

THE
LANGE
WELLNESS
AND
LONGEVITY
PLAN

Lange Wellness and Longevity Plan

By Dr. Michael Lange

Right Ingredients. Right Science. Right for You.

Lange Wellness and Longevity Plan

Dr. Michael Lange created the **Lange Survival Diet / Fortifeye Survival Diet** to help decrease chronic disease through proper foods. Much of the illness in our country is linked to the foods we consume. Research shows that many foods once considered “healthy” may actually increase inflammation, oxidative stress, and disrupt the microbiome. The Survival Diet is extremely low or free of gluten, fodmaps, lectins, oxalates, glyphosate, phytic acid, arsenic, lead, pesticides, insecticides, aflatoxins, phytoestrogens, saponins, protease inhibitors, and alkaloids. By eliminating harmful compounds and focusing on nutrient-dense whole foods, this diet aims to fuel your body and visual system properly. **God made a pretty good body—if only the right fuel is given!**

■ Vegetables

Mustard greens, organic kale, organic lettuce, organic cucumbers, Bok Choy, broccoli, turnip root, cabbage, yellow/orange bell peppers, bamboo shoots, water chestnuts, fermented cabbage (kimchi, sauerkraut), boiled spinach, ½ avocado, 3–4 Brussels sprouts, garlic, onions, asparagus, mushrooms, artichoke.

Note: Avoid garlic, onions, mushrooms, asparagus, and artichoke if you have IBS. Avoid pickled/fermented foods if you have high blood pressure or heart rhythm conditions.

■ Fruits

Pineapple, banana, lemon, lime, organic blueberries, pomegranate, tart cherries, organic strawberries, cranberries, organic grapes, cantaloupe, orange.

■ Proteins

Organic free-range eggs, organic grass-fed beef or bison, organic turkey, organic chicken, ostrich, wild game, wild salmon, sardines, anchovies, rainbow trout, albacore tuna.

Dairy: Goat or sheep (milk, cheese, butter, yogurt, kefir), A2 cow’s milk products.

Protein powders: Grass-fed whey isolate or concentrate, non-GMO vegetable protein powders (sprouted barley, flax seed, chia seed, sprouted pea isolate).

■ Nuts, Seeds, Oils, Spices, Flour & Beverages

Macadamia nuts, chestnuts, coconuts, cashews (preferably soaked or sprouted), pistachios, walnuts, pumpkin seeds, flax, chia, hemp, sunflower seeds (sprouted preferred).

Oils: Coconut oil, algae oil, olive oil.

Seasonings: Apple cider vinegar, malt vinegar, wine vinegar, pink sea salt, Celtic sea salt, white pepper.

Drinks: Spring water, coffee, herbal tea, cashew milk, goat/sheep milk, A2 cow’s milk, coconut water, coconut milk, green tea, matcha tea.

Flours (ok 3x per week): Organic amaranth flour, quinoa flour, buckwheat flour, coconut flour.

■ Natural Sweeteners (Use in Moderation)

A small number of natural sweeteners can be used occasionally as part of the Lange Survival Diet. These options provide flavor and sweetness without the negative health effects of refined sugar or artificial sweeteners.

- Allulose – Rare natural sugar with ~90% fewer calories than table sugar; minimal impact on blood sugar
- Raw Local Honey – Supports immune health and may reduce seasonal allergy symptoms
- Manuka Honey – Rich in antimicrobial and healing properties; best used in small amounts
- Stevia – Zero-calorie plant-based sweetener; does not raise blood sugar or insulin levels
- Monk Fruit (Luo Han Guo) – Contains natural antioxidants (mogrosides); calorie-free and diabetic-friendly
- Thaumatin – Protein-based natural sweetener from katemfe fruit; very sweet, safe in small amounts
- Cocoa (unsweetened) – Adds natural flavor and antioxidants; ideal for smoothies or recipes without added sugar

■ Pseudo-Grains (Limited)

Organic de-hulled or sprouted quinoa, buckwheat, and amaranth—allowed up to 3x/week if washed, soaked, sprouted, boiled, or fermented to reduce anti-nutrients. Sourdough or organic sprouted bread may be consumed in moderation if ingredients align with the Survival Diet.

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■ Nutritional Health Tips

1. Last meal of the day should be protein + vegetables. Aim for 30–35g protein per meal; ~0.75g protein per pound of body weight (1g/lb if highly athletic).
2. Never eat banana, apple, or pear at the same time as berries. Space them 3–4 hrs apart.
3. Do not eat sweet potatoes or carrots with dark green leafy vegetables, orange bell peppers, pistachios, or wild Alaskan salmon.
4. Limit spinach, beets, and almonds due to oxalates. Pair with dairy or fermented foods if consumed.
5. Take a Fortifeye Digestive Enzyme before cooked meals or smoothies. Take 3 Fortifeye Probiotics before bed unless a fermented food meal was eaten.
6. Drink $\frac{1}{2}$ your body weight in ounces of good-quality spring water daily.

Dr. Michael Lange emphasizes: *“God made a pretty good body—if only the right fuel is given!”*
Always consult your primary care physician before beginning any new dietary plan.

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This 3-day meal plan demonstrates variety and balance while staying 100% within the **Lange Survival Diet / Fortifeye Survival Diet**. Each day emphasizes clean proteins, healthy fats, low-glycemic fruits, nutrient-rich vegetables, and supportive beverages to reduce inflammation and promote eye and body health.

Day 1

Breakfast: 2 organic eggs with sautéed kale & yellow bell peppers, ½ avocado, green tea

Snack: Macadamia nuts + organic blueberries, coconut water

Lunch: Wild salmon with Brussels sprouts & steamed broccoli, sprouted quinoa

Snack: Tart cherries + Fortifeye Fit Pro smoothie with coconut milk

Dinner: Grass-fed beef steak, cabbage & asparagus, herbal tea

Suggested Fortifeye Supplements:

- 1 Fortifeye Focus (morning)
- 1 scoop Fortifeye Rejuvenate (morning or midday)
- Fortifeye Super Omega (with lunch)
- Fortifeye Probiotics (at bedtime unless fermented foods consumed)
- Fortifeye Digestive Enzyme (before cooked meals)
- Fortifeye Fit Pro (post-workout if applicable)

Day 2

Breakfast: Smoothie with Fortifeye Grass-Fed Whey Isolate, coconut milk, banana, chia seeds, and organic baby kale

Snack: Handful of walnuts + green apple slices, matcha tea

Lunch: Organic turkey breast with roasted cauliflower & zucchini, small serving of buckwheat (sprouted)

Snack: Organic strawberries + ½ cup kefir (goat or sheep milk based)

Dinner: Wild rainbow trout, sautéed bok choy & garlic, spring water

Suggested Fortifeye Supplements:

- 1 Fortifeye Focus (morning)
- 1 scoop Fortifeye Rejuvenate (morning or midday)
- Fortifeye Super Omega (with dinner)
- Fortifeye Probiotics (at bedtime unless fermented foods consumed)
- Fortifeye Digestive Enzyme (before cooked meals)

Day 3

Breakfast: Fortifeye Organic Blue Green Superfood smoothie with cashew milk, banana, flax seeds, and 1 scoop of **Fortifeye Grass-Fed Whey Isolate**

Snack: Pistachios (soaked/sprouted) + lemon water

Lunch: Organic chicken breast with steamed cabbage & Brussels sprouts, small portion of sprouted amaranth

Snack: Pomegranate seeds + Fortifeye Fit Pro shake (post-exercise)

Dinner: Organic bison burger (no bun), sautéed mushrooms & onions, asparagus, herbal tea

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- Fortifeye Fit Pro (after exercise, already included in snack)

■ Evening Note

Each evening meal should emphasize **protein and vegetables only**, avoiding fruit and heavy starches at night. This supports stable blood sugar, digestion, and quality sleep.

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Hydration and sleep are two of the most overlooked foundations of health. Both are critical for energy, recovery, immunity, eye health, and long-term disease prevention. Dr. Michael Lange emphasizes that no diet or supplement plan is complete without proper hydration and restorative sleep.

■ Hydration

Your body is nearly 60% water, and every system relies on hydration to function properly. Proper hydration supports circulation, brain function, joint health, kidney health, digestion, and tear production for the eyes.

- ■ Drink half your body weight in ounces of good-quality spring water daily.
- ■ Start your morning with a glass of water before coffee or tea.
- ■ Add electrolytes after exercise or in hot climates to replace minerals.
- ■ Avoid excessive sodas, sugary drinks, and energy drinks.
- ■ Coconut water and herbal teas are excellent hydration alternatives.
- ■ Add a pinch of pink sea salt to 8 ounces of coconut water during exercise for natural electrolytes.
- ■ Dr. Lange's favorite waters: Watt-Ahh Water, Mountain Valley, Aquapana, Saratoga Spring Water, Fiji, Voss, San Pellegrino, and Evian.

■ Sleep & Recovery

Sleep is when the body heals, repairs, and regenerates. During deep sleep, the brain clears toxins through the lymphatic system, muscles rebuild, hormones balance, and the immune system strengthens. Poor sleep is linked to chronic inflammation, fatigue, poor concentration, and accelerated aging of the eyes and body.

- ■ Aim for 7–9 hours of restorative sleep nightly.
- ■ Go to bed and wake up at the same time each day, even on weekends.
- ■ Limit caffeine after 2 PM to prevent sleep disruption.
- ■ Avoid heavy meals, alcohol, and excess sugar before bedtime.
- ■ Limit blue light exposure from phones, TVs, and computers 1–2 hours before sleep.
- ■ Create a cool, dark, and quiet sleep environment.
- ■ Consider magnesium-rich foods (spinach, pumpkin seeds) or a magnesium supplement for relaxation.
- ■ Dr. Lange recommends wearing Blue Light Defense or Blue Light Shield blue filtering lenses, especially three hours before bed.

Dr. Michael Lange emphasizes that hydration and sleep are the foundation of recovery, performance, and longevity. Comb

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Exercise is medicine. Movement not only strengthens the body but also improves circulation, lowers inflammation, enhances mood, and supports eye and brain health. Dr. Michael Lange emphasizes that regular physical activity is a cornerstone of long-term wellness and disease prevention.

■ Why Exercise Matters

Regular exercise improves cardiovascular health, builds and preserves muscle mass, strengthens bones, reduces the risk of chronic disease, and enhances mental clarity. For eye health, exercise improves circulation to the retina and optic nerve, lowering the risk of glaucoma and macular degeneration.

■ Exercise Recommendations

- ■ Aim for a minimum of 150 minutes of moderate-intensity exercise per week, but preferably 300 minutes for optimal results.
- ■ Incorporate strength training 5–6 times per week, ensuring each body part is trained twice weekly.
- ■ Dr. Lange recommends a push/pull split routine for balanced training and recovery.
- ■ Example weekly schedule:
 - ■ • Monday: Chest & Triceps
 - ■ • Tuesday: Back & Biceps
 - ■ • Wednesday: Legs, Abs & Shoulders
 - ■ • Thursday: Chest & Triceps
 - ■ • Friday: Back & Biceps
 - ■ • Saturday: Legs, Abs & Shoulders
 - ■ • Sunday: Rest day
- ■ This allows each body part to be worked out with plenty of recovery.
- ■ Include aerobic activity such as brisk walking, cycling, swimming, or light jogging.
- ■ Stretch daily to improve flexibility and reduce injury risk.
- ■ Even light activity, such as walking after meals, improves circulation and digestion.
- ■ For older adults: prioritize resistance training and balance exercises to prevent sarcopenia and falls.
- ■ For athletes: supplement workouts with Fortifeye Fit Pro and Fortifeye Grass-Fed Whey Isolate for optimal recovery.
- ■ Use a vibration plate for 10 minutes daily to improve circulation, muscle tone, and bone density—especially helpful for those who cannot perform much exercise.

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inflammation and cardiovascular risk. Breaking up sitting with light activity helps improve metabolism and circulation.

- ■ Take the stairs instead of the elevator when possible.
- ■ Set reminders to stand and stretch every hour during desk work.
- ■ Walk or bike for short errands instead of driving.
- ■ Aim for 8,000–10,000 steps daily, adjusted for your fitness level.
- ■ Garden, do yard work, or perform household chores as forms of functional exercise.
- ■ Try to walk barefoot on the beach or grassy area for 20–30 minutes during maximum sunlight hours wearing a tank top, shorts, sunglasses, and a hat. This helps you absorb vitamin D from the sun and provides the benefits of grounding from being barefoot.
- ■ If staying out in the sun longer than 30 minutes, wear SPF clothing or apply a high-quality sunscreen.
- ■ Walking outdoors before 8 AM and after 6 PM does not require sunglasses, protective clothing, or sunscreen, as healthy red light is emitted during these times.

Dr. Michael Lange emphasizes: *“Movement is life. The more you move, the healthier you will be.”*

Choose activities you enjoy, stay consistent, and combine exercise with the Lange Survival Diet, proper hydration, and restorative sleep for total body wellness.

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Even the best diet may leave nutritional gaps. Modern farming practices, processed foods, and increased demands on the body make supplementation an important part of maintaining wellness. Dr. Michael Lange has carefully researched and developed the **Fortifeye line of supplements** to support both eye health and total body wellness.

■ Daily Essentials

- ■ Fortifeye Focus – Provides lutein, zeaxanthin, and astaxanthin for macular, brain, and skin health. Ideal for people on computers or digital screens during the day to relieve computer vision eye strain and protect eyes from harmful blue light.
- ■ Fortifeye Rejuvenate – Collagen peptides, rice ceramides, Dermaval, hyaluronic acid, and PureWay-C for skin, hair, nails, joints, and total body rejuvenation.
- ■ Fortifeye Super Omega – Ultra-pure triglyceride form fish oil for cardiovascular, brain, joint, and ocular health.
- ■ Fortifeye Probiotics – Supports gut microbiome balance, digestion, immunity, and systemic wellness.
- ■ Fortifeye Digestive Enzymes – Enhances absorption of protein and nutrients, especially with cooked meals or smoothies.
- ■ Fortifeye NextGen Vitamin C – Highly bioavailable vitamin C for immune support, collagen synthesis, and antioxidant protection.

■ Performance & Muscle Health

- ■ Fortifeye Fit Pro – A science-based pre/post workout formula with whey protein, collagen protein, Peak ATP, creatine, HMB, Betaine Anhydrous, L-Citrulline, and Vitamin D to build strength, muscle, and endurance.
- ■ Fortifeye Grass-Fed Whey Isolate & Fortifeye Super Protein – Fast-digesting and sustained-release protein options for recovery, muscle growth, and immune support.
- ■ Fortifeye Vegan Super Protein – Plant-based protein with sprouted barley and pea protein; PDCAAS score of 1; dairy- and soy-free.
- ■ Fortifeye Fit Meal – Balanced nutrition meal replacement with protein, superfoods, fiber, enzymes, and probiotics.

■■ Eye & Vision Health

- ■ Fortifeye Next Gen Macular Defense – Advanced formula for macular health with carotenoids, antioxidants, and essential nutrients, and also serves as a comprehensive multivitamin.
- ■ Fortifeye Advanced Retina Formula – Nutritional support for patients with advanced retinal disease risk.
- ■ Fortifeye Advanced Dry Eye Therapy – Omega-3, GLA, lutein, zeaxanthin, and astaxanthin to support dry eye, filter harmful blue light from digital screens, and enhance focusing ability.

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brain performance.

■ Longevity & Specialty

- ■ Fortifeye Complete – Comprehensive daily multivitamin/mineral with eye and systemic support.
- ■ Fortifeye Organic Blue Green Superfood – Adaptogenic mushrooms, beta-glucans, antioxidants, and fiber for energy, immunity, and gut health.
- ■ Fortifeye Creatine + HMB + Vitamin D – Evidence-based formula for strength, sarcopenia prevention, and muscle health in aging.
- ■ Fortifeye NextGen Curcumin – Advanced bioavailable curcumin for inflammation, joint, brain, and systemic support.

Dr. Michael Lange emphasizes that supplements should be viewed as *nutritional insurance*—they fill in the gaps and provide targeted support. When combined with the Lange Survival Diet, proper hydration, sleep, and exercise, these formulas help you achieve optimal health for the eyes and the entire body.