

Wellness Blog 2025 Resources:

- Movement & Strength Training in Midlife/Menopause
 - Strength training and telomere/aging overview. <https://pmc.ncbi.nlm.nih.gov/articles/PMC11591842/>
 - Strength/impact exercise and BMD in postmenopausal women (systematic review/meta-analysis). <https://pmc.ncbi.nlm.nih.gov/articles/PMC9864448/>

https://greatergood.berkeley.edu/article/item/five_surprising_ways_exercise_changes_your_brain

<https://pmc.ncbi.nlm.nih.gov/articles/PMC11591842/>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC11800298/>

<https://www.nature.com/articles/s41598-025-94510-3>

Circadian Rhythm, Blue Light & Time-Restricted Eating

- Circadian disruption and metabolic health (review). <https://www.jci.org/articles/view/170998>
- Time-restricted eating and metabolic outcomes. <https://pubmed.ncbi.nlm.nih.gov/41276433/>
- Blue light and melatonin suppression/sleep disruption. <https://www.chronobiologyinmedicine.org/journal/view.php?number=167>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC11245155/>

<https://www.chronobiologyinmedicine.org/journal/view.php?number=167>

<https://www.npr.org/2025/11/03/nx-s1-5590198/health-habits-circadian-rhythms-body-clock>

Sleep & Wearables

- Integrating circadian/sleep assessment in care. <https://pmc.ncbi.nlm.nih.gov/articles/PMC11832606/>
- Oura Ring / consumer sleep trackers overview. <https://www.sleepfoundation.org/best-sleep-trackers/oura-ring-review>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC12540570/>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC12109716/>

Stress, Cortisol & Social Health

- Cortisol and biological aging. <https://www.mindbodygreen.com/articles/your-cortisol-levels-might-reveal-your-true-biological-age>
- Loneliness/social isolation and mortality risk. <https://www.pbs.org/newshour/health/loneliness-poses-health-risks-as-deadly-as-smoking-u-s-surgeon-general-says>

Mediterranean Diet & Women's Longevity

- Mediterranean diet and mortality in women (Harvard/large cohort). <https://news.harvard.edu/gazette/story/2024/06/women-who-follow-mediterranean-diet-live-longer/>

- Mediterranean diet and longevity mechanistic/overview paper. <https://mitohealth.com/blog/mediterranean-diet-longevity-guide>

Peptides

- GLP-1 agonists (semaglutide) cardiometabolic outcomes. <https://diabetesjournals.org/care/article/47/8/1360/156810/Semaglutide-and-Cardiovascular-Outcomes-by>
- BPC-157 and other “longevity” peptides—narrative reviews and safety concerns. <https://pmc.ncbi.nlm.nih.gov/articles/PMC12446177/>

Red Light

<https://med.stanford.edu/news/insights/2025/02/red-light-therapy-skin-hair-medical-clinics.html>

<https://my.clevelandclinic.org/health/articles/22114-red-light-therapy>