

Ultiself Longevity Routine

Everyone wants to live longer. There are some big advancements coming in the longevity space. Give yourself a chance to take advantage with this routine.



Socialize - We are social animals: Social stimulation keeps your brain active.

ACTION - Engage actively in social activities everyday.



Resveratrol - This polyphenol increases physical stamina, energy and provides better weight control.

ACTION - Eat grapes, berries, peanut products or supplements with resveratrol daily.



Stretch - Releasing tension from your muscles makes you feel more comfortable and calm.

ACTION - Stretch every day and challenge yourself to have more flexibility.



Avoid Sugar - Excessive sugar prevents repair of collagen and elastin fibers in your skin.

ACTION - Decrease consumption of packaged foods, candies, and sodas from your diet.



Cruciferous vegetables - Increase antioxidants in your organism to slow down the natural ageing process.

ACTION - Eat 3-5 servings of cruciferous vegetables every day.



Sun Exposure - By exposing yourself to the sun, your body produces vitamin D, which improves your wellbeing and mood.

ACTION - Get at least 15 minutes of sunlight per day before 10am.