

READER PREVIEW

THE LONGEVITY CODE · BOOK VII OF SEVEN

The Genetic Blueprint



*Your four genes. Your plan. Irreducibly
yours.*



Anna Weegen, MD · Serhii Shcherbyna

SYAN.online

WHAT'S INSIDE

- Four key genes (BCMO1, MTHFR, APOA5, VDR), explained simply
- How your variants change each lever
- How to read your genetic data in plain English
- A personalised protocol built around your code
- Where the series becomes uniquely yours

The personalised capstone. It explains how four key gene variants shape each partner's expression of every lever — in plain English — and turns your genetic data into a precise, individual protocol.

Read the full book →