



Choose Your Path to Brain Health, Longevity & Whole-Person Vitality

Whether you're seeking inspiration, structured coaching, or in-depth medical care, we're here to walk alongside you with resources tailored to your needs.

	Free Resources	The Re-Think Aging Community	Coming in 2026 The Re-Think Aging - Dr. Libert's Signature Program for Longevity & Neuroprotection	1:1 Medical Care with Dr. Libert	Caring for the Body Membership for Continuity 1:1 Medical Care with Our Team
What is it?	<p>Youtube Channel/ Podcast</p> <p></p> <p>Subscribe here: https://www.youtube.com/@CynthiaLibertMD</p> <p></p>	<p>Your Annual Membership for Brain Health, Longevity, and Flourishing</p> <p>This is a year-long, faith-infused, science-backed empowerment program designed to help you protect your brain, slow biological aging, and thrive in midlife and beyond.</p> <p>As a member, you'll receive annual biological age testing, <i>monthly longevity masterclasses</i>, and <i>live Q&A sessions with Dr. Libert</i>—all rooted in cutting-edge research and timeless biblical wisdom.</p>	<p>A 3-Month Lifestyle Reset with Transformational Coaching</p> <p>A physician-led, 3-month online experience designed for high-achieving, health-conscious adults over 40 who want to reclaim their vitality, sharpen their mental clarity, and proactively slow the aging process—body, brain, and spirit.</p> <p>This immersive lifestyle reset combines science-backed education, compassionate coaching, and a supportive community to help you implement the essential lifestyle upgrades proven to reduce the risk of cognitive decline, chronic illness, and premature aging.</p>	<p>1:1 Longevity Consultation with Dr. Libert</p> <p>Begin your journey with a two-hour deep dive consultation, where Dr. Libert takes a thorough look at your health history, lifestyle, and goals. Using advanced diagnostics and a root-cause approach, she helps you create your Brain + Body Vitality Blueprint—a customized plan for optimizing longevity, energy, and cognitive health.</p> <p>Once your specialty lab results are in, you'll meet again for a 60–90 minute Review of Findings Visit to walk through your data, uncover root causes, and refine your plan.</p>	<p>Caring for the Body Membership for Ongoing 1:1 Functional Medicine Care</p> <p>The <i>Caring for the Body Membership</i> is designed for those who wish to continue their journey of healing and vibrant living with ongoing access to our compassionate, functional medicine team.</p> <p>This annual membership ensures continuity of medical care beyond your initial consultation, so you can receive timely support, personalized guidance, and thoughtful follow-up as you implement and refine your treatment plan.</p>
Time Frame	On-Going	Annual membership	3 Months	As Needed	On-Going
Who's it for?	Anyone Worldwide	Participants in the USA	Participants in the USA	Patients in NC, SC, TN, GA and FL	Patients in NC, SC, TN, GA and FL
Investment	Free	\$1,750	\$8,995	\$1500 for Initial Consult, then \$500/hr	\$120-\$1497 annual membership + consult fees