

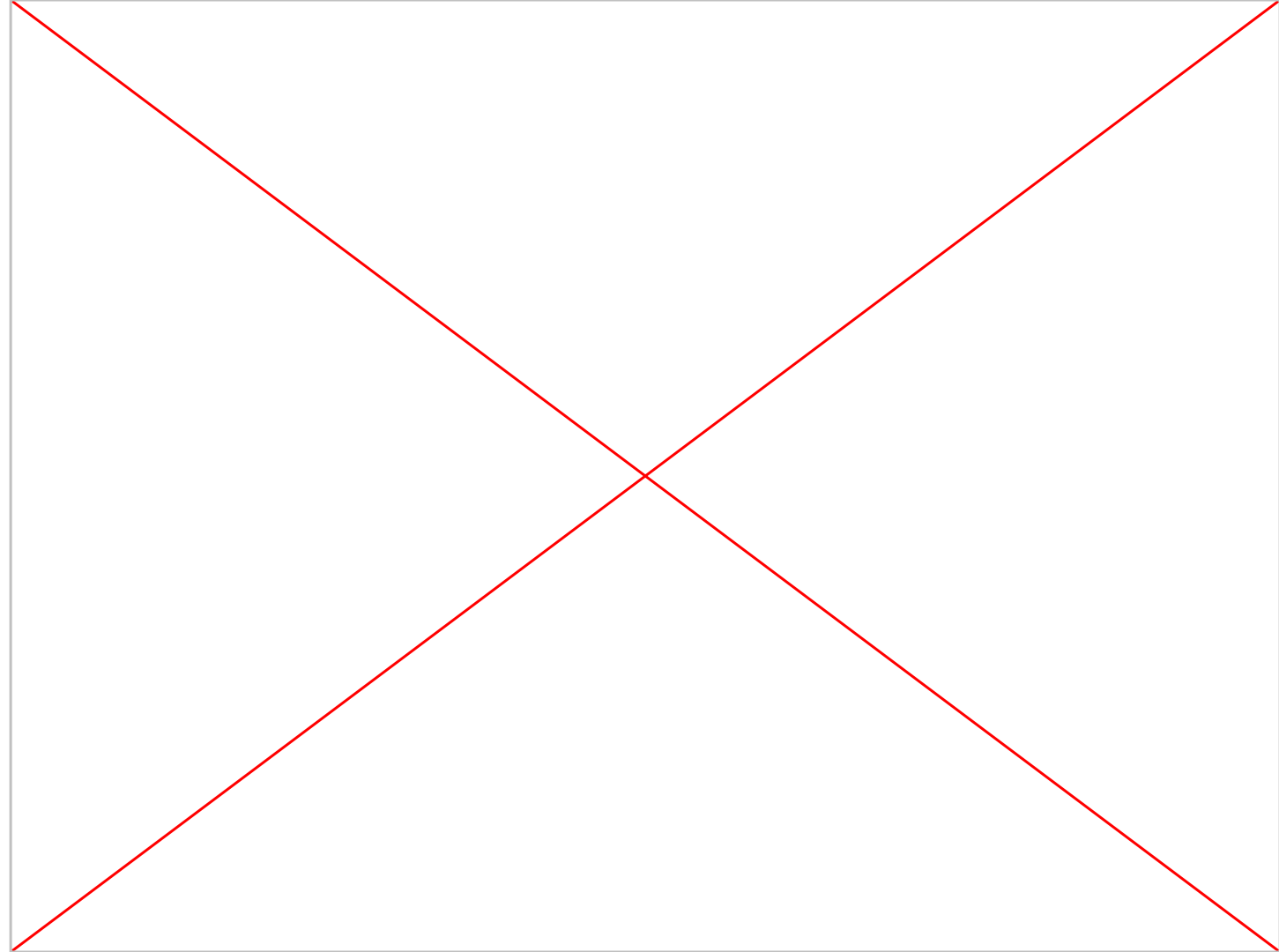


Longevity For Busy Execs

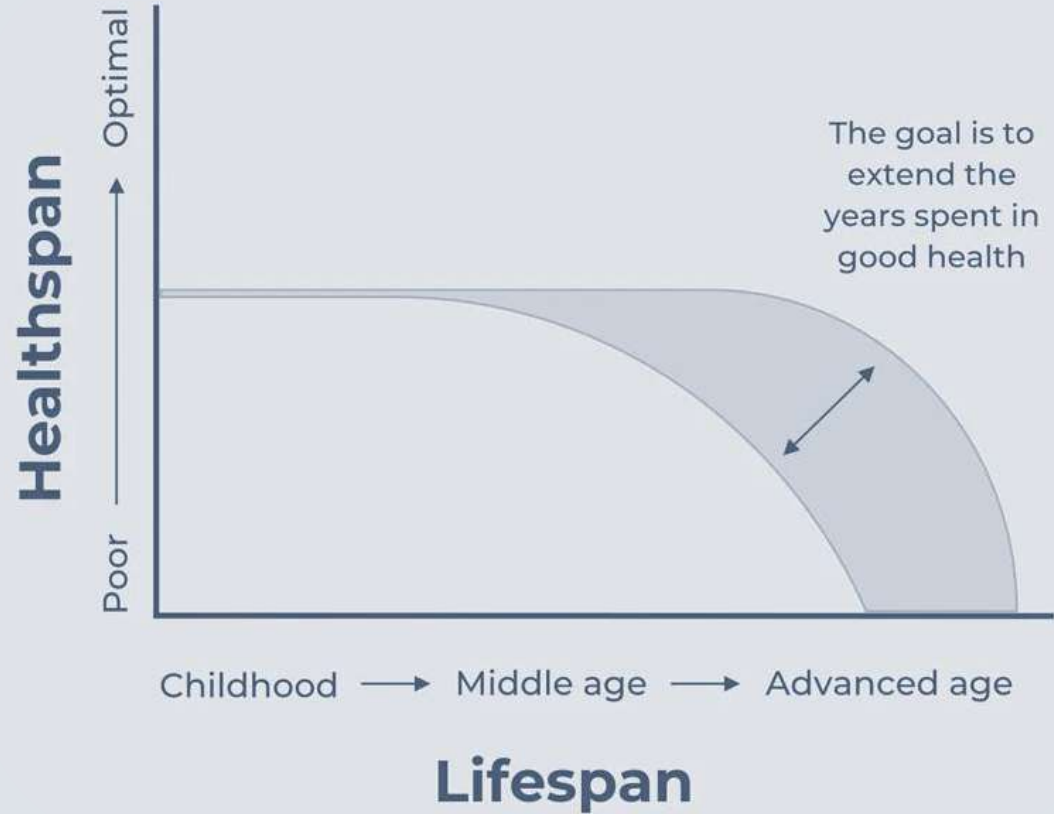
Return-On-Time™



Ashley John Heather
President of Lumati

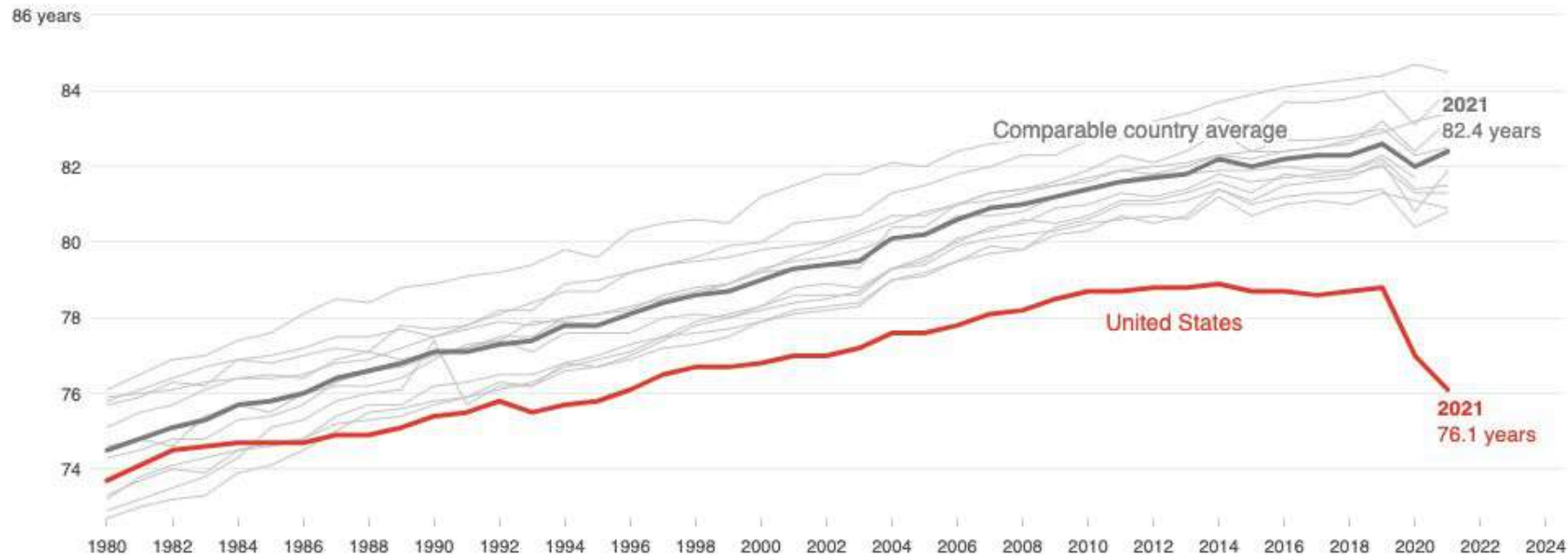


What is Longevity?



Life expectancy continues to decline in the U.S. as it rebounds in other countries

Life expectancy around the world decreased in 2020 due to COVID-19. Most peer countries rebounded by 2021, while the U.S. continued to decline.



Pioneers In Longevity Now Healthspan Awareness

1900 _____ 1980 _____ Late 1990s ____ 2000s _____ 2020s _____



**Marie
Curie**

Physicist and
Chemist

2X Nobel
Prize Winner



**Leonard
Guarente**

MIT
Elysium



**Dr. David
Sinclair**

Harvard
InsideTracker



**Dave
Asprey**

Grandfather
of biohacking

Bullit Proof
and Upgrade
Labs



**Dr Mark
Hyman**

Cleveland
Clinic

Function
Health



**Dr. Peter
Attia**

Outlive &
Longevity
Clinic



**Bryan
Johnson**

Biohacker

BluePrint

DON'T DIE

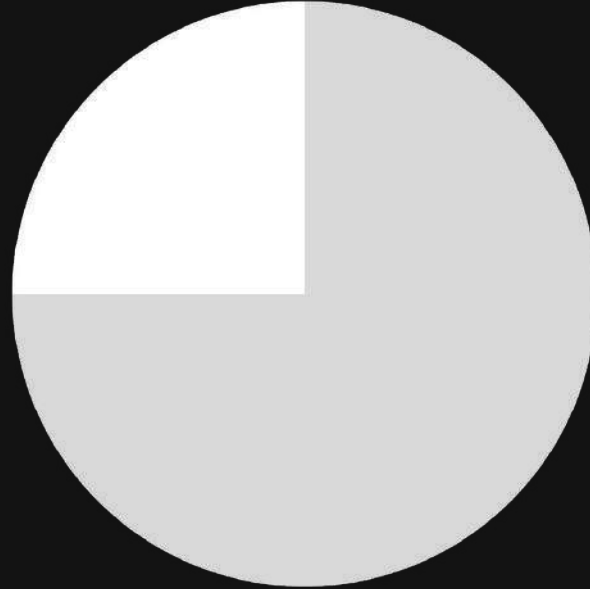




News ▶ West London News ▶ Fulham

'Miracle man' defying odds after balcony fall which should have killed him

James Heather says he has a different outlook on life following the accident, and is hoping to become an actor



75%

of \$3 Trillion
Related to
Lifestyle
Chronic
Conditions



**OFF THE
SCALE**

IF OUR BEDS

ARE FILLED, IT MEANS WE'VE FAILED.



**Mount
Sinai**

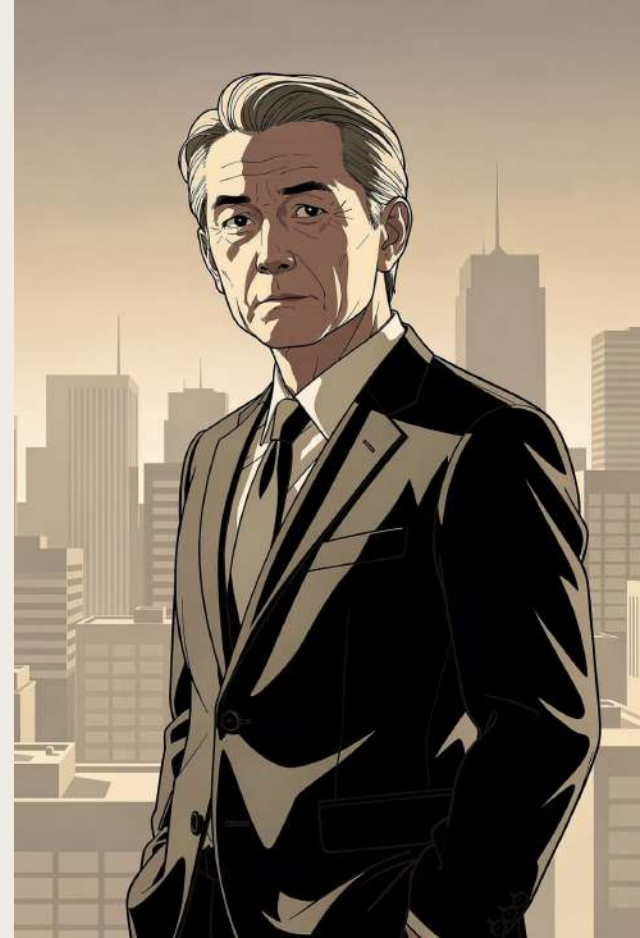


2018

OffTheScale



Time is our most
precious asset



“This isn’t about living forever. It’s about not breaking down while you’re still winning.”

We lose our health to gain our wealth... to use our wealth to regain our health!

50%

**Heart Disease
Risk**

Executives face
elevated cardiovascular
risk

3x

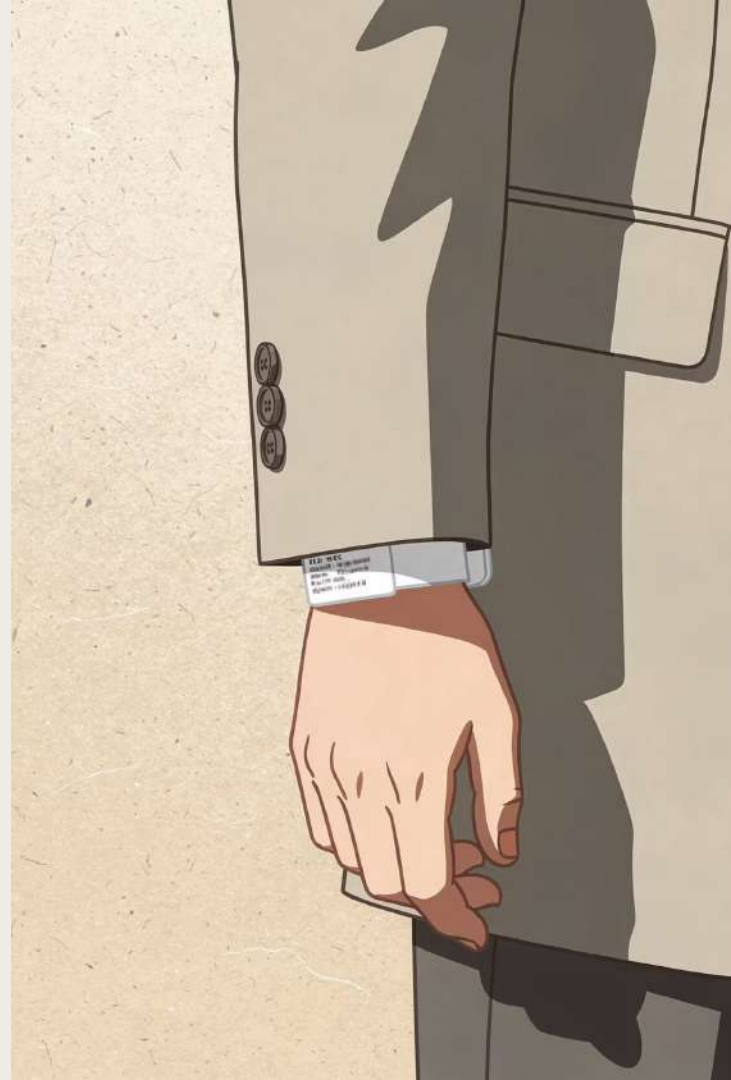
Stress Levels

Higher cortisol than
general population

40%

Sleep Deficiency

Leaders report chronic
poor sleep



The 40s & 50s Cliff



1

Age 40

Metabolic decline accelerates, 90% of STEM cells drop off

2

Age 45

Cardiovascular risk doubles

3

Age 50

Chronic disease prevalence spikes

4

Age 55

Recovery capacity diminishes

Leadership Risk



**When leaders fall
organizations fracture
(and families too!)**

Become the CEO of your own health!

Start With a Goal What's Yours?



Ski and play tennis on my 100th birthday (March 17th 2073)



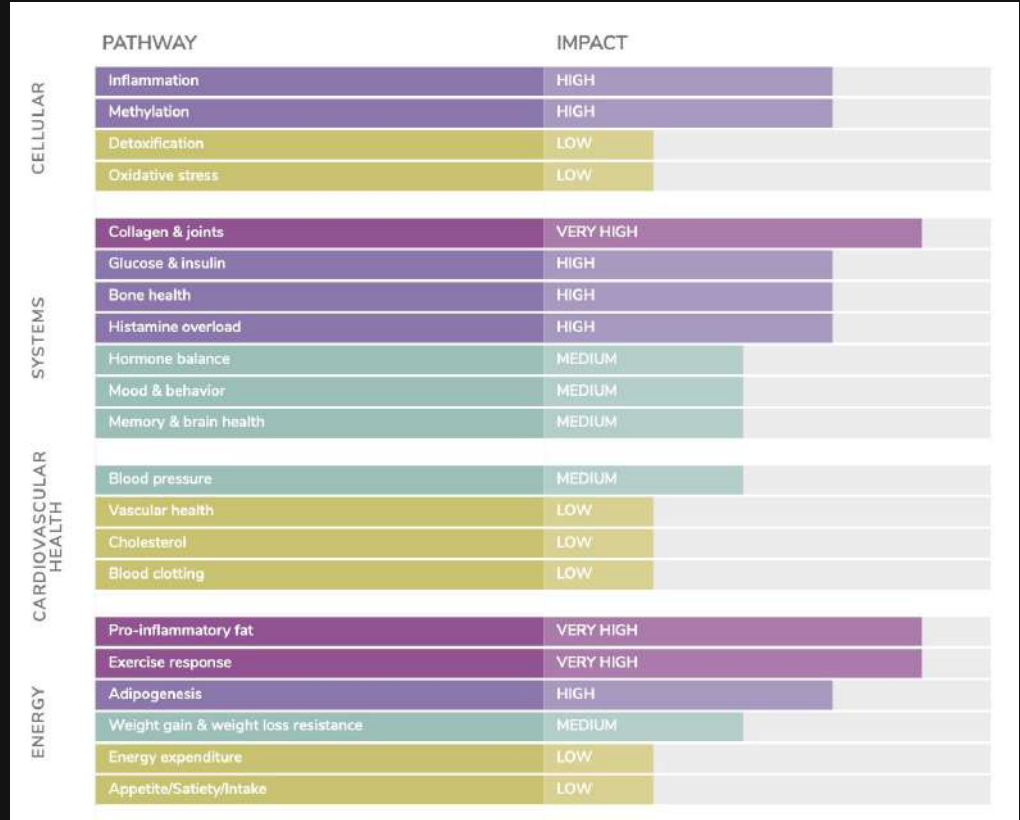
Making the Invisible Visible

Create A Baseline.



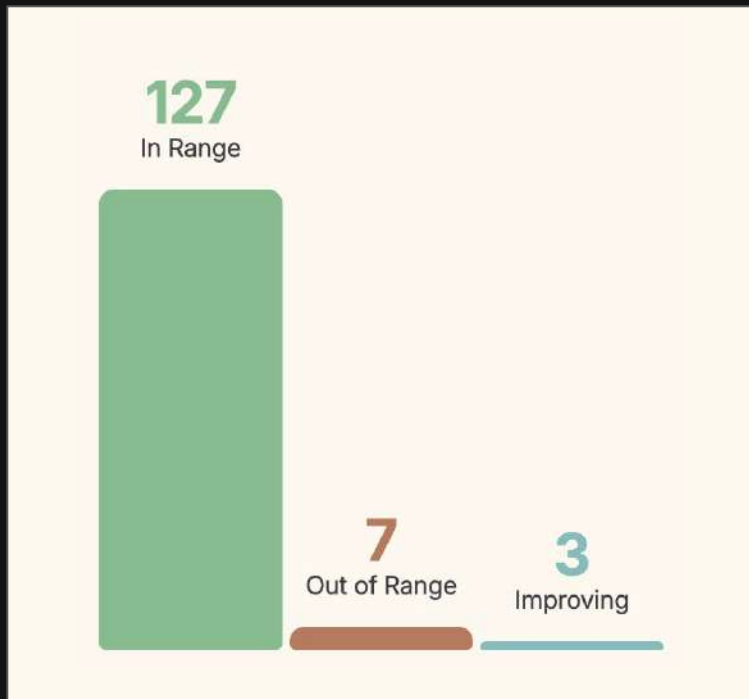
DNA Test Results

3x4 Genetics

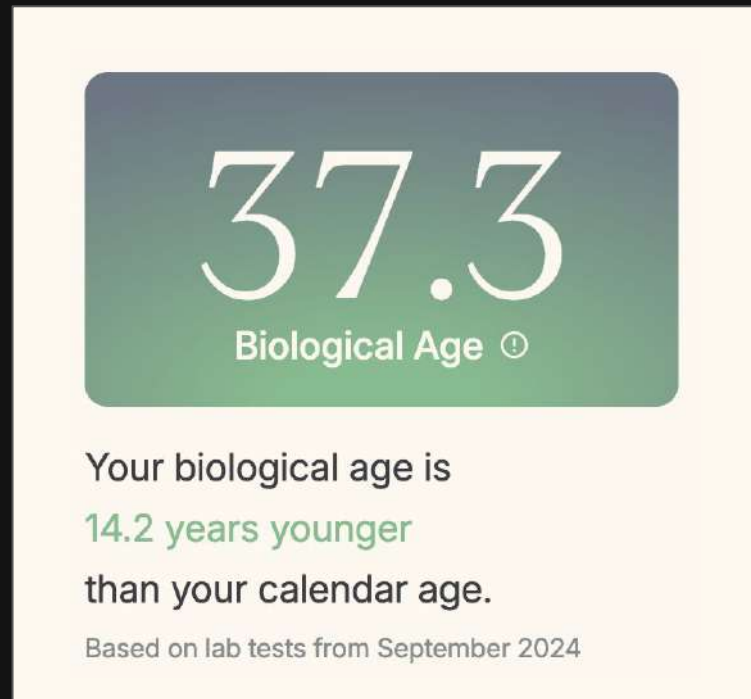




Blood Test



Blood Test



Biological Age

LONGEVITY LEADERS

Search your name...



Avg Pace Rank	Name ↕	Avg Pace ↕	Best Pace ↕	Managing Clinic ↕
1	Bryan Johnson	0.503	0.48	Blueprint Bryan Johnson
2	Annie N	0.517	0.46	TruDiagnostic House Clinic
3	Aldo Britschgi	0.540	0.53	TruDiagnostic House Clinic
4	Marcus Jecklin	0.550	0.52	TruDiagnostic House Clinic
5	Daniel Jacobs	0.603	0.50	TruDiagnostic House Clinic
6	Andres Sulaiman	0.607	0.56	Blueprint Bryan Johnson
7	Andrew Ramirez Mountain	0.607	0.55	Hannah's Clinic

Bryan's Tools

Weekly blood work, diet and supplements - highly specific

Red Light Therapy - reducing signs of aging on the surface

Full body IPL (laser treatment) - deeper under skin anti-aging

Plasma exchange (son and dad)

Stem cell therapy in EU

Gene therapy in honduras

Electro Magnetic Pulse Machine - more exercise in less time

HGH: rejuvenate his thymus (tied to infections)

Environment: Grounding sheets, black out bedroom, air purification, blue light glasses

Additional Functional Metrics

Popular

- Bone Density
- Heavy Metals
- Gut Test
- Grip / Hang Strength
- Waist-to-Hip Ratio

More Advanced

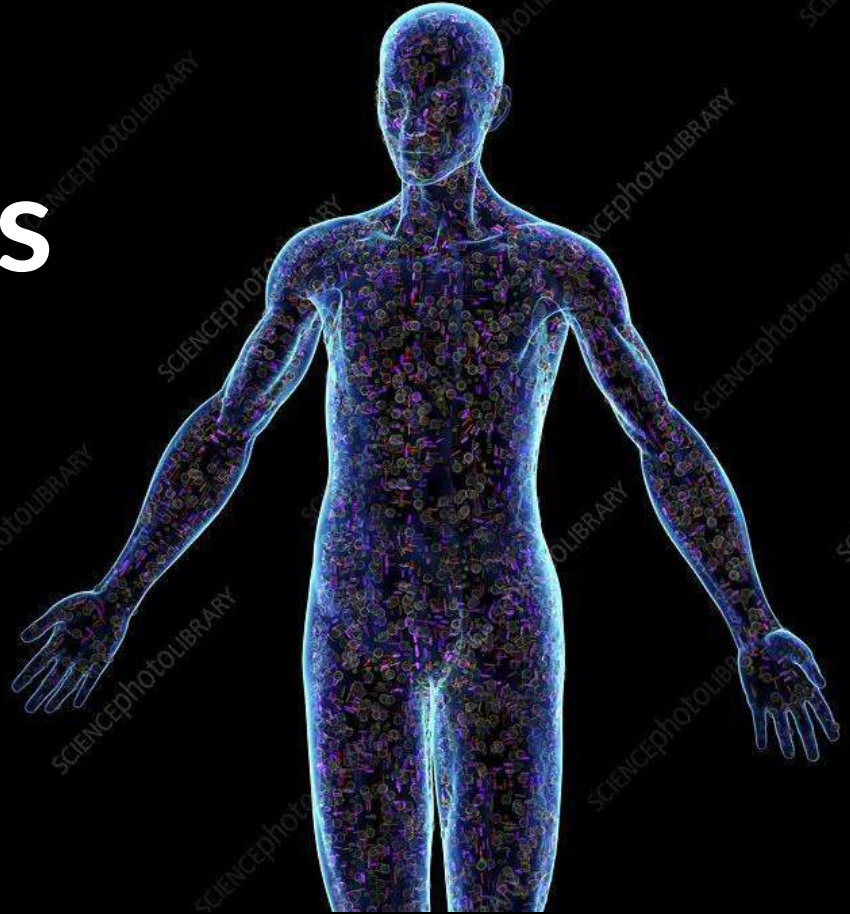
- Cardiovascular / VO₂ Max
- MRI Screening
- CIMT (Plaque Build-Up)
- Brain Performance
- MeScreen (Mitochondria)

30 Trillion Cells

**Cellular
Health**

=

Energy Source
+
DNA
+
Environment



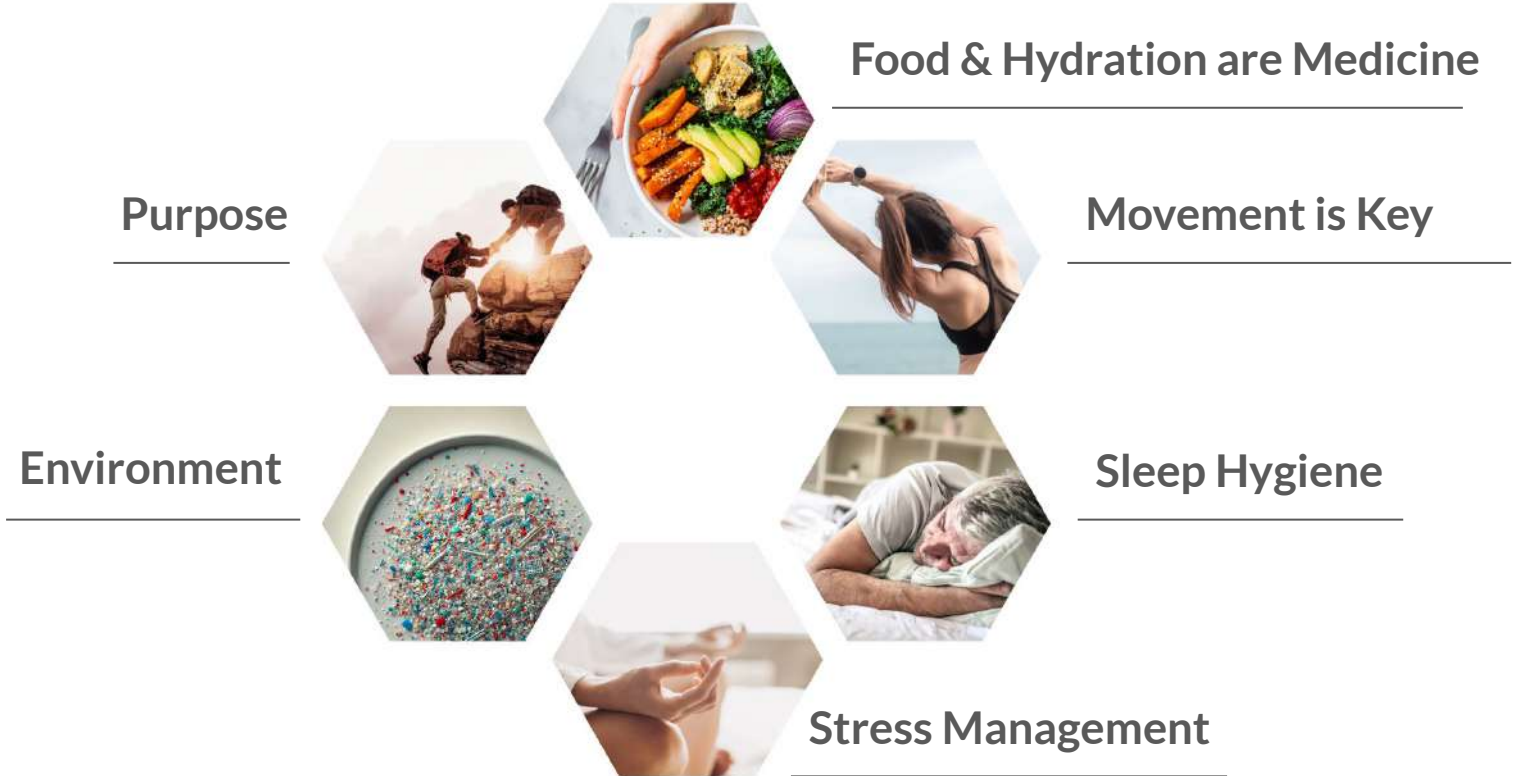
Nature vs. Nurture Debate



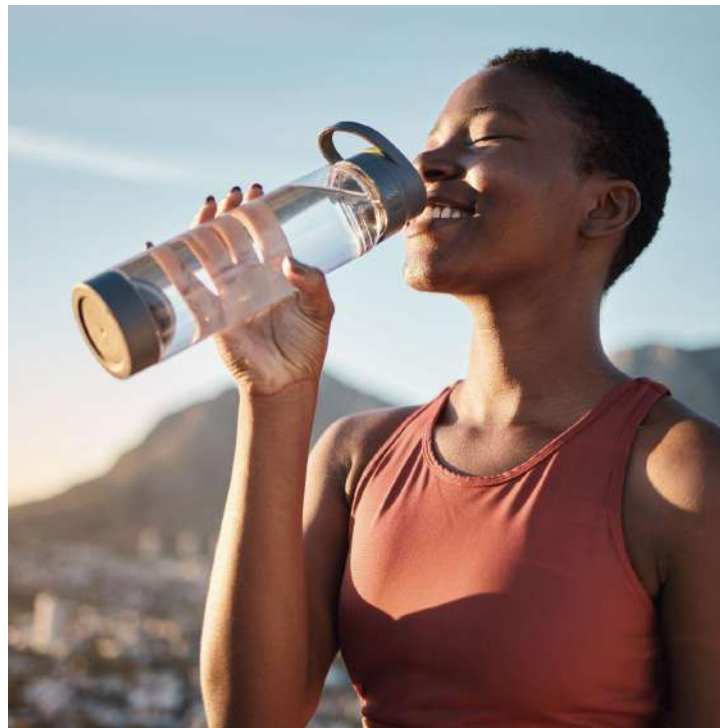
OR



6 Pillars of Longevity



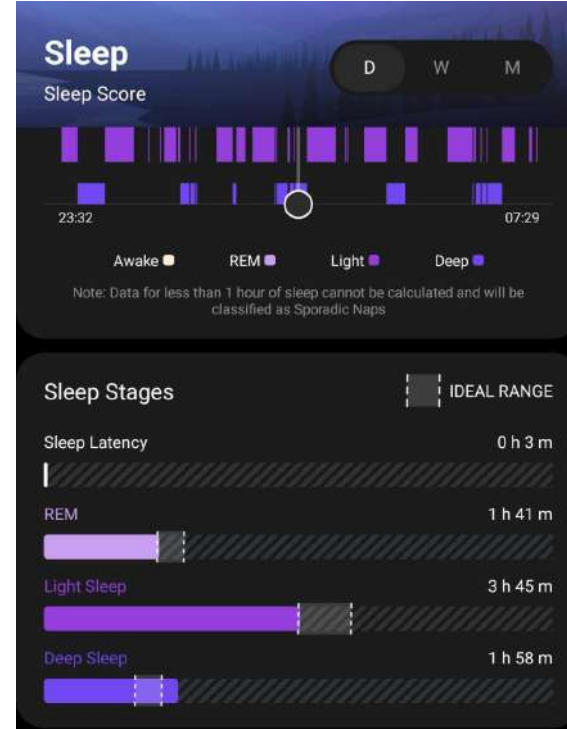
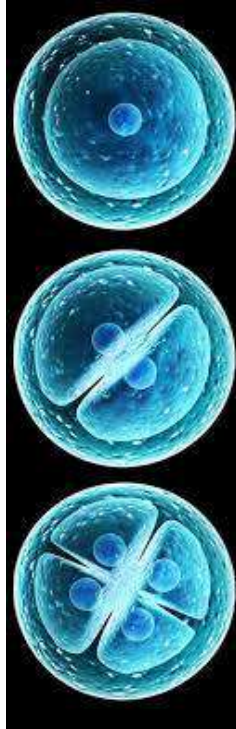
Food & Hydration Are Medicine



Movement is Key



Sleep Is When Your Cells Recharge



Stress Management



(We Are Living In Fight Or Flight Mode)

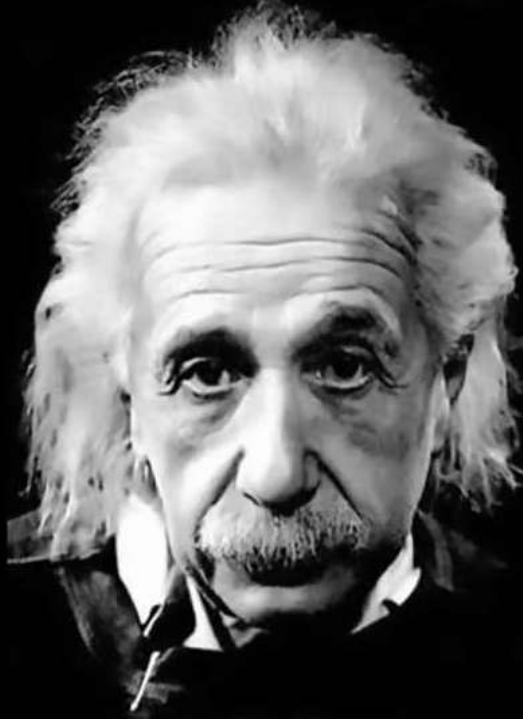
Recovery



Environmental Toxins



Purpose & Community

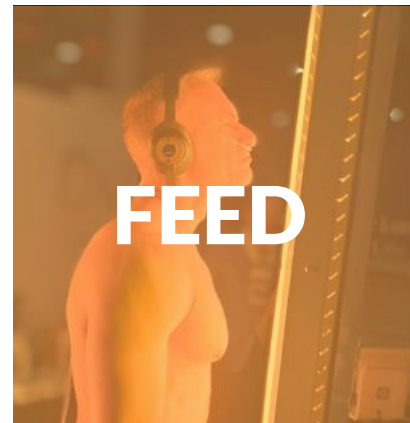
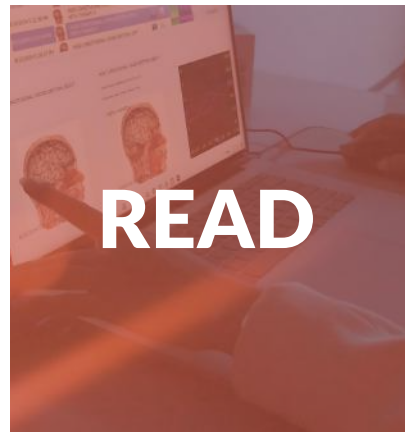


"Once you stop
learning, you
start dying"

~ Albert Einstein ~



Our *Clinical Framework*





My Stack



Beta
Glucan
“Coming
Soon”





WELCOME TO THE 23RD CENTURY.

The perfect world of total pleasure.



**LOGAN'S
RUN**

DON'T DIE

1. Protect sleep like its a board seat
2. Build muscle wherever you go, consistency is key
3. Stack recovery, you need more than you think
4. Eat clean, hydrate all day, skip the alcohol (add 🍄)
5. Measure yourself, your environment, and have a stretch goal

“Longevity isn’t about living longer — it’s about staying capable longer, with less time invested, so more time for you.”

Questions?

2026 Longevity Guide

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