

# COURSE CATALOG

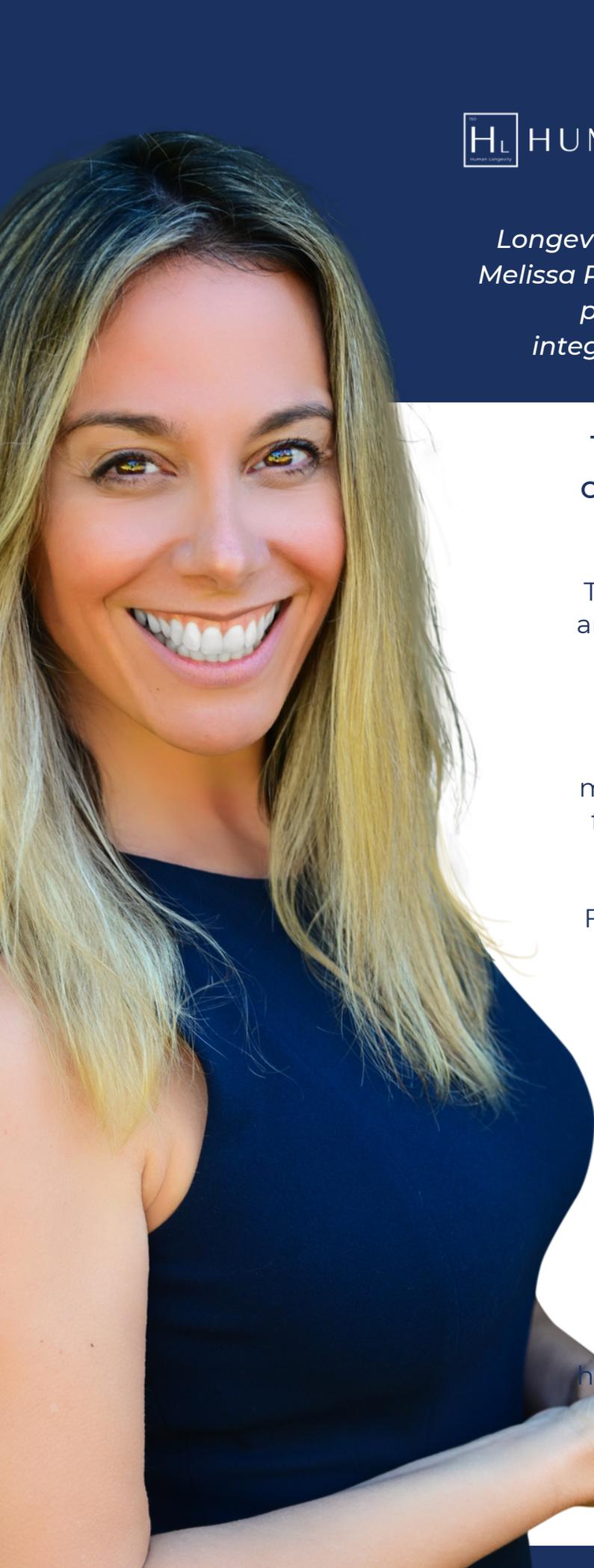
*discover what's possible for you*



Become an HLI Certified Longevity Specialist  
Learn the science, systems, and integrative solutions to  
help people live longer, healthier, happier lives.



HUMAN LONGEVITY INSTITUTE



# Welcome to the

 HUMAN LONGEVITY INSTITUTE

*It's an honor to welcome you to the Human Longevity Institute, I'm the founder and director, Dr. Melissa Petersen. I invite you to discover what can be possible for you with an exciting career in the integrative health and wellness field of longevity.*

**This guide offers an overview of our courses and what you can expect as a student in our programs.**

This is an exciting time in human history. We are living longer, and thanks to the science of longevity, we can now live better.

Advanced science and technology are validating ancient wisdom and practices for modern living solutions. This integrative path forward is allowing us to redefine aging, to a new state of thriving to 120 and beyond.

From lifestyle practices, molecules, therapies and cellular reprogramming the ability to add 20-30 years of enhanced health and flourishing is now the new norm.

Be tomorrow's longevity leader, beginning today when you learn the science, systems, and solutions to slow down the rate of biological aging. Get ready to master the skill sets that will allow you to support the clients you serve to enhance the expression of healing, health, and thriving.

Together we are redefining the future of human flourishing. I invite you to explore the possibilities that await.

Yours in Limitless Potential,  
Dr. Melissa Petersen

# 7

## Why Longevity



Longevity is a 7 Trillion dollar industry and the fastest-growing field in integrative health and wellness.

Aging is at the root of all diseases. Slow down aging, you slow down disease. By leveraging lifestyle and clinical solutions, you can slow down and even reverse aging for enhanced health and wellbeing, this is the science of longevity applied.

Pair this with the fact that research has validated that when we slow down the rate of biological aging, people live healthier and longer. *For every year of added health, 38 Trillion dollars of revenue is generated back into the economy vs the current 3.8 Trillion dollars of debt each year currently spent on healthcare costs from treating and managing disease.*

This is transforming how we think about and deliver care, products and solutions.

When there is significantly more money to be gained from keeping people healthy vs sick, the focus shifts to creating a new model. This paradigm shift is leading the way for building and sustaining health at every age and every stage of life.



### **According to a study in the Lancet,**

*Patients have insufficient access to healthcare providers who have been adequately trained in longevity medicine and can manage a patient from a longevity medicine standpoint. Viable longevity education with practical translation will thus ultimately improve healthcare systems worldwide and decrease disease occurrence by training healthcare providers to tackle the most common and strongest contributor of disease—unhealthy aging.*



# discover what's possible for you

Longevity is the fastest-growing niche of specialty in the health and wellness industry.

Our program is the only all-in-one business, clinical, and coaching care delivery model that will give you all of the tools you need to change lives, make a difference, and be successful doing what you love!

You will gain a deeper understanding of the science of longevity, the impact it has on healing, health, and the ability to optimize wellbeing.

Experience the confidence that comes with knowing how to immediately apply your expertise as a practitioner to support transformative results for yourself and your clients.

Whether you have been in clinical practice for years or are just getting started as a coach, the Precision Longevity Coach Certification will give you everything you need to make lasting changes in the health and lives of the clients you support.



LV1

Precision  
longevity coach



## Course Certification Title Precision Longevity Coach

Course Author: Dr. Melissa Petersen, DC, MS, BCHH

*The future of healthcare is personal and precise. Join today's longevity experts leading the way to a healthier and more vibrant tomorrow.*

The precision longevity coach certification program is the leading integrative program for clinicians and coaches of all types. You will learn the science of longevity paired with applied evidence-based clinical and lifestyle coaching interventions designed to slow down the rate of biological aging for the enhanced expression of health and wellbeing.

You will discover why we age and how to slow down, stop and reverse the biological aging process to create greater states of health expression and thriving. You will learn complex systems biology, epigenetics, metabolic, immune, and cellular health principles along with the agents and systems of aging. When paired together with a client-centered coaching paradigm and the clinical assessments, biomarkers, therapies and lifestyle protocols taught, you will leave with a complete system for personalized and precise health optimization for the clients you support.

This course can be added into any existing practice program to support your clients more fully heal, thrive and live their longest, healthiest life- optimized.

### Course Delivery

*This is a 4-month course, with a total of 20 modules, 45 hours of content that is supported with live online instruction classes. You will also receive a written course companion book, and bonus business and clinical training sessions all with on-demand access to the online materials for 24/7 learning from anywhere to fit your schedule and life.*



**You will have up to 18 months to complete all content for certification with lifetime access to the course materials.**



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# LV1 *course overview*

Here is an overview of what you can expect inside of the Precision Longevity Coach Certification Course

## Month 1 Longevity Science Blueprint

Discover the science of longevity. Learn why we age -how to slow down, stop and reverse the process to compress the morbidity window allowing people to live longer, healthier disease-free lives to 120 and beyond.

- Lesson 1: The Future of Longevity
- Lesson 2: The Mechanisms of Aging
- Lesson 3: Epigenetics of Longevity
- Lesson 4: Stress, Resilience & Recovery
- Lesson 5: The Clinical Complex and Systems of Longevity

## Month 2 Longevity Clinical Blueprint

You will learn clinical systems thinking processes to identify and assess the biomarkers, labs, clinical and functional assessments that reveal health and biological age, and how to create data-driven precision longevity plans.

- Lesson 6: The Clinical Longevity Framework
- Lesson 7: Biomarkers of Longevity
- Lesson 8: Consultation, Evaluation, Care
- Lesson 9: Advanced Protocols

LV1

*course overview  
continued*

### **Month 3**

## **Longevity Lifestyle Blueprint**

The science is clear, 75-90% of why we age and how to stop it for enhanced health and wellbeing is lifestyle driven. We take a deep dive into the evidence-based precision lifestyle interventions that add over 20 extra years of health and vitality to a person's life.

Lesson 10: The Intersection of Clinical and Lifestyle

Lesson 11: Vitality: Mental: Mindset, Perception, and Function

Lesson 12: Capacity: Movement: Function, Fitness, and Fun

Lesson 13: Capacity: Nutrition Eating Well for a Lifetime

Lesson 14: Resilience: Energy, Clocks, Rest and Recovery

Lesson 15: Flourishing: Wellbeing: Purpose, Connection and Joy

### **Month 4**

## **Longevity Business and Coaching Blueprint**

Discover how to build and apply proven longevity business systems that scale for influence, income, and impact through client-centered coaching. Learn how to facilitate transformational change in clients. Paired with the proven practices that will increase compliance and results.

Lesson 16: Clinical & Lifestyle Coaching

Lesson 17: The Neurology and Psychology of Change

Lesson 18: Coaching with Technology

Lesson 19: Business Framework: Creating and Launching Your Program

Lesson 20: Case Studies and Implementation

LV2

## Advanced practitioner

Coming 2023

The advanced longevity health practitioner training is for LV1 certified coaches ready to take a deeper dive into the clinical application of longevity treatments, protocols and therapies for enhanced client outcomes.

Our students will engage in live online clinical roundtables and case study presentations.

On demand training will teach leading evidence based protocols and advanced therapies for each system of the body and diagnosed conditions .

Modules will include the development of longevity stacks including the use of lifestyle, supplements, peptide,s hormones, stem cells, regenerative procedures, cognitive optimization and technology. Along with a full exploration of advanced research for near solutions.

Advanced communication for change and NLP modules will be available and new business technology solutions to keep your practice advancing.



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120

Personal  
health



## ARE YOU READY TO EXPERIENCE GREATER VITALITY INCREASED ENERGY PEAK PERFORMANCE FULFILLMENT & JOY

If so, then you are invited to access this and more inside of the newly offered THRIVE 120 personal health and longevity lifestyle online program. Based on the best selling book, The Codes of Longevity & the Human Longevity Institute evidence-based protocols,

**THRIVE 120 can help you to slow down and turn back the biological aging clock by 15 years in as little as 12 weeks so you can be ageless and live limitless at any age.**

This online program is designed to support you to enhance your personal health so you can look, feel and live your life optimized!

*Click the play button to see an introductory to the course>>>*



## Live Longer- Live Better- Live Optimized

THRIVE 120 will teach you the complex system that is YOU and simplify what it is the body needs to heal and thrive. You will discover how to

- slow down the rate of biological aging
- improve metabolic, immune and cellular health function
- harness the power of the most advanced technology- YOU
- add more healthy and vital years to your life and life to your years reducing the risk of chronic disease and mortality.



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# Meet our instructors and advisory board



I'm Dr. Melissa Petersen, the founder and lead instructor here at the Human Longevity Institute. I'm excited and honored to bring to you the leading education and courses in the integrative longevity health and human optimization space.

We are committed to delivering the leading longevity education, research and solutions for you and the clients you support. Together we are redefining what is possible in expanding health and human flourishing across the planet that will impact generations to come.

Our instructors and advisory board range from MD, DO, DC, NP, ND, and PharmD to Biohackers, Biotech, Therapists, Nutritionists, Fitness and Health Coaches. Together in this integrative community, we deliver the highest level training so you can lead the way with confidence and evidence based protocols so your clients can heal, thrive and live a long life optimized!

 <b>Michael Mieghen MD</b> Precision Medicine	 <b>Dr. Jackie Kilraine</b> Brain Health	 <b>Kent Holtorf, MD</b> Peptides	 <b>Dr. Villaneuva</b> Modern Holistic Health	 <b>Dr. Jim LaValle</b> Founder Metabolic Code	 <b>Sandra Kaufman, MD</b> Kaufman Protocol
 <b>Dr. Leonette</b> Technology	 <b>Lisa Zeller</b> Fitness & Nutrition	 <b>Dr. Leonard Pastrana</b> Molecule Expert	 <b>Ryan Smith</b> Epigenetic Age	 <b>Kien Vuu, MD</b> Thrive State	 <b>Dr. Patrick Porter</b> Founder Brain Tap





## *Praise from our graduates*



I applied everything I learned to my primary care practice and have now successfully launched a concierge model with the protocols. Thanks to this program, I am practicing medicine the way I LOVE and I have a guaranteed revenue model. This was a game-changer!

Kevin Green, MD

*This course gave me everything I needed to take my coaching business to the next level. I had my first new client and made my investment back before I was even done. Dana F.*

*I have taken other fellowship courses and they don't come close to this course. It gives the science AND the implementation. You leave each module knowing how to apply the information real time in practice.*

*Dr. Wax*



This program saved me literally thousands of dollars in my own personal health care and helped me continue to be my healthiest self after healing from stage 4 cancer. Now I can share my passion as a business supporting other people in living their healthiest life.

Emil Yussuf, Biohacker



FAQs

# Your questions answered

## *Who is this program best suited for?*

*Our program is an inclusive, integrative community providing leading education for any current licensed physician, doctor, clinician, health provider or certified health, wellness, fitness or nutrition coach looking for the leading evidence-based clinical and lifestyle science, systems and longevity solutions to deliver a complete scalable business model to the clients and patients you support.*

## *If I am not a doctor, will I understand the materials?*

*If you are a health expert or enthusiast, you will gain valuable education and interventions from this course. Longevity is a new field and this is why Dr. Melissa progressively builds the course lesson after lesson so everyone is learning this field together from the foundation up built on the evidence-based literature paired with real-world delivery. She has owned and or worked with just about every type of health practice model over the years, and knows how to share the solutions that will matter and the systems you need to confidently understand, recommend and implement to help the clients you support live longer, healthier lives.*

## *Are there other professional benefits that come with your certification?*

*When you complete your certification, you will be able to access our professional lab and supplement wholesale platforms for discounted solutions across the US. You will also be able to access practitioner liability insurance through AADP and other network benefits, be featured in our marketing directory and also helping with professional pairings between coaches and doctors for powerful business collaborations that can increase client referrals and revenue.*

## *Why longevity instead of general health?*

*Longevity is the fastest growing sector of the health and wellness industry. If you are looking to uniquely position yourself as a sought-out leader in this field, longevity provides new opportunities beyond sickness management. Longevity focuses on health optimization and human potential that create greater states of thriving throughout life.*

## *Why should I consider this program over other health or wellness certification programs?*

*We offer the leading evidence-based, longevity certification programming that comes with a complete turn-key business model for optimal success in the marketplace. Led by true longevity industry leaders, we continue to bring the latest research and protocols to our students so you can continue to grow your knowledge, interventions and impact staying relevant and ahead of the curve as a stand-out expert in the industry that delivers life-changing, age-reversal results to the clients you support.*



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## Become a Certified Precision Longevity Coach

*Join the fastest growing sector of the health market with this complete all-in-one clinical, coaching and business system.*

- Master the science of longevity
- Slow down and reverse biological aging
- Feel confident and qualified to coach
- Scale with an all in one proven system
- Enjoy added saving when you get on our earlybird list



Thank you for your interest. As you are ready to become tomorrow's longevity leader, I invite you to enroll and step into new possibilities today.

**New Cohorts Enroll 3 xs a Year**

**[www.humanlongevityinstitute.com](http://www.humanlongevityinstitute.com)**

Got questions? We are here to support you, email us at [hello@humanlongevityinstitute.com](mailto:hello@humanlongevityinstitute.com)

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