

REDESIGN YOUR AGEING JOURNEY FOR A LONGER AND HEALTHIER LIFE

What if, over the next 3 months, you could begin moving your body's biology in a younger, healthier direction?

The *90-Day Reset for Healthy Longevity* is your practical roadmap to doing exactly that. Bringing together up-to-date science and real-life clinical experience, it translates the evolving world of longevity medicine into simple, doable steps you can weave into a busy life.

Inside you'll find a well-organized reset plan that guides you step by step over several months, focusing on the key pillars of long-term health and research-supported interventions that delay and even reverse ageing pathways.

Each chapter gives you clear priorities, specific actions, trackers, and practical tips so you know what to do and why it matters for your future self.

Whether you're just starting to think about aging well or you're already health-conscious and want to further enhance your energy and stamina, this book provides the knowledge and framework to make it possible, one step at a time.



Dr. Daniela Addeo is a physician oncologist with years of frontline experience caring for patients facing serious and often life-defining illnesses. That work has shaped a deep interest in not only treating disease, but also in preventing it and preserving quality of life for as long as possible. Combining her clinical, research and teaching background with her expertise and enthusiasm for longevity medicine she formulated the *90-Day Reset for Healthy Longevity* designed to empower readers to take charge of their health and invest in their future wellness and vitality.



90-DAY RESET FOR HEALTHY LONGEVITY

DANIELA ADDEO MD MBA

90-DAY RESET FOR HEALTHY LONGEVITY

A SCIENCE-BACKED BLUEPRINT
OF STRATEGIES AND PRACTICAL TIPS
TO ATTAIN LASTING VITALITY



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