

# SPECIALTY CHECK-UP PACKAGES

## WEIGHT LOSS SIGNATURE

Achieve better health and increase your confidence with our weight loss programme. This combines a series of diagnostic screenings to determine the cause of your weight issues, along with an exercise routine tailor-made by our fitness experts to control your weight more effectively.

## IMMUNE SIGNATURE

Strengthen your immune system by screening for immunity (via a blood test) and stimulating the immune system. An antioxidant-rich Detox IV drip will boost your immunity, and customised immune support supplements will be prescribed based on the results of your screenings.

## WELLNESS CHECK-UP

Detect any health irregularities before they become difficult to treat. Our annual health check-up programme is perfect for health-conscious individuals who wish to keep track of their health and prevent health issues.

## ANTIOXIDANT SIGNATURE

A blood analysis covering ten different types of vitamins and antioxidants will help you understand if your body is getting the nutrients it needs to fight disease, slow down ageing, prevent cognitive decline and ensure your organs function as they should.

## INVESTIGATION CHECK-UP

An in-depth assessment for men and women of blood vessels, heart, abdomen, muscles, fat levels, and breast tissue in women, using advanced diagnostic imaging tests, including mammograms, abdominal ultrasound, EKG, echocardiogram, exercise stress test and bone density scan (but no blood work) to assess risks for diseases with great precision.





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## HORMONES AND VITAMIN SIGNATURE

An anti-ageing add-on programme measuring the function of vitamins, antioxidants, and hormones. Our Preventive Medicine specialist will provide an analysis and health advice alongside an individual customised plan to maintain balanced and optimal levels of vitamins and hormones.

## HORMONE SCREENING

Hormone testing can detect and evaluate hormonal imbalances that can affect your overall health, such as an increased risk of heart disease, mood swings, abnormal weight gain and insomnia. Our Preventive Medicine specialist will tailor a programme to suit your specific health and lifestyle requirements.

## DNA PREMIUM TEST

Gain insights into your unique genetic blueprint with our premium DNA test providing 500+ reports with 20 categories to help you properly plan for and take control of your future health.

## TELOMERE LENGTH

Telomeres are specific regions at the end of our chromosomes which protect them from becoming damaged. Telomere length can offer insights into your future health. The longer your telomeres, the slower the ageing process and the lower the risk of developing many debilitating diseases. Once your telomere length is determined, a personalised preventative protocol will be advised to help delay the degenerative and ageing process.

## ANTI-AGEING SIGNATURE (NON-FASTING)

To determine the levels of essential nutrients and any imbalances in your body, this programme includes a physical examination, counselling with a detailed dietary plan, and a nutritional assessment using a blood sample measuring the levels of 18 nutrients, including vitamins, minerals, and antioxidants. Should you have any deficiencies, personalised supplements will be prescribed.

## TOXIC HEAVY METAL URINE TEST

Without realising it, you might have dangerously high levels of toxic heavy metals in your body – whether from the environment, food, medicine or water. This test screens your heavy metal levels and depending on the results, our physician may recommend chelation therapy to remove these so they don't make you ill.

## IgG4 FOOD INTOLERANCE

Immunoglobulin G4 food intolerance test is designed to detect any hidden sensitivities to 232 everyday food items. In contrast to other types of allergies, food intolerance symptoms are often delayed and may take several days to manifest, making them difficult to diagnose without testing.



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## NK CELL ACTIVITY TEST

NK cells or Natural Killer Cells are white blood cells that help guard the body from viruses and tumour cells. Poor NK cell activity reflects an impaired immune function, and common causes include cancer or family history of cancer, unhealthy lifestyle factors, poor nutrition, and certain medications, such as immunosuppressive agents and chemotherapy drugs. This test offers rich insight into how your immune system is functioning and can help your physician develop treatment plans which are catered to your individual needs.

## NK CELL VACCINE

The NK cell vaccination is a treatment with a mix of immune cells functioning in the human body's immune system. The immune cells detect and kill germs including viruses infecting and damaging cells in the body.

A function of immune cells, or white blood cells, is to destroy pathogens. There are many categories of immune cells performing different functions, and they work together in transferring signals to activate the immune system. Based on such different functions, a treatment approach is developed by mixing and enhancing activation of signal transfers to boost the effectiveness and strengthen the functions of the immune cells and recover the balance of the immune system.

The NK Cell Vaccine consists of a mix of immune cells as follows:

- Natural killer cells: They play a major role in killing cancer cells and virus-infected cells. Unlike other types of white blood cells, natural killer cells have the ability to recognise stressed cells marked by the major histocompatibility complex (MHC) without activation by other immune cells.
- Cytokine-induced killer cells: White blood cells activated by antigens and/or cytokine that can destroy cancer cells without markers of the major histocompatibility complex (MHC)
- T cells: A type of white blood cells which, when activated by antigens, turn into helper T cells (CD4) and cytotoxic T cells (CD8) to kill cancer cells.

## SLEEP TEST

Sleep disorders can increase the likelihood of chronic diseases such as high blood pressure, brain disease and heart disease. The Sleep Test uses Watch-PAT, a device the size of a large wristwatch, and measures the following metrics and essential values from the pulse of the arteries at the fingertips and wrists: sleep stages, Respiratory Disturbance Index (RDI), Apnea-Hypopnea Index (AHI), and blood oxygen level.



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## ESSENTIAL GUT MICROBIOME

Examines nine main microorganisms and six probiotics. This package is suitable for individuals with the following health concerns: asthma, immunocompromised, inflammation of the gastrointestinal tract such as ulcerative colitis or Crohn's disease, constipation and chronic diarrhoea, and food allergies.

## COMPREHENSIVE GUT MICROBIOME

Examines six main microorganisms, five harmful bacteria and twelve probiotics. Suitable for people with the following health concerns: a desire to check intestinal health and the balance of microorganisms in detail, swelling and inflammation of the digestive tract together with toxic residues, allergy problems, unhealthy diet, overweight or suffering from a metabolic disease.

## ALLERGY & SKIN MICROBIOME

Examines two main microorganisms, four harmful bacteria and five probiotics. This package is ideal for individuals with the following health concerns: allergic rhinitis, sneezing, runny nose, skin allergies, food allergies, and asthma.