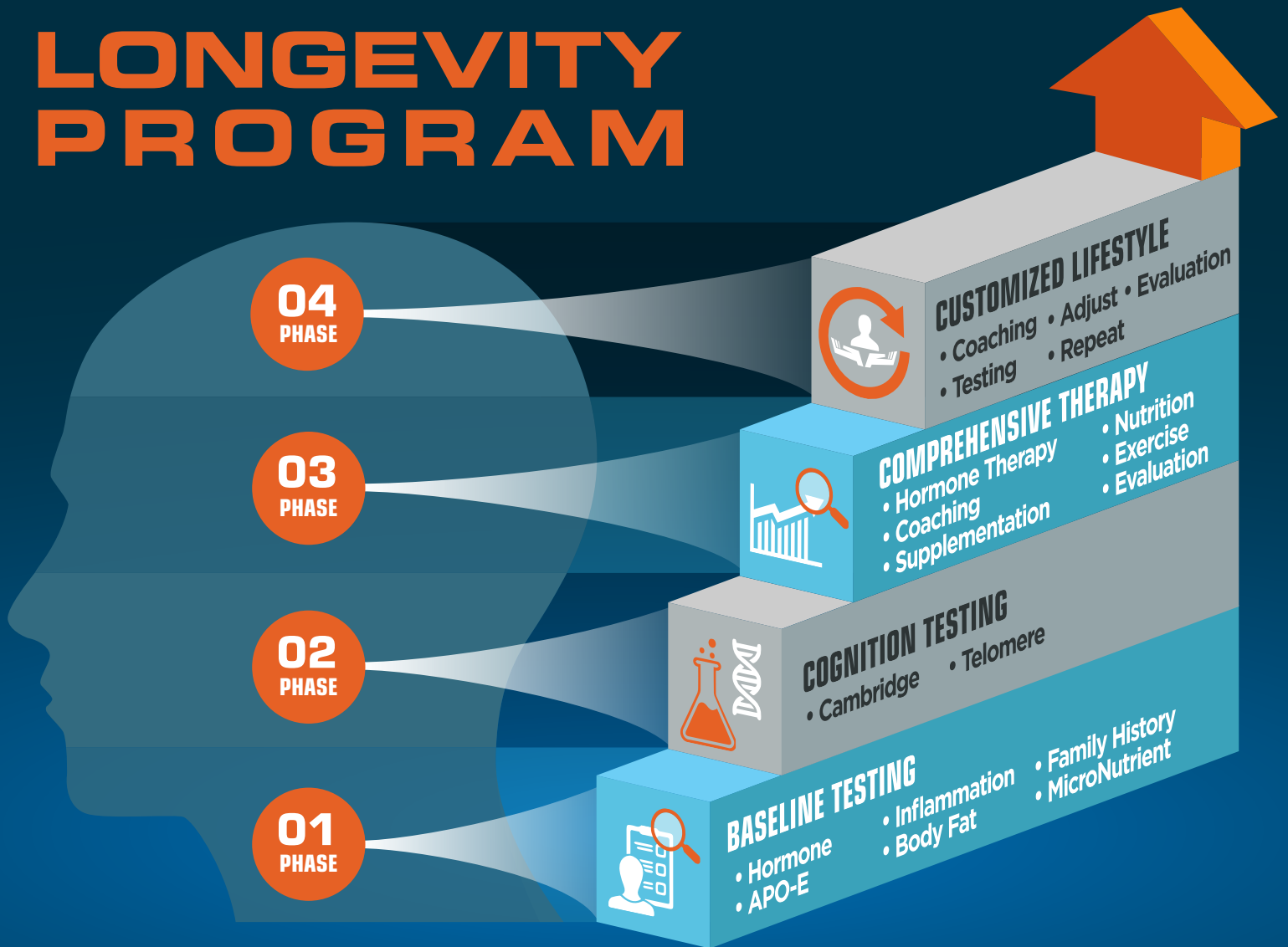


LONGEVITY PROGRAM

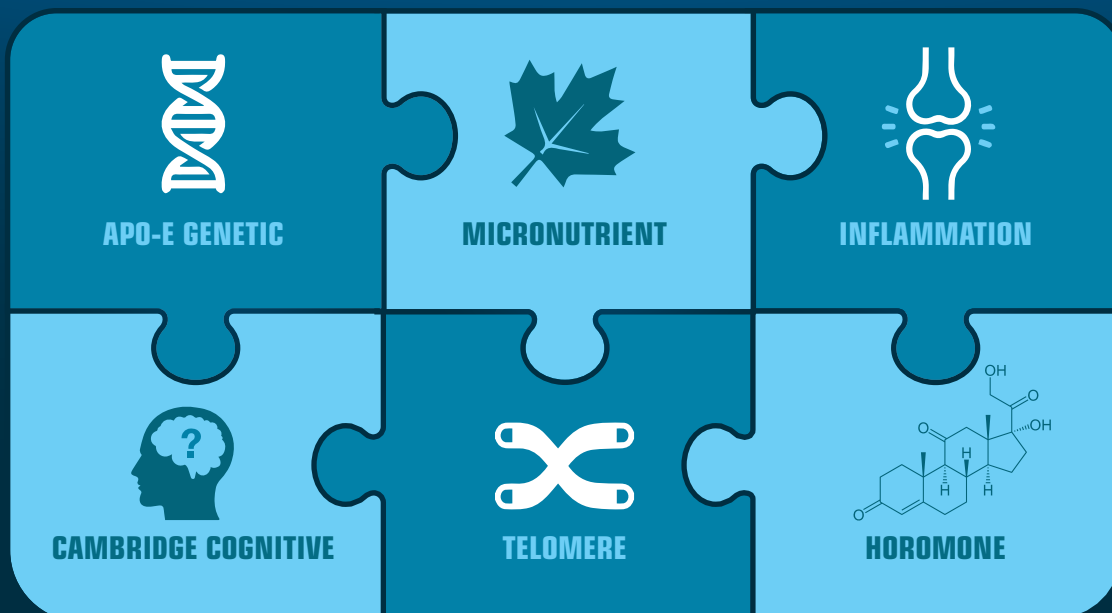


IMPROVING YOUR
BODY AND MIND

LONGEVITY PROGRAM



LIFESTYLE TESTING INDEX



PATIENT TIMELINE

Keeping you aimed at optimal



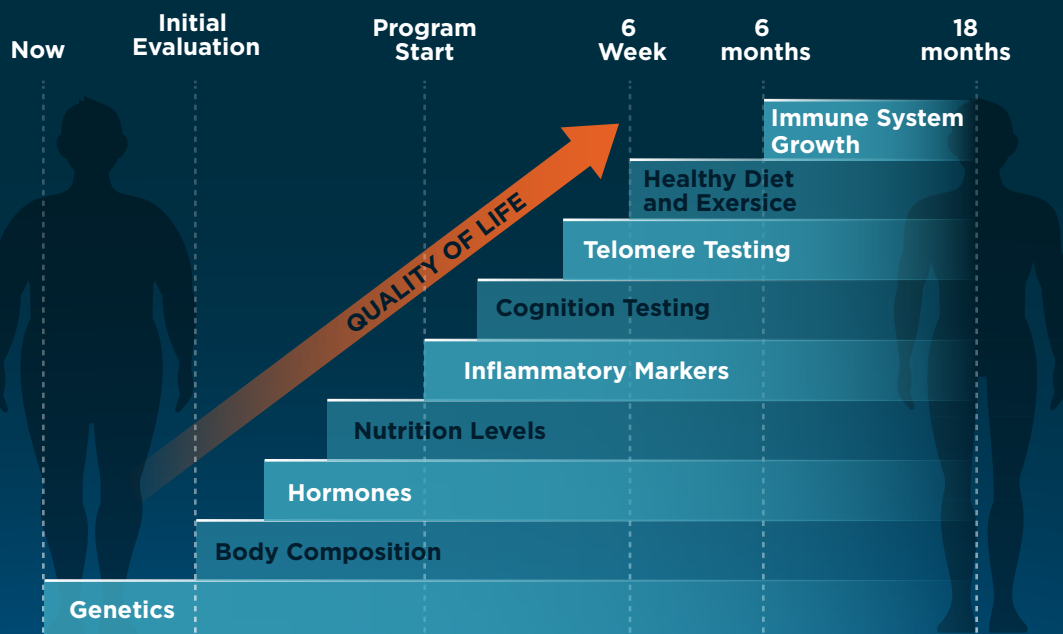
Scientific Testing



Targeted Medicine



Precision Treatment



DEMENTIA

Everyone's brain shrinks with age. As our brain gets smaller our cognitive skills become somewhat limited. Brain shrinkage is effected by:

- High blood pressure
- High blood sugar
- Abdominal fat
- Lack of exercise
- High inflammatory markers

The GOOD news it can almost certainly be reversed.



RESEARCH

Over the course of the last 10 years, an increased number of medical journal articles demonstrate that your risk of dementia depends, in large measure on lifestyle choices.

- Vigorous exercise
- Lifestyle choices
- Weight management
- Dietary choices
- Specific nutritional supplements choices

All these have a dramatic impact on your risk of developing dementia, as well as the rate of your mental decline if you have early signs of cognitive decline.



TAILORED PROGRAM

Our program is based upon the latest research and testing to customize our care to each patient's individual situation. Our state-of-the-art lab work helps us identify:

- Hormone levels
- Inflammatory markers
- Genetic mapping
- Nutritional history
- Telomere Testing

This helps us guide our patients to the best possible results. Our personalized health care team is made up of:


- Doctors
- Nurses
- Care coordinators

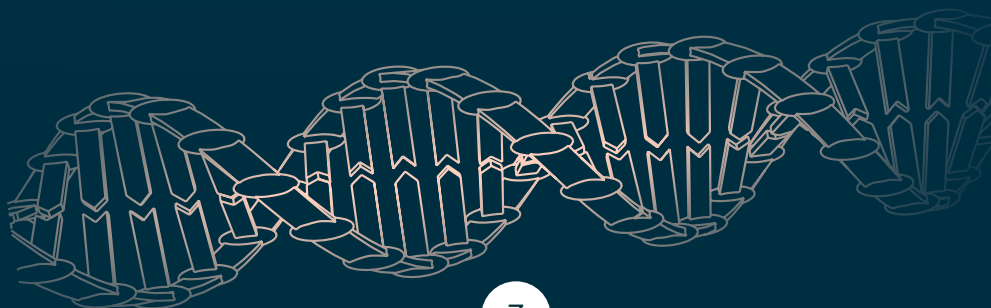
All work directly with our patients and families to guide them through the program.



APO-E TESTING

The APO-E testing uses three distinct categories to show the risk adversity based upon genetic make up.

	APO-E 3-3	APO-E 3-4	APO-E 4-4
			
 Treatment	<ul style="list-style-type: none"> • Increase immune response • Fight infection • Fight cancer 	<p>Lower dangerous markers to avoid:</p> <ul style="list-style-type: none"> • Cardiovascular disease • Cancer • Diabetes • Alzheimer's 	<ul style="list-style-type: none"> • Reduce inflammation • Minimize risks
 Supplements	<ul style="list-style-type: none"> • Anti-inflammatory • Immune factor E • Omega 3 • Essential 	<ul style="list-style-type: none"> • Anti-inflammatory • Immune factor E • Omega 3 • Essential 	<ul style="list-style-type: none"> • Anti-inflammatory • Vessel Protection • Resveratrol • Cur cumin
 Fitness	<ul style="list-style-type: none"> • Increase muscle mass • Decrease body fat • Endurance training 	<ul style="list-style-type: none"> • Weight loss • increased muscle mass • Lean and tone 	<ul style="list-style-type: none"> • Weight loss • Muscle mass • Strong core • Lean and tone
 Nutrition	<ul style="list-style-type: none"> • High pigmented fruits • High pigmented vegetables • High fiber • Mediterranean diet 	<ul style="list-style-type: none"> • High pigmented fruits • High pigmented vegetables • High fiber • Mediterranean diet 	<ul style="list-style-type: none"> • High pigmented fruits • High pigmented vegetables • High fiber • Mediterranean diet
 Hormone Therapy	<ul style="list-style-type: none"> • Optimal hormone levels • Build soft tissue 	<ul style="list-style-type: none"> • Optimal hormone levels • Enhance energy • Reduce obesity risk • Improve sexual function 	<ul style="list-style-type: none"> • Optimal hormone levels • Rebuild soft brain tissue • Improve sexual function • Reduce Alzheimer's risk



TELOMERE TESTING



Measure
how you
age



As time
goes by



Cells
divide
over time



Telomeres
shorten
with age



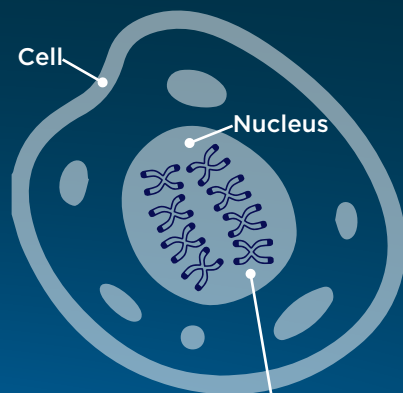
Telomeres are composed
of coils of DNA



Young

As time goes by

Old

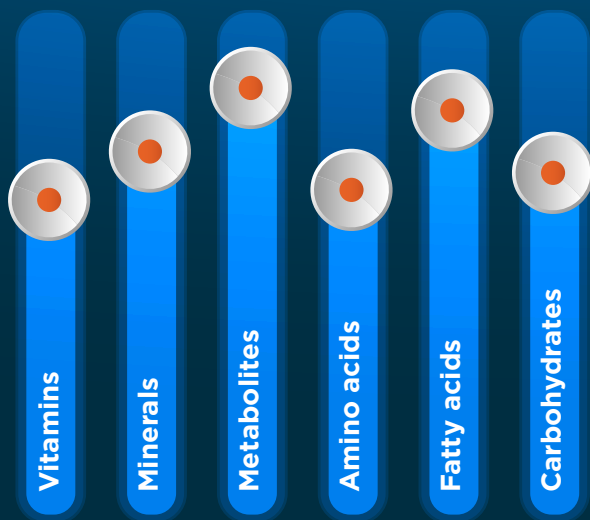


Telomere
repair

- Telomeres are structures on the tip of the chromosomes.
- Shortened telomeres are linked to premature aging and disease,
- By measuring telomere length, we can see how fast you are aging, and predict life expectancy.
- With each cell division, the telomeres are shortened. Eventually they wear away.
- Once the chromosomes are damaged, the cell dies.

MICRONUTRIENT TESTING

Identify your nutritional health through
35 nutritional components



LOW NUTRITIONAL LEVELS CAUSE



Stress



Depression



Low
Energy



Brain
Fog



Weak
Immune
System

OPTIMAL LEVELS PROVIDE



Healthy Immune
System



Energy



Disease
Prevention

INFLAMMATION TESTING

IDENTIFY RISKS



Cancer



Heart Disease



Diabetes



Dementia

CAUSE OF INFLAMMATION



Smoking



Processed Food



Sugar and Sweeteners



Trans Fats



Processed Meats

LIFESTYLE DANGERS



Overweight



Stress



Infections



Sedentary Life

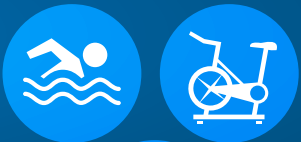


Diabetes

HOW TO FIGHT INFLAMMATION



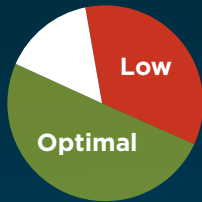
Broccoli, Beets, Berries, Fish, Turmeric, Ginger, Garlic, Nuts



Light to moderate cardiovascular exercise and strength training

HORMONE TESTING

ANABOLIC HORMONES

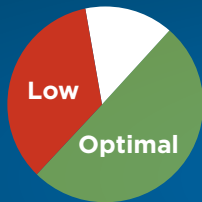


Testosterone
IGF-1
Melatonin
Pregnenolone
Dehydroepiandroste

Healthy Levels
Better Libido
Improved Strength
Healthy Beautiful Skin

Low Levels
Erectile Dysfunction
Low Energy

METABOLIC HORMONES



Thyroid
Insulin
IGF-1
Melatonin

Healthy Levels
Burn Fat
Lean
Better Immune System

Low Levels
Weak
Memory Loss
Weight Gain

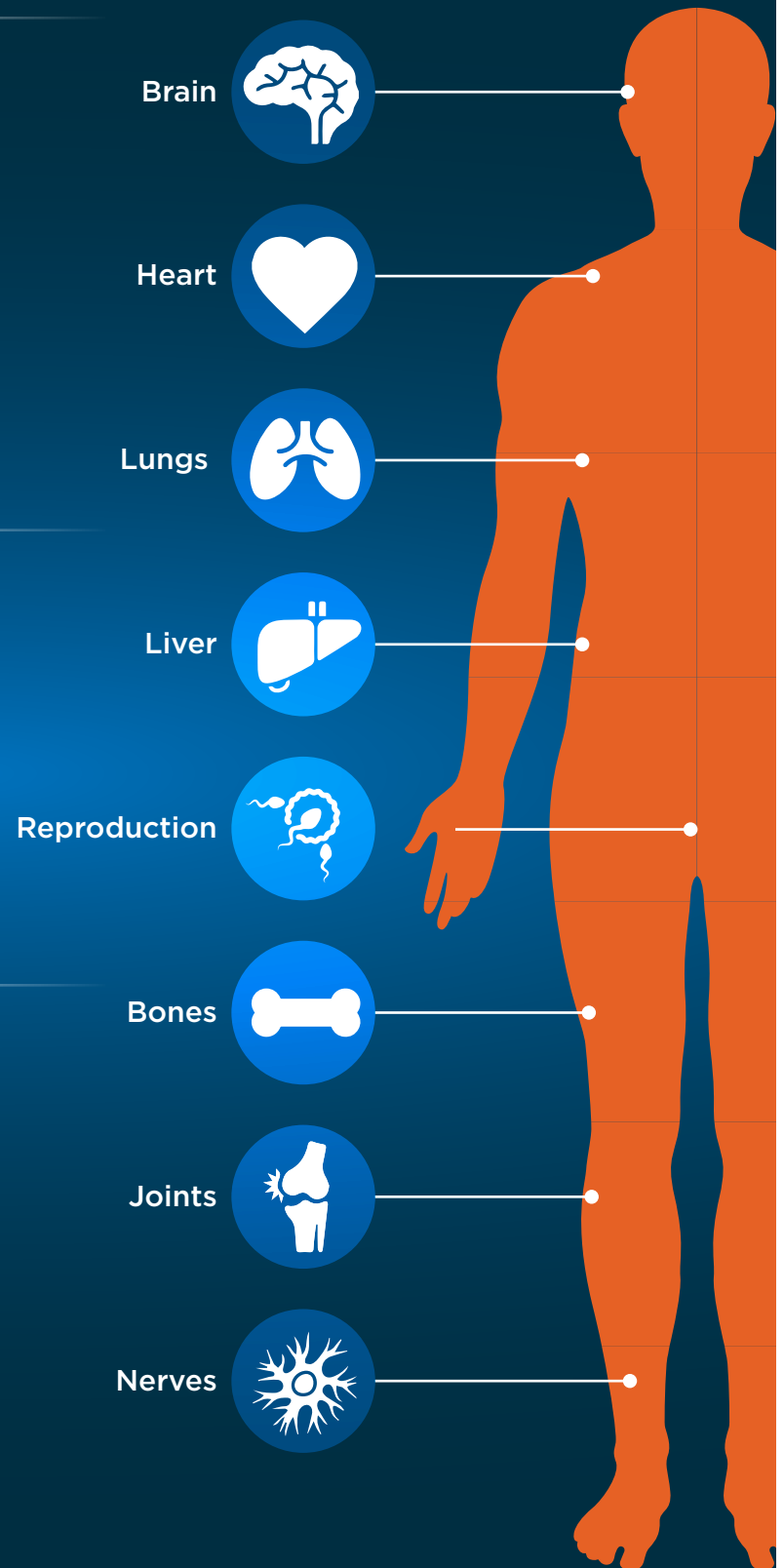
SEX HORMONES



Testosterone
Estradiol
Progesterone
Pregnenolone
Oxytocin
Dopamine

Healthy Levels
Better Sleep
Better Memory
Healthy Brain

Low Levels
Low Stress Tolerance
Brittle Bones



CAMBRIDGE COGNITION TESTING

Cambridge Cognition Testing lets us look at six different areas of brain function and compare to others in the same season of life. We are able to identify what areas of the brain are doing well and what areas are struggling. With this information we are able to tailor a program to best enhance the areas of the brain that are on the decline.

MEASURED OUTCOMES:



Motor Skills



Executive Function



Episodic Memory



Visual Memory



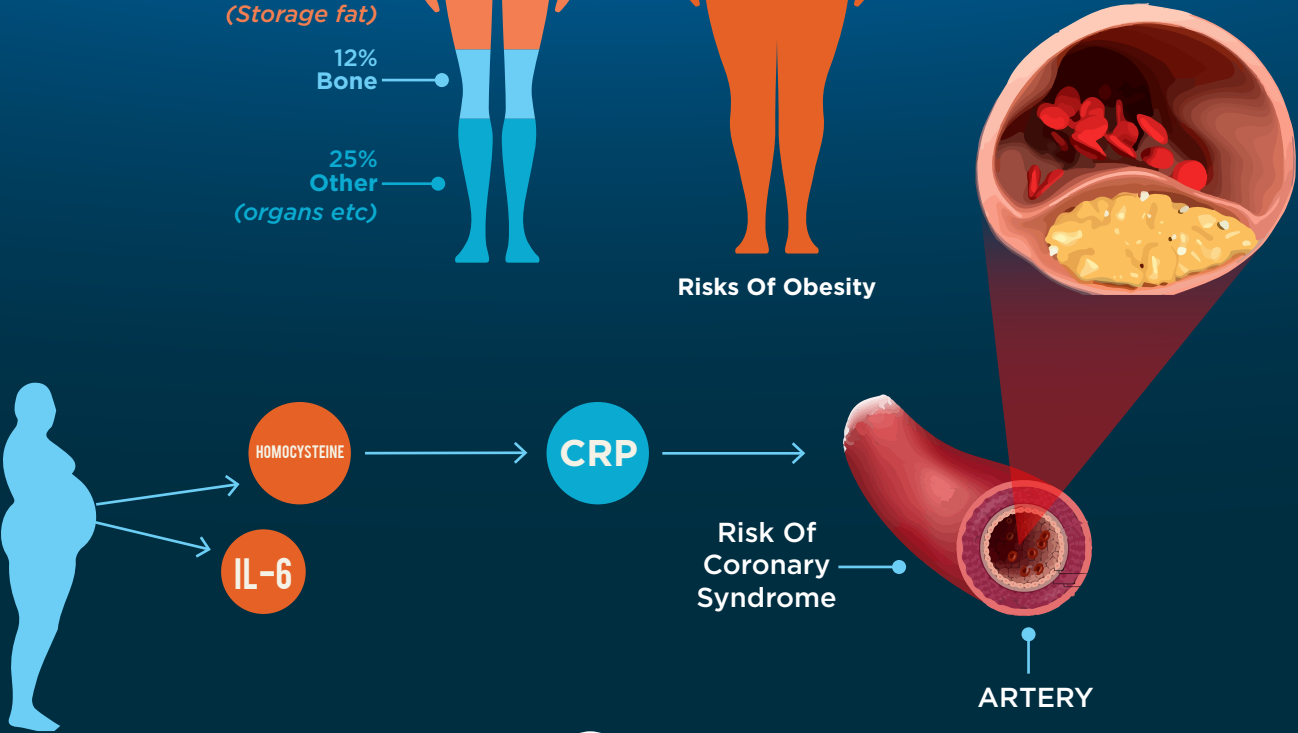
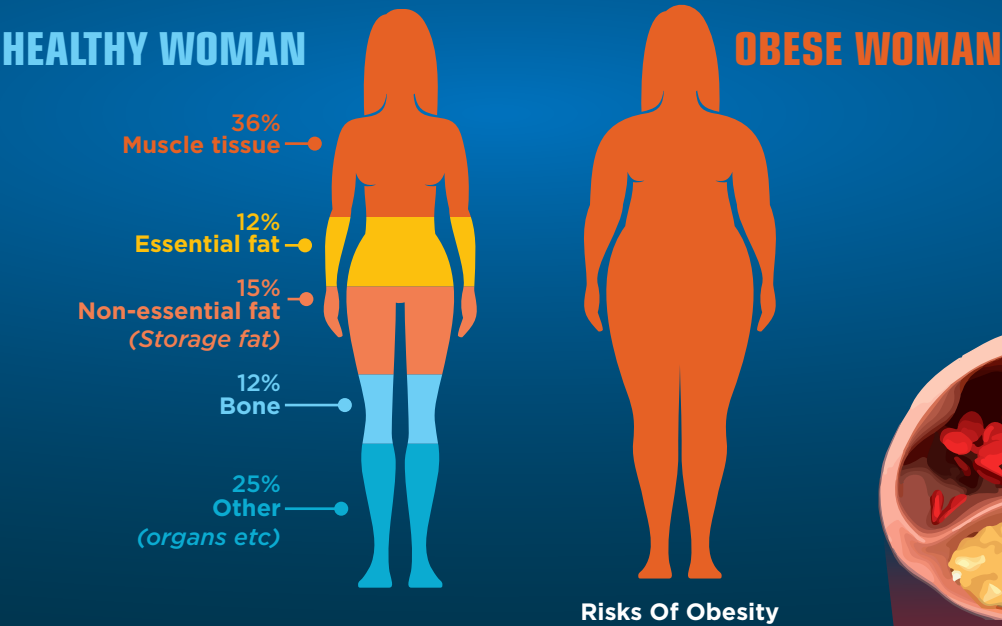
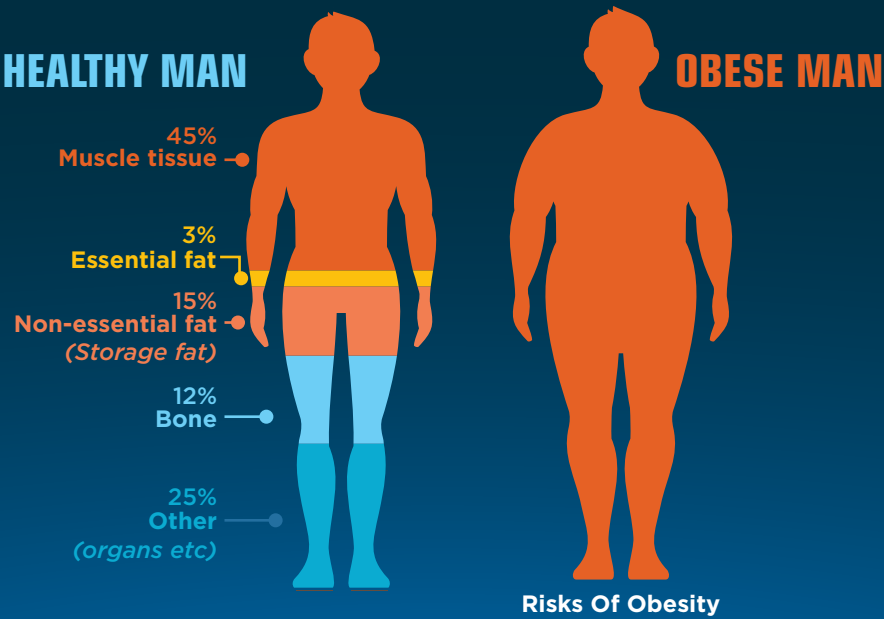
Information Processing



Sustained Attention



BODY FAT INDEX TESTING



HOW TO DO IT WRONG

TRADITIONAL CLINICS



Only give men
testosterone



Only give
women
CEE & MPA



Deliver the wrong
hormones in the
wrong dose
through the wrong
route



CONSEQUENCES

Increase in dementia



Increase in blood clots



Increase in heart attacks



Increase in some cancers



7 minute
doctor
appointments



Patches and
pills are not
enough



Insurance
driven vs.
care driven



START YOUR LIFE CHANGING PROGRAM TODAY

NUTRITION

Our nutritional guidance helps you lose weight, balance blood sugars, and reduce the risks associated with poor eating habits like cancer, diabetes, and obesity.

SUPPLEMENTATION

Our supplements are medically researched and designed to enhance fitness and function.



EXERCISE




Our exercise guidance helps you lose weight, feel better, look great, and reduce health




HORMONE THERAPY

Our comprehensive hormone replacement therapy balances and optimizes hormone performance in the body.

INITIAL EVALUATION




\$595.00



- ✓  ³⁰ 30 minute doctor consult
- ✓  Genetic Testing
- ✓  Inflammation Testing

- ✓  Hormone Testing
- ✓  Body Fat Testing
- ✓  Family History and Prior Medical Condition

MONTHLY PROGRAM

\$395.00/MO

- ✓  CAMBRIDGE COGNITIVE Cambridge Cognitive Testing
- ✓  Micronutrient Testing
- ✓  Unlimited doctor visits

- ✓  Hormone Testing
- ✓  Custom tailored program
- ✓  Telomere test

GET STARTED TODAY
866-86-YOUNG