



ANF ACADEMY

# NEURO-BIO-LONGEVITY (NBL)

## THE MISSING LAYER IN YOUR LONGEVITY STACK

You've invested in the best: cold plunges, red light therapy, peptides, NAD+, continuous glucose monitors, DEXA scans, and VO2 max testing. Your clients have access to everything.

And yet.

Something's still off. They're doing everything right, but recovering poorly. Tracking everything but feeling disconnected from their vitality. Optimizing inputs but getting diminishing returns.

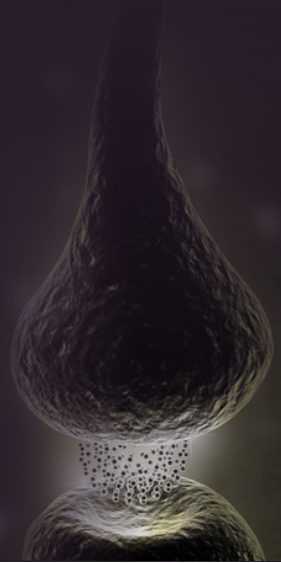
The problem isn't what they're adding. It's what's missing: biological coherence.

## THE GAP NO ONE IS ADDRESSING

Most longevity interventions focus on adding more supplements, more protocols, more data, and more stress on systems already struggling to keep up.

BioCoherence works differently. Instead of forcing adaptation from the outside, it supports the body's own biological intelligence — helping systems communicate, synchronize, and function as they were designed.

*This isn't about hacking biology.  
It's about honoring it.*



## WHAT NBL DELIVERS IN 3 INTENSIVE DAYS

This isn't another lecture series. NBL is 90% hands-on, designed for professionals who need practical skills they can implement immediately.

- ✓ **Day 1: Nervous System Foundations** — Work with stress patterns, recovery capacity, and the body's primary coordinator of adaptive wellness
- ✓ **Day 2: Lymphatic & Immune-Related Wellness** — Support clearance, resilience, and the patterns underlying that “heavy, depleted” feeling clients can't shake
- ✓ **Day 3: Systems Integration** — Gut, cardiovascular, emotional, sleep — because real wellness is never single-system



## WHY THIS CHANGES EVERYTHING

### *for your clients:*

- Finally address the “I don't feel sick, but I don't feel right” gap
- Experience what happens when optimization meets coherence
- Move from data-driven confusion to body-led clarity

### *for your practice:*

- A structured framework that's defensible, scalable, and compliant
- Clear protocols instead of ad-hoc experimentation
- Long-term client relationships built on progressive journeys, not one-off sessions
- Differentiation in a market saturated with the same gadgets and supplements

## BUILT FOR THE REAL WORLD

NBL operates strictly within the wellness space — no medical claims, no diagnostic pressure, no scope-of-practice anxiety. You'll learn exactly what to say, what not to say, and how to work confidently within clear ethical boundaries. This is longevity education designed for professionals who want credibility, not controversy.

## PREREQUISITES

NBL is advanced education. Participants must have completed ANF CARE® I & II online prior to attending. This ensures everyone arrives ready to work at the same level, and leaves with skills they can apply immediately.

*Stop stacking. Start amplifying.*

The next era of longevity isn't about doing more. It's about working with biology's intelligence.

*NBL is your entry point.*

ANF CARE® | Pioneering BioCoherence

This program is educational, not therapeutic. It does not provide medical diagnosis or treatment authority.