

HERITAGE HAVENS

NUTRITION & PEPTIDE WELLNESS COHORT

Longevity Nutrition Protocol

Evidence-based eating strategies for extending healthspan, protecting the brain, and aging with vitality

Nutrition & Peptide Wellness Cohort · Month 6

Longevity nutrition is not about a single diet — it is about a framework of eating patterns that consistently appear in the research on healthy aging, cognitive preservation, and reduced chronic disease. This protocol distills that evidence into actionable daily habits.

Core Principle: The goal is not to live longer at all costs — it is to add years of vitality, clarity, and physical capacity to your life. Healthspan over lifespan.

THE PILLARS

5 Nutritional Pillars of Longevity

Pillar 1 — Nutrient Density Over Calories

Every calorie you eat should carry maximum micronutrient and phytonutrient value. Caloric restriction with malnutrition accelerates aging. Caloric restriction with nutrient density activates longevity pathways (sirtuins, AMPK, autophagy).

Pillar 2 — Protein Adequacy for Muscle Preservation

Sarcopenia (muscle loss with aging) accelerates after 50. Adequate protein (1.0–1.2g/lb) becomes more important with age, not less. Leucine threshold for muscle protein synthesis rises with age — distribute protein strategically.

Pillar 3 — Anti-Inflammatory Eating as Default

Chronic low-grade inflammation (inflammaging) is the common mechanism behind virtually every age-related disease: cardiovascular disease, dementia, cancer, T2DM. Mediterranean and anti-inflammatory dietary patterns consistently extend healthspan.

Pillar 4 — Strategic Fasting for Cellular Renewal

Periodic fasting (intermittent or extended) activates autophagy — your cellular cleanup and renewal system. This is one of the most powerful anti-aging interventions available and costs nothing.

Pillar 5 — Neuroprotective Nutrition for Brain Health

The brain is 60% fat and consumes 20% of your energy. DHA from omega-3s, polyphenols, B vitamins, and NAD+ precursors are the primary nutritional determinants of cognitive aging trajectory.

DAILY PROTOCOL

Your Longevity Nutrition Daily Framework

Category	Daily Target	Best Sources	Why It Matters
Omega-3 (DHA+EPA)	2–4g combined	Wild salmon, sardines, mackerel, anchovy, high-quality fish oil	DHA = primary brain structural fat; EPA = anti-inflammatory; low DHA linked to Alzheimer's risk
Polyphenols	500mg+ from food	Blueberries, dark cherries, green tea, dark chocolate (>85%), olive oil, turmeric, pomegranate	Cross blood-brain barrier; reduce neuroinflammation; activate SIRT1 longevity pathway
NAD+ Precursors	via food + supps	Nicotinamide riboside (NR) or NMN supplement; food: tryptophan, niacin (mushrooms, chicken)	NAD+ drops 50%+ between age 20–60; essential for energy, DNA repair, and sirtuin activation
Protein	1.0–1.2g/lb BW	All animal proteins; diverse plant sources combined; collagen peptides for joint/gut	Sarcopenia prevention; immune function; enzyme and hormone production
Fiber	35–50g/day	Vegetables, legumes, nuts, seeds, whole fruits; prebiotic fiber especially	Feeds microbiome; reduces inflammation; lowers cardiovascular and cancer risk
Antioxidants	Via food	Colorful vegetables; green tea (EGCG); vitamin C foods; vitamin E from nuts/seeds	Counter reactive oxygen species (ROS) that drive cellular aging and DNA damage
Magnesium	400–500mg food+supps	Dark leafy greens, pumpkin seeds, dark chocolate, black beans, magnesium glycinate supplement	Cofactor in 300+ reactions; DNA repair; sleep; insulin sensitivity; cardiac function
Vitamin D3	50–80 ng/mL serum	Sunlight (primary); fatty fish; D3/K2 supplement	Immune regulation; anti-cancer; cognitive function; bone density; cardiovascular health

FASTING PROTOCOLS

Strategic Fasting for Longevity

Caloric restriction and fasting are the most consistently longevity-extending interventions found across virtually every studied organism. They work primarily by activating AMPK, inhibiting mTOR, and triggering autophagy — your cellular renewal and detoxification system.

Intermittent Fasting (16:8 or 18:6)

The daily fasting window. Eat within an 8-hour (ideally 6-hour) window each day. The 16–18 hour fast activates autophagy, reduces insulin, and extends the overnight GH pulse. Most people find skipping breakfast (eating noon–8pm) the most sustainable approach.

Practical note: *Start here. Most sustainable. Pair with black coffee or herbal tea during fasting window. Protein-first when you break the fast.*

5:2 Protocol

Eat normally 5 days per week. On 2 non-consecutive days, restrict to 500 calories (primarily protein). More aggressive autophagy activation than daily IF. Research supports metabolic and cognitive benefits.

Practical note: *Add after 4+ weeks of comfortable daily IF. Keep protein high (80g+) on fasting days to minimize muscle loss.*

Extended Fasting (36–72 hours)

Periodic extended fasts (1–3x per year) produce deep autophagy, immune system regeneration, and powerful anti-inflammatory effects. Research in Dr. Valter Longo's lab shows near-complete immune system renewal with 72-hour fasts.

Practical note: *Requires preparation. Not appropriate for everyone. Medical supervision recommended for 48+ hours. Break the fast with broth and easily digestible protein.*

Fasting Mimicking Diet (FMD)

Dr. Longo's 5-day protocol using very low-calorie, specific macro ratios (low protein, moderate fat, low carb) to mimic fasting biology while allowing some food. Commercially available as ProLon. Evidence for IGF-1 reduction, autophagy activation, and metabolic reset.

Practical note: *Easiest form of 'extended fasting' for most people. 1–4 times per year. Available as a structured kit.*

ANTI-AGING FOODS

Top 20 Longevity Foods — The Evidence

Food	Key Compounds	Longevity Mechanism
Wild-caught salmon	DHA, EPA, astaxanthin	Omega-3 anti-inflammatory; astaxanthin = powerful antioxidant; telomere protection

Food	Key Compounds	Longevity Mechanism
Blueberries	Anthocyanins, pterostilbene	Blood-brain barrier crossing antioxidants; cognitive protection; SIRT1 activation
Extra virgin olive oil	Oleocanthal, polyphenols	Anti-inflammatory (COX inhibitor); cardiovascular protection; EVOO = MIND diet staple
Dark leafy greens	Magnesium, folate, K1/K2	Nitric oxide production; methylation support; bone density; cognitive function
Walnuts	ALA, polyphenols, melatonin	Brain-shaped for a reason — highest plant source of omega-3; melatonin for sleep
Eggs (pastured)	Choline, B12, lutein	Choline is critical for brain structure and methylation; lutein for macular health
Sardines	DHA, EPA, calcium, CoQ10	Best bioavailable omega-3 source; bone health; CoQ10 for mitochondrial energy
Garlic	Allicin, quercetin	Antimicrobial; cardiovascular protection; NF-kB inhibition (anti-inflammatory master switch)
Broccoli / Cruciferous	Sulforaphane, DIM	NRF2 pathway activation (detox); estrogen metabolism; cancer risk reduction
Green tea	EGCG, L-theanine	EGCG crosses blood-brain barrier; AMPK activation; L-theanine for calm focus
Turmeric	Curcumin	NF-kB inhibition; amyloid plaque reduction; joint and gut anti-inflammatory
Pomegranate	Punicalagins, ellagic acid	Converted to urolithin A in gut — activates mitophagy (mitochondrial cleanup)
Dark chocolate (85%+)	Flavonoids, theobromine	Cardiovascular; cognitive; mood; magnesium
Fermented foods	Live cultures, postbiotics	Microbiome diversity; immune regulation; serotonin production
Bone broth	Glycine, collagen, glutamine	Gut lining; joint repair; sleep (glycine); skin elasticity
Avocado	Oleic acid, lutein, K1	Brain fat; blood pressure; lutein cognitive protection
Brazil nuts	Selenium	Thyroid hormone conversion; glutathione production (1–2 daily is sufficient)
Beets	Nitrates, betaine	Nitric oxide → blood flow, cognitive and cardiovascular; liver support

Food	Key Compounds	Longevity Mechanism
Pumpkin seeds	Zinc, magnesium, tryptophan	Testosterone support; sleep (tryptophan → melatonin); immune function
Mushrooms	Beta-glucans, ergothioneine, D2	Immune modulation; ergothioneine = unique longevity antioxidant; vitamin D2 precursor

Month 6 Longevity Protocol Essentials

- Daily: 2–4g omega-3 from food or supplement; 5+ colors of plant foods; 30–35g fiber; 1.0g+ protein/lb
- Weekly: 2–3 servings fatty fish; 5–6 days resistance training; consistent sleep schedule
- Monthly: review lab markers; adjust supplement stack as needed; 1 extended fast if tolerated
- Annually: full biomarker panel; DEXA body composition scan; update personal wellness blueprint