

READER PREVIEW

THE LONGEVITY CODE · BOOK IV OF SEVEN

The Anti-Inflammatory & Metabolic Reset



Put out the fire. Unlock the stuck weight.

BOOK

IV

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SYAN.online

WHAT'S INSIDE

- Why the weight won't move — and the food that frees it
- 30 days of NF-κB-lowering, insulin-calming meals
- Resistant-starch and gut-gateway recipes
- The metabolic reset rhythm for two
- What to measure to see it working

The “fire” behind stubborn weight, fatigue and stalled progress is chronic inflammation and high insulin. Thirty days of fire-suppression cooking that calms the signal and reopens the fat-burning door — food first, no extremes.

Read the full book →