

THE 200 YEAR LIFE PROTOCOLS

*The daily habits, supplements, and routines
Gary is using to chase a 200-year life.*

Compiled by Gary Leland • GaryLeland.com

Welcome, fellow longevity traveler.

I'm Gary Leland. I'm 71 years old, and I'm running a public experiment on my own body to see how long — and how well — one human can live. My last biomarker panel put my biological age well over a decade younger than my birth certificate. This is what I actually do.

Everything in this guide lives in scattered pieces across my website, my videos, and my head. This document pulls it into one place so you can see the whole system at a glance — and steal whatever works for you.

■ MISTAKES I MADE SO YOU DON'T HAVE TO

This is not medical advice. I'm not a doctor, and I'm definitely not *your* doctor. I'm one determined boomer sharing what he does. Talk to your physician before copying any protocol in here — especially the supplements.

How to use this guide

Don't try to do all seven protocols at once — that's a fast track to quitting. Start with the 30-Day On-Ramp near the back. Pick one protocol. Make it a habit. Then add the next.

PROTOCOL 01

The Morning Routine

The first hour sets the tone for every cell. Mine is built to hydrate, restore minerals, and wake the body up before caffeine ever enters the picture.

- Start with water + lemon before anything else — rehydrate after a night of fasting.
- I also add electrolytes / blood-flow hydration to replace minerals lost overnight.
- Morning light exposure to anchor the circadian clock.
- Only then does the coffee ritual begin (Protocol 02).

■ THE SCIENCE IN 30 SECONDS

After 6–8 hours without water, blood volume drops and minerals deplete. Rehydrating with electrolytes before caffeine — a mild diuretic — prevents the dehydration spiral most people start their day in. Morning light within an hour of waking sets cortisol and melatonin timing for the whole day.

■ MISTAKES I MADE SO YOU DON'T HAVE TO

For years I reached for coffee first thing on an empty, dehydrated system — then wondered why I crashed by 10am. Hydrate first. The coffee hits better and the crash disappears.

PROTOCOL 02

The Four-Cup Coffee Ritual

Coffee isn't just caffeine for me — it's a delivery vehicle for functional add-ins. Each cup has a job. Four cups may sound like a lot — and for many of you, it might be. It works well for me, but you know your own body. Find the amount that feels right for you.

I prefer my coffee with caffeine — I believe caffeine has real benefits, so none of that decaf for me.

One thing I'd steer you away from, though: plastic pods. When you push boiling water through plastic, you're inviting microplastics into your body and brain. I know the pods are convenient, but skipping them might be one of the easiest things you ever do for your long-term mental health.

- Cup #1 — Danger Coffee with cocoa (polyphenols + flavanols).
- Cup #2 — Danger Coffee with GHEE & MCT oil (steady, clean energy).
- Cup #3 — Danger Coffee with creatine (a pinch of salt).
- Cup #4 — Danger Coffee with ketones for mental clarity.

As you'll see, I drink Danger Coffee. It's third-party lab-tested for mold, mycotoxins, pesticides, and other contaminants, and it's fortified with over 50 trace minerals and electrolytes. Cleaner-sourced beans mean smoother, sustained energy — without the usual afternoon crash. **Save 10% at [GaryLeland.com/Coffee](https://garyleland.com/Coffee) with the code GARYL.**

■ THE SCIENCE IN 30 SECONDS

Coffee is one of the most polyphenol-rich things most people consume daily. Pairing it with fat (GHEE/MCT) slows caffeine absorption for smoother energy, while cocoa flavanols support blood flow and MCTs provide fast, brain-friendly fuel. The stack turns a simple habit into a daily nutrient delivery system.

■ MISTAKES I MADE SO YOU DON'T HAVE TO

I used to load coffee with sugar and flavored creamer — spiking my blood sugar every morning. Swapping to fats and functional add-ins gave me the same ritual without the crash or the glucose spike.

PROTOCOL 03

Sleep — The Foundation

You cannot out-supplement bad sleep. It's the single highest-leverage longevity lever, and I guard it like it's my job — because at 200-year scale, it is.

- Block junk light 2 hours before bed (see Protocol 05).
- Cool, dark, cave-like bedroom.
- Consistent sleep/wake times — even on weekends.
- Grounding sheets for the nights I want deeper rest.
- I wear an eye mask and earplugs.

■ THE SCIENCE IN 30 SECONDS

During deep sleep the brain's glymphatic system flushes metabolic waste, including proteins linked to cognitive decline. Growth hormone peaks, tissues repair, and memories consolidate. Chronically short or fragmented sleep accelerates nearly every marker of aging — it is not optional.

■ MISTAKES I MADE SO YOU DON'T HAVE TO

I spent years treating sleep as the thing I'd sacrifice to get more done. It was the most expensive trade I ever made. Protect sleep first; build everything else around it.

PROTOCOL 04

Movement & Strength

The goal isn't to look like a bodybuilder — it's to keep the strength, balance, and mobility that let a body stay independent for another century.

- Daily walking — the most underrated longevity drug there is.
- Strength / resistance work to fight age-related muscle loss.
- Grip strength training (one of the best predictors of lifespan).
- Balance & mobility work — the Asian squat, standing on one leg, heel-to-toe walking.

You can see my full fitness protocol at [GaryLeland.com/fitness](https://garyleland.com/fitness)

■ THE SCIENCE IN 30 SECONDS

Muscle mass and strength decline about 1–2% per year after 50 if unopposed — sarcopenia is a leading driver of frailty and falls. Grip strength independently predicts all-cause mortality, and balance ability strongly predicts fall risk, one of the biggest threats to healthy aging.

■ MISTAKES I MADE SO YOU DON'T HAVE TO

I assumed 'staying active' was enough. It wasn't — I was losing strength quietly. Deliberate resistance and grip work reversed it. Walking keeps me healthy; lifting keeps me capable.

PROTOCOL 05

Light & Environment

Your body reads light and environment as signals. Get the signals right and everything from sleep to mood to recovery improves — often for free.

- Junk-light blocking glasses starting 2 hours before bed.
- Bright natural light in the morning; dim, warm light at night.
- Air purification to reduce the daily particulate load.
- Reduce plastics and chemical exposure where practical.

■ THE SCIENCE IN 30 SECONDS

Blue and green light after sunset suppress melatonin and delay sleep onset. Blocking those wavelengths in the evening restores the natural melatonin rise. Meanwhile air quality and chronic chemical/plastic exposure add up over decades — lowering that background load reduces inflammatory stress on the body.

■ MISTAKES I MADE SO YOU DON'T HAVE TO

I thought blue-light glasses were a gimmick until I actually wore them nightly for two weeks. The difference in how fast I fell asleep was undeniable. Don't dismiss the cheap environmental wins.

PROTOCOL 06

The Supplement Stack

Supplements are the smallest lever here — they support a foundation of sleep, movement, and food. But used deliberately, a targeted stack fills real gaps. This is the framework I organize mine around.

- Foundational: omega-3s, vitamin D3 + K2, magnesium, a quality multi/mineral base.
- Cellular & longevity-targeted: support for mitochondria, NAD+, and telomere health.
- Antioxidant & anti-inflammatory support (astaxanthin, glutathione, turmeric).
- Cognitive & performance add-ins (creatine, lion's mane, taurine).

You can see my full supplement stack at [GaryLeland.com/my-protocols](https://garyleland.com/my-protocols)

■ THE SCIENCE IN 30 SECONDS

Most adults have real, measurable gaps — vitamin D, omega-3 index, and magnesium among the most common. Targeted repletion of documented deficiencies produces the clearest benefit; the longevity-specific compounds aim at the deeper machinery of aging (mitochondrial function, cellular repair).

■ MISTAKES I MADE SO YOU DON'T HAVE TO

Early on I bought every trending supplement I saw — a cabinet full of random bottles and no system. The fix was testing my biomarkers first, then supplementing to *data*, not to hype. Test, don't guess.

PROTOCOL 07

The Overlooked Factors

The habits nobody puts on a supplement label — but that may matter more than any pill in the cabinet.

- Oral health — the mouth is a gateway to systemic inflammation.
- Purpose & community — lonely people age faster; connected people live longer.
- Cutting sugar and ultra-processed food.
- Managing stress and staying curious — a mind with a mission ages slower.

■ THE SCIENCE IN 30 SECONDS

Gum disease is linked to cardiovascular and cognitive decline through chronic inflammation. Social isolation carries mortality risk comparable to smoking. And a sense of purpose is one of the most robust predictors of longevity in the research — the 'soft' factors are anything but soft.

■ MISTAKES I MADE SO YOU DON'T HAVE TO

I obsessed over the measurable stuff — labs, macros, supplements — while underrating connection and purpose. Building this project, and now a community around it, may be the most life-extending thing I've done.

THE ON-RAMP

Your First 30 Days

Seven protocols is overwhelming if you try them all at once. Here's how to layer them in without burning out. Each week you keep the previous habits and add one new focus.

Week 1 Hydration & Morning Light	Water + lemon + electrolytes before coffee. Get outside within an hour of waking. That's it.
Week 2 Sleep	Lock a consistent bed/wake time. Add evening light-blocking. Make the room cool and dark.
Week 3 Movement	Daily walk, non-negotiable. Add two short strength sessions and a minute of balance work.
Week 4 Fuel & Environment	Upgrade the coffee ritual, cut obvious sugar, clean up light and air. Review your supplement gaps with your doctor.

By day 30 you're not 'on a program' — you're living a system. Then you refine it for the next 129 years.

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The Daily Checklist

Tick the boxes. Stack the days. This is the whole system on one page.

MORNING

- Water + lemon on waking
- Electrolytes / blood-flow hydration
- Morning sunlight (within 1 hr)
- Coffee ritual with functional add-ins

MOVEMENT

- A real walk
- Strength or resistance work
- Grip / balance / mobility minute

FUEL

- Protein with breakfast
- No added sugar / ultra-processed
- Supplement stack (to your plan)

EVENING

- Light-blocking glasses 2 hrs before bed
- Dim, warm light at night
- Cool, dark bedroom
- Eye mask + earplugs
- Consistent bedtime

MIND

- One meaningful connection
- A few minutes on purpose / a mission
- Something that made me curious

MY ACTUAL PROTOCOL

Products I Personally Use

These are the actual products I use in my push to 200. I only add something to this list after I've tested it on myself. The links are affiliate links, which means I may earn a small commission at no cost to you — that support helps keep the project going, and I appreciate it.

TELO-VITAL — Cellular longevity support

Developed with my podcast guest Dr. Bill Andrews. A USDA Organic supplement from Touchstone Essentials, powered by botanical extracts and formulated to support telomere health, cellular vitality, and healthy aging from within.

→ GaryLeland.com/Telo

TRUEDARK GLASSES — Evening blue-light blockers

I wear these every evening, starting 2 hours before bed, to block junk light. They block blue, green, and violet wavelengths using a three-lens protocol (Daylights, Sunsets, Twilights) that matches the tint to the time of day.

→ [Save 10% on your first order — GaryLeland.com/Truedark](https://GaryLeland.com/Truedark)

LOOP EARPLUGS — Protect your hearing

Stylish, reusable earplugs that reduce harmful noise while still letting you hear conversations and stay aware. Protecting your hearing is a longevity habit most people overlook — once it's gone, it's hard to get back.

→ GaryLeland.com/Loop

GROUNDLUX GROUNDING SHEETS — Deeper sleep

Kathy and I sleep on these every night and take our pillowcases on vacation. Conductive silver thread woven through organic cotton connects to an outlet's ground pin, letting the body draw free electrons from the earth overnight — for lower nighttime cortisol and more restful sleep.

→ [Save 10% with code Leland10 — GaryLeland.com/sheets](https://GaryLeland.com/sheets)

VINIA BLOOD FLOW HYDRATION — Heart health

The first thing I drink every morning when I wake. A red grape cell powder built around piceid resveratrol, shown to lower Endothelin-1 and raise Nitric Oxide — the combination that relaxes and dilates blood vessels for better circulation.

→ [Save 17.5% — GaryLeland.com/Vinia](https://GaryLeland.com/Vinia)

CARDIO SMILE TOOTHPASTE — Nitric oxide support

Fluoride-free and a great way to increase Nitric Oxide. Created by nitric oxide researcher Dr. Nathan Bryan, it protects the oral bacteria that convert nitrates into nitric oxide, and uses potassium nitrate and hydroxyapatite to ease sensitivity and strengthen enamel.

→ GaryLeland.com/toothpaste

JAWZRSIZE — Jaw & neckline training

A silicone resistance device you bite down on for 20–30 minutes a day, engaging dozens of muscles in the jaw, face, and neck for a firmer jawline and better facial circulation. (If you have TMJ issues, check with a dentist first.)

→ [Save 20% — GaryLeland.com/jawzrsize](https://GaryLeland.com/jawzrsize)

HUME BODY POD — Know more than your weight

An advanced body composition scale that tracks body fat, muscle mass, visceral fat, hydration, metabolic age, and more. Longevity isn't about losing weight — it's about preserving muscle, reducing unhealthy fat, and tracking the markers that matter.

→ [Save 20% — GaryLeland.com/Hume](https://GaryLeland.com/Hume)

BLUEPRINT COCOA POWDER — Daily flavanols

A spoonful in my first morning coffee every day since August 2025 — I even take it on the road. Bryan Johnson's undutched, unsweetened cocoa powder with over 400mg of cocoa flavanols per serving, tested for heavy metals, and linked to better vascular function and cognitive support.

→ [Save \\$20 + free shipping on your first order — GaryLeland.com/Cocoa](https://GaryLeland.com/Cocoa)

DANGER COFFEE — Clean performance coffee

Premium, mold-free coffee — I drink 4 cups every day. Third-party lab-tested for mold, mycotoxins, pesticides, and other contaminants, and fortified with over 50 trace minerals and electrolytes for smoother, sustained energy without the afternoon crash.

→ [Save 10% with code GARYL — GaryLeland.com/Coffee](https://GaryLeland.com/Coffee)

QITONE KETONE POWDER — Clean energy & clarity

A flavorless exogenous ketone powder clinically shown to raise blood ketone levels within about 30 minutes — a fast, clean fuel source for mental clarity and steady energy without carbs or caffeine.

→ [Use code Gary15 — qitone.com](https://qitone.com)

ULTRAHUMAN RING AIR — Sleep & recovery tracking

I wear this 24/7 to track sleep, recovery, and activity. A lightweight smart ring that tracks sleep stages, heart rate, HRV, and skin temperature into a daily readiness score — the screenless alternative to a smartwatch, with no monthly subscription.

→ [GaryLeland.com/Ring](https://garyleland.com/Ring)

FUNCTION HEALTH — Know your numbers

Check your health every year, starting with 160+ lab tests that screen for 1,000+ conditions. An annual membership covering hormones, heart, thyroid, metabolic health, and cancer signals, all reviewed by physicians who send back a personalized action plan. Testing through Quest Diagnostics nationwide.

→ [GaryLeland.com/Function](https://garyleland.com/Function)

See the full, always-updated list at [GaryLeland.com/discounts](https://garyleland.com/discounts)

This is just the beginning.

Everything I learn — every test result, every protocol change, every win and every faceplant — goes public at GaryLeland.com. My full supplement stack, my biomarker data, my daily habits: it's all out in the open. Steal it. Tweak it. Try to beat me to 200.

Come do this with me:

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Stay sovereign, stay healthy.

— Gary

This is not medical advice. Longevity research is advancing rapidly, but individual outcomes depend on many factors including genetics, lifestyle, and access to future therapies. Consult qualified healthcare professionals for personal health decisions.