

READER PREVIEW

THE LONGEVITY CODE · BOOK II OF SEVEN

The Fertility Recipe Book for Couples



Thirty days of his-and-hers fertility cuisine.

BOOK

II

Anna Weegen, MD · Serhii Shcherbyna

SYAN.online

WHAT'S INSIDE

- The 90-day window for both partners, explained
- A his-and-hers nutrient guide — what each of you needs
- 30 days of fertility-supporting meals, fully built
- Per-ingredient justifications — every plate a biological event
- Shopping lists and a weekly rhythm for two

Built on the 90-day window before conception — the most nutritionally sensitive period of a couple's life. Thirty days of meals engineered to create the richest possible biological environment in both bodies, with a his-and-hers nutrient guide up front.

Read the full book →