



Longevity Bottleneck Self-Audit

► Quick Issue Spotting Cheat Sheet

Pinpoint the single area slowing your progress—and unlock your next *high-leverage* move.

How to Use This Mini-Audit

You're not new to this. But even advanced strategies stall when a bottleneck goes unchecked.

1. Tick the boxes that describe you today.
2. Add up the checks in each section.
3. The highest-scoring area = your current bottleneck.
4. Use the table below to identify the first, most impactful fix.
5. Repeat next quarter to measure improvement.

Brain & Focus 🧠

- ☐ I haven't tested **B12** or **homocysteine** in the last 12 months.
- ☐ Afternoon mental fog or slow recall shows up at least twice a week.
- ☐ I skip 10 minutes of deliberate brain-training (languages, puzzles, skill drills) on most days.

Stealth Inflammation 🔥

- ☐ **hs-CRP or IL-6** hasn't been measured this year.
- ☐ I wake up stiff or puffy more than twice a week.
- ☐ Ultra-processed / proceed-oil-heavy foods / dairy / high saturated fat foods creep into ≥ 3 meals per week.

Nutrient Gaps 🧬

- ☐ My last panel *didn't* include **holo-TC, MMA, homocystein, or ferritin**.
- ☐ Slow wound healing or cracks at the mouth corners show up.
- ☐ I supplement "just in case" without verifying levels in labs.

Environmental Load 🏠

- ☐ I still use scented cleaners, candles, or air-fresheners at home.
- ☐ Drinking water isn't filtered for PFAS or heavy metals.
- ☐ I've never tested indoor air (radon, VOCs, PM_{2.5}).

Sleep & Recovery 🌙

- ☐ I average < 7 hours of sleep or wake unrefreshed ≥ 3 nights a week.
- ☐ Daylight exposure is < 30 minutes on most days.
- ☐ Muscle or joint soreness lingers > 48 hours after training.

➤ From Score → Action

Add up your check-marks, then use the table below to:

1. **Validate what you're seeing.**

Each column shows the classic signals that suggest a bottleneck.

2. **Take the very first step.**

No ten-item to-do list—just one high-leverage fix to open the next door. Compare your highest-scoring section to its row and start there.

#	Focus Area	Signals — How to Spot the Bottleneck	First High-Leverage Fix
1	Brain & Focus	<ul style="list-style-type: none"> ▪ Mid-day fog or word-search pauses despite 7 h + sleep ▪ B12 / homocysteine untested in the past year ▪ Heavy reliance on caffeine to finish cognitively complex work ▪ Struggle to learn new skills or recall names under pressure ▪ “Brain warms up” only after prolonged effort or exercise 	Order a <u>B12 + homocysteine panel</u> ; add 10 min/day of deliberate skill practice (languages, memory drills).
2	Stealth Inflammation	<ul style="list-style-type: none"> ▪ No IL-6 or hs-CRP data this calendar year ▪ Morning facial puffiness or joint stiffness $\geq 2\times$ week ▪ Resting HR trending up or HRV trending down for ≥ 2 weeks ▪ Sporadic skin flare-ups (eczema, acne) without dietary changes ▪ Ultra-processed / seed-oil meals ≥ 3 per week 	<u>Run IL-6 + hs-CRP</u> ; replace seed-oil snacks with whole-food fats for two weeks.
3	Nutrient Gaps	<ul style="list-style-type: none"> ▪ Last panel missed active B12, MMA, ferritin, magnesium, zinc ▪ Brittle nails, hair shedding, or mouth ulcers appear intermittently ▪ Minor cuts heal slowly; gym progress stalls despite effort ▪ Cravings for specific foods (ice, chocolate, salt) crop up ▪ Supplement shelf grows but symptoms persist 	Add <u>B12 + MMA or ferritin + zinc + magnesium</u> testing; tailor supplementation to results.
4	Environmental Load	<ul style="list-style-type: none"> ▪ Tap water unfiltered for PFAS, heavy metals, or fluoride ▪ Scented candles, plug-ins, or fragranced cleaners used indoors 	Test your body for <u>fluoride or heavy metals</u> ; Install activated-carbon + RO drinking filter; swap scented products for

		<ul style="list-style-type: none"> ▪ > 90 % of time spent indoors with no air-quality readings (PM_{2.5}, VOCs) ▪ New furniture/paint still off-gassing "new smell" months later ▪ Radon testing never performed in current home 	fragrance-free alternatives.
5	Sleep & Recovery	<ul style="list-style-type: none"> ▪ < 7 h average sleep or frequent night-time wake-ups ▪ Variable bed/wake times; screen exposure within 30 min of lights-out ▪ DOMS or joint soreness lingers > 48 h post-training ▪ Dark circles and afternoon yawns despite coffee ▪ Daylight exposure < 30 min most days; HRV stubbornly low 	Schedule a 30-min daylight walk; add a 30-min screen-free wind-down to extend sleep to 7.5 h.



This audit is for educational use only. Not medical advice. Always confirm findings with appropriate testing and professional support.