

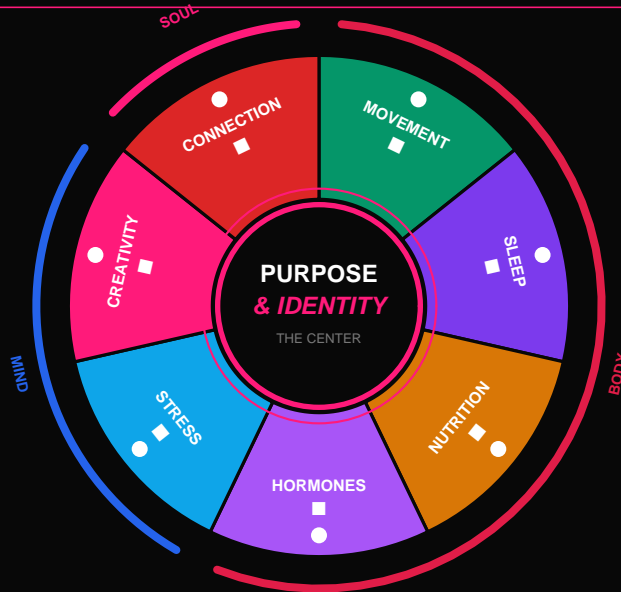
Brain Health Longevity Protocol

Biohack Your Second Act — Body, Mind & Soul

BODY — Biological Optimization

MIND — Cognitive Performance

SOUL — Longevity by Design



PURPOSE & IDENTITY

THE CENTER OF EVERYTHING

SOUL — Longevity by Design

This is where your entire protocol begins. Having a clear sense of who you are becoming is a measurable brain health variable. People with a strong sense of purpose have biologically younger brains, 56% lower mortality over 15 years, and 4x lower Alzheimer's risk. Every other slice serves this center.

MOVEMENT

PHYSICAL & MUSCLE HEALTH

BODY — Biological Optimization

Movement is the most proven brain intervention we have. Even 15 minutes of brisk activity weekly improves mental processing speed. Strength training preserves muscle mass that signals longevity at the cellular level.

SLEEP

DEEP SLEEP ARCHITECTURE

BODY — Biological Optimization

Not just hours — quality of deep sleep matters most. During slow-wave sleep the brain clears toxic metabolic waste linked to Alzheimer's, regulates inflammation, and consolidates memory.

"Are you sleeping long enough — or deep enough?"

NUTRITION

ANTI-INFLAMMATORY EATING

BODY — Biological Optimization

Ultra-processed foods accelerate epigenetic aging independent of calories. The MIND diet — rich in leafy greens, berries, olive oil, and omega-3s — is specifically designed to reduce neuroinflammation.

HORMONES

MENOPAUSE & BRAIN HEALTH

BODY — Biological Optimization

Menopause is a brain event, not just a body event. Estrogen decline affects memory, cognition, white matter integrity, and Alzheimer's risk. 2026 marks the first time medicine formally treats menopause as a longevity inflection point.

STRESS

CORTISOL & NEUROPROTECTION

MIND — Cognitive Performance

After menopause, the loss of estrogen removes a critical layer of neuroprotection — making the brain measurably more vulnerable to chronic cortisol. Managing stress is not self-care. It is brain preservation.

CREATIVITY

COGNITIVE STIMULATION

MIND — Cognitive Performance

Creative practice stimulates neuroplasticity, builds new neural pathways, and keeps the brain metabolically active. Mixed media, writing, music, dance — any sustained creative engagement is measurable brain protection.

CONNECTION

SOCIAL & COMMUNITY HEALTH

SOUL — Longevity by Design

Loneliness is now classified as a major dementia risk factor. Social engagement keeps the brain challenged, regulated, and biologically younger. Building new community after 50 is one of the highest-leverage longevity moves you can make.

Discover Your Brain Health Score — Free Assessment

drcherylrussell.com/free-assessment