The #1 Tip For Living Longer And Healthier Hint (it's not what you think.) Transcript

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Introduction to Longevity Tips

I'm going to give you the top ten ways to massively increase your life span and your health span, and upgrade your ability to live a longer, healthier life.

Sleep Consistency for Better Health

These are the strategies and solutions that I've developed and understood from years and years and years of being around the top longevity leaders in this space, to the point where I obviously became one of the world's top longevity experts.

So I'm excited to give you the secrets I'm excited to share with you, these elements. Now, what I'm going to do is I'm going to share with them, these these elements to you.

In short videos. Okay. So I'm going to give you ten, but I'm going to give them to you in very short one minute videos, so that you can go back and watch, 1 or 2, videos and then be able to stop any time you want and come back to them in the future.

Okay. So number one, is to go to bed at the same time and wake up at the same time. Number one, sleep is foundational. We need to be able to sleep well in order to live long and healthy.

It's literally one of the most important things for detoxification. It's the most important thing for hormone regulation. It's most important thing for energy in a given day.

You know, the next day. So what I want you to do is go to bed at the same time and wake up at the same time. Now, bonus points for you creating a morning ritual and then, bedtime ritual.

And what that typically looks like is an hour before you go to bed. You're not looking at any blue light. You've got your blue light blockers on. You're doing stretching your reading.

You're doing things that recover. What I do is I do myofascial release. I do my, reading. I'll stretch before bed. And I'm literally just chilling. Okay.

A lot of people are on X or on Instagram right up until bedtime, which is not what I would recommend. So go to bed at the same time, wake up at the same time.

Be consistent with this. Take the challenge to do this. It's transformational. So that's number one. The next thing that we're going to talk about is when to eat.

So check out that next video. This is tip number two coming up.