Welcome!

Congratulations on investing in yourself by resetting your healthspan, the length of time you feel your best and most vital! In this guide to Dr. Sara Gottfried's book Younger, you'll address the problems of aging, starting deep in your DNA.

You will age slower, feel younger, and enjoy a longer and more fulfilling life. By enhancing your daily choices in a particular sequence that I’ve created, you’ll know more and live better.

You can jump in right away with this Quick Start Guide. We’ve put the “how-to” information all together and at-a-glance in this PDF, so that you have what you need to get started. Our Quick Start Guide puts the Younger Protocol into a 7-day framework.

In this guide, you will find an overview of the Younger Protocol, Dr. Sara’s Anti-Aging Prerequisites, and a sample menu so that you’re ready for Day 1.

Become Younger by Upgrading the Expression of Your DNA

PREP

Honor your choice to age slower. Begin by building foundational habits, strengthening your support system, and gathering the supplies you’ll need to reset your aging.

PROTOCOL

This is where you get your aging upgrade in motion with the Younger Protocol! Over the course of 7 days you’ll discover how to take control of the important genes that affect weight, aging, appearance, stress resilience, mental acuity, and healthspan. The full protocol is 7 weeks. Go to TheYoungerBook.com/onlinecourse to learn more about the 7-Day Aging Challenge.

SUSTAIN

Stay engaged to protect your results. In your final phase, you will sustain and deepen your results so that you can achieve your ideal weight, feel energized from your mitochondria to your muscles, and live a more active life!
Are you ready to become younger?

Prep
Preparation is behind every lasting change when it comes to your body and your health. **It all starts with Dr. Sara’s 3 Anti-aging Prerequisites,** which prepare your body to benefit from the week to come.

**GOALS FOR PREP**
- Build Dr. Sara’s 3 Anti-aging Prerequisites into your daily routine
- Complete the Healthspan Quiz
- Take measurements and record your results
- Find your why
- Create a DNA friendly, anti-aging kitchen

Dr. Sara's 3 Anti-Aging Prerequisites to do Every Day

Make these a habit, even if it takes you a few days to become part of your routine. These are the minimum essentials for a long healthspan.

**SLEEP 6+ HOURS PER NIGHT**
If you’re not there yet, start spending an extra thirty minutes in bed. Aim to go to bed by 10:00 pm.

**AVOID PROCESSED FOOD**
Avoid foods with long and confusing ingredient lists. If it isn’t recognizable as a plant, meat, or fish, avoid it.

**EXERCISE 20–30 MINUTES, 4 DAYS PER WEEK**
Yes, walking counts! So do yoga, Pilates, CrossFit, cycling, dancing, barre, weights, and burst training.

**YOU NEED THESE 3 PRACTICES IN PLACE BEFORE BEGINNING THE PROTOCOL.**
After establishing your foundation in Prep, you are ready for the Protocol…

Protocol

Dr. Sara’s 7-Day Protocol empowers you with practices and tools to slow down the biological clock.

Each week of Protocol focuses on a different aspect of aging. Changing your daily habits is key, because the truth is that 90 percent of disease is caused by lifestyle. By changing your lifestyle, you change your gene expression and feel younger and healthier.

Dr. Sara’s 7-Day Protocol

Day 1 – FEED
• Eat homemade meals. Aim for a plate that is 80 percent vegetables and 20 percent protein.
• Consume sufficient protein to maintain muscle mass and the right dose of carbohydrates to stabilize blood sugar.

Day 2 – SLEEP
• Reset your sleep patterns to repair the damage of daily living
• Discover how to get the rest you need even when life is busy

Day 3 – MOVE
• Outsmart aging with the right dose of exercise, and optimize your heart rate
• Identify the best exercise to slow aging, prevent cancer, and enhance mental health

Day 4 – RELEASE
• Free yourself from chronic and habitual tension, tightness, and anxiety
• Dodge the stiff joints, aches, and immobility that are part of “normal” aging

Day 5 – EXPOSE
• Reduce your environmental exposures and clear out toxins already in your body
• Keep skin looking youthful by tuning in to your unique biochemistry

Day 6 – SOOTHE
• Master the genes that control your physical and psychological stress
• Turn on the Bliss gene and turn off the genes that cause accelerated telomere aging

Day 7 – THINK
• Retrain your brain to remember more, forget less, and guard against Alzheimer’s
• Love yourself more by halting negative self-talk and distorted thinking
Sustain

To Sustain your results, you’ll have the tools to stay engaged and keep your anti-aging benefits.

By the sustenance phase. you’ll have the foundation in place to increase your healthspan and feel younger, armed with the practices that keep your cells dividing happily, repairing DNA, and reducing your chance of a scary diagnosis like cancer, dementia, or needing a facelift or a walker.

PHASE 3 GIVES YOU THE ROADMAP TO CONTINUED SUCCESS

• Transform your attitude toward aging
• Assess your healthspan progress
• Join us for the 7-Day Aging Reset online course at TheYoungerBook.com/onlinecourse

It’s your time now.

This course is about the science of YOU. It will help you understand your biochemical individuality, and upgrade your whole life by making the little swaps that create major transformation over time. Keep your eyes on the prize — apply the changes we teach you in the Aging Reset to clean up your habits and neighborhood for your genes—so you are able to live joyfully, free from disease, in hormonal balance, and brimming with youthful vigor.

Let’s get started.