

READER PREVIEW · BOOK I OF SEVEN

Longevity Code for Couples

*One Operating System, Tuned to Two Bodies —
the Science and the Kitchen of a Longer Life Together*

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*This preview gives you the opening of the book and a guide to every chapter.
The full edition — with the complete 30-day plan — is available at SYAN.online*

Chapter 1 — The Couple's Paradox

Why doing everything right still leaves you both tired.

They were doing everything right. That was the problem.

Daniel, thirty-eight, ran his health like a product roadmap. Heavy protein, low carb, CrossFit four mornings a week, black coffee, cold plunge, the works. Mara, thirty-six, an attorney, was just as disciplined in the opposite direction: plant-forward, oat-milk lattes, Pilates, a menstrual cycle she tracked to the day. Not out of habit anymore. Out of hope — because the question of kids had quietly shifted from someday to soon, if we're lucky.

Two smart people. Two carefully researched philosophies. One kitchen. And that kitchen had become a demilitarized zone...

A Formula 1 team never lets two drivers argue the car into a compromise. There's one setup, tuned to one machine, aimed at one finish line. Your household is the machine. It's time you tuned it as a team.

— the full chapter continues in the complete edition —

What Each Chapter Unlocks

The preview opens the door. Here is what waits in the full edition — the science, and the kitchen, of a longer life together.

Ch. 2 • Nature's Locked Vault

The secret of the seed that survives the bird — and what it teaches about protecting your own cells.

Ch. 3 • The Five Levers Most Couples Never Touch

The complete framework: the five inputs that decide how you age — and how to pull each one as a team.

Ch. 4 • The Nightly Reset

Sleep, blood pressure, and the exact hours that rebuild you — plus the Nightly Reset Protocol for both partners.

Ch. 5 • The Hormone Advantage

Food, intimacy, and the couple's edge — the lever most health books reduce to a single sentence, fully opened.

Ch. 6 • The Fertility Window

Building the next generation, together — the 90-day His & Hers protocol and the science of egg and sperm quality.

Ch. 7 • The Collagen Code

How your body builds its own collagen — and the precise pairing that doubles it. (The famous Collagen Window.)

Ch. 8 • Putting Out the Fire

Inflammation, insulin, and the weight that won't move — the anti-inflammatory system that finally shifts it.

Ch. 9 • The Plate for Two

The operating system for every meal — one plate, built with your eyes closed, that pulls all five levers at once.

Ch. 10 • Move & Recover

Steps, strength, and the after-dinner secret that no food can replicate.

Ch. 11 • The Living Foods

The organ you've never met that votes on your weight, mood and cravings — and how to rebuild it in weeks.

The Complete 30-Day Plan

Day-by-day meals for two, aisle-sorted shopping lists, recipe cards, and nutrition tables — the entire system, ready to cook.

Get the Complete Edition

The full book turns this science into a 30-day plan a couple can cook together — starting tonight.

- ◆ All 11 chapters in full — the complete science, explained simply
- ◆ The complete 30-day, two-person meal plan
- ◆ Aisle-sorted shopping lists and printable recipe cards
- ◆ Every protocol: Nightly Reset, Hormone Support, Fertility Window, Collagen, Fire, Movement
- ◆ The Body Maps daily scan and the Five-Lever assessment tools

Two ways to get the book

The Complete E-Book — the full edition, instant download

The Vitality Bundle — the e-book + the Week 1 Starter Kit + a discount on your personal review

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