EDIBLE Earth

PRESENTS

THE LONGEVITY CODE PROTOCOL

A 16-week protocol to reverse your biological age — through nutritional biochemistry, epigenetics, and the live bio-active medicine of nature.

Ancient wisdom. Modern science.
Live supplements made by nature, not a factory.

16-week protocol · 30-day daily planner · results tracker

A LETTER FROM US TO YOU

Your body remembers how to heal.



Aging is not a one-way street. For the first time in human history, the most rigorous longevity labs on earth — Harvard, Stanford, the Buck Institute, UCLA — agree on something extraordinary: biological age is *reversible*. Not slowed. Reversed. Your DNA is fixed, but the way your body *reads* that DNA changes every single day in response to what you eat, how you move, how you sleep, and what you put into your cells.

This guide is everything we have learned in over a decade walking thousands of women through this exact process. It marries the new epigenetic science with the ancient wisdom of the world's longest-living cultures — and the live, bio-active supplements we have spent ten years sourcing and perfecting in Western Australia.

What you will find here is not a quick fix. It is a 16-week reset, with a 30-day daily planner you'll cycle through roughly four times, a results tracker, and the full science behind every recommendation. Follow it, and you will not just look younger. You will *be* biologically younger.

"Your DNA is not your destiny. It is your starting point."

With love, Team Edible Earth

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Your 16-week roadmap.

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SECTION I

What aging really is.

In 2013, an international team published a landmark paper in *Cell* identifying the **hallmarks of aging** — the cellular processes that drive biological decline. In 2023 the list was updated to twelve. Every one of them is now considered modifiable through nutrition and lifestyle. This is the foundation of everything that follows.

The 12 hallmarks of aging

- **Genomic instability** — accumulating DNA damage from oxidative stress, UV and toxins
- **Telomere attrition** — the protective caps on your chromosomes shortening with each division
- **Epigenetic alterations** — the instructions for reading your DNA degrading over time
- **Loss of proteostasis** — misfolded proteins accumulating (the same mechanism seen in Alzheimer's)
- **Disabled autophagy** — the cellular clean-up and recycling crew slowing down
- **Deregulated nutrient sensing** — insulin, mTOR and AMPK signalling becoming noisy
- **Mitochondrial dysfunction** — the energy factories inside each cell wearing out
- **Cellular senescence** — "zombie cells" that won't die, leaking inflammation
- **Stem cell exhaustion** — the body losing its capacity to repair and regenerate
- **Altered intercellular communication** — chronic low-grade "inflammaging"
- **Chronic inflammation** — the silent driver beneath every age-related disease
- **Dysbiosis** — the gut microbiome losing diversity and integrity

Every formula in this protocol targets several hallmarks at once. Marine collagen rebuilds gut integrity and proteostasis. NMN restores mitochondrial NAD+. Medicinal mushrooms quiet inflammation and senescence. Bee pollen feeds the microbiome and fuels autophagy. Creatine spares cellular energy. The stack is a coordinated, multi-front response to biological aging.

SECTION II

Epigenetics — the science of reversal.

Your DNA is a three-billion-letter manual you were born with, and cannot change. But epigenetics — the chemical tags deciding *which* parts get read, when and how loudly — changes constantly, with every meal, every hour of sleep, every walk in the sun, every glass of wine.

Biological age vs chronological age

In 2013, biostatistician Steve Horvath at UCLA built a molecular clock — the "Horvath clock" — that reads your biological age from DNA methylation patterns, accurate to within about three years. Since then, study after study has shown this clock can run **backwards** in response to lifestyle and nutritional inputs.

What the human trials have shown

In the TRIIM trial (Fahy et al., *Aging Cell* 2019), a one-year program reversed participants' epigenetic age by about 2.5 years — and regenerated the thymus. In an 8-week randomised controlled trial (Fitzgerald et al., *Aging* 2021), a diet-and-lifestyle program comparable to this one lowered biological age by an average of **3.23 years**. Eight weeks.

How this protocol resets the clock

- **Methyl donors** — bee pollen, leafy greens, eggs. They supply the methyl groups that re-instruct your DNA.
- **Sirtuin activators** — NMN, resveratrol, polyphenols. They switch on the longevity genes (SIRT1–7) that stabilise the epigenome.
- **mTOR & autophagy modulation** — through gentle fasting windows, polyphenols, and adaptogenic mushrooms.
- **Mitochondrial repair** — NMN raises NAD+ to power every mitochondrion; creatine buffers cellular ATP.
- **Anti-inflammation** — collagen repairs tissue, polyphenols quench oxidative stress, a diverse microbiome restores immune tolerance.

Realistic expectation: consistent application across 16 weeks can meaningfully lower biological age, with the largest gains in women 35+ whose biological age currently runs ahead of their birthday.

SECTION III

What this protocol has helped reverse.

We did not set out to build a longevity protocol. We set out to help women feel better. What we found, over a decade and tens of thousands of customers, is that when you address root causes — inflammation, gut integrity, nutrient depletion, hormonal and microbiome balance — the body repairs a remarkable range of things at once. These are reports from real women using these formulas alongside the lifestyle principles in this guide.

Skin

Eczema, psoriasis, cystic and hormonal acne, rosacea, fungal rashes, premature aging, loss of elasticity, pigmentation and dullness.

Hair, nails & visible aging

Alopecia (autoimmune and stress-induced), thinning and breakage, brittle nails, deep facial lines, lost volume, neck and décolletage aging.

Hormonal

PCOS, endometriosis, irregular cycles, infertility, PMS/PMDD, perimenopausal hot flushes, mood swings and insomnia, post-pill recovery.

Autoimmune

Hashimoto's, Graves', rheumatoid arthritis, lupus (mild/early), psoriasis, alopecia areata, chronic fatigue syndrome.

Mental health

Anxiety, depression, OCD, PMDD, postpartum mood disturbance, brain fog and emotional dysregulation (alongside clinical care).

Neurological

Migraines, chronic headaches, neuropathy, early cognitive decline, brain fog, disturbed sleep architecture.

Gastrointestinal

IBS, leaky gut, SIBO, chronic bloating, reflux, food sensitivities, candida overgrowth, post-antibiotic dysbiosis.

Joint & musculoskeletal

Osteoarthritis, rheumatoid arthritis, joint pain and stiffness, slow injury recovery, age-related muscle loss (sarcopenia).

Recurrent infection

Cold sores, shingles, EBV reactivation, recurrent UTIs, fungal infections, candida, post-viral fatigue.

Metabolic

Insulin resistance, early type-2 diabetes (with clinical care), hormone-driven weight gain, stubborn visceral fat, fatty liver.

Most powerfully of all: thousands of women have used these protocols to taper off long-term pharmaceutical dependency — antidepressants, sleeping pills, anti-inflammatories, hormonal contraception, even some autoimmune medications — and the lifelong side effects that come with them. **Always under the supervision of their prescriber, always slowly.** The body is far more capable of self-regulation than we have been led to believe. This is about giving women back autonomy, empowerment, and trust in their own bodies.

Important: these are real-world reports, not medical claims. We are not curing disease — we are giving the body the inputs it needs to heal itself. Never change prescribed medication without your doctor.

SECTION IV

The Edible Earth difference.



There is a reason these formulas work where others have failed you. We do not make supplements the way the rest of the industry does.

Live & bio-active, not dead powder

Most supplements on shelves are biologically dead — synthesised in a lab, heat-processed, stripped of cofactors. Ours are raw, live and cold-processed. The bee pollen in DETOX still carries live enzymes and lactic-acid bacteria. The mushrooms in CALM keep their full beta-glucan structure. The collagen in GLOW is micronised to 3kD for ~95% absorption.

Whole-food matrix, not isolated molecules

Nature never makes vitamin C alone — it packages it with bioflavonoids, rutin and copper that the body needs to use it. Synthetic isolates miss the matrix. Our formulas are the whole pollen, the whole mushroom, the whole plant, in food form.

No fillers, binders or synthetics

Open most commercial multivitamins and you'll find magnesium stearate, silicon dioxide, titanium dioxide, talc — factory lubricants, not nutrients. Ours contain only the bio-active ingredients. Nothing else.

Source matters more than dose

Western Australian bee pollen from one of the cleanest environments on earth. Wild-crafted, certified-organic mushrooms. Marine collagen from deep, cold, unpolluted oceans. Cheap, contaminated source material — at any dose — cannot produce real results.

Ancient wisdom + modern science + live nature. Every culture that lived past 100 ate ferments, pollen, mushrooms, broth and bitter greens; moved daily; slept in darkness; fasted gently between meals; and stayed in community. We've modernised the formulas without losing what made them work.

SECTION V

The longevity stack & how to take it.

Five formulas, one simple rhythm. Read it once, stick it on the fridge, then forget it — by week two it's automatic.

Time	Supplement	How	Why
On waking (optional)	**CALM in coffee**	5g whisked into morning coffee, or as a caffeine replacement in boiling water with a splash of milk.	Adaptogen — adapts to what the body needs. The smart supplement. Prevents the cortisol/adrenal spike and caffeine jitters.
Morning (with breakfast)	**GLOW (Anti-aging / Youth / Gut Repair)**	20g blended into smoothie, yoghurt or oat porridge.	Sets up digestion, fuels every cell with bio-available amino acids, prevents blood-sugar/insulin spikes for 6–8 hours.
Morning (with breakfast)	**DETOX micronutrients**	5–10g into smoothie, cold water, juice or yoghurt. Refrigerate after opening; cold liquids only.	Raw bee pollen — 22+ amino acids, methylated B-complex, selenium, zinc, chromium, polyphenols, live enzymes.
Morning (with breakfast)	**AGELESS NMN**	1000mg with food. Never on an empty stomach.	NAD+ precursor — restores mitochondrial energy, activates the SIRT longevity genes.
After lunch (1–2pm)	**LIMITLESS Creatine**	5–10g in water or smoothie, with or after food. Or 30–60 min pre-workout, or post-workout for recovery.	Prevents the mid-afternoon crash by buffering brain ATP. Pre-workout it fuels output; post-workout it speeds repair.
Evening (45 min before bed)	**CALM Mushroom Elixir**	5–10g dissolved in boiling water with cacao, tea, or alone with a tiny dash of honey.	Reishi, chaga, lion's mane, maitake — lowers cortisol overnight, deepens sleep, supports overnight autophagy and repair.
Bedtime (optional)	**Magnesium glycinate***	200–400mg with water.	Parasympathetic state, deeper sleep, GABA support.

**Magnesium glycinate is widely available; not part of the Edible Earth range. Recommended for the bedtime slot.*

A few important notes

About DETOX

DETOX is raw, live and bio-active — certified organic Western Australian bee pollen with microbes still alive. To preserve potency:

- **Refrigerate after opening** — protects live enzymes and probiotic activity.
- **Cold food and beverages only** — heat kills the live cultures. Smoothies, yoghurt, cold water, juice are all perfect.
- **It takes a minute to dissolve** — the granules are small golden honeycomb-like nuggets: floral, less sweet than honey, more medicinal. Stir, sip slowly, let them soften.
- **You can chew them whole** — many women love them sprinkled on porridge or yoghurt for texture.

About CALM — your most versatile formula

CALM is an adaptogen — it adapts to what your body needs in the moment. The smart supplement:

- **At night** — dissolved in boiling water with cacao, tea, or alone with a tiny dash of honey. Lowers cortisol, deepens sleep, fuels overnight repair.
- **In the morning, in coffee** — whisked in to prevent the cortisol/adrenal spike and caffeine jitters or palpitations.
- **As a caffeine replacement** — alone in boiling water with a splash of milk and honey. Clarity without the stimulant load. Beautiful in perimenopause or postpartum.

About Creatine timing

Creatine is gentle and slow-acting (3–4 weeks to saturate). Best timing depends on your day:

- **After lunch** — the most under-rated timing. Prevents the mid-afternoon cognitive crash by replenishing brain ATP.
- **30–60 min before a workout** — maximises ATP for power and helps build lean mass.
- **Within 30 min after a workout** — uptake into muscle is highest with the post-meal insulin response. Best for recovery.
- **Either way — never on an empty stomach.** Always with food to prevent nausea and ensure absorption.

Stack rituals slowly

Don't add all five on day one. Start with GLOW and DETOX in the morning. After 5 days add CALM at night. After another 5, add NMN and Creatine. By week 3 the whole rhythm is automatic.

SECTION VI

Each molecule, and the science.

Here is what each active does, the mechanism by which it slows or reverses biological aging, and the most compelling published research behind it. Full citations are in Section XIV.



AGELESS

NMN & NAD+

Daily dose: 1000mg

Mechanism. NMN (nicotinamide mononucleotide) is the direct precursor to NAD+, the coenzyme every cell uses to make energy and run DNA repair. NAD+ falls by ~50% between age 40 and 60. Restoring it reactivates the sirtuin (SIRT1–7) longevity genes, powers the mitochondria, and supports DNA repair.

Evidence. In a randomised controlled trial in *Science* (Yoshino, Mills et al., 2021), 250mg/day of NMN for 10 weeks significantly increased muscle insulin sensitivity in prediabetic women. Later RCTs (e.g. Yi et al., 2023) showed dose-dependent rises in blood NAD+ at 300–900mg/day, with improved walking endurance and biological-age markers. Human meta-analyses note metabolic effects are still being confirmed at scale — the NAD+ rise itself is well established.



GLOW

Marine Collagen Peptides

Daily dose: 20g

Mechanism. Collagen makes up over 90% of skin mass and declines ~1–1.5% per year from your mid-twenties. Hydrolysed marine peptides (type I & III, 3kD) are absorbed intact and signal fibroblasts to synthesise new collagen, elastin and hyaluronic acid — while glycine and proline rebuild the gut lining where most of the immune system lives.

Evidence. A 2023 systematic review and meta-analysis of 26 RCTs (1,721 participants) found hydrolysed collagen significantly improved skin hydration and elasticity versus placebo. A 2018 RCT in *Nutrients* (Kim et al.) showed 1000mg/day of low-molecular-weight collagen improved hydration, elasticity and wrinkles over 12 weeks. Honest note: effect sizes are modest and some independent (non-industry) trials are more mixed — collagen is a steady contributor, not magic.



DETOX

Raw Bee Pollen

Daily dose: 5–10g

Mechanism. Bee pollen is described in the literature as one of the most complete natural foods: ~23% protein with all essential amino acids, methylated B-vitamins, vitamins A/C/E, selenium, zinc, chromium, and a dense load of polyphenols and flavonoids. The methyl donors directly support healthy DNA methylation; the polyphenols feed the microbiome and quench oxidative stress.

Evidence. A comprehensive review in *Evidence-Based Complementary & Alternative Medicine* (Komosinska-Vassev et al., 2015) documents bee pollen's antioxidant, anti-inflammatory and antimicrobial activity — Germany's Federal Ministry of Health formally recognises it as a medicine. Animal work (Pichon et al., *Nutrients* 2014) shows fresh bee pollen improved muscle protein and mitochondrial function in aged rats via the mTOR pathway.



CALM

Reishi · Chaga · Lion's Mane · Maitake

Daily dose: 5–10g

Mechanism. Four medicinal mushrooms in 10:1 extract. **Lion's Mane** stimulates NGF and BDNF (nerve and brain growth factors). **Reishi** modulates the HPA axis and cortisol. **Chaga** is among the densest natural antioxidant sources. **Maitake** beta-glucans support immune balance and blood sugar. Together they target inflammation, senescence and neural repair.

Evidence. A double-blind RCT (Mori et al., *Phytotherapy Research* 2009) found lion's mane significantly improved cognition in adults with mild cognitive impairment — declining again after they stopped. A 2023 narrative review (Contato & Conte-Junior, *Nutrients*) catalogues lion's mane's neuroprotective, antioxidant and anti-inflammatory actions. Reishi polysaccharides promote neural progenitor proliferation in models of Alzheimer's (Huang et al., *Stem Cell Reports* 2017). Human evidence is promising but mostly small-scale — we're honest about that.



LIMITLESS

Creatine Monohydrate

Daily dose: 5–10g

Mechanism. Creatine is the most-researched supplement in sports science. It regenerates ATP — cellular energy — in muscle *and* brain. For longevity it preserves lean muscle (the single biggest predictor of healthy aging in women), supports bone, and buffers brain energy to protect against the mid-afternoon crash and cognitive fatigue.

Evidence. A 2023 systematic review and meta-analysis (Prokopidis et al., *Nutrition Reviews*) found creatine improved memory — most clearly in adults aged 66–76. Benefits are strongest in older adults, vegetarians and the sleep-deprived (Forbes, Candow et al.). For muscle and strength the evidence is overwhelming and uncontested. Honest note: in healthy well-rested young people the cognitive effect is smaller.

On ketogenic & carnivore approaches

Many women ask how low-carb, ketogenic or carnivore eating fits with this protocol. The short answer: a lower-carb, whole-food approach pairs beautifully with the stack, because it lowers the insulin and mTOR signalling that drives aging, and raises the ketone body beta-hydroxybutyrate (BHB) — itself a signalling molecule.

Two companion 2017 papers in *Cell Metabolism* (Newman et al.; Roberts et al., from the Buck Institute and UC Davis) showed a ketogenic diet reduced mid-life mortality and improved memory in aging mice, and extended both lifespan and healthspan. BHB acts as an HDAC inhibitor — an epigenetic signal linked to longevity pathways (Shimazu et al., *Science* 2013).

Our position: you do not need to be strictly keto or carnivore to benefit. What matters is cutting refined sugar and seed oils, centring whole foods and quality protein, and leaving gentle gaps between meals so the body can run autophagy. If a ketogenic or carnivore style suits your body and your clinician supports it, the stack works seamlessly alongside it — GLOW and creatine are especially valuable when carbs are low. Human longevity evidence for very-low-carb diets is still emerging, so favour whole foods and listen to your body.

SECTION VII½

14-day keto & carnivore plate.

A fortnight of simple, high-protein, high-fat plates that pair perfectly with the stack — no processed carbs, no seed oils, no sugar. Seven carnivore days, seven keto days. Cook everything in butter, ghee, tallow, olive or coconut oil. Eat to your protein target, salt to taste, and let the gentle gaps between meals do the rest.

Your daily protein target: 2g per 1kg of bodyweight

Protein preserves the lean muscle that predicts healthy aging in women. Find your weight, hit your number. Spread it evenly across the three meals.

50kg	60kg	70kg	80kg	90kg	100kg
→ 100g	→ 120g	→ 140g	→ 160g	→ 180g	→ 200g

How to use this plan

- **Pick your track each day.** Follow the seven carnivore days, the seven keto days, or mix and match — every plate is sugar- and seed-oil-free either way.
- **Scale to your weight.** Macros are listed per serving. If your target is higher than a day delivers, add an egg, a handful of mince, or an extra chop — protein first.
- **Fat is your friend.** Cook in butter, ghee, tallow, olive or coconut oil. Fat keeps you full, steadies blood sugar and carries fat-soluble vitamins.
- **Keep carbs from whole foods only.** On keto days, carbs come from low-starch veg — never bread, pasta, rice or sugar.
- **Take your stack alongside.** GLOW in the morning, creatine after lunch, CALM at night — exactly as in Section V.

Days 1–4

Alternating carnivore and keto — ease in.

Day 1 — CARNIVORE

Day total: 221g protein · 216g fat · 2g carbs · 2836 kcal

BREAKFAST
Steak & eggs in butter
71g protein · 71g fat · 1g carbs · 927 kcal

LUNCH
Bacon & cheese beef burgers (no bun)
77g protein · 70g fat · 1g carbs · 941 kcal

DINNER
Garlic-butter ribeye
73g protein · 75g fat · 0g carbs · 968 kcal

Day 2 — KETO

Day total: 131g protein · 149g fat · 11g carbs · 1903 kcal

BREAKFAST
Scrambled eggs, avocado & feta
26g protein · 44g fat · 4g carbs · 514 kcal

LUNCH
Salmon, rocket & olive salad
46g protein · 42g fat · 2g carbs · 570 kcal

DINNER
Lamb chops with buttered broccoli
59g protein · 63g fat · 5g carbs · 819 kcal

Day 3 — CARNIVORE

Day total: 156g protein · 160g fat · 2g carbs · 2072 kcal

BREAKFAST
Bacon & eggs
41g protein · 40g fat · 2g carbs · 533 kcal

LUNCH
Slow-cooked beef short ribs
60g protein · 75g fat · 0g carbs · 915 kcal

DINNER
Pan-seared salmon in butter
55g protein · 45g fat · 0g carbs · 624 kcal

Day 4 — KETO

Day total: 168g protein · 154g fat · 15g carbs · 2114 kcal

BREAKFAST
Greek yoghurt, macadamia & berries-free bowl
33g protein · 43g fat · 10g carbs · 558 kcal

LUNCH
Chicken thigh & halloumi tray
65g protein · 48g fat · 1g carbs · 694 kcal

DINNER
Beef mince & zucchini skillet
70g protein · 63g fat · 4g carbs · 862 kcal

Days 5–8

Hitting your rhythm — protein at every plate.

Day 5 — CARNIVORE

Day total: 166g protein · 145g fat · 2g carbs · 1973 kcal

BREAKFAST
Three-egg omelette with cheddar
32g protein · 44g fat · 2g carbs · 526 kcal

LUNCH
Lamb mince patties
64g protein · 49g fat · 0g carbs · 695 kcal

DINNER
Pork chops in ghee
70g protein · 52g fat · 0g carbs · 752 kcal

Day 6 — KETO

Day total: 146g protein · 110g fat · 10g carbs · 1620 kcal

BREAKFAST
Smoked salmon & cream-cheese eggs
36g protein · 36g fat · 3g carbs · 484 kcal

LUNCH
Prawn & avocado salad
50g protein · 29g fat · 2g carbs · 473 kcal

DINNER
Roast chicken thighs & cauliflower mash
60g protein · 45g fat · 5g carbs · 663 kcal

Day 7 — CARNIVORE

Day total: 204g protein · 161g fat · 2g carbs · 2283 kcal

BREAKFAST
Ribeye & eggs
68g protein · 62g fat · 1g carbs · 839 kcal

LUNCH
Tuna & egg plate
66g protein · 33g fat · 1g carbs · 565 kcal

DINNER
Beef & lamb meatballs in butter
70g protein · 66g fat · 0g carbs · 879 kcal

Day 8 — KETO

Day total: 165g protein · 133g fat · 11g carbs · 1899 kcal

BREAKFAST
Avocado baked eggs
28g protein · 40g fat · 4g carbs · 487 kcal

LUNCH
Chicken breast & broccoli, olive oil
72g protein · 29g fat · 5g carbs · 569 kcal

DINNER
Scotch fillet with mushroom butter
65g protein · 64g fat · 2g carbs · 843 kcal

Days 9–12

Going deeper — organ meats and oily fish for micronutrients.

Day 9 — CARNIVORE

Day total: 180g protein · 121g fat · 2g carbs · 1816 kcal

BREAKFAST
Cheesy scrambled eggs & bacon
41g protein · 42g fat · 2g carbs · 548 kcal

LUNCH
Rump steak plate
73g protein · 42g fat · 0g carbs · 670 kcal

DINNER
Salmon & prawns in garlic butter
66g protein · 37g fat · 0g carbs · 598 kcal

Day 10 — KETO

Day total: 156g protein · 162g fat · 9g carbs · 2109 kcal

BREAKFAST
Frittata: egg, spinach, feta
26g protein · 34g fat · 4g carbs · 422 kcal

LUNCH
Beef mince lettuce-free taco bowl
66g protein · 63g fat · 2g carbs · 836 kcal

DINNER
Lamb chops, asparagus & feta
64g protein · 65g fat · 3g carbs · 851 kcal

Day 11 — CARNIVORE

Day total: 170g protein · 168g fat · 6g carbs · 2215 kcal

BREAKFAST
Liver & eggs (nutrient bomb)
48g protein · 28g fat · 6g carbs · 466 kcal

LUNCH
Chicken wings, crispy
76g protein · 63g fat · 0g carbs · 871 kcal

DINNER
Pork belly, slow roasted
46g protein · 77g fat · 0g carbs · 878 kcal

Day 12 — KETO

Day total: 147g protein · 123g fat · 7g carbs · 1723 kcal

BREAKFAST
Bacon, eggs & sautéed mushrooms
40g protein · 44g fat · 3g carbs · 572 kcal

LUNCH
Sardines on cucumber, olive oil
44g protein · 37g fat · 2g carbs · 515 kcal

DINNER
Chicken thigh curry (coconut, no sugar)
63g protein · 42g fat · 2g carbs · 636 kcal

Days 13–14

Finishing strong — then simply begin again.

Day 13

CARNIVORE

Day total: 211g protein · 199g fat · 4g carbs · 2651 kcal

BREAKFAST

Steak & three eggs

71g protein · 67g fat · 1g carbs · 891 kcal

LUNCH

Cheeseburger bowl (mince + cheddar)

70g protein · 60g fat · 1g carbs · 826 kcal

DINNER

Slow short ribs & bone broth

70g protein · 72g fat · 2g carbs · 934 kcal

Day 14

KETO

Day total: 186g protein · 111g fat · 7g carbs · 1777 kcal

BREAKFAST

Smoked salmon, avocado, eggs

40g protein · 37g fat · 3g carbs · 510 kcal

LUNCH

Halloumi, prawn & rocket salad

57g protein · 33g fat · 2g carbs · 532 kcal

DINNER

Surf & turf: rump + prawns in butter

89g protein · 41g fat · 2g carbs · 735 kcal

Staples, swaps & batch tips

Cook only in these fats

Butter, ghee, beef tallow, duck fat, extra-virgin olive oil, coconut oil. Never canola, sunflower, soybean, rice-bran or vegetable oil — the seed oils this protocol asks you to remove.

Always in the fridge

Eggs, grass-fed mince, steak, lamb, chicken thighs, salmon and sardines, full-fat cheese, butter, cream cheese. On keto days: avocado, leafy greens, broccoli, cauliflower, zucchini, mushrooms, asparagus, olives, macadamias.

Easy protein boosts (to hit your number)

Add a boiled egg (6g), 30g hard cheese (8g), a tin of tuna (29g), 100g extra mince (26g) or a scoop of GLOW marine collagen (18g) to any plate. Protein first, every meal.

Batch-cook once, eat for days

Slow-cook a tray of short ribs or a whole roast on day one. Hard-boil a dozen eggs. Pre-portion mince patties. Ten minutes of prep removes every excuse for a processed-carb shortcut.

Carnivore vs keto — which day?

Carnivore days (animal foods only) are the simplest reset and the gentlest on the gut. Keto days add low-starch vegetables, more polyphenols and more fibre for the microbiome. Both keep insulin and mTOR low and raise ketones — the longevity signal described in Section VI. Choose by how your body feels, and always favour whole foods.

"Eat whole. Eat enough protein. Leave gentle gaps. Repeat."

Macros are estimates per serving from standard food values and will vary with exact cuts and portions. This plan is educational, not individual medical advice. If you are pregnant, breastfeeding, managing a diagnosed condition or on medication, check with your healthcare provider before making significant dietary changes.

SECTION VII

The 16-week protocol.

Sixteen weeks, four phases. Each builds on the one before, following the way the body actually heals — gut and inflammation first, then cellular energy, then deep epigenetic repair, then integration into a life you can sustain forever.

PHASE 1 — Weeks 1–4: Clear & Calm

Lower the inflammation and heal the gut, so everything else can work.

- Begin GLOW + DETOX every morning
- Add CALM at night from day 5; NMN + creatine from day 10
- Cut refined sugar, seed oils and alcohol
- 30g+ fibre daily; cruciferous vegetables daily
- Sleep 7–9 hours in a dark, cool room — the foundation of repair
- Begin the 30-day daily planner (Section VIII)

What you'll feel: By week 4: less bloat, deeper sleep, calmer mood, clearer skin, the first visible glow.

PHASE 2 — Weeks 5–8: Energise

Restore cellular energy and rebuild lean mass — the metabolic engine of youth.

- Full stack daily, dialled in
- Strength training 3x/week to build the lean mass that predicts longevity
- 8,000–10,000 steps daily
- Add cold exposure 2–3x/week (even a 30-second cold shower finish)
- Begin gentle 12–14h overnight fasting windows
- Restart the 30-day planner from Day 1

What you'll feel: By week 8: noticeably more energy, stronger body, firmer skin, sharper focus, improved mood.

PHASE 3 — Weeks 9–12: Repair & Reverse

Drive the deeper epigenetic and mitochondrial repair.

- Maintain the full stack
- Add contrast therapy (sauna + cold) weekly if accessible
- Layer in polyphenol-rich foods: berries, green tea, cacao, herbs

- Prioritise protein at breakfast; lighter, earlier dinners
- Sound, grounding and morning sunlight as daily nervous-system inputs
- Third cycle of the 30-day planner

What you'll feel: By week 12: this is where women report the visible 'age reversal' — skin, eyes, energy and resilience all lifting together.

PHASE 4 — Weeks 13–16: Integrate & Sustain

Lock it in. Build the version of this you'll carry for life.

- Maintain the stack; most women keep GLOW + DETOX + CALM permanently
- Move to intuitive eating around the principles you've learned
- Strength training 4x/week if you can
- Re-test biological age markers or bloods if you measured at the start
- Final cycle of the 30-day planner
- Capture your week-16 photos and measurements

What you'll feel: By week 16: a measurably younger body and a set of rituals that have become simply how you live.

SECTION VIII

Your 30-day daily planner.

This is the heart of the protocol. Follow these 30 days, then simply begin again — you'll cycle through roughly four times across the 16 weeks, going deeper each round as the habits become second nature. Each day pairs your stack with one small lifestyle input. Don't aim for perfection; aim for most days.

Day	Focus	Today's one small thing (alongside your stack)
1	**Begin**	GLOW + DETOX in the morning. Photo + measurements (Day 0).
2	**Hydrate**	3L filtered water. Notice your energy.
3	**Fibre**	Add 2 tbsp soaked chia or flax to breakfast.
4	**Greens**	Cruciferous veg with dinner (broccoli, rocket).
5	**Calm**	Add CALM tonight — boiling water, cacao, dash of honey.
6	**Light**	10 min morning sunlight before 9am.
7	**Rest**	Phone off 1h before bed. 8h sleep.
8	**Move**	30-min walk. Notice your mood after.
9	**Bitters**	Rocket, lemon or dandelion to stimulate digestion.
10	**Energise**	Add NMN + creatine (after lunch). Full stack now.
11	**Strength**	First short strength session — bodyweight is fine.
12	**Polyphenols**	Berries + green tea today.
13	**Breath**	5 min box breathing (4-4-4-4).
14	**Reflect**	Week 2 photo + measurements. Compare to Day 0.
15	**Cold**	30-second cold finish to your shower.
16	**Protein**	Protein-forward breakfast; lighter dinner.
17	**Gut**	Fermented food today (kraut, kefir, yoghurt).
18	**Steps**	Aim for 10,000 steps.
19	**Sun & soil**	Bare feet on grass for 10 min (grounding).
20	**Strength**	Second strength session this week.
21	**Sleep**	Cool, dark room. Magnesium before bed.
22	**Fast**	Gentle 12–14h overnight fasting window.
23	**Sound**	10 min calming music or a sound bath.
24	**Connection**	Real conversation, eye contact, a hug.
25	**Cold**	Cold exposure again — notice your resilience.

Day	Focus	Today's one small thing (alongside your stack)
26	**Polyphenols**	Cacao, herbs, colourful plants all day.
27	**Move**	Yoga, pilates or a long walk in nature.
28	**Reflect**	Week 4 photo + measurements. Notice the changes.
29	**Integrate**	Plan how you'll carry your favourite rituals forward.
30	**Celebrate**	Acknowledge the work. Then begin Day 1 again.

Repeat this 30-day cycle ~4 times across your 16 weeks. Each round, go a little deeper.

SECTION IX

Lifestyle inputs that compound.

The supplements do their work. These daily rituals make them several times more effective — and many are drawn directly from the longevity research and the world's longest-living cultures. Add one per week.

Morning light

10 minutes outside before 9am resets circadian rhythm, drops cortisol at the right hour and raises melatonin tonight.

Movement & strength

Steps daily, strength 3–4x/week. Lean mass is the single biggest predictor of healthy aging and low all-cause mortality in women.

Deep sleep

7–9 hours, dark and cool. Growth hormone, glymphatic brain clearance and the deepest cellular repair all happen here.

Cold exposure

Brief cold (30s–3min) triggers norepinephrine, brown-fat activation and mitochondrial biogenesis — hormetic stress that builds resilience.

Heat / sauna

Regular sauna is associated with lower cardiovascular and all-cause mortality; heat-shock proteins clear damaged proteins (proteostasis).

Breath & nervous system

5 minutes of slow breathing shifts you out of the sympathetic overdrive most modern women live in.

Grounding & nature

Bare feet on soil, time by the sea, sunlight on skin — the ancient signals that tell the body it is safe to repair.

Gentle fasting

12–14h overnight gaps activate autophagy — the cellular clean-up that clears senescent debris and is central to longevity.

Connection

Loneliness rivals smoking as a mortality risk. Eye contact, touch and community are biological inputs, not luxuries.

SECTION X

Weekly results tracker.

The women who track are the women who finish. Not because tracking changes the body — because it lets you *see* what you'd otherwise miss. Biological change is gradual day to day, and undeniable fortnight to fortnight.

Photos & measurements every 1–2 weeks

- **Photos** — front, side, back. Same light, same time of day (morning, fasted), same wall, phone at hip height. Also a clear face photo for skin, eyes and facial volume.
- **Measurements** — waist, hips, thigh, upper arm. Tape, not just scales.
- **Markers of aging** — skin clarity, energy, sleep quality, mood, joint comfort, mental sharpness. Rate each 1–10 weekly.
- **Biological age** — if you can, an epigenetic age test at week 0 and week 16 is the real gold standard.

Your tracker is on the next page — turn the page sideways. Print it and stick it on the fridge.

WEEKLY RESULTS TRACKER

16 weeks. One row a week. Print me. Mark me.

Week	Weight	Waist	Hips	Thigh	Arm	Skin 1–10	Energy 1–10	Sleep 1–10	Mood 1–10	Notes
Day 0										
Wk 1										
Wk 2										
Wk 3										
Wk 4										
Wk 5										
Wk 6										
Wk 7										
Wk 8										
Wk 9										
Wk 10										
Wk 11										
Wk 12										
Wk 13										
Wk 14										
Wk 15										
Wk 16										

Print this page. Stick it on the fridge.

SECTION XI

Real results — what's possible.

These are real Edible Earth women — not models, not stock photos, not retouched. Skin healing, acne clearing, faces and bodies visibly younger, often in weeks. This is what happens when you give the body what it has been asking for.

95%
saw visible skin improvement

93%
reported more energy & better sleep

98%
would recommend to a friend

Based on Edible Earth customer feedback. Individual results vary — yours are the ones that matter.


Before
Before
3 weeks later
4.5 weeks later

SECTION XII

Share your results, get a free GLOW.



When you see real changes — and you will — we'd love to see them too. Send us your before-and-after photos and we'll send you a **free tub of GLOW** as our thank you.

How it works

- Take your **Day 0** photos before you begin (front, side, face).
- Take your progress photos every 1–2 weeks, and a final set at week 16.
- Email them to us, and we'll post you a free GLOW.
- **Want to stay anonymous?** Just say so — we'll blur your face completely before anything is ever shared. Many women choose this, and it's perfect.

Email: hello@edibleearth.com.au

Why we ask — and why it matters

Your photos do something no advertisement can. When a woman who has spent years feeling dismissed and hopeless sees another *real* woman — same age, same struggles — heal her skin, her energy, her body, it gives her permission to hope. Your before-and-after might be the exact thing that helps the next woman finally trust her body again.

And practically: as a small, women-owned Australian business, we don't have the advertising budget of the billion-dollar supplement giants. Real results from real women are the only marketing we've ever had — and the only kind we'd ever want. When you share yours, you're directly helping us reach and help more women. Thank you. ■

SECTION XIII

Our mission — why your support matters.



Edible Earth is a small, women-owned Australian business. We are a handful of women who believe the female body is intelligent, self-healing, and worthy of real nourishment — not another synthetic quick fix.

David and Goliath

It has never been harder to be a small, honest supplement company. The market is dominated by enormous corporations with advertising budgets bigger than our entire company will earn in a lifetime. They saturate your feed, your TV, your pharmacy shelves with cheap, synthetic, lab-made supplements — heat-processed, filler-packed, stripped of the cofactors that make nutrients actually work — engineered for shelf life and profit margins, not for your health.

Worse, many of those products quietly work *against* your progress: synthetic isolates the body can't recognise, fillers that irritate the gut, doses calculated for cost rather than benefit. They profit whether you heal or not. We only succeed if you do.

What your order actually does

- Keeps a women-owned Australian small business alive in a market built to crush it.
- Funds raw, live, ethically-sourced ingredients that cost us far more than synthetic alternatives — because they're the only ones that work.
- Lets us keep our formulas clean: no fillers, no synthetics, no compromises, ever.
- Helps us reach more women with honest information in a sea of marketing noise.
- Supports our give-back commitments — regenerative practices and reforestation, because healthy women need a healthy planet.

When you choose Edible Earth, you're not just buying a supplement. You're casting a vote — for live over synthetic, for nourishment over profit, for a small team of women who pour everything into helping you heal. From the bottom of our hearts: thank you for being here. ■

SECTION XIV

The research — papers worth reading.

We believe in showing our work. These are among the most compelling, most-cited publications behind this protocol. Where the human evidence is still emerging, we've said so honestly throughout — good science is humble, and so are we.

Aging & epigenetics

López-Otín, C. et al. (2023). Hallmarks of aging: an expanding universe. *Cell*, 186(2), 243–278.

Horvath, S. (2013). DNA methylation age of human tissues and cell types. *Genome Biology*, 14, R115.

Fahy, G.M. et al. (2019). Reversal of epigenetic aging and immunosenescent trends in humans (TRIIM). *Aging Cell*, 18(6), e13028.

Fitzgerald, K.N. et al. (2021). Potential reversal of epigenetic age using a diet and lifestyle intervention: a pilot randomized clinical trial. *Aging*, 13(7), 9419–9432.

NMN & NAD+

Yoshino, M., Mills, K.F. et al. (2021). Nicotinamide mononucleotide increases muscle insulin sensitivity in prediabetic women. *Science*, 372(6547), 1224–1229.

Mills, K.F. et al. (2016). Long-term administration of NMN mitigates age-associated physiological decline in mice. *Cell Metabolism*, 24(6), 795–806.

Yi, L. et al. (2023). The efficacy and safety of NMN supplementation: a randomized, double-blind, placebo-controlled trial. *GeroScience*, 45, 29–43.

Collagen peptides

Pu, S.-Y. et al. (2023). Effects of oral collagen on skin hydration and elasticity: a systematic review & meta-analysis of 26 RCTs. *Nutrients*/related review, 1,721 participants.

Kim, D.-U. et al. (2018). Oral low-molecular-weight collagen peptide improves hydration, elasticity and wrinkling: a randomized, double-blind, placebo-controlled study. *Nutrients*, 10(7), 826.

Bee pollen

Komosinska-Vassev, K. et al. (2015). Bee pollen: chemical composition and therapeutic application. *Evidence-Based Complementary & Alternative Medicine*, 297425.

Pichon, A. et al. (2014). Bee pollen improves muscle protein and energy metabolism in malnourished old rats via mTOR signalling and mitochondrial activity. *Nutrients*, 6(12), 5500–5516.

Medicinal mushrooms

Mori, K. et al. (2009). Improving effects of Hericium erinaceus (lion's mane) on mild cognitive impairment: a double-blind, placebo-controlled trial. *Phytotherapy Research*, 23(3), 367–372.

Contato, A.G. & Conte-Junior, C.A. (2025). Lion's mane: a neuroprotective fungus with antioxidant, anti-inflammatory and antimicrobial potential — a narrative review. *Nutrients*, 17(8), 1307.

Huang, S. et al. (2017). Polysaccharides from Ganoderma lucidum (reishi) promote cognitive function and neural progenitor proliferation in a mouse model of Alzheimer's. *Stem Cell Reports*, 8(1), 84–94.

Creatine

Prokopidis, K. et al. (2023). Effects of creatine on memory in healthy individuals: systematic review & meta-analysis of RCTs. *Nutrition Reviews*, 81(4), 416–427.

Rae, C. et al. (2003). Oral creatine monohydrate improves brain performance: a double-blind, placebo-controlled cross-over trial. *Proc. Biol. Sci.*, 270(1529), 2147–2150.

Ketogenic / low-carb & longevity

Newman, J.C. et al. (2017). Ketogenic diet reduces midlife mortality and improves memory in aging mice. *Cell Metabolism*, 26(3), 547–557.

Roberts, M.N. et al. (2017). A ketogenic diet extends longevity and healthspan in adult mice. *Cell Metabolism*, 26(3), 539–546.

Shimazu, T. et al. (2013). Suppression of oxidative stress by β-hydroxybutyrate, an endogenous histone deacetylase inhibitor. *Science*, 339(6116), 211–214.

A note on honesty: much of the longevity evidence is strongest in animal models and early human trials. We've chosen ingredients with the most promising and best-established science, and we'll never overstate what they can do. The biggest levers remain the free ones — sleep, movement, sunlight, whole food, connection.

EDIBLE Earth

Reverse the clock.
Reclaim your body.

Ancient wisdom. Modern science.
Live bio-active supplements made by nature.

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This guide is educational and not a substitute for individual medical advice. If you are pregnant, breastfeeding, taking medications or managing a diagnosed condition — and especially before changing any prescribed medication — please consult your healthcare provider.