

Lumine Longevity Checklist

By Julie Elaine Brown

THE LUMINE (COMING SOON) LONGEVITY CHECKLIST

01 NUTRITION

Choose organic whole foods, eliminate processed products and artificial sweeteners, and prioritize foods that naturally lower cortisol.

02 SKINCARE

Replace products containing parabens, phthalates, and synthetic fragrances with clean alternatives that work with your hormones, not against them.

03 HOME ENVIRONMENT

Transition to an organic mattress, filter your drinking water, cook on ceramic or cast iron, and eliminate synthetic fragrance entirely.

04 MOVEMENT

Spend time exercising outdoors at least three days a week. Prioritize HIIT, strength work, and trail hiking for maximum neurological and cardiovascular return.

05 SUN EXPOSURE

Fifteen to twenty minutes of unprotected sun exposure several days a week optimizes Vitamin D between the 50 and 80 ng/mL longevity threshold.

06 SLEEP

Seven to nine hours in a screen-free, optimized sleep environment. Blackout curtains, no blue light, and a genuine wind-down routine are non-negotiable.

07 WHAT TO AVOID

Skip the Botox, the GLP-1 medications for weight loss, conventional pesticides, industrial seed oils, and nonstick cookware. Subtraction is medicine.

08 PURPOSE

Live in alignment with your values. The Harvard Study of Adult Development confirmed that meaningful purpose is one of the most powerful longevity signals available to you.