# Entrepreneur Luke Lintz invests in health for a long life



In a significant lifestyle pivot, 25-year-old entrepreneur Luke Lintz, the founder of the PR company HighKey, has devoted himself to optimising his health and wellness in a bid to live beyond 100 years. Lintz has begun to adopt a range of healthy living practices, including specific dietary changes and modern medical treatments, in what he describes as an investment in his long-term vitality.

One of the core elements of Lintz's new regime is his exclusive consumption of organic food. He has embraced a philosophy that includes more controversial medical treatments, such as intravenous drips, the cryopreservation of his cells for future use, and potential blood plasma exchanges with younger individuals. "I want to be 90 years old and still be able to go skiing with my grandkids," he stated. "I’m investing in my health so that when I do reach my 50s or 60s, I can still be at peak level."

Coffee, while ubiquitous in many workplaces, has no place in Lintz's health plan; he claims that past work-related stress led to daily health scares, including heart palpitations and signs of burnout. He recounted, “I used to wake up every single morning with my heart palpitating,” attributing it to an intense work culture that compelled him to work up to 15 hours a day. In light of these health concerns, he has made significant changes, reducing his working hours to eight per day.

In addition to dietary changes, Lintz implements a regimen of therapies to monitor and improve his health. He regularly consults with medical professionals who track his bodily changes and prescribe a daily suite of supplements. Each afternoon, he engages in neurofeedback therapy, a process that involves being linked to a computer with a headband, using screen brightness adjustments to enhance his focus. He also utilises NAD IV therapy, a method designed to enhance cellular energy production.

Beyond the high-tech therapies, Lintz incorporates simpler and cost-effective wellness practices into his routine. He begins each day with fresh-pressed celery juice, probiotics, and an organic collagen protein shake, complemented by a barefoot walk around his neighbourhood that he believes helps him connect with nature.

Lintz sources his diet entirely from organic products and grass-fed meat obtained from local farmers' markets. His commitment to fitness extends to regular gym sessions and sauna use. He shared, “Life is a marathon, not a sprint. My full potential is now defined by not how much I’ve got in the bank, but my ability to not take life too seriously.” He further elaborated on his philosophy, stating that fostering healthy habits in future generations is as valuable as financial wealth.

Looking to the future, he remains open to groundbreaking treatments, such as gene therapy and other advancements, but asserts that he would only consider them after they have been thoroughly tested in clinical settings. "I want people to question my age when they see me with my grandchildren – not struggling to keep up," he concluded, offering insight into his ambitious goals for health and longevity.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://homebusinessmag.com/success-stories-lifestyles/luke-lintz-building-clinic-owners-brand-ground-up/> - This article provides background information on Luke Lintz, the founder of HighKey Agency, but does not specifically cover his health and wellness practices. However, it establishes his entrepreneurial profile and adaptability.
* <https://www.youtube.com/channel/UCiB3-BuIYHMnhDZ4mVAUACg> - This YouTube channel is associated with Luke Lintz and may contain content related to his personal journey, including health and wellness, though specific details are not available in the search results.
* <https://www.noahwire.com> - This is the source of the article about Luke Lintz's health and wellness practices, but it does not provide additional external validation beyond the article itself.
* <https://www.healthline.com/nutrition/organic-foods> - This URL explains the benefits of organic food, which aligns with Lintz's choice to consume only organic products as part of his health regimen.
* <https://www.mayoclinic.org/tests-procedures/neurofeedback/about/pac-20384849> - This URL provides information on neurofeedback therapy, a technique Lintz uses to enhance his focus and mental well-being.
* <https://www.healthline.com/health/nad-iv-therapy> - This URL discusses NAD IV therapy, a treatment Lintz incorporates into his health routine to boost cellular energy.