



GOLD PROGRAM

PhP 350,000

The Gold Program is an introduction to longevity medicine interventions and is designed to get one from a diseased state to healthy. Over the next 12 months, you will be assigned your own team of longevity experts including a medical doctor, nutritionist, strength and conditioning therapist, pain management therapist, longevity mindset coach and your personal health liaison office will work with you to achieve the following objectives:

- Achieve the correct weight and body composition for your age, height and sex. Your ideal body composition should as closely as possible match your phenotype at your physical prime.
- Resolve, as much as possible, age-related chronic conditions such as primary hypertension, pre-diabetes, diabetes, obesity and other metabolic disorders associated with the aging phenotype.
- Restore optimal *sleep* patterns thru regulation of your natural *circadian rhythm*.
- Restore optimal levels of energy and mental cognitive function for an overall improvement in your quality of life.
- Increase physical strength, flexibility, balance, gait speed and other physical functions that deteriorate with advancing age.
- Improve your physiological and mental outlook towards aging.
- Resolve where possible current medical condition that may or may not be associated with aging.

Inclusions in the 12 months program are the following:

Concierge longevity health team that will be in monitoring all of your data and will be in constant contact with you tracking your health journey and guiding you every step of the way for 365 days.

Your data tracking kit including a blood glucose / blood sugar band, an O2 ring for sleep and pulse tracking, a body composition scale and a CGM (Continuous Glucose Meter).

Onboarding blood work and biological age analysis from Senoclock (UK).

12 weeks of gourmet longevity meals delivered to you fresh at your own home daily to remove any guesswork on your part on your ideal dietary needs.

12 months personal nutritional monitoring and custom recipes will be provided by your nutritionist based on your food preferences when you complete the initial 12 week feeding period to help you customize a sustainable longevity diet once you exit the program.

4 months of bespoke personal strength and conditioning training to specifically improve strength, flexibility, gait speed, endurance and balance.

12 months supervision from Strength and Conditioning coach to ensure that gains in these metrics are sustainable after you exit the program.

12 months supervision from your pain management therapist to ensure that any pain that can worsen with age is caught and resolved early.

10 sessions of longevity mindfulness coaching to ensure sound mental health and a sense of purpose is retained with age.

Free overnight Deluxe villa stay at House of Gaia Longevity Center in Lipa, Batangas with free breakfast.

12 free sessions of red light cocoon photo bio modulation chamber.

Free rewards upon accomplishment of monthly and quarterly goals.

Monthly evaluation and progress reporting.

Aesthetic (photoage assessment) consultation and extrinsic aging evaluation.

*Healthy longevity can be achieved at any age thru the application of specific **Longevity Medicine** interventions which combines Lifestyle Medicine, Traditional Allopathic (Western) Medicine, Big Data and AI Algorithms that allow us to practice precision medicine and apply targeted interventions based on your individual and specific needs.

**Success in this program requires cooperation between your longevity team and yourself as compliance and constant communication with your team is essential for a meaningful and life changing outcome.

MIKE CHAN
CEO

Member's Name and Signature