

READER PREVIEW

THE LONGEVITY CODE · BOOK V OF SEVEN

The Hormone & Vitality Recipe Book



Cooking built around the hormone supply chain.



Anna Weegen, MD · Serhii Shcherbyna

SYAN.online

WHAT'S INSIDE

- The hormone supply chain, made practical
- 30 days of hormone-supporting meals for two
- Zinc, healthy fats and cruciferous vegetables by design
- Foods that support a healthy estrobolome
- The couple's rhythm for steady vitality

Hormones are built from food. Thirty days of zinc-dense, fat-rich, cruciferous-forward cooking that feeds the supply chain, supports the estrobolome and — meal by meal — rebuilds the couple's edge in energy, mood and drive.

Read the full book →