

READER PREVIEW

THE LONGEVITY CODE · BOOK I OF SEVEN

Longevity Code for Couples



*The operating system for two bodies, one
vitality.*

BOOK

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WHAT'S INSIDE

- The five levers, explained simply
- The Plate for Two — one meal that serves both bodies
- A complete 30-day, two-person meal plan with shopping lists
- Body Maps — read your own daily signals
- Move, recover and feed your shared gut, together

The flagship. It reframes health around five biological “levers” — sleep, hormones, fertility, collagen and inflammation — and shows that, for two people who share a home, these are not separate problems but one shared system. The science in plain language, then a single tool to run it: the Plate for Two, with a complete 30-day plan.

Read the full book →