



3 KEY FACTORS in achieving

OPTIMAL HEALTH TO DEFY YOUR AGE

1 Highly Trained Expert Physicians



- ✓ Only 1% of physician trainees are selected to be Cenegenics physician partners
- ✓ Carefully mentored and peer reviewed
- ✓ Expert Cenegenics physicians collaborate for optimal patient results
- ✓ Years of specialized education & training at Cenegenics
- ✓ Physician leadership team continuously explores new clinical information & therapies
- ✓ Incorporate new evidence-based science into treatment protocols

2 State of the Art Science & Diagnostics



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Comprehensive Labs:

Extensive lab panel measures optimal vs "normal" for a broad range of health indicators.



Carotid Artery:

Detects risk of heart attack or stroke by measuring plaque and thickness of artery wall. Heart disease causes 4x the mortality of cancer and 50% of those with a heart event were rated "low risk" by traditional medicine.



DEXA Scan:

Precise measurement of body composition & bone mineral density. Powerful tool to measure exact progress while on Cenegenics program over time.



VO2 Max Test:

Measures volume of oxygen consumed to identify optimal exercise ranges for maximum cardio health benefit and weight loss in time efficient work-out.



Muscular Endurance Strength & Flexibility Assessment:

Assesses current fitness levels to aid in personalized exercise prescriptions.



Neurocognitive Assessment:

Evaluates memory, processing speed, executive cognition and other essential brain functions as we age.



Comprehensive Exercise & Nutrition Assessment:

An in-depth assessment of current practices which taken together with all other testing creates fully customized nutritional and exercise plans to achieve optimal health within the demands of your lifestyle.



- 1 Heart Disease & Stroke Prevention Testing:** Measuring cardiac biomarkers in bloodstream to assess actual underlying risk vs traditional medicine approach which incorrectly diagnosed risk in 50% of heart attacks & strokes. Customized plans are developed to reduce your underlying risk factors.
- 2 Food Allergy & Immunology Testing:** Identify hidden food allergies and sensitivities that lead to inflammation and other medical conditions.
- 3 Micronutrient Analyses:** Micronutrients affect hormone production, immune function, enzymatic function, and metabolism of glucose, fatty acids, and amino acids. Identifying deficiencies at cellular level affecting broad range of medical conditions for treatment.
- 4 Genomic Testing:** Our comprehensive exome sequencing measures all 22,000 genes of your DNA and cross-references them with more than 100,000 health-related findings and various chronic diseases. Identifies disease risks, medication responses, rare genetic diseases and other medical conditions for treatment.
- 5 Telomere Testing:** Monitor biologic aging and introduce lifestyle changes to improve telomerase enzyme for healthier, longer telomeres.

3 Invest in Optimal Health



1. Commit to invest in optimal health vs. standardized "cookie-cutter" alternatives.



4. Maximize benefit of clinically indicated Nutraceutical & Bio-identical hormone regiment, efficient exercise program and diet modification.



2. Complete full day elite health evaluation at Cenegenics VIP center.



5. Ongoing consultations with Cenegenics physicians and clinical team to continually refine program -the key to success!



3. 2-3 Hour consultation with expert Cenegenics physicians.



6. Annual Elite Health Re-evaluation to ensure a comprehensive reassessment of your underlying health and risk factors including early detection of new issues that may arise.

Why Trust Your Body To Anybody But The Best?

Please give some thought to seriously learn to take care of yourself. If you would like to move forward, please email me at rledda@cenegenics.com, call my cell phone at 907.953.0473 or contact Suzanne at 907.953.0186.