

# Re-Think Aging

with Cynthia Libert, M.D. & The Caring for the Body, PLLC Team  
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	Initial Consultation with Dr. Libert	Brain Health & Longevity Membership	Cognitive Decline Treatment Program
<b>What is it?</b>	<p><b>Youtube Channel/ Podcast</b></p> <p>✦ ✦ ✦</p> <p><b>Subscribe here:</b> <a href="https://www.youtube.com/@CynthiaLibertMD">https://www.youtube.com/@CynthiaLibertMD</a></p> <p>✦ ✦ ✦</p>	<p><b>Your Annual Membership for Brain Health, Longevity, and Flourishing</b></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 <i>annual biological age testing</i>, <i>monthly longevity masterclasses</i>, and <i>live Q&amp;A sessions with Dr. Libert</i>—all rooted in cutting-edge research and timeless biblical wisdom.</p>	<p><b>1:1 Longevity Consultation with Dr. Libert</b></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 <b>create your Brain + Body Vitality Blueprint</b>—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><b>The Brain Health &amp; Longevity Membership</b> is an annual, physician-guided membership designed for proactive individuals who want to prevent cognitive decline, reduce dementia risk, and optimize healthspan through a comprehensive, evidence-based approach to brain and whole-body health.</p> <p><b>This is not traditional reactive medicine.</b> And it's not a quick fix. It's a long-term partnership grounded in functional medicine, lifestyle science, and personalized monitoring—created to help you protect your most valuable asset: your brain.</p>	<p><b>The Cognitive Decline Treatment Program</b> is a 12-month, physician-led intensive for individuals with memory concerns or measurable changes in cognitive performance who want a root-cause approach. It uses advanced functional medicine diagnostics to create a highly personalized treatment plan.</p> <p><b>Led by Dr. Cynthia Libert, M.D.</b>, the program combines cutting-edge science with compassionate care. Participants receive a customized Brain Vitality Blueprint and ongoing support to restore mental clarity and protect long-term brain health.</p>
<b>Time Frame</b>	On-Going	Annual membership	As Needed	Annual Membership	12-months
<b>Who's it for?</b>	Anyone Worldwide	Participants in the USA	Patients in NC, SC, TN, GA and FL	Patients in NC, SC, TN, GA and FL	Patients in NC, SC, TN, GA and FL
<b>Investment</b>	Free	\$1,750	\$1500 for Initial Consult, then \$500/hr	\$5,500 annually	\$13,500