

BIO-R® LONGEVITY: FEMALE HEALTH BLUEPRINT



REJUVENATE YOUR LIFE

Feel Younger | Be Younger | Inspire

WOMEN'S HEALTH IS UNIQUE AND OFTEN NEGLECTED

Women's unique health and needs are often neglected in medical research and healthcare, placing women in unfavourable positions. On average women live five years longer than men. Yet, women spend more years (19 years) in poor health, when compared to men (15 years).

Increasing your healthspan, or healthy years, is possible through a truly holistic and female-centric longevity approach. This will explore your hormonal status, and risk factors, and examine the nuances of your lifestyle and environment.

THE UNDERESTIMATED POWER OF HORMONES

When it comes to women's health, hormonal imbalances play a major role in common health concerns. Hormone levels regulate virtually everything in your life, from weight and energy levels to libido and emotional well-being. As you age, decreases in estrogen, melatonin, and growth hormone can disrupt your life well beyond menopause.

WHAT IS THE BIO-R® FEMALE HEALTH BLUEPRINT?

Enjoy a comprehensive 360-degree evaluation of female health and all the factors that influence it. With a strong focus on hormonal re-balancing, our team of renowned medical professionals, specialists, and seasoned experts is committed to crafting a customised longevity strategy. Tailored to your unique needs – it embraces your whole life to help you feel youthful and be inspired again.

KEY BENEFITS OF THE BIO-R® FEMALE HEALTH BLUEPRINT



In-depth understanding of your health: a complete 360-degree assessment of your health, including in-depth focus on hormonal status and metabolism. We focus on conditions and health challenges which are primarily associated with women but are often neglected.



Truly personalized female longevity blueprint: evidence-based tailor-made strategy provides holistic and individualised care to women. We believe in empowering women through education and understanding health patterns and information.



Restore your youthful appearance: BIO-R® Facial and Hair Art reveals your true beauty and will make you feel rejuvenated and inspired again.



Prevent future health challenges: take control of your health narrative with information about personal risk factors and an in-depth assessment of your health.

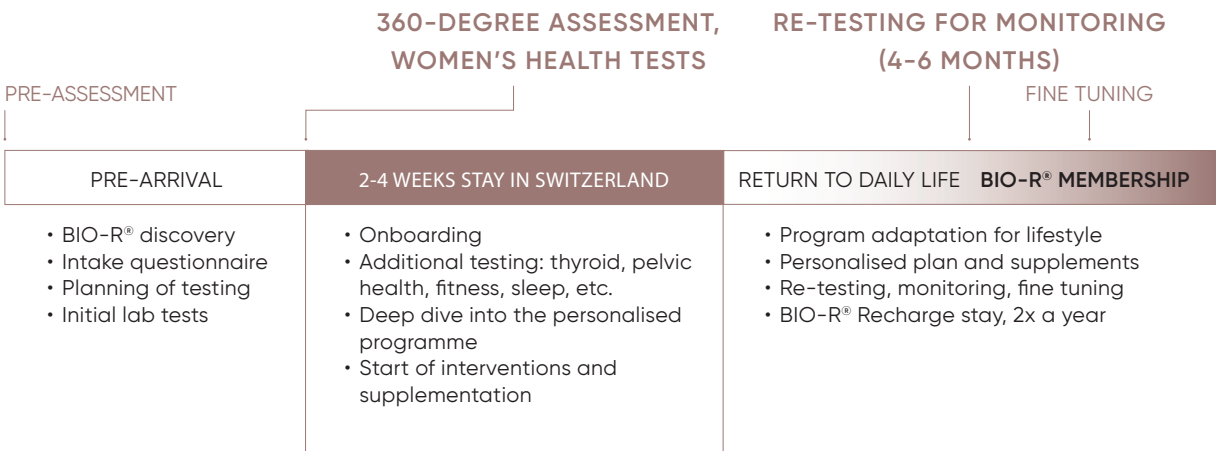


Fully dedicated team working around you: a team of 10+ experts develops your unique longevity programme to ensure success.



THERAPY PROTOCOL: AN IMMERSIVE FEMALE LONGEVITY JOURNEY

<p>1. IN-DEPTH, CUTTING EDGE MEDICAL TESTING The BIO-R® Female Health Blueprint provides you with unprecedented insight into your current health, hormonal status, and female risk factors. We investigate everything from a female-centric point of view.</p>	<p>3. A BESPOKE BLUEPRINT FOR FEMALE LONGEVITY An interdisciplinary team of professors, doctors, therapists, nutritionists, and health specialists work side by side to develop a tailor-made evidence-based plan to rejuvenate and reverse the age of your body and mind.</p>
<p>2. FULL HEALTH AND LIFESTYLE ASSESSMENT Our BIO-R® experts will thoroughly assess further aspects of your current health status, sleep, metabolism, nutrition, and lifestyle. Together, we take a deep dive into everything that influences your health and ageing.</p>	<p>4. LONGEVITY INTERVENTIONS, HABIT BUILDING Cutting-edge interventions and personalised supplementation will kick-start your blueprint in full privacy in Switzerland. Upon returning home, our team seamlessly integrates your new protocol into your existing lifestyle.</p>



BIO-R® LONGEVITY: INTERVENTIONS FOR FEMALE REJUVENATION

To help you to slow down ageing, we use a comprehensive approach, including – not limited to:

- Complete Female Health and Longevity Check-Up
- Gynaecological and Thyroid Check-Ups
- Pelvic Health Assessment and Interventions
- Hormonal Status and Metabolism
- Genetics and Epigenetics (Biological Age)
- BIO-R® Facial and Hair Art: Enhance Your Beauty
- Lifestyle and Nutrition
- Cutting Edge Treatments: Oxygen Therapy, Hyperbaric Oxygen Chamber etc.
- Bespoke Infusions, Tailored Supplementation
- Regular Retesting and Follow-Ups

Getting older doesn't mean you need to feel drained, lose excitement for life, and accept intolerable health changes.

The BIO-R® Female Health Blueprint is created for women who would like to restore their youthful enthusiasm towards life, embrace vitality, and boost longevity.

For women who are like you – unique.

EMBARK ON YOUR LONGEVITY JOURNEY

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