

CR Way Core Content

- **Get Started** – how Healthy Start members should begin living the CR Way
- **Your Success Path** – the steps to take to achieve extraordinary health through CR Way living
- **Expert Teleconferences** – a growing resource of more than 100 podcasts by leading scientists, doctors, and health experts
- **Microbiome** – description and suggestions for improving your gut, oral, and urinary microbiomes – more to be added
- **Delicious Foods** – recipes, foods to choose, healthy hedonics, and pure water
- **Meditation** – guidance from meditation experts on effective ways to meditate
- **Sleep Better** – your guide for longer, more satisfying sleep
- **Happy Dieting** – weight loss, maintenance, or gain in good health
- **Stem Cells** – the building blocks for improving your health and longevity prospects
- **Long, Healthy Life** – Superb health, Meet a Centenarian Worth Emulating, Circadian Living, and Sexy Aging – for example
- **Getting Smarter** – multiple strategies to help you improve brain functions
- **Peak Performance** – using a CR Way lifestyle to perform at your peak
- **Protection from Disease** – help for your prevention & treatment of age-related diseases, including: Aging, Alzheimer’s Disease, Arthritis, Cancer, Diabetes, Eyesight reduction, Hearing Loss, Heart Disease, Immune System, Kidneys, Migraine Headaches, Muscle Weakness (Sarcopenia), Obesity, Osteoporosis, Parkinson's Disease, and Thyroid disease.
- **Science Behind the Benefits** – essential cellular signals to help you extend your life.
- **Longevity Guide** – strategies to help you become a centenarian.

