

# BIO-R® LONGEVITY: DETOX BLUEPRINT



## ENERGISE YOUR HEALTHSPAN

Through Boosting Vitality

### TOXINS: A HIDDEN THREAT TO YOUR HEALTH

Every day, you are exposed to a myriad of pollutants, such as heavy metals, mycotoxins, and PFAs (or 'forever chemicals'). Over time, these can accumulate in your body and brain, overloading your liver and natural detoxification pathways. This increasing burden can lead to chronic symptoms such as fatigue, headaches, a compromised immune system, etc.

### HIGH LEVEL OF TOXINS CAN LEAD TO FATIGUE AND PREMATURE AGING

Exposure to certain toxins can significantly accelerate the ageing process, cause fatigue, and reduce vitality. Not only do they make you feel and look older, but they also contribute to a range of age-related diseases. When combined with natural ageing, toxin buildup makes you even more vulnerable to diseases that typically occur later in life.

### WHAT IS THE BIO-R® LONGEVITY: DETOX BLUEPRINT?

Understanding your body's toxin levels is the first step towards boosting vitality. The BIO-R® Longevity: Detox Blueprint provides a holistic, in-depth assessment of toxins that influence your health and your body's inherent ability to remove them. Then, our expert team develops a personalised, targeted plan to detox, energise, and boost vitality, making sure it improves all aspects of your life.

### KEY BENEFITS OF THE BIO-R® LONGEVITY: DETOX BLUEPRINT



**In-depth understanding of your body's toxin levels and health status:** comprehensive 360-degree health assessment, including in-depth testing for 190 toxins, your detox pathways, and liver and kidney health.



**A truly personalised longevity detox blueprint:** an evidence-based, tailor-made strategy formulated by our specialists to eliminate toxins, rejuvenate, and slow down ageing.



**Boost energy, vitality, and stress resilience:** detoxify your body from years of toxin accumulation and damage. Feel refreshed, have clarity, and lead a healthier, longer life.



**Alleviate chronic symptoms:** ease symptoms like fatigue, headaches, muscle weakness, sleep difficulties, etc. through a full-body detox and cutting-edge longevity interventions.



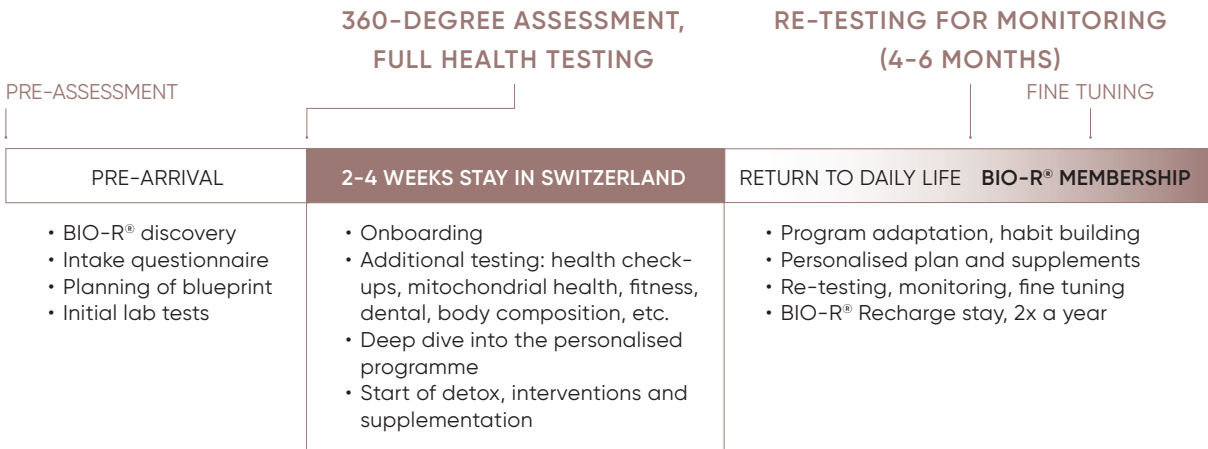
**Fully dedicated interdisciplinary team:** a team of 10+ experts develops your personalised Detox Blueprint to ensure success and elevate your healthspan.



# A FRESH BOOST FOR YOUR BODY AND MIND

## THERAPY PROTOCOL: AN ENERGISING LONGEVITY DETOX

<p><b>1. IN-DEPTH, CUTTING EDGE MEDICAL TESTING</b> The BIO-R® Detox Blueprint gives you unprecedented insight into your body's toxin levels and how these influence your health, energy, wellbeing, and ageing process.</p>	<p><b>3. A BESPOKE BLUEPRINT FOR LONGEVITY DETOX</b> An interdisciplinary team of doctors, therapists, nutritionists, and professionals work side by side and develop a tailor-made evidence-based plan to detoxify and rejuvenate.</p>
<p><b>2. FULL HEALTH AND LIFESTYLE ASSESSMENT</b> 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><b>4. LONGEVITY INTERVENTIONS, HABIT BUILDING</b> Cutting-edge interventions and personalised supplementation will kick-start your detox in full privacy in Switzerland. Upon returning home, the recommended longevity habits will easily blend into your usual everyday routine.</p>



### BIO-R® LONGEVITY: DETOX INTERVENTIONS

To help identify toxins in your body and how they influence your health, detox, and elevate your healthspan, we use a comprehensive set of interventions, not limited to:

- Testing of 190 Toxins and Detox Related Biomarkers
- Testing of Metabolism Imbalances, Chronic Inflammation
- Mitochondrial, Liver and Kidney Health Assessment
- Genetics and Epigenetics
- Microbiome Testing
- Personalised Nutrition
- Infrared Sauna, Lymphatic Drainage, Customised IV-Therapy, etc.
- Tailored Supplementation
- Regular Re-Testing and Follow-Ups

**Constantly fatigued, low vitality, and looking older than you really are? Toxins might be the hidden culprits.**

Discover the BIO-R® Detox Blueprint—a unique approach to longevity that assesses and identifies your body's toxin levels and focuses on a full-body detox. Feel energised, fresh, and healthy. Embark on a long, healthier life with a clear body and mind.

### EMBARK ON YOUR ENERGISING LONGEVITY JOURNEY

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