PHYTO PRO

HealthSpan

The Plan for a healthier tomorrow.



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Living a "healthy life" is about more than simply extending the span of your time on Earth. It is equally about ensuring the time you have is lived with access to all the functional abilities of your body, in their healthiest forms - a clear and curious mind with quick memory recall; flexible and resilient connective tissue, joints and skin; resilient lungs and digestive tracts, and a responsive immune system. What use is extending lifespan if you can't extend healthspan at the same time?

Technology in modern medicine has done a great job of keeping people alive for longer, but has been less successful thus far at ensuring quality of life accompanies longevity. We believe that it's not a difficult goal to achieve. The founders of Phyto Pro have been researching healthspan-extending science and practices for close to ten years, and creating products and protocols that make it easy to apply these findings in modern life.

We all age, albeit at different rates based on genetics and history. We can't stop the passage of time. However, with the Phyto Pro HealthSpan Plan, we can take control of how we age. By adopting daily lifestyle choices as described in the plan we centre the concept of "quality of life" in the ageing process.

Our goal with this plan is to inspire you to become curious about your health and the ageing process, instead of avoiding or masking it, and to help you upgrade your diet and lifestyle to support your health goals in simple and sustainable ways.

One of the unfortunate truths of modern diets is that they are deficient in vital micronutrients, due to poor farming conditions and processing practices. While it is easy to ensure sufficient macronutrient intake – i.e. protein, carbohydrate and fat – ensuring that we get enough micronutrients - e.g. vitamins, minerals, antioxidants and phytochemicals – is less simple.

When the body feels under-nourished on a micronutrient level, it will feel hungrier, promoting a desire to eat more and more frequently. Many people today consume a calorie-rich but nutrient-poor diet and we think this is a big reason why we see rising levels of obesity and chronic disease around the world. It's a scary reality that chronic conditions that were only seen in adults over 40 a couple of decades ago are now being diagnosed in pre-teens.

Nutrition is the central tenant of The HealthSpan Plan. Every cell in our body, every strand of DNA, every enzyme, is made using the food we eat, the water we drink, the sunlight we expose our bodies to, and the air we breathe. The quality of these inputs determines the quality of the outputs of health and functionality.

We often don't have direct control over the water, sunlight and air quality, but food is where we can make choices that either create health or support disease manifestation. Better quality nutrition helps a body live healtheir for longer. The quality and range of macro- and micronutrients we take in daily directly impacts our lifespan and healthspan.

Though our focus in The HealthSpan Plan is on making healthier food choices, we also believe that gentle, daily movement is important for a couple of very important reasons. **Movement** promotes lymph flow which promotes efficient detoxification - the removal of metabolic waste produced in every cell through daily metabolism. Let this waste backup and you run into several serious problems.

Movement also promotes stress reduction. Stress is a factor of inflammation and weight gain from comfort eating and adrenal insufficiency resulting in carbohydrate cravings. Movement helps balance out the hormones created through stressful situations and supports the body in changing the adaptations in response to stress triggers to healthier ones.

Sleep is the third, and often overlooked, element of The HealthSpan Plan. Deep, regenerative sleep is when the body repairs and rebuilds the damage incurred from internal and external stressors. This includes the removal of cells with errors in genetic coding or protein synthesis, the regeneration internal organs like the gut, liver and lungs, and the weaving into memory of mental, emotional and physiological experiences from the preceding day.

In a way, we gather resources during our awake time to utilise during our sleep time to keep our body in perfect condition to carry us through life and all the adventures, opportunities and challenges it offers us.

The evidence of how sleep deprivation, even to a minor degree, can over time contribute to the breakdown and degradation of tissues and organs throughout the body is irrefutable. Poorer memory and cognition, greater difficulty managing healthy blood sugar and blood fat levels, challenges in keeping inflammation and genetic errors under control - the list is exensive. Without regular, regenerative sleep, our body turns into a crumbling city, riddled with potholed roads, crumbling buildings, leaking plumbing and broken electrical connections.

Healthy sleep is "essential maintenance" for The HealthSpan Plan and comprises two elements - duration and quality. The length of time you need to sleep will be unique to you and will change depending on how much repair work you have to get through. It is also linked to other internal and external elements, e.g. hormone levels and seasonality (sunlight duration).

If you are not familiar with your baseline sleep duration period, we recommend conducting a sleep experiment. Go to sleep at a reasonably early hour, e.g. 8pm, and do not set a morning alarm. Wake up when your body and mind naturaly awaken and note the duration of your sleep period. Repeat for a week and workout your average number of hours needed per night. Research now shows this to be at least in the 8-9 hour mark. Also consider if you have had any extenuating factors present during the week, e.g. night noise or mental stress.

We hope that The HealthSpan Plan is simple to understand and easy to implement, and that it brings you a renewed sense of self-empowerment as you pursue your goals of greater health and vitality. We view this plan as a kickstart to enabling healthier lifestyle change.

Sustainable lifestyle change is the only way to maintain good health in the long-term, as fad diets and trendy treatments prove to fail repeatedly in the pursuit of long-term health goals. This is why in the HealthSpan Plan we do not count calories or follow the trend. We focus on nutrient density and use science to verify our product recommendations. We adopt an 'add-in" rather than "take-out" approach and believe that the natural instincts of a healthy, well-nutrified body will support and guide us to healthier lifestyle choices over the long-term.

How to use this plan:

1. Begin by following our recommendations laid out in the table below that illustrate how to structure your daily intake of foods and supplements selected to add in or increase nutrient density.
2. Reduce or remove, as and when possible, foods and supplements that are low on or empty of nutrient content. Remember, our focus is primarily on adding in, as per point 1 above, and secondarily on taking out. Pick your battles!
3. Fit in a daily movement practice. There are three main categories of movement - resistance, cardio and flexibility. Aim to do at least one a day and cycle through all three equally.

View this a starting block. Follow the plan as is to begin with and as you learn more about how your body responds and what your body needs, adapt the plan to your unique needs. You may find, for example, that you want to increase your intake of Omega-3 fatty acids because you have a family history of neurodegenerative disease or you find your memory or abilty to focus change. Or you increase your intake of collagen-supporting supplements because you have a history of joint pain.

The foundations for human health are very similar across ethnicity, geographical origin, race or gender. Our genetic code is mostly shared as a species and so too are the conditions required to help these genes express in their healthiest, highest form. The HealthSpan Plan is designed to speak to these shared conditions, our shared requirements to both survive and thrive as a human species. Once this baseline of support and health is achieved, thereafter add in more tailored or specific support that speaks to the unique requirements of your body and health history.

The best part about making choices that support healthspan optimisation is how healthy it is for the Earth! Choices that support optimal human health are intrinsically more environmentally sustainable. A healthy human helps create a healthy planet!

Feel free to email us with questions or join the conversation #HealthSpanPlan

HealthSpan Daily Plan	
On Rising:	Top up your hydration and electrolyte levels, after a night of repair and recovery during sleep, by drinking a glass of warm or cool water with a serving of **Phyto Pro Sport Active Electrolytes**. - Tip: Add in a serving of **Phyto Pro Immune Plus** if you are feeling run down and in need of an immune boost. A resilient immune system is essential for healthy aging.
Movement Session:	- Move your body for at least 30 minutes. - Choose either a cardio session, e.g. a brisk outdoor walk, a moderate resistance session (with bodyweight, resistance bands or other weights) or a flexibility session, e.g. yoga, stretching or pilates. Or a combination like an HIIT or Barre class. YouTube is a treasure trove of free and useful exercise content.
First Meal of the Day:	Break your fast and support the metabolic gains of your morning movement session with a nutrient-dense and delicious smoothie. - Blend a serving of **Phyto Pro One** into a smoothie (see recipe section for options) or mix into a shake with 300ml of chilled water or plant-based milk. - Tip: Add **Phyto Pro Daily Greens** to your breakfast smoothie to boost nutrient intake from the blend of superfood greens and support healthy pH balance.
Through the Morning:	Mix a serving of **Phyto Pro Sport Active Electrolytes** into 500-800ml of water and sip through the morning, until lunch.
Lunch:	We recommend a substantial salad for lunch. Salads can be cold or warm. We always begin with a base of fresh, nutrient-dense vegetables and fruit, to which we add some form of protein, fats and ± carbs. For example, a rocket and pear base, with cannellini beans, sunflower and sesame seeds. See recipe suggestions for guidance or inspiration.

HealthSpan Daily Plan	
Mid-Afternoon Snack:	Mix ½ or 1 serving of **Phyto Pro Muscle Lean Protein** with 300-450ml of water or 50/50 mix of water and nut milk in a shaker and drink. - Muscle Lean Protein is packed with protein, vitamins, minerals, Green Tea Extract, L-Carnitine and Calcium HMB. This potent formula helps mobilise fat stores for energy and protects muscle from wastage. - Tip: Add a scoop of **Phyto Pro Muscle Creatine Monohydrate** to help your muscles recover faster, give your memory a boost and improve your physical and mental reaction times.
Before-Dinner Movement Session:	- A second, gentler movement session of the day to help your body release the stress and tension built up through the day. - Choose something gentle, e.g. a walk around the neighbourhood or a flexibility/yoga/pilates session at home.
Dinner:	- End your meal schedule with a nutrient-dense, easy-to-digest meal, filled with micronutrients your body can use during the repair and rebuilding process that happens while you sleep. - Keeping it simple means your body won't have to spend too many resources on breaking down the food in your gut and direct them to the repair and rebuilding process. - We often recommend a filling bowl of soup for dinner - a quick and easy way to create a meal with balanced macro- and micronutrient profiles using fresh vegetables. See recipe suggestions for guidance or inspiration. - End your supplement schedule with a healthy dose of Omega-3 fatty acids. Taking with a meal helps absorption across the gut membrane and taking at night makes them available in time for the repair and rebuilding process.
What to snack on if hungry during the day:	A combination of fresh fruit and a handful of nuts and seeds is a great snack option. The fibre and wholefood fats from the nuts and seeds help slow down and balance sugar absorption from the fruit.

Smoothie Recipes

Blueberry Smoothie

- 1 small banana or ½ cup pineapple
- 2 Tablespoons of frozen blueberries
- 1 serving of Phyto Pro ONE Vanilla
- 150ml of water
- 150ml of nut milk

Optional: 1 serving of Phyto Pro Daily Greens.

Blend and drink.

Creamy Smoothie

- 1 small banana
- 1 Tablespoon of nut butter
- 1 serving of Phyto Pro ONE Chocolate
- 200ml of water
- 150ml of nut milk

Optional: 1 serving of Phyto Pro Daily Greens.

Blend and drink.

Collagen Boosting Smoothie

- ½ cup of frozen mango
- 1 serving of Phyto Pro Vegan Collagen Aminos
- 1 serving of Phyto Pro ONE Vanilla
- 150ml of water
- 150ml of nut milk

Blend and drink.



Salad Recipes

Millet Tabbouleh



- ½ cup of millet
- 1½ cup of water
- 3 tomatoes, diced
- ½ cup of cucumber, diced
- ½ cup of red onions, finely sliced
- ½ cup of Italian parsley, finely chopped
- ¼ cup of freshly squeezed lemon juice
- ⅓ cup of extra virgin olive oil
- ½ teaspoon of Himalayan salt, or to taste
- ½ teaspoon of ground black pepper
- Optional – 10g of fresh mint, finely chopped
- Optional - additional vegetables of your choice, e.g. sweetcorn, black beans or cubed avocado

1. Place millet in a medium saucepan with 1½ cups of water. Bring to the boil and simmer for 35-45 minutes. Cool.
2. Place all chopped vegetables in a large bowl. Pour lemon juice and olive oil over vegetables.
3. Add seasonings and cooled millet. Stir to mix.
4. Refrigerate overnight for full flavour.

Salad Recipes

Super Quinoa Salad

- 1 cup of white quinoa
- 8-10 medium asparagus, trimmed and cut into 2cm segments
- ½ of a medium head of broccoli, cut into small trees
- 1 large handful of baby spinach, chopped
- 1 large stalk of celery, thinly sliced
- 2 Tablespoons of fresh lemon juice
- ¼ cup of extra virgin olive oil
- a small handful of sprouts
- ⅓ cup of pumpkin seeds
- 1 medium avocado, sliced
- Himalayan salt and/or tamari sauce

1. Bring 2 cups of water to a boil. Add some salt and boil the quinoa. Avoid over-boiling, you want your quinoa to be cooked through, but still maintain its structure.
2. About 30 seconds before the quinoa is finished cooking stir the asparagus and broccoli into the pot. Cook for the final 30 seconds and allow to cool.
3. In the meantime, whisk together the lemon juice, olive oil, and some salt or tamari sauce into a dressing. Set aside.
4. When you are ready to serve the salad toss the quinoa, asparagus, broccoli, celery and baby spinach with about half the dressing. Add more dressing if needed and toss well.
5. Now add the sprouts, pumpkin seeds and avocado. Very gently toss a couple of times to distribute those ingredients throughout the salad and serve.

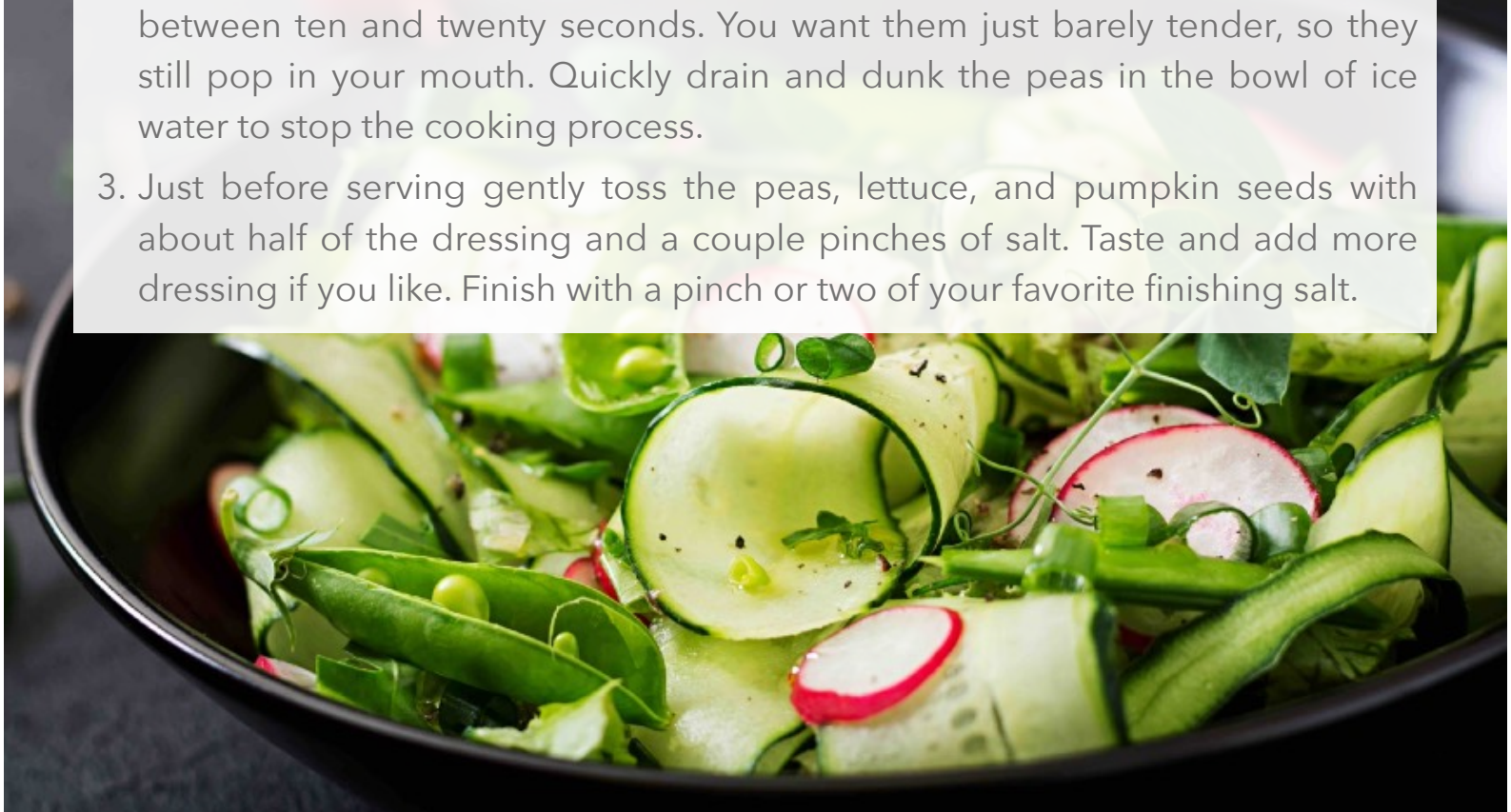


Salad Recipes

Fresh Pea Salad

- 1 cup of fresh mint leaves
- 2 dried dates, pitted
- 1 green chilli, seeds removed
- a squeeze of fresh lemon juice and zest from that lemon
- 1½ cup of fresh peas
- 1 small head of romaine / frilly lettuce, shredded
- ½ cup of toasted pumpkin seeds
- Himalayan salt

1. To make the mint-date dressing, puree the mint, dates, chilli and lemon juice and zest using a food processor or hand blender. Blend until uniform in texture. Thin it out by adding a tablespoon of water at a time until it is a consistency that you can drizzle - 2-3 tablespoons water should do it. Taste and adjust for lemon and spiciness.
2. When you go to cook the peas, the key is not overcooking them. Fill a big bowl with ice water and set aside. Add some salt (as you would pasta water) and the peas. Bring six cups of water to a boil in a medium saucepan. You are going to boil the peas for a very short time. Don't leave the stove. Somewhere between ten and twenty seconds. You want them just barely tender, so they still pop in your mouth. Quickly drain and dunk the peas in the bowl of ice water to stop the cooking process.
3. Just before serving gently toss the peas, lettuce, and pumpkin seeds with about half of the dressing and a couple pinches of salt. Taste and add more dressing if you like. Finish with a pinch or two of your favorite finishing salt.



Soup Recipes

Creamy Pea Soup

- 1 onion, finely chopped
- 1 Tablespoon of coconut oil
- 1 heaped Tablespoon of Phyto Pro THRIVE Unflavoured
- 750ml of vegetable stock
- 250ml of water
- 1 teaspoon of maple syrup
- 200g of frozen peas
- 100ml of almond milk
- Salt and pepper to taste
- 1 teaspoon of chopped fresh herbs, e.g. chives or tarragon

1. Sauté onion in oil until softened. Add protein powder and stir for 2-3 minutes. Take saucepan off heat and add two ladles of vegetable stock. Whisk until completely smooth and then add remaining stock, water and maple syrup. Return to heat.
2. Stir peas into soup and simmer gently for 5 minutes.
3. Pour almond milk slowly into soup and reheat until almost boiling. Liquidize with a blender and season to taste.
4. Ladle into warmed bowls and sprinkle with chopped herbs, if using. Serve with gluten-free bread. Serves 3-4.



Soup Recipes

Green Soup with Ginger

- 1 large onion, finely chopped
- 2 Tablespoons of coconut oil
- 1½ teaspoons of Himalayan salt, plus more to taste
- 1 large sweet potato (350g)
- 1 large leek, white and light green parts (140g)
- 1 bunch of spinach (225g)
- 1 large bunch (350g) of green chard
- 3 Tablespoons (30g) of chopped fresh ginger, plus more to taste
- 2 cups (500ml) of vegetable stock
- 2-4 teaspoons of fresh lemon juice
- freshly ground black pepper to taste

1. Begin by slowly frying the chopped onion over a low heat, stirring occasionally until it is soft and golden.
2. While the onions are frying, peel and dice the sweet potato and place into a large soup pot with 4 cups (1 liter) water.
3. Add the 2 cups of vegetable stock and a teaspoon of salt.
4. Thoroughly wash the leek, spinach, and chard, chop them coarsely, and add them to the soup pot, along with the chopped ginger.
5. Bring the soup mix to a boil, then lower the heat and simmer, covered, for 30 minutes, or until the vegetables are completely tender. Add the caramelized onions when they are ready.
6. Decide whether you want your soup chunky or smoother. If chunky, leave as is. If the latter, puree the soup in batches in a blender before returning to pot, or use an immersion blender directly in the pot, until it has reached your preferred degree of smoothness.
7. Stir in 2 teaspoons of lemon juice and a pinch of black pepper. Taste, and correct the seasoning with additional salt or lemon juice.
8. Serves 5-6.

TIP: Use less water for a thicker soup.

Soup Recipes

Broccoli and Walnut Soup

- 300g of broccoli, steamed for 5 minutes
- 2 medium-sized leek stalks, steamed for 10 minutes
- 1 Tablespoon of olive oil
- 1 teaspoon of Himalayan salt
- ½ cup of walnuts
- 500ml of hot water

1. Blend all ingredients together until smooth. Serves 2.

Sweet Potato, Asparagus and Mint Soup

- 500g of peeled and chopped sweet potato, steamed for 10-15 minutes and strained
- 100g of asparagus, steamed for 5 minutes
- 2 Tablespoons of tahini
- 1½ teaspoons of Himalayan salt
- 500ml hot water
- 10g fresh mint

1. Blend all ingredients together until smooth. Serves 2.



Soup Recipes

Creamy Butternut Soup

- 500g of chopped butternut, steamed for 10 minutes and strained
- 1 cup of carrot juice
- 2 Tablespoons of tahini
- 1 Tablespoons of olive oil
- 1 teaspoon of Himalayan salt
- ½ cup of hot water
- 1 cm of ginger
- fresh coriander to garnish
- add a little lemon grass and keffir lime leaves for a Thai twist

1. Blend all ingredients together until smooth except for the coriander which may be used for garnishing. Serves 2.



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