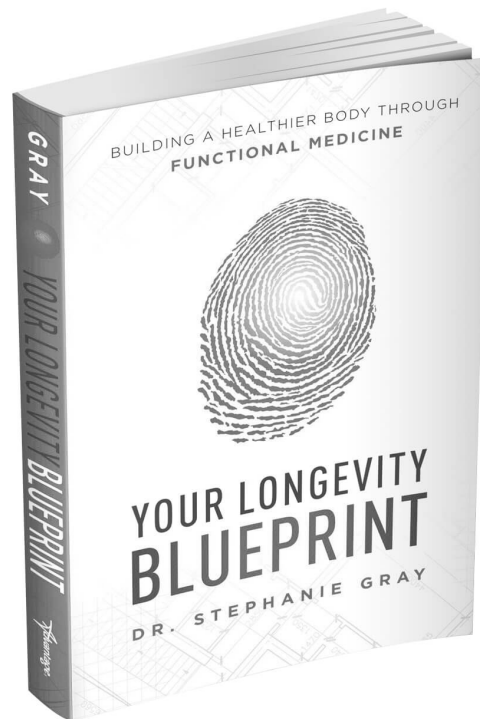


# YOUR LONGEVITY BLUEPRINT

## QUICK START GUIDE

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Thank you for purchasing  
*Your Longevity Blueprint!*



This FREE guide is intended to be used as you read the book. Follow along and take notes. Fill out the questionnaires in the accompanying document and take the recommended test options to a functional medicine provider to help you on your health journey.

# INTRODUCTION

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*Your Longevity Blueprint* is a resource to help you find the answers to your personal health situation.

Dr. Stephanie Gray faced health challenges of her own that conventional medicine couldn't help with. Finally, through the principles of functional medicine, she overcame these challenges. She decided a functional medicine blueprint was needed, so she wrote *Your Longevity Blueprint* – a game plan for living a longer, healthier life.

Regardless of your symptoms: headaches, irritable bowel syndrome, psoriasis, tachycardia, and even fatigue, this book will help.

In her book, Dr. Gray shares the most progressive functional medicine testing options currently available, as well as Longevity Blueprint (LB) nutraceutical products. **Just as human fingerprints are a detailed, unique marker of human identity, so are test results.** Proper testing will help your functional medicine provider follow the Blueprint to personalize a plan to rebuild your health.

Each chapter discusses how your organs and the systems of your body work together to build your longevity. It's a lot like building a home; you need a blueprint to ensure the home is a place you can live for a long time. The same with your body; **you need a blueprint to ensure every system of your body is addressed to have a long and healthy life.**

If you are struggling with health challenges, *Your Longevity Blueprint* will help you find solutions. The Blueprint will empower you to make informed choices to:

- **Select a functional medicine provider**
- **Understand the testing options available to you**
- **Make important dietary changes**
- **Choose supplements that can enhance your life**
- **Regain control of your health – and your life!**

Imagine what life would be like if you started this process now! Imagine the freedom you will feel; from pain, from inflammation, from exhaustion, from the sense that nothing can be

done for you. Imagine what would happen if you don't do this?

Dr. Gray has been using this 8-step process to help patients rebuild their health for years. Now, thanks to her book, *Your Longevity Blueprint*, she can also help you!

Let's live long together! What are you waiting for? Wellness is Waiting™!

Discover your Blueprint... Get started now!

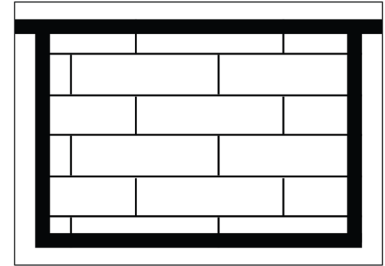




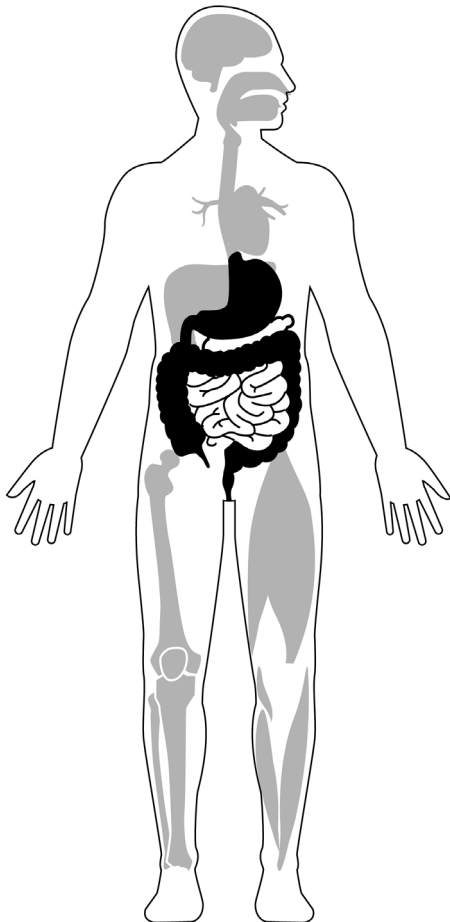
# YOUR FOUNDATION: RESTORING GUT HEALTH

The foundation of a home has to support the weight of the entire house. If the house is built on a weak or improperly built foundation, the house can eventually crumble.

The same is true for the human body—it must have a healthy foundation on which to build good health.



Chapter 1 discusses ways to build a healthy foundation, restore gastrointestinal health. It focuses on removing food sensitivities and gastrointestinal infections while working to restore proper digestion, healthy bacteria and reduce inflammation.

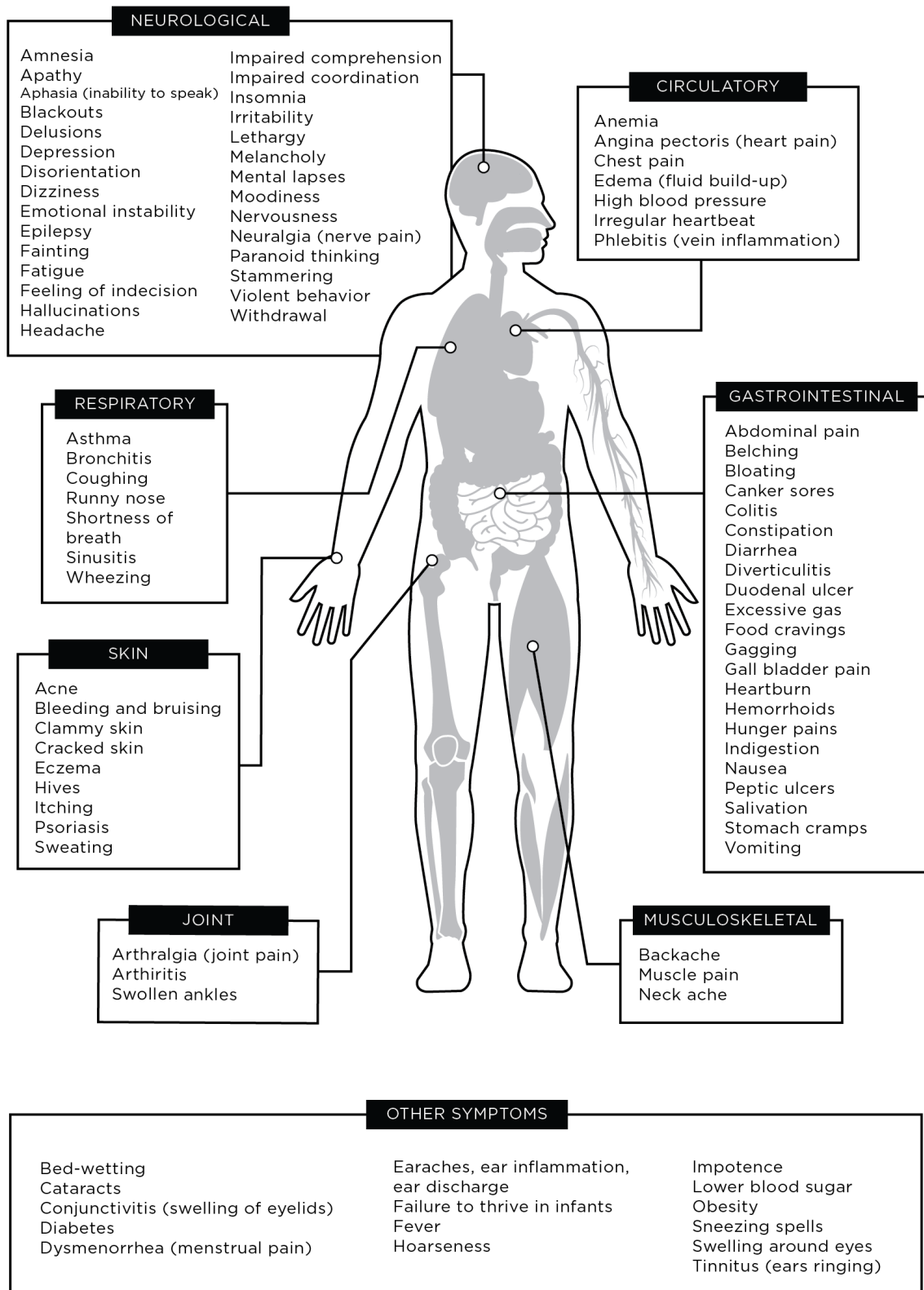


Included in this document are tables and questionnaires to help you determine what you may be struggling with:

- **Food sensitivities**
- **Yeast overgrowth/sensitivity**
- **Histamine intolerance**

If you struggle with many of the following listed symptoms you have many food sensitivities.

# FOOD SENSITIVITY SYMPTOMS



## QUESTIONNAIRES

- **The Candida/Yeast Questionnaire** (see page 3 questionnaires document)
- **Histamine Questionnaire** (see page 4 questionnaires document)

## LABS/TESTS:

- **Comprehensive IgG or IgA Food Sensitivities**
- **Comprehensive Stool Analysis**
- **Breath testing for Fructose Intolerance**
- **Breath testing for SIBO**
- **Histamine and DAO levels**

## RECOMMENDED NUTRIENTS:

### Longevity Blueprint 5-R Nutraceutical Products

#### *REMOVE*

- Advanced Yeast Complex
- Pylori Essentials

#### *REPLACE*

- HCL & Pepsin
- Enzyme Support
- Digestive Support (HCL, bile, and enzymes)

#### *REINOCULATE*

- Probiotic Complex (20 billion CFUs)
- Advanced Probiotic (100 billion CFUs)
- Probiotic Ultra (225 billion CFUs)
- Beneficial Yeast

***REPAIR***

- Gut Shield
- GI Support
- DGL
- Turmeric Support

***GLUTEN, DAIRY, EGG-FREE PROTEIN POWDER OPTIONS:***

- Protein Complex
- Organic Hydrobeef
- Pea
- Rice
- Hemp
- Collagen

**CHAPTER 1 NOTES:**

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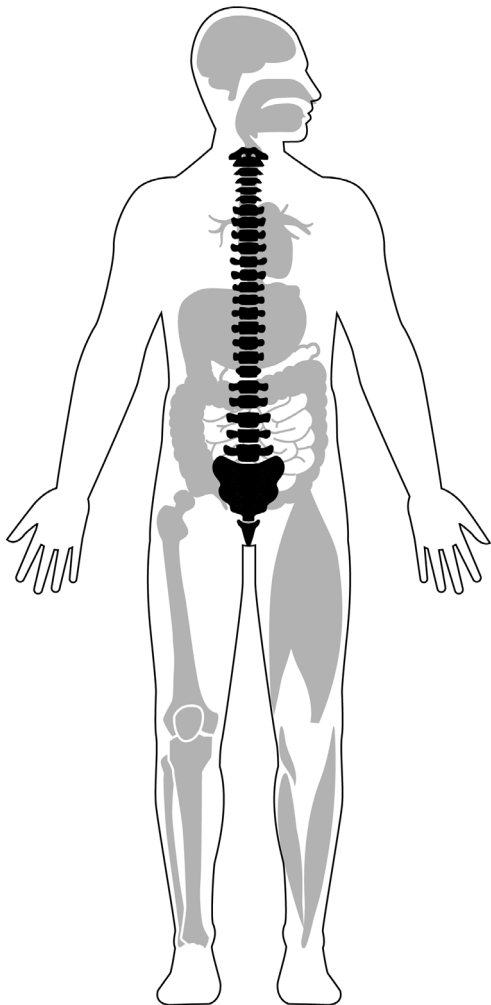
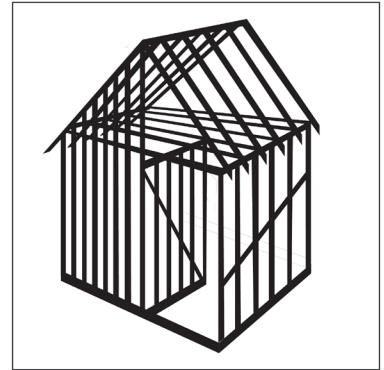


# MAINTAINING YOUR FRAMEWORK: KEEPING YOUR SPINE IN LINE

We all know that a house cannot stand without its supporting structure.

Similarly, our bodies can't stand without our musculoskeletal and nervous systems.

Our bones are the framework. Just as the framework of the house serves to protect everything inside it our musculoskeletal system protects our internal organs.



Since our nervous system controls and coordinates every single function in the body, you want a properly functioning spine that is ready and able to relay every important piece of information

In chapter 2 I discuss how important is to support your musculoskeletal and nervous systems.

*I also discuss how important chiropractor care is not just for urgent issues but also from a maintenance standpoint.*



## QUESTIONNAIRES

- **Instead of a questionnaire for this chapter, focus on finding a great chiropractor.**

## LABS/TESTS:

- **Bone Mineral Density Scan**
- **Urine Neurotransmitters**

## RECOMMENDED NUTRIENTS:

### **Longevity Blueprint Nutraceutical Products:**

- Vitamin D3 1000
- Vitamin D3 5000
- Liquid D3
- Liquid D3 + K2
- Calcium + Magnesium Chelates
- Magnesium Chelate
- Strontium Chelate
- Bone Support
- Joint Support
- Antioxidant Support
- Soft Tissue Support
- Turmeric Support

## CHAPTER 2 NOTES:

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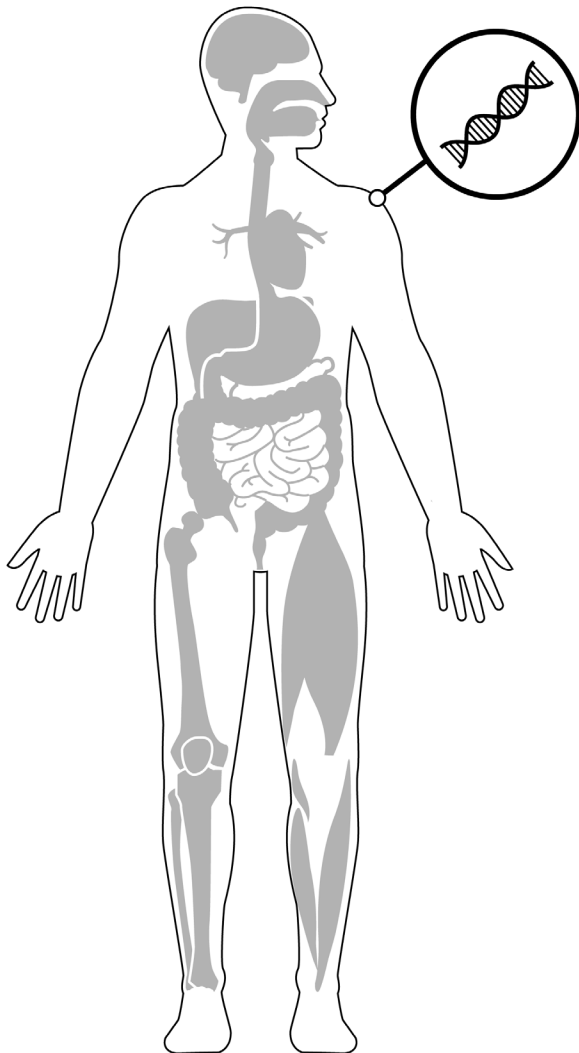
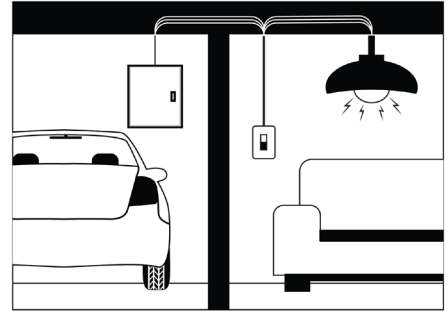


# ELECTRICAL WORK: INFLUENCING YOUR GENETICS

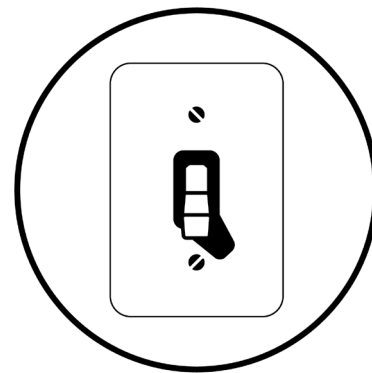
In chapter 3 I relate electricity in the home to genetics within your body.

Some lights you want on while others you want off.

We all have genetic variants. Your goal should be to keep “bad” genes less active and “good” genes working to their full potential.



How do we do this? Many individuals don't know that our environment heavily influences our genes. I've heard the saying “Our genetics load the gun, but environment pulls the trigger.” That means you have the power to make a difference before it's too late. Chapter 3 discusses ways to positively influence our genetics.



## QUESTIONNAIRES

- N/A

## LABS/TESTS:

- Genetic testing through [23andme.com](https://www.23andme.com)

## RECOMMENDED NUTRIENTS:

### Longevity Blueprint Nutraceutical Products:

- Methyl B Complex
- Magnesium Chelate
- Mitochondrial Complex

## CHAPTER 3 NOTES:

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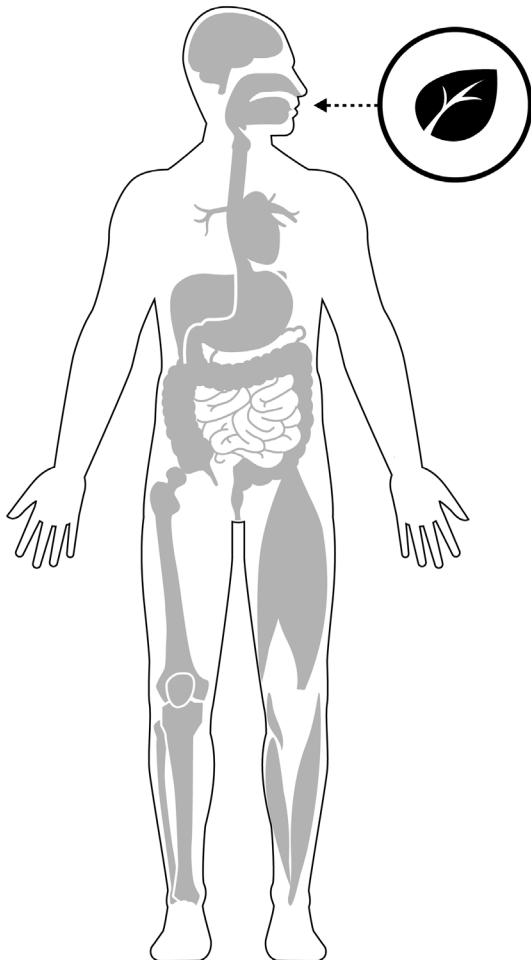
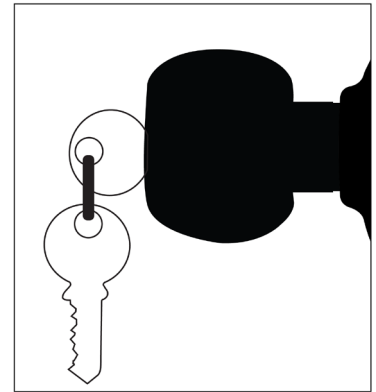
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# HAVING THE KEYS TO UNLOCK DOORWAYS: DEPLETING NUTRITIONAL DEFICIENCIES

In Chapter 4 I discuss how important nutrients are for our bodies, what food does for us. It essentially provides us with energy. After food is digested, nutrients are transported through the body to assist all the metabolic processes that happen in our cells and that are necessary for life.

The nutrients transporting throughout your body are a little like moving through the rooms in a house in which each room has a door that is locked. In order to move from room to room, you must have the key to unlock the door. Think of nutrients as those keys.



Here it is discussed why so many of us are nutritionally deficient. Firstly, our Soil is deficient from all the pesticide and herbicide use. Also the processes of harvesting, storing, and packaging our foods has also reduced the nutrient density of our foods. Even medications we take can cause nutritional deficiencies.

Chapter 4 discusses what we can do about this, how we can replete lost nutrients by supplementation.

## QUESTIONNAIRES

- **Nutritional Deficiency Symptoms Questionnaire** (see page 5 - 6 questionnaires document)

## LABS/TESTS:

- **Comprehensive Nutritional Analysis (blood and urine)**

## RECOMMENDED NUTRIENTS:

### Longevity Blueprint Nutraceutical Products:

- Mitochondrial Complex
- Complete Multi
- Complete Multi + Iron
- Magnesium Chelate
- Magnesium + Potassium Chelate
- Iron Chelate
- Calcium + Magnesium Chelate
- Zinc Chelate
- Iodine 3
- Vitamin D3 1000
- Vitamin D3 5000
- Liquid D3
- Liquid D3 + K2
- Lysine
- Carnitine
- 5HTP
- Omega 3s
- NAC
- CoQ10 100 mg
- CoQ10 300 mg
- Methyl B Complex
- Magnesium Chelate
- Mitochondrial Complex

## CHAPTER 4 NOTES:

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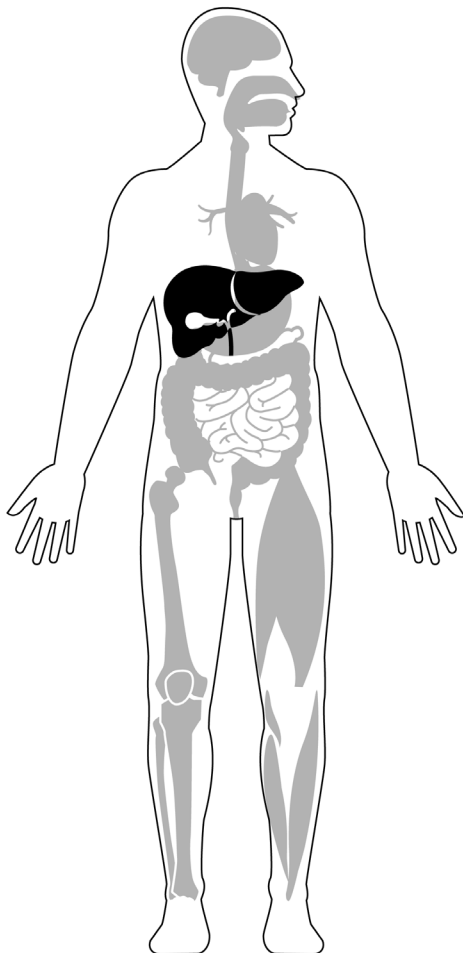
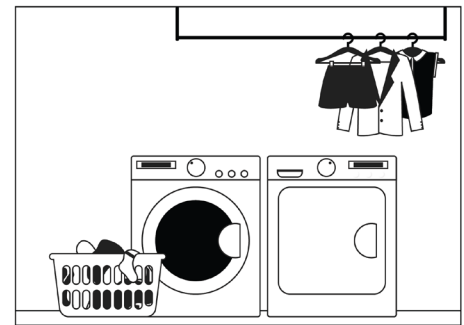


# TACKLING THE LAUNDRY: DETOXING THE BODY

In your home there is a constant influx of dirty clothes needing to be washed, folded, and put back away.

The same is true with your body. Your body is constantly detoxing.

Here I review what toxins are and how we are exposed to them in the foods we consume, air we breathe, products we use, medications we take, and even in our homes. I share how you can reduce your incoming burden of toxins.



You can't do the laundry unless you have a functioning washing machine, water, and soap.

Similarly, you can't powerfully detox without the essential nutrients for detoxification.

## QUESTIONNAIRES

- **Detox Questionnaire** (see page 7 questionnaires document)

## LABS/TESTS:

- **Liver function: AST, ALT, GGTP**
- **Heavy Metal Testing**
- **Mercury Tri-Test**
- **Nonmetal Toxic Chemical Profile**

## RECOMMENDED NUTRIENTS:

### Longevity Blueprint Nutraceutical Products:

- Core Restore Liver Detox Kit
- Liver Cleanse Support
- Liver Detox
- Super Greens
- Antioxidant Support
- NAC

## CHAPTER 5 NOTES:

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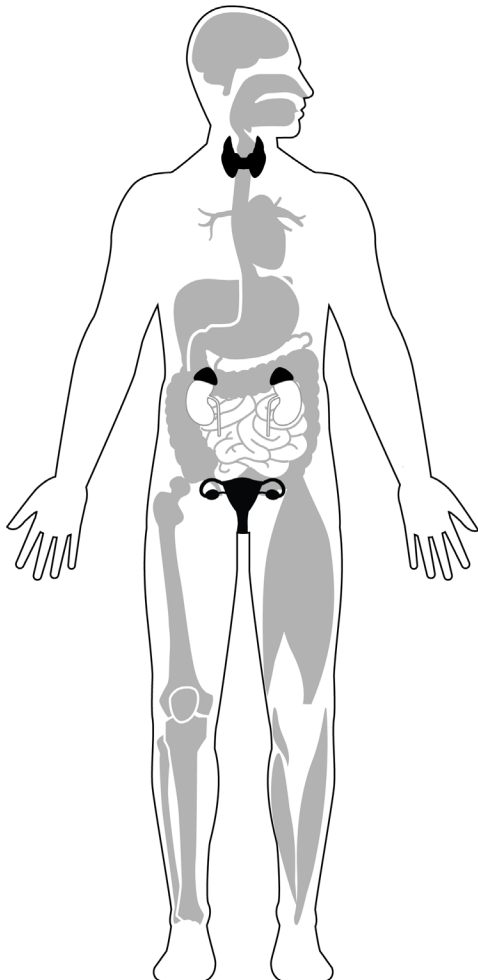
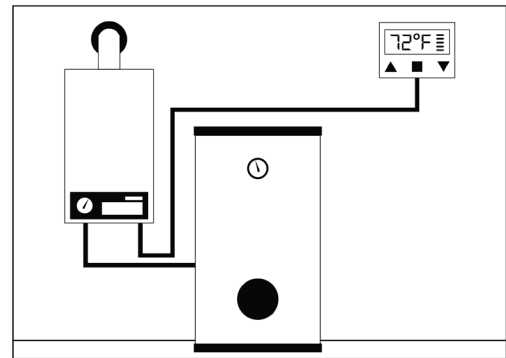




## MANAGING YOUR HEATING/COOLING: OPTIMIZING YOUR HORMONES

In Chapter 6 I discuss how important the heating and cooling system is in your home and compare this to the endocrine system.

Here, the importance of adrenal, thyroid, and ovarian and testicular function is. I discuss ways to help your body produce hormones naturally OR if you've had your thyroid or ovaries removed various options for hormone replacement therapy.



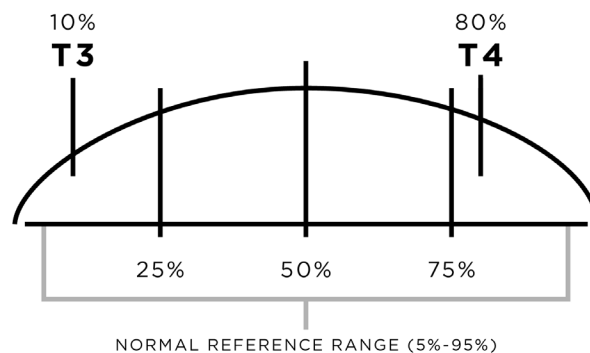
I also discuss the importance of optimizing estrogen metabolism to reduce risk for estrogen related cancers.

## QUESTIONNAIRES

- **Male and Female BHRT Checklist** (see page 8 - 9 questionnaires document)

## LABS/TESTS:

Make sure your ordering provider interprets your labs from a functional medicine perspective. T3 at the 10% is not optimal. (shown below).



- **Adrenal Stress Index: 4-5 point saliva testing**
- **Thyroid panel: TSH, Free T4, Total T4, Free T3, Total T3, thyroid peroxidase antibodies (TPO), thyroglobulin antibodies (TG), Reverse T3, ferritin, iron**
- **Iodine loading test**
- **Urine Hormone Metabolite Assessment**
- **Male blood sex hormone panel: FSH, LH, free and total testosterone, estrone, estradiol, CBC, CMP**
- **Female blood sex hormone panel: FSH, LH, estrone, estradiol, progesterone, testosterone, CBC, CMP**
  - *(To be drawn 1 week after ovulation if cycling)*

## RECOMMENDED NUTRIENTS:

### Longevity Blueprint Nutraceutical Products:

- Iodine 3
- Thyroid Complex
- Herbal Adrenal Complex
- Adrenal Drive
- Adrenal Calm
- DIM
- MethylB Complex

### CHAPTER 6 NOTES:

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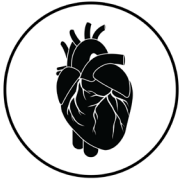
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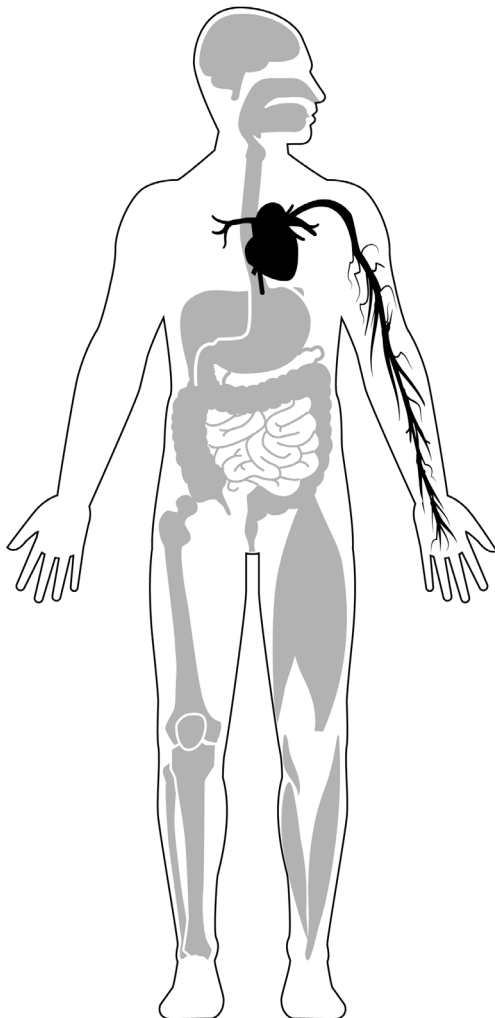
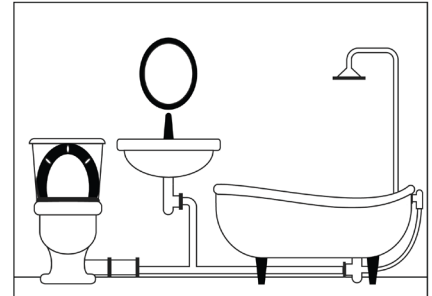
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## CLOG-FREE PLUMBING: REDUCING CARDIOVASCULAR DISEASE

In chapter 7 I relate the plumbing of the home to your cardiovascular system. The water pressure in the home is very important. Multiple factors affect water pressure and you don't want calcium buildup inside your pipes.

It's the same with your vessels. You want them to be clear and your heart (your body's sump pump) to keep things running smoothly.



You depend on water for everyday activities—bathing, brushing teeth, washing hands, cleaning the dishes, and doing laundry—so you need your plumbing to get you through the day clog-free.

Similarly, with our bodies, we depend on blood, which carries oxygen and vital nutrients to all our organs. And just like clogged pipes in a house can lead to problems, clogged veins can lead to serious health consequences.

In this chapter I discuss how important it is to reduce cardiovascular inflammation to truly lower your risk for heart disease

## QUESTIONNAIRES

- N/A

## LABS/TESTS:

- See graphic

	GOAL
<b>BODY MASS INDEX</b>	<b>18.5-24.9</b>
<b>TOTAL CHOLESTEROL</b>	<b>&lt;200 mg/dL</b>
<b>HDL FEMALE</b>	<b>&gt;40 mg/dL</b>
<b>HDL MALE</b>	<b>&gt;50 mg/dL</b>
<b>LDL</b>	<b>&lt;100 mg/dL</b>
<b>sdLDL</b>	<b>&lt;20 mg/dL</b>
<b>TRIDLYGERIDES</b>	<b>&lt;150 mg/dL</b>
<b>FIBRINOGEN</b>	<b>&lt;350 mg/dL</b>
<b>HS-CRP</b>	<b>&lt;1 mg/dL</b>
<b>HOMOCYSTEINE</b>	<b>&lt;10 umol/L</b>
<b>Lp-PLA2</b>	<b>&lt;200 ng/mL</b>
<b>Lp (a)</b>	<b>&lt;30 mg/dL</b>
<b>MPO</b>	<b>&lt;400 pmol/L</b>
<b>SED RATE</b>	<b>&lt;20 mm/hour</b>
<b>INSULIN</b>	<b>&lt;10 Miu/L</b>
<b>OMEGA 3:6 RATIO</b>	<b>&gt;8% (varies)</b>

### KEY

<b>mg/dL</b>	milligrams per deciliter
<b>umol/L</b>	micromoles per liter
<b>ng/mL</b>	nanograms per milliliter
<b>pmol/L</b>	picomoles per liter
<b>mIU/L</b>	milli-international units per liter

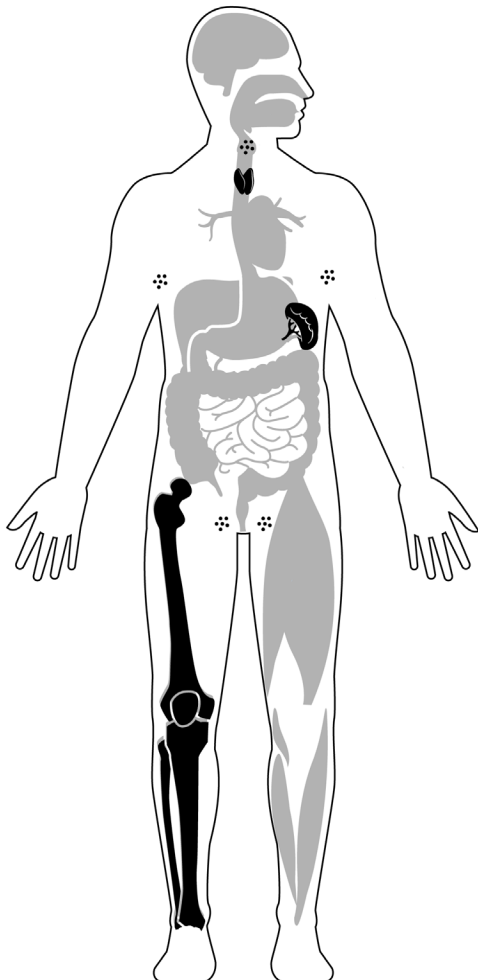
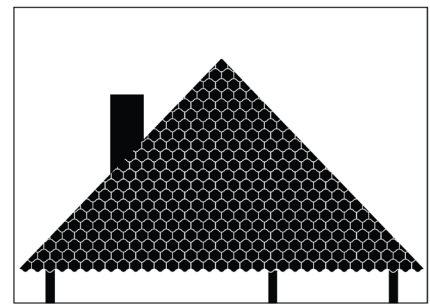




## MAINTAINING ROOT INTEGRITY: TREATING UNDERLYING INFECTIONS AND STRENGTHENING YOUR IMMUNE SYSTEM

In Chapter 8 I relate the protective roof to your immune system. They serve as barriers for invaders.

If you've ever experienced water damage in your home basement or attic, leading to mold exposure, you realize you need to keep mold out or it will take over and destroy the home.



Here I introduce Biotoxins and how they affect our immune systems.

I share how toxins from mold, Lyme, and even viruses can affect our immune systems.

## QUESTIONNAIRES

- **Chronic Inflammatory Response Syndrome Symptoms**

### CHRONIC INFLAMMATORY RESPONSE SYNDROME SYMPTOMS

- Fatigue
- Weakness
- Aches
- Muscle Cramps
- Unusual Pain
- Ice Pick Pain
- Headache
- Light Sensitivity
- Red Eyes
- Blurred Vision
- Tearing
- Sinus Problems
- Cough
- Shortness of Breath
- Abdominal Pain
- Diarrhea
- Joint Pain
- Morning Stiffness
- Memory Issues
- Focus/Concentration Issues
- Word Recollection Issues
- Decreased Learning of New Knowledge
- Confusion
- Disorientation
- Skin Sensitivity
- Mood Swings
- Appetite Swings
- Sweats (especially night sweats)
- Temperature Regulation Problems
- Excessive Thirst
- Increased Urination
- Static Shocks
- Numbness
- Tingling
- Vertigo
- Metallic Taste
- Tremors

- **Immune questionnaire** (see page 10 questionnaires document)

## LABS/TESTS:

- **CBC**
- **Lyme Elisa Western Blot**
- **Advanced Lyme Panel**
- **Viral Panel**
- **C4a, C3a, TGFBeta 1, MMP-9, MSH, VIP, VEGF**
- **Environmental Relative Mold Index (ERMI) testing of environment**
- **MARCoNS nasal swab**



**RECOMMENDED NUTRIENTS:**

**Longevity Blueprint Nutraceutical Products:**

- NK Complex
- Seasonal Assist
- Probiotic Complex (20 billion CFUs)
- Advanced Probiotic (100 billion CFUs)
- Probiotic Ultra (225 billion CFUs)

**CHAPTER 8 NOTES:**

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# GETTING STARTED: FINDING A CONTRACTOR WHO CAN HELP

Research these sites to find a functional medicine provider best fit for you.

- [www.A4M.com](http://www.A4M.com) (anti-aging, metabolic, and functional medicine)
- [www.IFM.org](http://www.IFM.org) (functional medicine)
- [www.seekinghealth.org](http://www.seekinghealth.org) (genetics/MTHFR)
- [www.survivingmold.com](http://www.survivingmold.com) (Lyme, mold, chronic inflammatory response syndrome)
- [www.ilads.com](http://www.ilads.com) (Lyme and associated diseases)

To learn more about the products here as well as testing companies we use, visit [www.yourlongevityblueprint.com](http://www.yourlongevityblueprint.com).

