

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.**

THE BODY

The Hardware

We find what's broken at the cellular level, and we fix it.

Advanced cardiac risk profiling — catching the silent drivers of heart disease decades before a standard checkup would.

Metabolic renewal — GLP-1 therapy and protocols built for executives who demand more from their body.

Bioidentical hormone optimization — calibrated for executive performance under chronic stress.

THE MIND

The Software

"You can't outperform your self-image."

Every other longevity clinic stops at the labs. Here's what they miss: your thoughts directly drive your hormones, your inflammation, and your metabolic state. Chronic stress and a misaligned self-image will undo every protocol we prescribe — quietly, and on a timeline you won't see coming. So we built **high-performance mindset coaching** into the program, grounded in the same principles trusted by Fortune 500 leaders and elite athletes: paradigm shifting, rewiring your self-image, and closing the knowing-doing gap that keeps most high performers stuck.

*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.

CALL OR TEXT

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BOOK ONLINE

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

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