

# You Deserve to Feel Like Yourself Again.

## THE EXECUTIVE RESET

*For the leaders who built everything else — and forgot to rebuild themselves.*

*You're the one everyone counts on. The board. Your team. Your spouse. Your kids. Your aging parents. And somewhere along the way, you stopped being on your own list.*

You're successful on paper — and quietly falling apart underneath it. Most clients arrive at *The Executive Reset* carrying some version of the same story.

### DOES THIS SOUND LIKE YOU?

- **You wake up tired.** Not "didn't sleep great" tired. Bone tired. You hit the coffee before your feet hit the floor, and by 3 PM you're white-knuckling it to the end of the day.
- **You've lost your edge.** The recall isn't there. You walk into rooms and forget why. You re-read the same email three times. You used to be the sharpest person in the meeting — now you're hoping nobody notices.
- **Your body doesn't feel like yours anymore.** Weight you can't shift no matter what you do. Strength slipping. Libido gone. The mirror is a stranger.
- **Your marriage is running on fumes.** You're irritable, distant, depleted. The intimacy is gone. You both know it. Neither of you knows how to talk about it.
- **Your parents are declining** — and you're the one fielding the calls, coordinating the doctors, carrying the weight nobody sees.
- **You're "successful" and miserable.** You built the life you were supposed to want. So why does it feel like this?

*This isn't weakness. It isn't aging "gracefully." It isn't something a vacation will fix. It's a body and a mind that have been redlining for two decades — and the warning lights are on.*

### WHY MOST PROGRAMS MISS

Your primary care doctor has eleven minutes and a checklist. Your gym has a trainer who doesn't know your cortisol from your cholesterol. The "wellness" influencers are selling supplements. And the typical concierge longevity clinic? They'll optimize your labs and send you home — without ever touching the thing actually running the show: **the operating system between your ears.**

You don't just need better biomarkers. You need your life back.

## THE EXECUTIVE RESET: HARDWARE AND SOFTWARE

We rebuild you from the inside out — and we are one of the only programs in the country that treats the body and the mind as one integrated system.

### PART ONE

#### The Hardware

Bioidentical hormone optimization. GLP-1 metabolic support. Evidence-based peptide therapy. Compounded therapeutics. The deepest biomarker testing available — including DNA methylation biological age testing. We find what's broken at the cellular level, and we fix it.

### PART TWO

#### The Software

Weekly mindset coaching grounded in the *Thinking Into Results* curriculum — the same framework Fortune 500 CEOs and elite performers use to rewire how they think, decide, and lead. Because if you optimize the body but never address the paradigms running you into the ground, you'll just burn out a leaner, stronger version of yourself.

*You've spent thirty years building everything else.*

***It's time to rebuild you.***

BY APPLICATION ONLY

## The Next Step Is a Conversation.

If anything in this letter felt familiar, schedule a complimentary **20-minute discovery call** with Dr. Frank Dos Santos. No sales pitch. No commitment. Just an honest conversation about where you are, where you want to be, and whether *The Executive Reset* is the right path forward.

**Only four discovery calls are reserved each week** — to protect the depth of the conversation and the quality of the program.

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*When you call or email, mention **The Executive Reset**.*

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Frank Dos Santos, DO, MPH · 2436 Lamington Rd, Suite 1, Bedminster, NJ 07921 · [agewellmedicine.com](https://agewellmedicine.com)