

THE HUMAN OPTIMIZATION ACADEMY'S

5 KEYS TO LONGEVITY

THE NO B.S. VERSION



How do you actually live a
long, healthy life?

Here are 5 no frills, science-backed factors that lie at the root of your body's core functions.

Take back control of your health with actionable "life hacks" and foundational knowledge to help you **age happy and add healthy, disease-free years to your life.**



1. PEPTIDES

- GHRP
- TA-1
- BPC-157



2. BIOIDENTICAL HORMONES

- Testosterone
- Estrogen
- Progesterone
- Pregnenolone



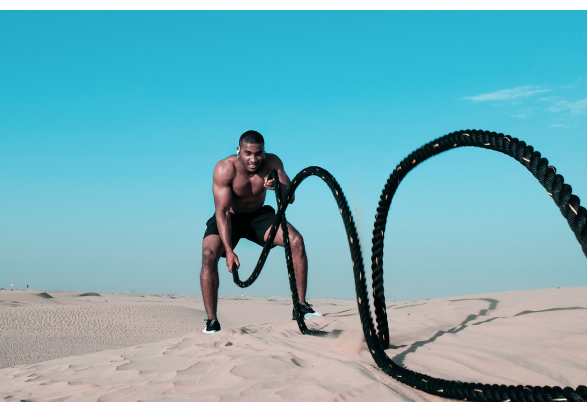
3. AUTOPHAGY

- Intermittent Fasting
- Spermidine
- Fisetin



4. DELTA WAVE STATE

- Music
- Meditation
- Supplements
- Peptides
- Screen Time



5. HIIT

- Short Sessions
- 3 sets of 8
- Vigorous exercises

Peptides

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Bioidentical Hormones

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Autophagy

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Delta Wave Sleep

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HIIT

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