



THE 6 WEEK RESET

A COMPREHENSIVE GUIDE
TO DETOX, HYDRATION &
METABOLIC TRANSFORMATION

BY
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ABOUT THE AUTHORS



Dr. Jonas LaForge BSc, ND

Dr. Jonas LaForge is a visionary leader in regenerative wellness, longevity medicine, and concierge health optimization. With a background in naturopathic medicine, biohacking, and precision health, he has dedicated his career to bridging the gap between science and high-performance living. As the co-founder of Concierge Longevity, Dr. LaForge integrates advanced biomarker testing, metabolic reset protocols, hormone optimization, and mindset coaching to help executives, entrepreneurs, and high-achievers extend their healthspan and optimize performance.

With years of experience in medical aesthetics, wellness coaching, and business leadership, Dr. LaForge has developed a holistic, results-driven approach to longevity. His work is rooted in cutting-edge research, functional medicine, and time-tested principles of human optimization. Through Concierge Longevity, he provides a highly personalized, data-driven path to peak vitality, empowering clients to take control of their health,



Anna Rhymer BPR, MSc

Anna Rhymer is a leading expert in longevity coaching, anti-aging strategies, and holistic health optimization. With over 20 years of experience in nutrition, psychology, and fitness, she has helped thousands of women transform their health, master their mindset, and step into their most confident, vibrant selves. Holding a Bachelor's in Nutrition and a Master's in Psychology, Anna combines metabolic optimization, biohacking techniques, and subconscious reprogramming to create personalized wellness plans that address both the body and mind.

As co-founder of Concierge Longevity, Anna works with high-achieving women and entrepreneurs, guiding them to break free from limiting beliefs, reverse aging, and build lasting vitality. Her mission is to help women align health, wealth, and confidence—unlocking their full potential and creating a life of energy, success, and unshakable self-belief.

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INTRODUCTION



Welcome to the Concierge Longevity 6-Week Reset Journey. If you have been feeling low on energy, struggling with stubborn weight, or simply not living the vibrant life you deserve, you are in the right place. This program has been designed specifically for individuals ready to unlock their true potential, reset their metabolism, and embrace a sustainable, science-backed approach to wellness. At the core of this program is the concept of metabolic flexibility—the ability of your body to efficiently switch between burning carbohydrates and fats for energy. When combined with strategies to reduce inflammation and optimize hormone balance, metabolic flexibility can lead to increased energy, improved digestion, and overall vitality. This eBook is your detailed roadmap for the next six weeks. It explains the science behind each step, offers practical strategies, and equips you with the tools necessary for lasting transformation. By the end of this journey, you will feel revitalized, empowered, and ready to maintain your newfound vitality.

GETTING STARTED



Before diving into the program, it is essential to set clear, actionable intentions. Write down your specific goals—whether you desire increased energy, improved digestion, or balanced hormones. Your intentions will serve as your guiding light throughout this journey, keeping you focused on your transformation. Over the next six weeks, you will experience a comprehensive blend of personalized coaching, science-backed nutrition and detox strategies, and daily practices that reset your metabolism. In addition, there are optional concierge upgrades available, including advanced lab testing and targeted therapies to further customize your journey. To get the most out of this program, prepare a journal or digital tracker to record your progress. Ensure you have a water bottle with measurement markings and gather any recommended supplements or detox tools provided by your coach. These initial steps are critical for laying a solid foundation for the transformation ahead.

WEEK 1

THE FOUNDATIONAL RESET

Week 1 is dedicated to establishing a strong foundation for your wellness transformation. The focus is on detoxification, hydration, and a metabolic kickstart. Chronic exposure to toxins—whether from processed foods, environmental pollutants, or stress—can lead to low-grade inflammation that impairs your metabolism. During this week, you will learn how to reduce your body's toxin load through targeted dietary changes, increased hydration, and natural detox practices. Proper hydration is not only about drinking water; it involves optimizing the quality of your water intake to support every cellular process, facilitate detoxification, and fuel your metabolism. Additionally, balancing your blood sugar is crucial to maintain energy levels and promote fat burning. You will be introduced to strategies that minimize insulin spikes, thereby setting your body into a sustainable metabolic state. Your Week 1 action plan includes following a curated detox-friendly meal plan, drinking a prescribed amount of water each day, and diligently tracking your meals, energy levels, and sleep. A structured morning routine that incorporates hydration and mindfulness is also part of the plan. Use the provided daily checklist to stay accountable and monitor your progress, as this will form the foundation for the weeks to come.

WEEK 2



STRESS & HORMONE BALANCING

In Week 2, the program shifts its focus to stress management and hormone balancing. Hormones are the messengers that regulate nearly every process in your body, including metabolism and mood. In this phase, you will learn how elevated stress hormones—particularly cortisol—can disrupt your health and how to restore balance. You will explore techniques such as deep breathing, mindfulness meditation, and guided relaxation exercises to lower cortisol levels. This week also emphasizes the critical role of gut health in hormonal regulation. By adopting specific dietary and lifestyle modifications, you will support a healthy gut, which in turn helps to balance your hormones. Daily practices and reflections will be introduced to help you integrate these changes into your routine, ensuring lasting improvements in stress management and hormonal balance.

WEEK 3

LONGEVITY BIOHACKING

Week 3 takes you into the realm of longevity biohacking, where you will learn how to boost your body's cellular energy and regenerative capacity. This week focuses on enhancing the function of your mitochondria—the powerhouses of your cells—through targeted nutrition and lifestyle modifications. You will be introduced to fasting and autophagy strategies, which trigger your body's natural process of cleaning out damaged cells and regenerating new ones. This process is critical for maintaining youthful energy and cellular health. In addition, sleep optimization techniques will be covered to ensure you get the restorative sleep necessary for recovery. Practical biohacking tips, including the use of red light therapy, controlled cold exposure, and nutrient timing, will help you maximize your body's inherent regenerative abilities. These innovative approaches will empower you to unlock a higher level of vitality and longevity.



WEEK 4

METABOLIC RESET

The focus of Week 4 is on resetting and optimizing your metabolism. This week is dedicated to reversing insulin resistance through targeted dietary adjustments and tailored exercise protocols. You will learn how to implement time-restricted eating to stabilize your blood sugar levels, boost your energy, and promote efficient fat burning. Specific exercise routines, designed to increase your metabolic rate and support fat loss, will be introduced. In addition, you will be guided on how to use tracking tools to monitor changes in your energy levels, weight, and overall metabolic health. These insights will enable you to adjust your program as needed, ensuring that you continue to progress toward a more efficient metabolic state.



WEEK 5

FEMALE HORMONE OPTIMIZATION

Week 5 is dedicated to optimizing female hormones and supporting your natural hormonal cycles. Whether you are currently cycling or experiencing hormonal transitions such as perimenopause or menopause, this week will provide tailored strategies to support your body's unique needs. You will learn about the intricate balance of hormones that regulate metabolism, mood, and overall health. Nutritional strategies, lifestyle modifications, and gentle physical practices are introduced to naturally balance hormones and alleviate symptoms associated with hormonal fluctuations. Personalized adjustments will be made in consultation with your coach, and optional concierge upgrades such as comprehensive hormone testing and targeted supplementation will be available. This phase is crucial for ensuring that your hormonal health supports your overall well-being and long-term vitality.



WEEK 6

CRAFTING YOUR LONGEVITY BLUEPRINT

The final week, Week 6, is where you integrate all the knowledge and habits developed over the course of the program into a cohesive, sustainable plan. You will create your personalized longevity blueprint, which outlines your nutritional, physical, and mental strategies for long-term health. This comprehensive plan will include setting long-term goals and establishing benchmarks to measure your ongoing progress. You will also learn about the options for continued support after the program, such as advanced coaching, digital memberships, and additional concierge add-ons. This final phase ensures that the transformation you have achieved is not temporary but becomes a permanent part of your lifestyle.



ADDITIONAL RESOURCES

Throughout your 6-week journey, you will have access to a variety of tools and resources designed to support your transformation. These include handouts, checklists, and trackers—such as the Week 1 Longevity Reset Guide and the Blood Sugar & Inflammation Tracker—to help you stay accountable. Optional supplement recommendations, including electrolytes, digestive enzymes, probiotics, milk thistle, and dandelion root, are available to further enhance your progress. In addition, you will be invited to join an exclusive online community where daily accountability, peer support, and continuous guidance are provided. This network is a crucial part of your transformation, offering you a space to share experiences, ask questions, and receive encouragement.



CONCLUSION

As you complete this 6-week journey, take time to reflect on the progress you have made. Notice the increased energy, improved digestion, and overall balance in your body. The Concierge Longevity 6-Week Reset Program is not merely a temporary fix—it is the beginning of a lifelong commitment to health, wellness, and personal transformation. The habits you develop during these six weeks will serve as the foundation for a vibrant, energetic future. We encourage you to stay connected through our digital memberships, advanced coaching sessions, and additional concierge add-ons. Your journey to lasting vitality begins today—embrace the transformation, and live your healthiest life ever.

Thank you for choosing the Concierge Longevity 6-Week Reset Program. Your journey to lasting vitality starts now.

Yours in good health,

Dr. Jonas & Anna

