your coffee.

Functional Carrying

Practice carrying groceries while maintaining tall, upright posture to build functional strength.



Pro-Tips & Safety



Common Mistake: Holding Your Breath

Always exhale as you push away from the wall or stand up from the chair.



Try This Today Challenge

Perform 8 chair stands immediately before you sit down for your next task.

Steady Blood Sugar, Steady Energy: The Simple Roadmap





Your Body Clock: Simple Rhythms for Better Energy

Your body's internal clock governs your mood, sleep, and "pep." By aligning your morning light exposure, physical activity, and caffeine intake with these natural rhythms, you can support your body's natural daily rhythm with a few simple habits.



Catch the Morning Light



Spend 5–10 minutes outdoors shortly after waking to set your internal clock.



Build Functional Strength



Incorporate resistance training or body-weight movements 2–3 days every week.



Stress Support

Some people use herbs such as rhodiola to support a healthy response to occasional stress. Ask your doctor if it's right for you.

Master Your Routine

Morning Habits



The "Morning Water" Shortcut

Make it easier by drinking your first glass of water outside every morning.



Today's "First Drink" Challenge

Stand by a window or step outside for your very first drink today.

Evening Boundary



The 2 p.m. Caffeine Cutoff

Avoid late caffeine to prevent disrupting your internal clock and sleep quality.

Stay Sharp: The Ageless Brain

Actionable steps for maintaining cognitive health and debunking the myth that the brain cannot improve with age.



BRAIN-BOOSTING HABITS

A learning brain improves at any age

Your brain is a "lively" organ that benefits from use and new challenges.



15 minutes of daily learning

Engage in a language app, puzzle, or new hobby every single day.

Walks and social connection

Short walks help memory stick, while talking to loved ones lowers stress.



STRATEGY & ACTION

Make it easier: Prep your space



Put your puzzle book exactly where you eat breakfast to trigger the habit.

Common Mistake: The 'Too Old' Trap



Avoid saying you are 'too old' to learn; the science says otherwise.

Try This Today: 10-Minute Challenge



Complete a puzzle for just 10 minutes immediately after your lunch.

HAPPY BELLY, HAPPY YOU: THE GUT-BRAIN CONNECTION

Actionable steps for improving gut health and its impact on brain and immune system.



WHY IT MATTERS

Your Gut Talks to Your Brain

A healthy gut is closely linked to how you feel, inside and out.

WHAT TO DO

The Daily Gut Routine



Eat one
fermented
food daily



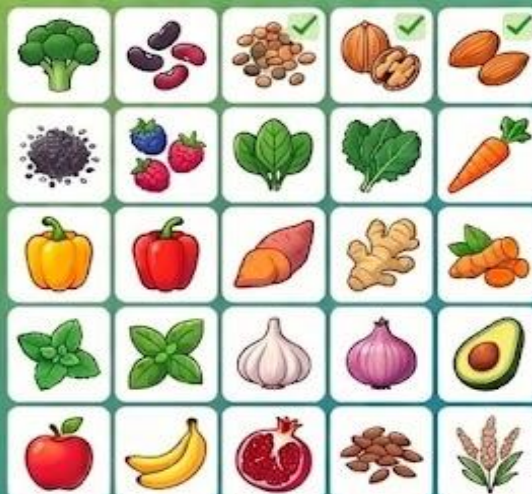
Walk for
10 minutes
after meals

✓ 60-Second Nature Minute 🌿

Daily Habit: 1 Fermented Food	✓	
Daily Habit: Post-Meal Walk	✓	
Weekly Goal: 30 Different Plants	✓	
Weekly Goal: Plant Bingo Check-in	✓	
Immediate Challenge: 1 Tbsp Ground Flax	✓	
Immediate Challenge: 60-Second Nature Minute	✓	

Gamify Your Nutrition with "Plant Bingo"

PLANT BINGO



Aim for 30 Different Plants Weekly:
Count all herbs, nuts, beans, fruits, and vegetables toward your total.

COMMON MISTAKES & CALL TO ACTION

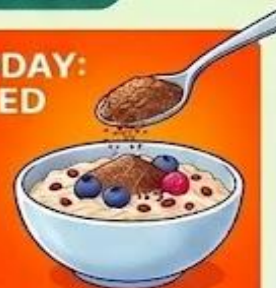


Avoid the "Probiotic Trap"

Don't jump to strong probiotics if your diet is still low in plants.

TRY THIS TODAY: THE FLAXSEED BOOST

Add 1 tablespoon of ground flax to your yogurt or oatmeal.



Smart Supplements: Bridging the Gap for Longevity

A clear, safe, and actionable framework for using supplements to support healthy aging and general wellness.

THE FOUNDATION: CORE ESSENTIALS



Food First, Supplements Second

Use supplements only to fill common nutritional gaps or add gentle, targeted boosts.

THE CORE THREE



Vitamin
D3 + K2



Omega-3



Magnesium
(di-magnesium
malate)



STRATEGY & SUCCESS HABITS



The "One at a Time" Rule

Avoid starting five new pills at once; add one every 2-4 weeks.



Make It Easier

Use an AM/PM pill box and phone reminders to stay consistent.

✓ TRY THIS TODAY

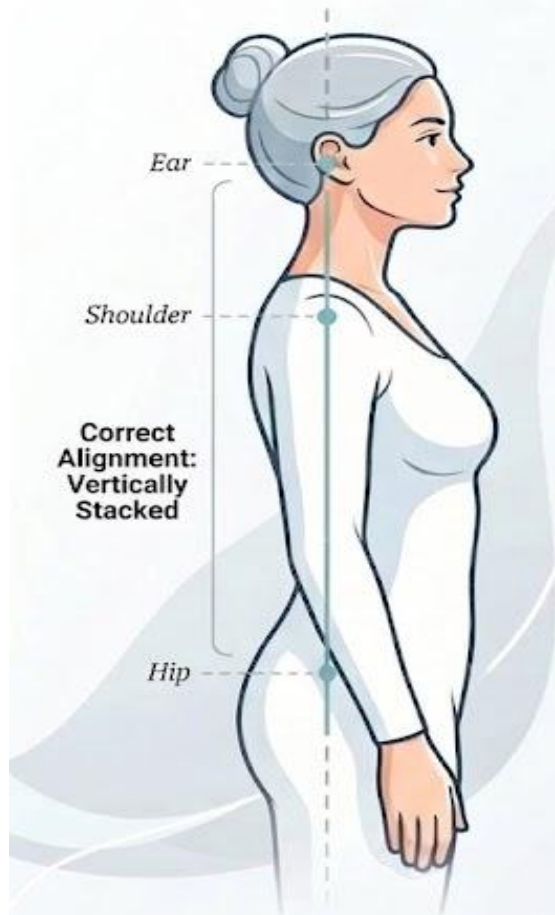
Identify one missing core supplement and set a reminder to discuss it with your doctor.

Beyond the Basics:

Scientists are studying many other nutrients for their role in healthy aging, including hyaluronic acid, rhodiola, ergothioneine, and alpha-lipoic acid. Talk with your doctor before adding anything new.

Stand Taller: The Quick Fix for Posture & Confidence

Daily steps for better breathing, comfort, and confidence



THE "STAND TALLER" BLUEPRINT

Keep Vertical Alignment

Maintain Vertical Alignment

The Daily Movement Drill



Wall Check
30-second



Y-T-W Arm Movements
10 repetitions, twice daily

Try This Today: Laptop Lift



WHY POSTURE MATTERS



Stand Tall, Feel Confident:

Good alignment helps you look and feel more poised.



Breathe and Move Better

Standing taller opens your chest for better breathing and improves overall mobility.

The "Tall and Relaxed" Rule



AVOID:
Stiffening muscles



Focus on a relaxed, elongated spine instead of forced posture.



Monitor Height:
Raise screen to eye level



Visual Reminder:
Sticky note: "Shoulders Down"



Daily Check:
Alignment: Ear-Shoulder-Hip

Everyday Reset: No Juice Cleanse Required

A simple, sustainable framework for supporting your body's natural processes through daily habits, not extreme measures.

SUPPORT YOUR SYSTEM

Why It Matters

Cut back on processed "junk" and make room for foods that help you feel your best.



Cleanse Your Air and Water

Use a charcoal water filter and air out your rooms for 10 minutes daily.



Eat Cruciferous Veggies Daily

Move Gently

A walk, a warm shower, or light chores.

MAKE IT EASIER

Quick-start guide:



Eat Veggies

Pro Tip: Keep frozen broccoli on hand for fast, easy meals.



Hydrate

Pro Tip: Keep a dedicated water glass in your sightline all day.



Fresh Air

Pro Tip: Open a window first thing in the morning to reset your space.

COMMON MISTAKES



Avoid Extreme Detox Mistakes

Skip the harsh cleanses that leave you feeling hungry, tired, or depleted.

TRY THIS TODAY



Open a window for fresh air and drink one large glass of water.

Hydrate the Right Way: Your Daily Refresh

Hydration is a pillar of feeling your best, from comfortable joints to healthy-looking skin. Maximize energy and avoid disruptions by focusing on timing, water-rich foods, and simple additives.

THE SCIENCE OF SIPPING

Why Hydration Matters



Lifts Energy
Levels



Eases Joint
Movement



Supports
Healthy-Looking
Skin



The Morning Kickstart

Drink a large glass of water immediately upon waking to rehydrate the body.

PRO HABITS & QUICK WINS



THE 1-LITER RULE

Keep a 1-liter bottle at arm's reach.

TRY THIS TODAY:

Finish it by lunch today.

Optimize with Additives



Salt



Lemon

Sip with a pinch of salt and a squeeze of lemon.



Eat Your Water

Incorporate water-rich foods like soup, cucumbers, and watermelon into your daily meals.



Avoid the "Nighttime Chug"

Avoid heavy drinking late at night to prevent sleep-disrupting bathroom trips.

Let Light Work for You: Mastering Your Body Clock

MORNING: Activate "Day Mode"



Get 5–10 Minutes of Morning Sun



View natural sunlight shortly after waking without sunglasses to signal your brain to start the day.

The Window Water Hack



Make it easier by drinking your first glass of water while standing by a window.

EVENING: Transition to "Sleep Mode"

Dim the Lights After Sunset



Switch to warm-toned bulbs and lower the brightness in your home to trigger melatonin production.



★ TRY THIS TODAY



Neutralize Screen Glare

Enable "Night Shift" or blue-light filters on all devices to prevent sleep disruption.

Investigate
red-light therapy



Avoid Bright White Lights

Exposure to harsh white light late at night is a common mistake that halts sleep preparation.

Calm Mind, Better Days: The 5-Minute Daily Reset



The 5-Minute Practice

Why Calm Matters



It isn't a luxury; a few calm minutes can help you feel more relaxed and centered.

What To Do



Step 1

Sit comfortably, breathe slowly.



Step 2

Label wandering thoughts as "thinking" before returning to breath.



Step 3

Return to breath.

Make It Easier



Pair your meditation with your morning coffee...



...or your existing bedtime routine.

Mindset & Action

Avoid Common Mistakes



Do not expect a blank mind; wandering is normal and part of the process.

Try This Today



Set a 5-minute timer and try your first session right now.

End with Gratitude



Close your five-minute session by identifying one thing you are grateful for.

People Power: Why Connection Matters as You Age



Social connection is more than just fun—it can lift your mood, ease everyday stress, and keep your mind engaged.

The Social Habit



Why it Matters

Good company lifts your mood and keeps your mind engaged.



Daily & Weekly Habits



Call or text one person daily



Plan one shared meal or walk weekly.



Expand Your Circle

Join one group, such as a class, club, faith community, or volunteer organization.

Strategy & Action



Make it Easier

Keep a short list of people you enjoy and rotate through the names.



Avoid Waiting

Don't wait for others to plan—take initiative and be the inviter.



Try This Today

Send a simple “thinking of you” message to one person right now.

Breathe for Energy:

The Power of Nasal Breathing



Better Oxygen & Calmer Nerves

Nasal breathing can help you breathe more comfortably and feel calmer.

*Lips together,
tongue up.*

Avoid Mouth Breathing

Mouth breathing—especially at night—is a common mistake; consider a saline rinse, and ask your doctor or dentist before trying mouth tape.

Your Daily Breathing Toolkit

The 5-5 & 4-7-8 Methods



5-5 rhythms for energy



4 (Inhale) **7** (Hold) **8** (Exhale)

4-7-8 sequences before bed

Nose-Only Walks



Practice breathing exclusively through your nose during easy, everyday walks.

Try This Today



Complete 10 intentional nose breaths before you stand up from your seat

Purpose & Play: The Secret to a Younger Spirit



Why it matters

Why Purpose & Play Matter

A reason to get up plus fun equals a younger spirit and steadier health.



What to do

Define Your Impact

Write: "I use my skills to help people by doing X."



The 15-Minute Rule

Spend 15 minutes daily on your purpose and add one fun thing weekly.



Make it easier

Pair with Your Morning Routine

Make it easier by stacking "purpose minutes" with habits you already have.



Common mistakes

Small is Powerful

Avoid the mistake of thinking purpose must be huge to be effective.



Try this today

The Sticky Note Kickstart

Write your "I use my skills..." sentence on a sticky note right now.



Try this today

The Sticky Note Kickstart

Write your "I use my skills..." sentence on a sticky note right now.



Tame Your Tech: Reclaim Your Sleep

THE TECH-SLEEP CONNECTION



WHY IT MATTERS:
Evening screen light tricks your brain and steals deep sleep.



ESTABLISH NIGHTTIME PROTOCOLS

Use night mode on screens or wear amber glasses after dinner.

SWAP SCREENS FOR PAPER

Read a paper book during the last 30–60 minutes of the day.



WINNING THE BEDTIME BATTLE

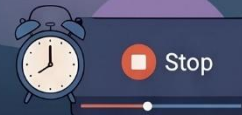
MAKE IT EASIER: THE HALLWAY HACK

Place your phone charger in the hallway to keep devices out of reach.



TRY THIS TODAY:

Move your charger out of the bedroom right now.



AVOID THE “ONE MORE EPISODE” TRAP

Set a dedicated bedtime alarm to prevent late-night streaming marathons.

Make It Yours: The Simple Art of Habit Tracking

Tracking your progress is the most effective way to turn new behaviors into permanent habits. Focus on simplicity and visual rewards to maintain motivation and celebrate the 'tiny wins' that lead to long-term health.

The Strategy of Simple Tracking

What you track improves



Visual checkmarks keep your motivation alive by showing immediate progress.

Pick only two priorities



Start small by tracking just two items, such as sleep hours, steps, or water intake.

Perform a Sunday check-in



Reflect on what worked during the week and plan your next steps.

Ease of Use & Execution

Use the 'Fridge Method'



Keep a simple paper chart on your refrigerator for high visibility.

Avoid the 'Complexity Trap'



A common mistake is tracking too much; keep it simple to avoid burnout.

Try This Today

TRY THIS TODAY CHALLENGE

Habit	M	T	W	T	F	S	S
10-Min Walk	☒	☐	☐	☐	☐	☐	☐
8 Cups Water	☐	☐	☐	☐	☐	☐	☐

Draw a weekly box with 7 squares and add a checkmark for today's walk.

The 30-Day Starter Plan: Simple Habits to Age Well

A week-by-week roadmap for small, sustainable lifestyle changes that improve energy, sleep, and physical health.

WEEK 1: FOUNDATIONS OF ENERGY



Start with a big glass of water on waking.

Hydration upon rising helps you start the day refreshed after a night of rest.



Take a 10-minute walk after meals.

Even a short walk around the house helps steady blood sugar levels and aids digestion.



Dim the lights 1 hour before bed.

Reducing light exposure helps signal to your brain that it is time for sleep, supporting your body's natural repair cycle.

WEEK 2: STRENGTH & NUTRITION LOGIC



Perform chair stands and wall push-ups.

Complete 3 sets of 8 reps on Monday, Thursday, and Saturday to build the "youth bank" of muscle.



Eat vegetables and protein first at dinner.

Consuming fiber and protein before carbohydrates creates "gentle waves" in blood sugar instead of large crashes.



Move your phone charger out of the bedroom.

Taming your tech ensures screens don't brain into staying awake, leading to deeper, higher-quality sleep.

WEEK 3: INTERNAL BALANCE & POSTURE



Dedicate 5 minutes to daily breathing.

Simple, slow nasal breathing (like 5 seconds in, 5 seconds out) the nervous system and helps you manage everyday stress.



Eat one fermented food each day.

Incorporating items like yogurt, kefir, or sauerkraut supports gut health, which is linked to your immune system and mood.



Raise your screen to eye level.

Adjusting your monitor or laptop helps you "stand taller," improving your breathing and confidence while reducing neck strain.

WEEK 4: CONNECTION & VITALITY



Get 5-10 minutes of morning light.

Stepping outside shortly after waking sets your body clock for better and better nighttime sleep.



Call or meet one friend.

Social connection lifts your mood and keeps your mind sharp and engaged.



Add a second short walk or a gentle strength day.

Increase your activity slightly to continue building physical resilience and maintaining steady energy.



Too much? Do one new habit per week.

Consistency is key; even one new habit a week results in 52 healthy upgrades over the course of a year.



Check with your doctor.

If you have a medical condition or take medication, consult a professional before starting a new exercise or supplement routine.

About the Authors

Dr. Robert Heller, M.D. Dr. Heller is a board-certified internal medicine physician with more than sixty years of clinical experience. He has served as an Assistant Clinical Professor of Medicine at the UCLA Geffen School of Medicine, co-anchored Cable Health News, and acted as Principal Investigator in more than fifty clinical research trials. His lifelong interest in healthy aging and preventive medicine led him to co-found Live Longer, Inc. and co-create Juvelixir®. Dr. Heller continues to practice, teach, and inspire patients to take charge of their health through evidence-based lifestyle strategies.

Dimitri Villard, M.S. Dimitri Villard is an entrepreneur, producer, and biotechnology executive whose career spans entertainment, technology, and medical innovation. After earning his Master of Science in Chinese Medicine and helping establish the USC Institute for Integrative Health, he co-founded Live Longer, Inc. with Dr. Heller. Dimitri brings decades of experience in scientific research, wellness advocacy, and business leadership to the mission of helping people extend their healthy lifespan. He is the co-creator of Juvelixir® and co-author of this guide.

About Juvelixir®

Juvelixir® is a daily longevity supplement developed by Live Longer, Inc. to support the body's natural processes associated with healthy aging. Its formulation was guided by emerging research on the biological processes that influence how we age, with a focus on simplicity, published research, and ingredient quality.

Created by Dr. Robert Heller, M.D., Dimitri Villard, M.S., and Master Formulator Dr. Terry Shirvani, Juvelixir® reflects a shared mission: to make science-informed, accessible tools that support people who want to age well, from the inside out.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Learn more about Live Longer, Inc. at www.livelonger.health

