



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
What is it?	Youtube Channel/ Podcast ✦ ✦ ✦ Subscribe here: https://www.youtube.com/@CynthiaLibertMD ✦ ✦ ✦	Your Annual Membership for Brain Health, Longevity, and Flourishing 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. As a member, you'll receive annual biological age testing, monthly longevity masterclasses, and live Q&A sessions with Dr. Libert—all rooted in cutting-edge research and timeless biblical wisdom.	1:1 Longevity Consultation with Dr. Libert 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. 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.	The Brain Health & Longevity Membership 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. This is not traditional reactive medicine. 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.	The Cognitive Decline Treatment Program 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. Led by Dr. Cynthia Libert, M.D., 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.
Time Frame	On-Going	Annual membership	As Needed	Annual Membership	12-months
Who's it for?	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
Investment	Free	\$1,750	\$2500 for Initial Consult, then \$500/hr	\$8,500 annually	Personalized investment by consultation