



LONGEVITY DECODED

Applying Adaptogens into Clinical Practice

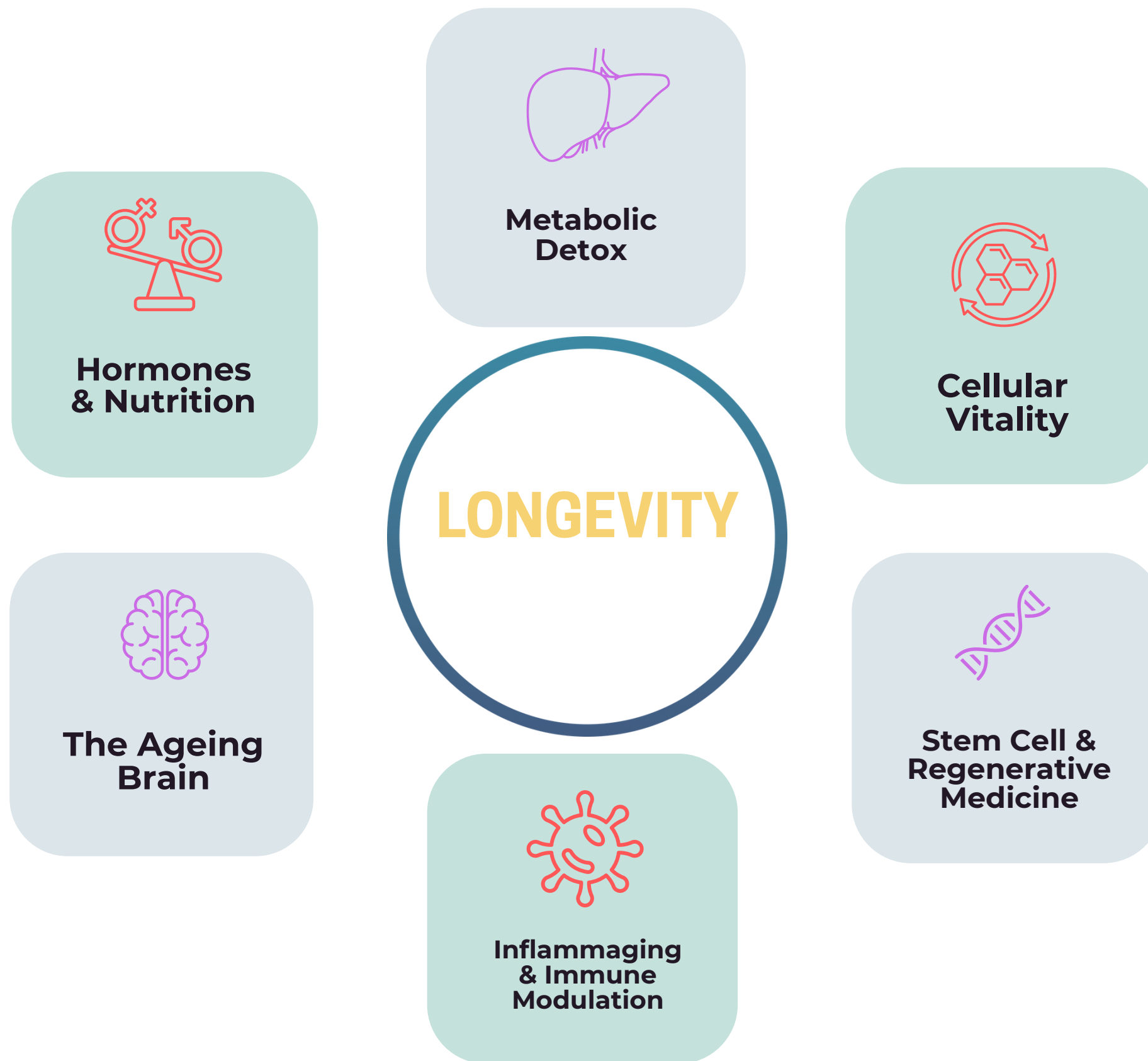


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Nutritional Therapist Specialised in Cancer
Care



Founder Nutrition Health Collective,
Mycotherapist & Nutritionist



Optimizing Healthspan: Six Foundational Pillars

Brain Health:

Focus on cognitive longevity and cellular resilience.

Immune Modulation:

Modulate, do not suppress, immune function.

Regenerative Medicine:

Integrate stem cell science, NAD+, and peptides.

Hormones & Nutrition:

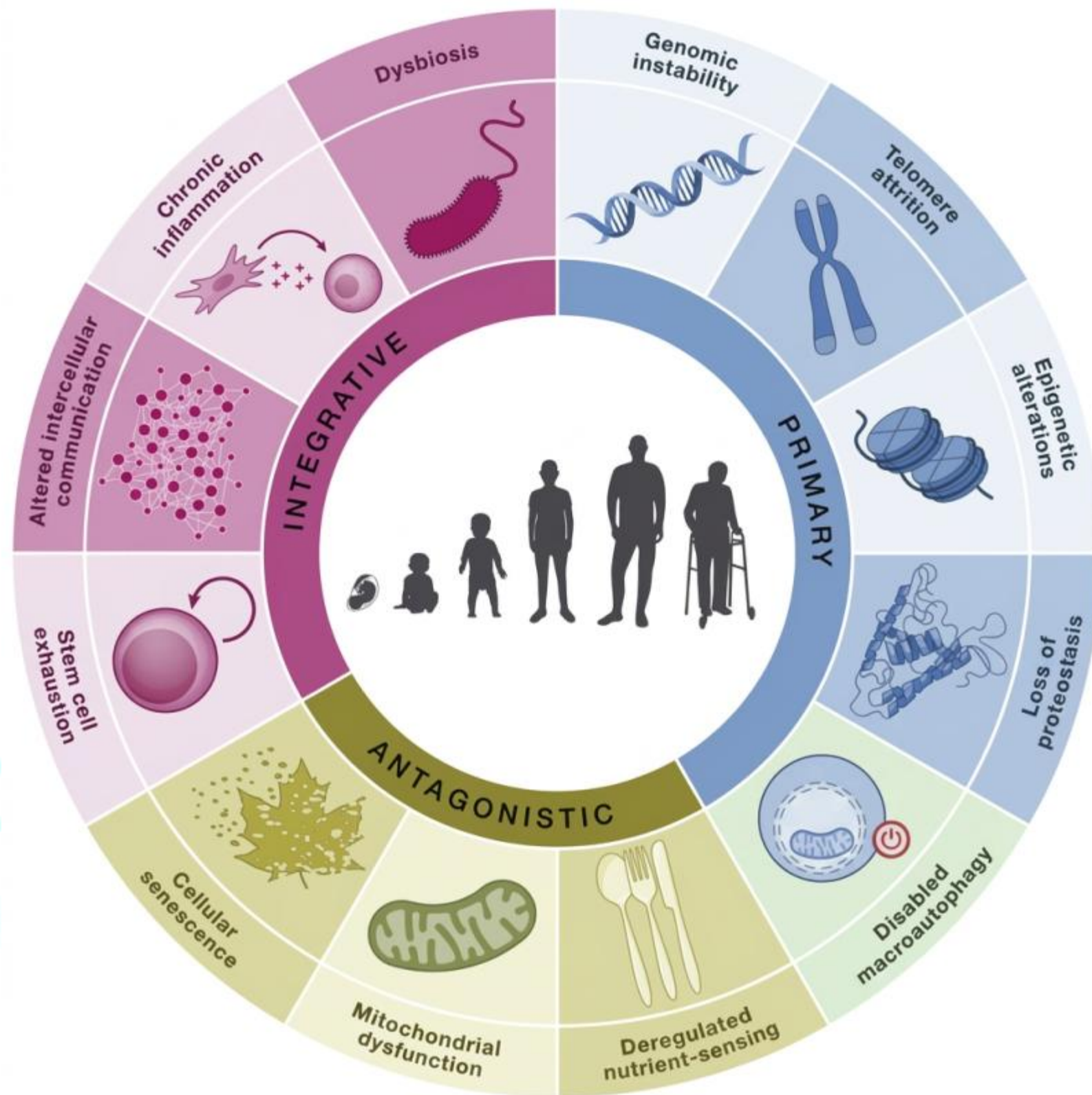
Balance master regulators to increase resilience.

Metabolic Detox:

Optimise liver function and cellular clearance mechanisms.

Cellular Vitality:

Enhance mitochondrial function and telomere integrity.



Hallmarks of Ageing

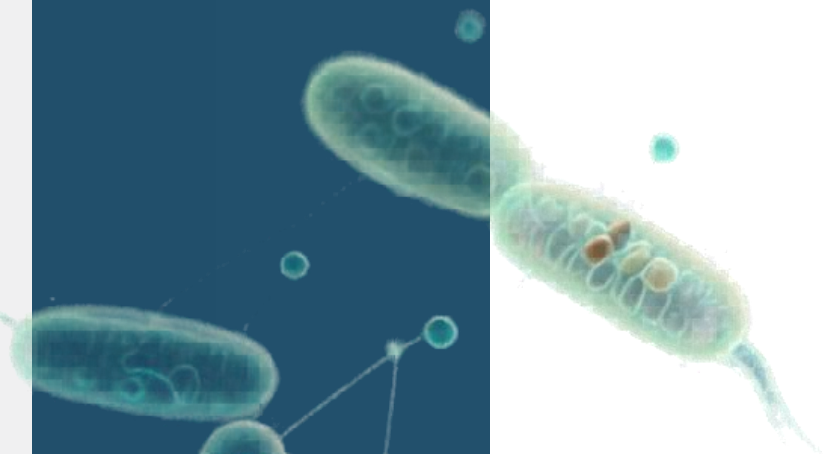
Ageing is Multifactorial: A complex process driven by multiple, interconnected molecular and cellular mechanisms.

Three Tiers: Hallmarks are organized into Primary (causes of damage), Antagonistic (protective responses that become harmful), and Integrative (systemic consequences).

Examples: Primary drivers include **genomic instability** and **telomere attrition**. Integrative hallmarks lead to systemic issues like **chronic inflammation** and **stem cell exhaustion**.

Translational Potential: The hallmark framework provides a rational basis for developing novel diagnostic tools and therapeutic strategies aimed at extending healthspan and treating age-related conditions.

Mushrooms: Potent Adversaries for Inflammaging





Mushrooms and Longevity

Mushrooms are a powerful, and often underutilized, tool for health and longevity. They provide important nutrients, including those used in methylation cycles- folate, choline, and zinc for example.

Their bioactive compounds also act as DNA methylation adaptogens, with the ability to influence gene expression and even potentially biological age



Lion's Mane for the Ageing Brain

Compounds in the mushroom, particularly hericenones, influence nerve growth factor (NGF) pathways. While NGF itself does not cross the blood-brain barrier, peripheral signalling appears to create downstream effects that support overall neuronal function.

[Clinical trials](#) using around 3 grams per day of Lion's Mane mushroom show improvements in [cognitive function](#) over 12 to 16 weeks, with effects [diminishing after discontinuation](#).





Reishi

Reishi mushrooms contain beta-glucans plus triterpenes which are highly functional.

Excess inflammation within the human body triggers inflammaging.

Researchers investigated the anti-inflammatory effects of a bioactive compound isolated from *Ganoderma lucidum* (G. lucidum) which is called Triterpene ganoderic acid C1 (GAC1).





CLINICAL MYCOTHERAPY COURSE

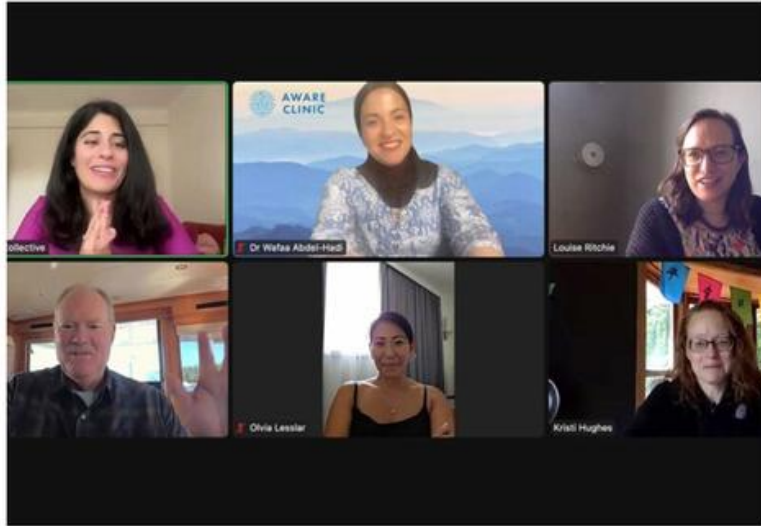
Unlock the health benefits of medicinal mushrooms. Discover how they can supercharge prevention and longevity, your ability to support chronic conditions, and set you on the path to excellence. 6 CPD hours.

Course Includes:

Immunology Fundamentals
Fungal Biology & Bioactives
Health Benefits & Uses
Safety & Contraindications

[JOIN THE WAITLIST NOW](#)





What it means to be part of our community

In an era of fragmented information and isolated practice, **we create space for meaningful collaboration** where knowledge is strengthened through conversation and professional confidence grows through connection.

Our community extends beyond online learning. Through in-person conferences, networking events, live expert Q&As and peer discussions, **members connect with other healthcare professionals from around the world.** Ideas are explored critically, clinical experience is shared openly, and lasting professional relationships are formed.

“Learning does not happen in isolation, and neither should professional growth”



The Nutrition Health Collective

Be part of a community of forward-thinking healthcare professionals.

Our membership is built for healthcare professionals who are not simply responding to change but actively shaping the future of healthcare. Through expert-led conferences, specialist education, and strategic collaborations, we create an ecosystem that supports progressive, systems-based clinical practice.



Step inside the Collective

Explore 10 curated courses over 7 days and experience the quality of our education first-hand.

[START MY 7-DAY FREE ACCESS](#)



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WEBINAR

BEYOND THE GLUCOSE NARRATIVE: FROM SIGNAL TO SYSTEMS



Date

Wednesday 24th June, 2026

13:00PM BST | 14:00PM CET

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ELENA PANZERI MSc, BSc

**Microbiome, Nutrigenetics
& Functional Medicine Expert**

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