

BLUE PORTFOLIO 2019



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Profile . Book . Book Cover . eBook



Presentation Design

Presentation Design . PowerPoint .
Google Slides



Motion Graphics

2D Animation . 2.5D Animation . 3D
Animation . Whiteboard Animation .
Stop Motion . Typography



UX/UI Design

Website Landing Page . Mobile App .
Watch App . Responsive Web Design

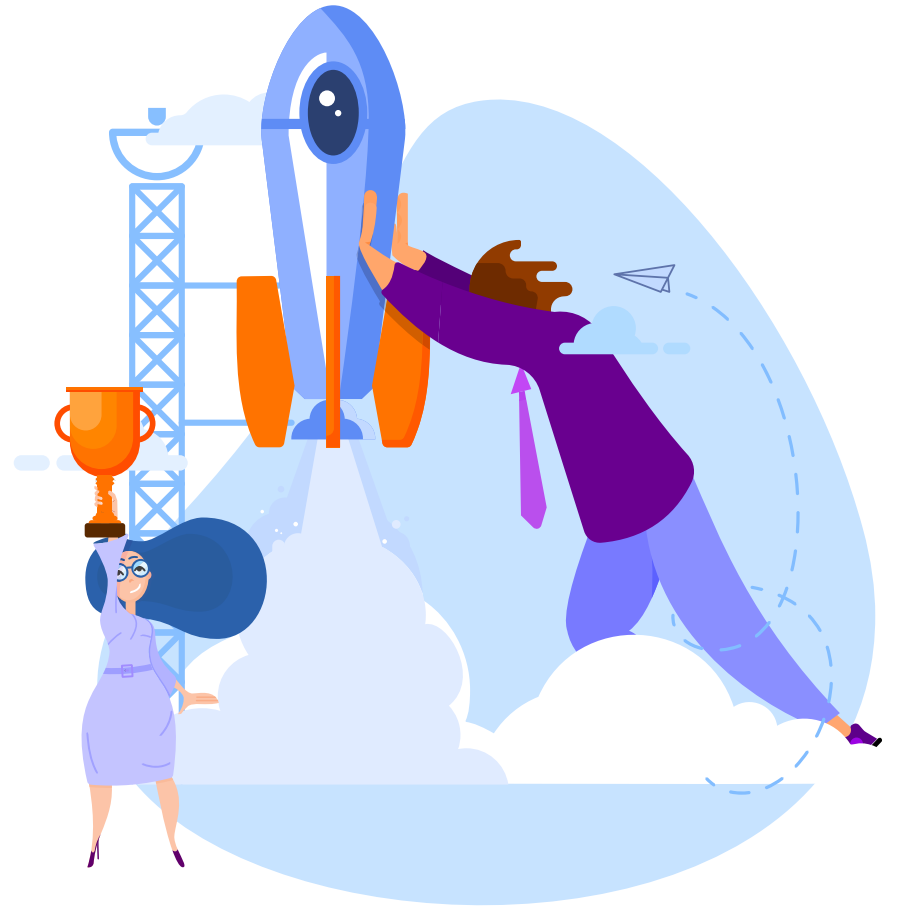


Web Development

HTML5 . CSS3 . PHP . Wordpress .
Clickfunnels

Brand Design

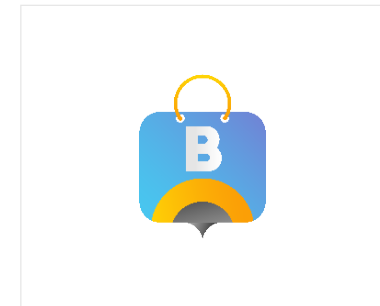
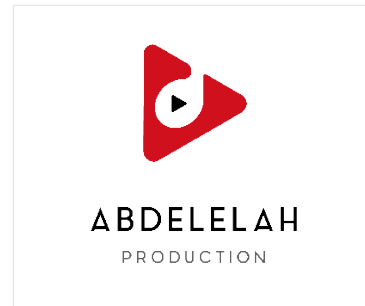
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PLAY BUTTON

+



HEADPHONE

+

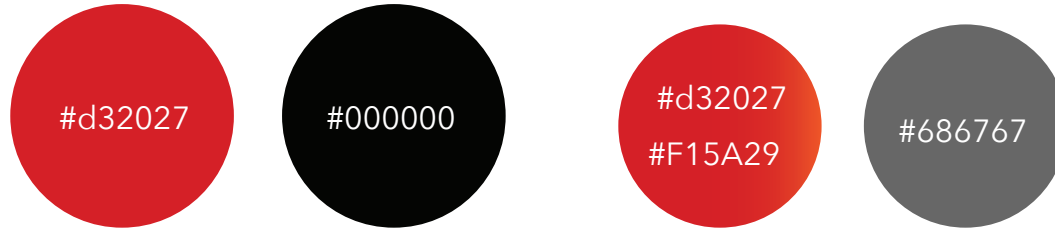


LETTER A

=



COLOR THEME



FONTS

PRIMARY FONT

**ACUMIN WIDE
MEDIUM**

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll
Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww
Xx Yy Zz

SECONDARY FONT

**AQUA GROTESQUE
REGULAR**

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll
Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww
Xx Yy Zz





ABDELELAH
PRODUCTION



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PRODUCTION

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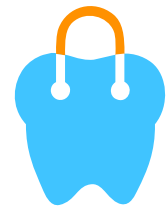


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DentaCarts.com





+



SHOPPING BAG

TEETH

=



COLOR THEME

#40c4ff

#ff9100

FONTS

PRIMARY FONT

FREDOKA ONE

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm
Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy
Zz

SECONDARY FONT

RALEWAY

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm
Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz

Saad Saleh Mohammed

Chief Digital Officer



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SMART
COMPANY



DentaCarts.com





Saad Saleh Mohammed
Chief Digital Officer

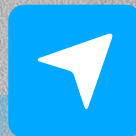
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XMART
COMPANY



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THINK DIGITAL

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GLOW

N A T U R A L W E L L N E S S





TREE

+



DNA (GENETICS)

=



COLOR THEME



FONT S

PRIMARY FONT

**AVERTA STANDARD
BOLD**

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm
Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz

SECONDARY FONT

AVERTA DEMO PE
CUTTED DEMO

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm Nn
Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz





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Mohamed Elbadry

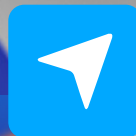
Business Development Manager

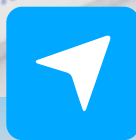
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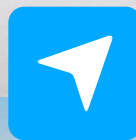
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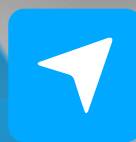
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INSPIRATION
BRAZILIAN HAIR PROTEIN



O óleo de maracujá

tem propriedades antioxidante, anti-inflamatória, antisséptica. É um calmante para os cabelos devolvendo a sedosidade, além disso, é cicatrizante, emoliente e hidratante.

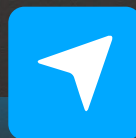


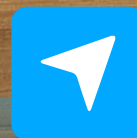
O óleo de Argan

é rico em tocoferóis que potencializam a ação da vitamina E, é um antioxidante poderoso capaz de eliminar os efeitos danosos dos radicais livres ao organismo.



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IS POWERED BY
IKHARE
THE DIGITAL HEALTH INNOVATORS



iKhare Limited is UK based digital health Innovation Company founded by Dr. Robert Istepanian whom is widely recognised as one of the world leading authorities on m-health and the first scientist whom defined the concept of m-Health in 2003. iKhare Ltd. builds on the extensive research and business knowledge of the company's founder and CEO and the talented engineering innovations and clinical teams that are working closely for years towards the design and development of next generation of smart mobile health technologies for diabetes management.

WE NOT ONLY PIONEERED mHEALTH, WE PERFECTED IT!

Feel free to contact us for more information:

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58 Gloucester Road, Suite 10
London, SW7 4UB, UK
 <http://www.ikhare.co.uk>

*44 (0) 7554342293
 mhealth@ikhare.co.uk

Mo-fiD®

BE M-HEALTHY. CONNECT.™



DESIGNED & DEVELOPED BY
IKHARE
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Mind Body Wellness

UNDERSTANDING THE CONNECTION



DR. ALOK TRIVEDI

DR. TRIVEDI IS A PROFESSIONAL SPEAKER, TRAINER AND CONSULTANT TO MAJOR COMPANIES AND ORGANIZATIONS.

AS A DOCTOR HE ALSO HAS WORKED WITH PATIENTS TO HELP THEM CREATE FULFILLING LIVES BY UNDERSTANDING THE MIND BODY CONNECTION.

IN THIS PROGRAM YOU WILL LEARN

- How your mind and brain connect to create true peace of mind.
- How your mind and brain connect to create true peace of mind.
- What drives human behavior.
- What drives human behavior.
- What life balance means.
- Why people are getting sicker today.
- The psychology of creating a life of meaning.
- And much more.

TICKETS 30\$

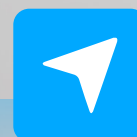
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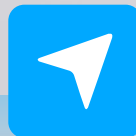




Contact:
Denny Lam - CEO
Process Record Slide Limited
(a Hong Kong registered Company)
denny@ihc-prs.com
www.ihc-prs.com

- PRS - pap 3 solution manual Pap Smear
- PRS - Pap 3 solution
- PRS - H&E frozen / fixed
- Specialty PRS
- Advanced PRS
- Essential PRS







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أونلاين

يعرض تشكيلة كبيرة من
منتجات أكثر التجار لفة
في مجال طب الأسنان



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أي مكان في مصر



الأمان و الثقة
في التعامل



اختيارات متعددة
للدفع



هتلاقى الدعم بعد الشراء
الاستشارة قبل



هتلاقى أكبر مجموعة
من التجار الموثوقين



أكبر تشكيلة من البراندات
و البدائل المختلفة



هتوفر وقتك
و مجهودك



هتستفيد من عروض
متنوعة طول السنة



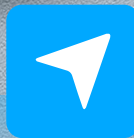
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Diagnostic Ruler & Drug
Development Control
Standard



Unprecedented
improvement in AI
dataset



FDA class 2 cleared
and clinical trial
exempted



5 PCT patents filed
and Freedom to
Operate cleared



Chump-Change
product used in **99%**
pathology diagnostic
systems



3 Billion mandatory
market a year.



Missing Link in
Digital Pathology
and Tele Diagnosis



Commercialization
in **6 months**



Professional
Liability Covered



Bē





DentaCarts.com

Dentist's Smart Partner



أكبر سوق إلكتروني
لمستلزمات طب الأسنان

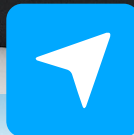
وفر وقتك اشترى كل حاجتك هنجيلك لمد عندك

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REVOLUTIONARY SLIDE BY SLIDE

CO-RESIDENT CONTROLS

provides complete IHC/H&E/Pap
process & reagent 100% QC to
prevent false negative result.

CO-RESIDENT CONTROL

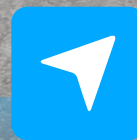
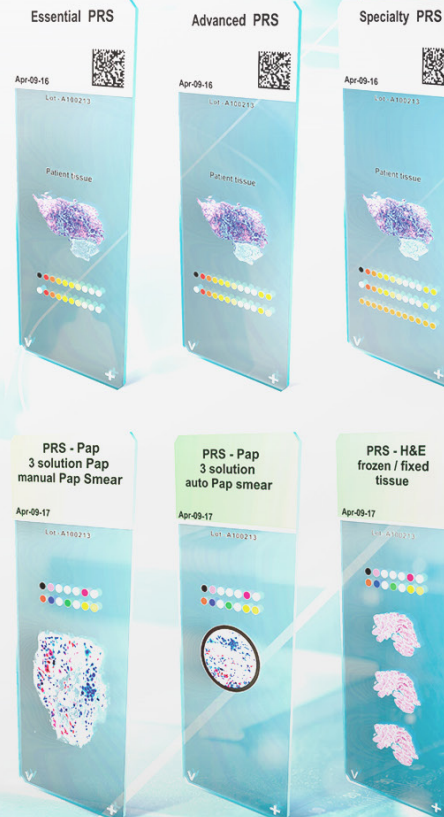
ARE THE KEYSTONE

for digital imaging to
change from subjective
to objective analysis.

THE IHC 3D ANTIGEN

DENSITY RULER

derived from the co-resident
controls is the future for
diagnostic assessment of
the tissue.









The Company



During

the first two years of operation, Ikhare will focus its flagship product on only on the GCC markets in the Middle East due to the prevalence of diabetes amongst a large percentage of its adult citizens. Beginning with its third year, the company will explore home markets, consisting of the UK and other European countries. Potential customers with whom Ikhare's personnel have already spoken to include XXXXXXX. These potential customers have responded with mostly positive feedback.



The Market

It is thought that with our increasing sedentary lives, the world is witnessing a dramatic increase in the prevalence of diabetes. This chronic ailment affects the general health of people living with it as well as imposes significant direct and indirect costs on them, their families and the whole society. This growing burden places a challenge on decision makers within the health sectors in both developed and developing countries, with the impact felt more in developing countries.



Statistics⁴

For example, indicate that :



610
of the top

countries with the
highest prevalence
of **diabetes**
(adults aged 20 – 79)

are located in the
Middle East



Market Opportunity

Ikhare's objective is to develop and commercialise products for chronic disease management using mobile and digital technologies.



Although Ikhare, as a first step, is looking to launch solutions for the management and care of Diabetes in Middle Eastern markets, specifically the Gulf Cooperation Council (GCC) member states¹, other markets will be explored at a later stage, after the successful GCC introduction. The choice of the Middle Eastern market is born more out of necessity than strategic and/or financial benefits.



The prevalence of diabetes is soaring in populations across the Middle East and North Africa and the burden on the region's healthcare system is set to increase unless more action is taken to change lifestyles.

According to a 2014 report from the Financial Times²

In a similar vein, Analysis of data from a 2013 study conducted by the Global Burden of Disease Study³ showed that death rates rose by 61 percent between 1990 and 2013, as a result of diabetes.

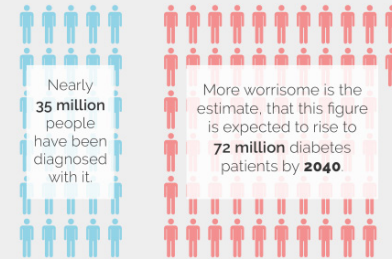


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4

The Market

More recent statistics⁴ also indicate that in Middle East and North African countries:

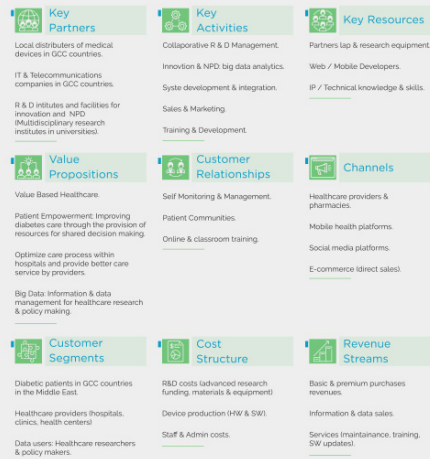


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11

The MoFiD benefits

To describe the rationale of how Ikhare creates, delivers and captures value for the clients, a business model using the Business Model Canvas, was developed.



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23

Future Products

Ikhare's intentions are to develop a full line of advanced medical devices and products to meet the needs of both local and international markets.



To achieve these Ikhare intends to build on the research and partnerships the founder and CEO has developed through his professional career.



To the end Ikhare has designs are in the pipeline for Ikhare's second product.

This is in line with our mission, which is to improve patients' quality of life as well as maintain a leadership role in the provision of innovative solutions for the healthcare sector.



These research partnerships which have been built across multidisciplinary disciplines in Management, Science, Engineering and Medical Sciences are expected to continue, culminating in IP generation and new product development.

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Founder & CEO



As the founder and CEO of Ikhare Ltd.

Professor Robert Istepanian

is responsible for the overall vision, strategy and innovation direction of the company.



Professor Istepanian is globally recognized as one of the leading authorities and pioneers of the area of mobile healthcare (m-health) and the first scientist to have coined and defined this concept.



He has an extensive and scholarly track record of over two decades in the research and development of mobile healthcare computing systems for healthcare.

With over 200 scholarly publications, he has held senior academic posts in:



Imperial College, Brunel University, Kingston University, Ryerson University, The University of West Ontario, The University of Toronto

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5

In financial terms

The GCC healthcare market is projected to grow at an average of

12.1% Annually

From an estimated

40.3 billion In 2015

To

71.3 billion In 2020

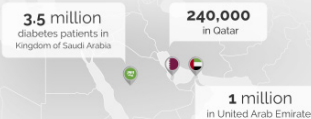
An increase due to the rising population and cost of healthcare treatments.⁵

The cost of diabetes care in all the countries in the region spent

13.5\$ billion on diabetes healthcare in 2013⁶ accounting for 2.5% of global spend.

Other figures from 2014⁷ indicate that the annual total direct cost of diabetes in the 21 Arab countries is estimated to be between USD 9 billion and USD 22 billion.

With reference to the GCC countries, the market size from 2015 statistics includes approximately:



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12

General

Our strategy will be to target the diabetes market to cater for the monitoring and management of the condition.

2. Upon realization of its projected level of sales as well as percentage market share for its products and services, the company will explore the opportunities to own its own manufacturing facilities to improve on its cost structure and increase its profitability.

1. The manufacture of the device will be done through external contracting for the first 4 years. This will minimize the risk for potential investors.

4. We will explore the opportunities to own facilities in either Asia or Eastern Europe, in countries such as China, Malaysia, Vietnam, Poland or Bulgaria.

3. For cost reasons, these manufacturing facilities will be located in areas where the cost of production is low and access to raw materials and human resources is good.

5. The R&D, design, prototyping and other general management and operations management issues will be handled in the head offices located in the UK due to the availability of highly skilled employees as well as the robust Intellectual Property protection ecosystems.

As mentioned earlier, the company seeks to market to the GCC countries in the Middle East first and this will be done through the establishment of our products at key medical institutions throughout the country.

Strategic partnerships are currently being formed with a few institutions in the Kingdom of Saudi Arabia and the United Arab Emirates. Some of these partnerships are being pursued through our current contacts, who are International Trade Advisers at the UK Department for International Trade (DIT). Their role, in this instance, is to assist and support us with finding the relevant organisations within overseas markets and to put us in contact with the relevant individuals within these organisations.

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Strategy

Once again, it is pertinent to mention that the company's strategy embraces innovation as a major component of its operations and future product development will therefore be of key concern to the management.

In the first 5 years, a substantial percentage of the resources will be channelled towards R&D activities and as the company revenues grow, management expects that between 10% and 20% annually to product development.

It is expected that these R&D and product development will be done in collaboration with university research groups.

Staffing Requirements

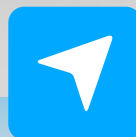
Ikhare is currently running a lean operation with two full, and two part time employees, all of whom are highly skilled and experienced professionals.

It is proposed that during the first 12 months of operations, post launch, the company will increase in size to 7, 4 of whom will be technical staff. Other staffing requirements will be fulfilled on an ad-hoc basis, using short term consultants, who will be contracted to deliver specific tasks or products.

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1

DentsCarts.com
— STORY

STORY

1 The Idea August 2016

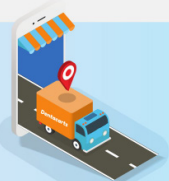


The Idea came up in August 2016, as a result of many dentists complains of hardly getting required dental materials for their postgraduate studies or clinic needs.



When they got the materials, it is not original, it is expensive, and they feel uncomfortable dealing with different dental stores and freelance sales rep.

Consequently, we started to look for a practical and trusted channel, where Dentists can deal directly with official agents to get the original products, pay agent's official prices, and delivered to their doorsteps.



DentsCarts.com
— STORY

2

2 Pre-Seed Phase September 2016 - January 2017

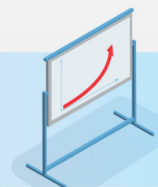


Before seeding our project, we were keen about the feasibility of the business. Thus, we did a brief market study via interviews with expected stakeholders on dental domain, such as undergrad students, postgrad students, dentists, dental stores, and agents.



Aim of these meetings was to examine the acceptance of idea and how far they will be willing to deal with it.

Finally, we got a sufficient information about the market volume, trends, main players, customer behaviour and market segments. Based on that, we proposed DentaCarts business plan.



3

DentsCarts.com
— STORY

3 Set-Up Phase February 2017 - March 2017



At this moment, we have decided to start our project, seeking a legal firm to register the company, prepare our cash, and looking for a proper place for DentaCarts office.

By 29th March 2017 we got our official and legal documents, rent and furnished our office, and we were ready to hire the required staff.



DentsCarts.com
— STORY

4

4 Pre-Launch Phase April 2017 - June 2017



On this stage, we hired required staff, and we worked on different tracks; developing DentaCarts platform, the website and mobile app, designing DentaCarts themes, creating the product catalogue, approaching dental vendors and closing deals with them, and preparing launching campaign.

At this phase, we have finalised 16 deals with several vendors, had more than 1150 products covering wide range of dental products categories. DentaCarts website and mobile App are ready to LAUNCH.



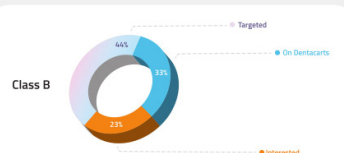
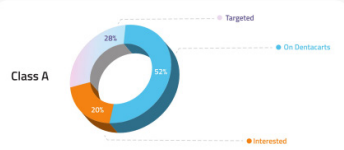
5

DentsCarts.com
— STORY

INSIGHTS

1 Vendors On DentaCarts

Vendors	On DentaCarts	Interested	Targeted	Total
Class A	13	5	7	25
Class B	17	12	23	52



DentsCarts.com
— STORY

8

6 Sales Insights

TOTAL GROSS SALES

733,170 EGP

COMPLETED SALES

455,712 EGP



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— STORY

12

CONTACT US

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DentsCarts.com
— STORY

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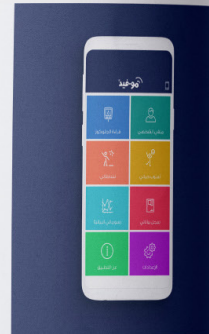
Benefits and Revenue Projections



Confidential Notes
- 2019 -

What are the key advantages of Mo-fiD®?

- a. More frequent monitoring becomes practical, allows glucose levels to be controlled more accurately and provide adherence to medications of patients.
- b. Diabetes population management.
- c. Easier data record keeping and management for users - better data for doctors to act on.
- d. Smart phone apps remind patients to take their medication and other life style data (benefit as (b)).
- e. Smart phone can be used to give (automated) advice to the patients based on their condition. Lower cost but possible liability issues(!)?
- f. Remotely programmable changes for monitoring program or automatic clinical advice, incorporate clinical developments quickly at low cost.



What do these changes mean clinically? Healthcare cost savings:

- A. A small reductions in HbA1c could equal big cost savings (UK study)
- B. Impact of a Reduced Error Range of SMBG in Insulin-treated Patients in Germany
 - a. We can assume and based on these health economic studies in UK and Europe (Germany and Sweden) that small percent of lowering A1c by average < %0.8 for diabetic patient with at least HbA1c > %8, correspond to cost saving of at least %10 of the average diabetes patient cost/year for those using mobile diabetes monitoring.

For Mo-fiD®, assuming these figures to be translated for corresponding cost savings in following examples of GCC countries:

Example 1: KSA Market

Mo-fiD® Users in KSA	Average Cost of diabetes treatment/ person/year (\$3,686/ patients/ year)	Average Reduction of 10% of cost/ patient/year with average lowering HbA1c < 0.8% = \$368 /patient/year
5000	\$ 18,430,000/year	\$ 1,843,000/year
10000	\$ 36,860,000/year	\$ 3,686,000/year
20,0000	\$ 73,720,000/year	\$ 7,372,000/year

Example 2: UAE Market

Mo-fiD® Users in UAE	Average Cost of diabetes treatment/ person/year = (\$8200/ Patients /year)	Average Reduction of 10% of cost/ patient/year with average lowering HbA1c < 0.8% (820/ patient/year)
5000	\$41,000,000	\$ 4,100,000/year
10000	\$ 82,000,000	\$ 8,200,000/year
20,0000	\$ 164,000,000	\$ 16,400,000/year

- b. Note that there is no formal statistics for per life-year in the whole GCC countries. Mo-fiD® as a population management platform and the resultant data generated can be used for such further health economic calculations that governments will be interested in. These will be of major interest to governmental and private clinics, hospitals, pharmaceutical and medical devices companies as part of the relevant medical and financial data acquired from using the Mo-fiD® platform.

How big is the GCC diabetes market?



- a. There is 4.0 million diabetes patients in (KSA) • 1 million in (UAE) • 240,000 diabetics in Qatar • 400,000 in Kuwait; Total (3 GCC countries) = 5,640,000 diabetic patients in these selected GCC countries only.

How many of these patients would want/need to have Mo-fiD® platform?

90% of diabetic patients are of Type-2 (i.e. Assuming a market of 20% of this population as a conservative estimate (1,120,000) patients.

*REF: IDF- 2015 Statistics



Mo-fiD®

Benefits and Revenue Projections



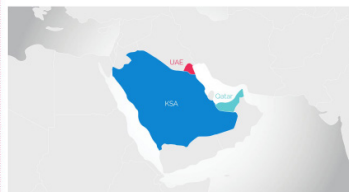
Confidential Notes
- 2019 -

Example 2: UAE Market

Mo-fiD Users in UAE	Average Cost of diabetes treatment/ person/year - HbA1c/Patients /year	Average Reduction of 1% of cost/ patient/year with average lowering HbA1c + 0.8% (less patient/year)
5000	\$41,000,000/year	\$ 4,100,000/year
10000	\$ 82,000,000/year	\$ 8,200,000/year
20,000	\$ 164,000,000/year	\$ 16,400,000/year

b. Note that there is no formal statistics for per life year in the whole GCC countries. Mo-fiD as a population management platform and the resultant data generated can be used for such further health economic calculations that governments will be interested in. These will be of major interest to governmental and private clinics, hospitals, pharmaceutical and medical devices companies as part of the relevant medical and financial data acquired from using the Mo-fiD platform.

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How many of these patients would want/need to have Mo-fiD platform?
90% of diabetic patients are of Type-2 (i.e. Assuming a market of 80% of this population as a conservative estimate **4,100,000** patients.

REF: IDF - 2019 Statistics

ii) The **IBaC** revenue model, which allows Mo-fiD to deliver its diabetes population management services with partner businesses. This is based on licensing the ClinicalBooth® for healthcare providers in the region for 100/patient/year in addition to the Mo-fiD hardware and App licenses as shown above.

What is the route to market who/what are the key bridges & roadblocks?


- a. Market Channels: Distributors, telecom companies, government health authorities, private hospitals, e-commerce sales.
- b. Key bridges:
 - Healthcare providers must agree a lifestyle benefit figure in \$5 (writing a paper would be a good step along this road).
 - Health authorities and Hospitals: Could offer as a value added service - brand building.
 - Pharmacies and Over-the-counter via local distributors: Contact with local pharmacy chains trying to move up the value chain.
 - E-commerce sales: Need press coverage, web marketing flow cost, trusted advisor advertising).
 - Health Insurance companies.

What is the revenue model likely to be?

- a. Charge for the administration of the Mo-fiD system program (Mo-fiD ClinicalBooth®) + 0400 patient monitoring).
 - Physical device management (sale, rental, recollection of units etc).
 - Help desk support to users.
 - Interface & contact point for key clinical staff.

Who has spending authority to purchase & what do they gain?

- a. Individual patients through B2C e-commerce channels.
- b. Governments and health authorities.
- c. Private Hospitals and Clinics: Marketing / Medical Director as advocate initially.
- d. Medical devices companies whom might fund a clinical trial, then another department would sign up to pay.
- e. Pharmacies: Direct sales through distributors.



What are the key advantages of Mo-fiD®?

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For Mo-fiD®, assuming these figures to be translated for corresponding cost savings in following examples of GCC countries:

Example 1: KSA Market

Mo-fiD Users in KSA	Average Cost of diabetes treatment/ person/year - HbA1c/ Patients /year	Average Reduction of 1% of cost/ patient/year with average lowering HbA1c + 0.8% - 90% (less patient/year)
9000	\$ 18,430,000/year	\$ 1,843,000/year
10000	\$ 20,860,000/year	\$ 2,086,000/year
20,000	\$ 41,720,000/year	\$ 4,172,000/year

Revenue Options for Mo-fiD®

Market Size of Diabetes MENA and GCC Region ONLY

In 2015, the total diabetic people within the MENA region was 6m Million and this is projected to be the highest in the world by 2040 to reach more than 100 Million.



TAM: Total Available Market
SAM: Serviceable Available Market
SOM: Serviceable Obtainable Market

ii) The **IBaC** charging individual users buying Mo-fiD® smart mobile App and BLE Device, where the company is charging individual patients (users) and annual subscription for using of the Mo-fiD® App plus a one-off fee payment for the Mo-fiD® wireless accessory (KSA)/hardware.

Mo-fiD® patient monitoring technology can be outsourced to interested healthcare providers and where can deliver the service offering. Assuming Mo-fiD® as a second move in the GCC market, we could expect -10% market share allowing us to manage **100,000 patients over three year period** For recurring revenue calculations, if we sell Mo-fiD® for \$50/patient as one off for the Wireless Accessory with an additional \$60/patient/year subscription for the Mo-fiD® Pod. This will give total revenue for the targeted patient population of **100,000** over three years period.

\$ 3 Million from the bundle sales + **\$ 3 Million** from the annual App license revenue /year!
The total profit - **\$ 6 Million**
The targeted revenue for the first three years will be:

Patient Targeted	First Year	Second Year	Third Year
Mo-fiD® Users	5000	10,000	100,000
Mo-fiD® Accessory sales	\$300,000 (\$60/unit)	\$600,000	\$ 3,000,000
Mo-fiD® App annual license/ user	\$ 300,000	\$ 3,372,000/year	\$ 7,370,000/year
Total	\$600,000	\$ 3,972,000	\$ 10,370,000

- b. Charge to health data archive and the analytic process of the results in a value added revenue.
 - Present individual's results in a clinically useful form via connecting for health Insurance purposes
 - Provide general (anonymous) data for further epidemiological research for companies interested

Projected profit stream & timescale in KSA and GCC states:


- a. Individual Patients and their carers/families.
- b. Health authorities and governmental hospitals: Assume hardware costs charged through the hospital. Then be able to charge as per above.
- c. Private Sector: Probably higher per user price, particularly if we built a brand via press coverage.
- d. Over e-commerce sales: Would need 1 off charge included in purchase price of equipment for Mo-fiD® patient monitoring. Provide data as website based data service.

What is the likely reaction of other firms (competitors) in the market to Mo-fiD®?

- a. Market starts with a scrum to get key contracts, existing players concentrate on getting contracts rather than acting to stop others - simple price competition.
- b. If players are already established then their reaction may be more dangerous:
 - Hostile pricing (make a loss on contracts to keep us from getting started).
 - Use relationships with clinicians to doubt about our competence.
- c. Add value added features to their service that would be expensive for us to develop so raising barriers to entry.

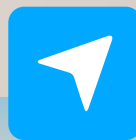
Who are the key stakeholders?

- a. Diabetes pressure groups and patient organisations.
- b. Senior clinical staff - those with overall (not also specific) budget responsibility.
- c. Decision makers and health authority managers, Politicians.
- d. Connecting for health program (may want us as a tool to control clinical staff reluctance to use).
- e. General clinical staff.
- f. GPs.
- g. (Patients).



IKHARE
BY INNOVATION - MARKETING

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BUSINESS PLAN

A New Benchmark In The
Pathology Market

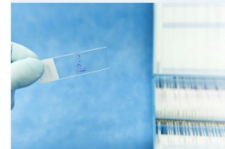
PRS
2018 APRIL



The current status of technology in Pathology is inadequate and creates an opportunity for a disruptive technology to ensure diagnostic readings that are accurate and verifiable through a reproducible process.

PRS

FROM BATCH CONTROL
TO 100% QC



PRS System ensures 100% quality control slide by slide and provides measurable results of the processing and reagent exposure for QC and diagnostic stain density ruler(s) to apply against the tissue section or cell slurry.

PRS is offering the market the chance to make a reproducible, quantitative result by providing a "ruler" on every slide so that everyone is clear where the base line is on all slides processed. This "ruler", is called "ProSensi™" from PRS.

The ProSensi™ "ruler" will essentially signal process errors in Pathology which will have a dramatic impact on saving patient lives, improving outcomes, and reducing costs in the healthcare system globally.

By improving both human and artificial readings, PRS will dramatically improve reading in biopsies and reduce the risk of error in reading slides.

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PRS BUSINESS PLAN

PRS launch test interests

A backlog of the most prestigious hospitals and laboratory corporates in the world are waiting to test the solution.

The backlog includes:



PRS BUSINESS PLAN

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Moving the standard of care for all clinical laboratories

ISO 15189 mandates that any tool that improves quality of patient care otherwise unattainable MUST be adopted.

PRS meets this criteria by providing 100% QC and a measurement scale of antigen concentration on the patient sample.

The 100% QC ensures that the slides were processed within the processing protocol limits, greatly reducing defective slides.

Assuming the tissue sample was fixed correctly, the interpreting pathologist can reach a valid diagnostic result.

Realizing the potential of digital diagnostics

Digital solutions promise so much, but have failed to deliver because the patient slides lack a processing record. The lack of the processing record causes artificial intelligence (AI) programs to guess when comparing against their databases. Worse yet, is that the defectively processed slide causes the database to be corrupted with whatever decision is made.

With the PRS, slides now contain the processing record which supports quantitative measurement and ensures the database becomes more capable in diagnostic support.



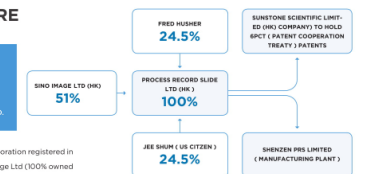
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PRS BUSINESS PLAN

COMPANY STRUCTURE

Note:

In Q1, 2018, PRS plans to move this IP to "Sunstone Scientific LTD" in HK. Sunstone Scientific will be a 100% owned subsidiary of Process Record Slide LTD.



Process Record Slide LTD is a privately-owned corporation registered in Hong Kong. The company is 51% owned by Sino Image Ltd (100% owned by Mr. Simon Tung Keung KWOK). Sino Image trades in healthcare consumables for distribution in Asia. PRS Process Record Slide is a HQ and marketing / sales profit center to enjoy the low tax rates and simple tax policy in HK.

PRS has other two partners; Mr. Jee Shun and Mr. Fred Husher, with 24.5% share in the business each. Mr. Shum and Mr. Husher are the inventors and developers of PRS.

Sunstone Scientific and Shenzhen PRS are 100% owned by Process Record Slide Limited. Sunstone Scientific is based in Hong Kong and its function is to hold patents.

Process Record Slide (PRS) has developed a technology to be used in the Immunohistochemistry field, commonly known as IHC. IHC takes human tissues and places them onto glass slides, processes those tissues with antibodies and colorings (known as chromogens) to allow Pathologists to visualize the tissues and whether particular antigens are present.

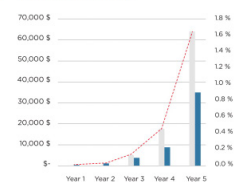
Shenzhen PRS is a manufacturing company based in Shenzhen China operating, manufacturing, R&D and logistic hub.

Through FTO is undergoing and will be completed by end of March

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PRS BUSINESS PLAN

Total Revenue - \$K



	Year 1	Year 2	Year 3	Year 4	Year 5	5 Years
Gross Revenue	49	999	4,208	12,318	64,417	82,891
EBITDA	893	478	1,724	9,338	56,261	65,935
% to Gross Revenue			41.0%	74.6%	87.3%	80.2%

For the 5 years of the plan, we forecast accumulated EBITDA of \$ 65.9M, representing 80.2% of total gross revenue for the period.

On a conservative approach, cash flow projected over 5 years results in an annual average return rate on invested capital of 13.7%.



These figures just partially account for the full market potential of the business as they include only two full years (years 4 and 5) of the integrated product and technology solution that will constitute a new market paradigm. We foresee an accelerated expansion in the upcoming years with PRS capturing 15.9% value share of the biopsy devices market on a 10-year timeframe.

Return On Investment
Average Annual Rate **13.7%**

INDUSTRY PROBLEMS & PRS SOLUTION

01. INDUSTRY PROBLEM

Contaminated staining results, false negative/positive, from lack of 100% on-slide controls.

1. No standard or protocol which provides quantifiable QC of the IHC, H&E, or Pap Smear staining processes.
2. The accepted practice is to use a similar tissue type previously diagnosed sample as a co-resident control. The degree of detection in the control is subjective which leads to only a qualitative conclusion. Thus, the diagnostic outcome remains oblivious to defects in the staining processing, which can result in false negative/positive reporting.

01. PRS SOLUTION

1. Elimination of false negative/positive staining results with 100% on-slide control. (Some laboratories have been practicing in IHC with real tissue controls but do not do so in H&E and Pap Smear).
2. PRS is cost effective. (Tissue control is more expensive, time consuming to prepare, and limited in the number of tissue sections per block).
3. PRS Attributes:
 - a. Control targets are produced from tested & calibrated materials vs. tissue which has no consistency or uniformity.
 - b. Functions to provide the cumulative quantifiable measure of the staining reagents and staining process for EVERY slide.
 - c. Has a stable shelf life as compared to a tissue control: 2-years vs. weeks to months.
 - d. The PRS targets remain as a permanent record with the patient sample to be evaluated in the future with full diagnostic efficacy, with a tissue control as the history is lost.

BALANCE SHEET

Stand alone project figures

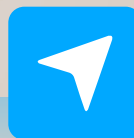
Assets	Year 1	Year 2	Year 3	Year 4	Year 5
Cash	9,476	6,419	6,403	13,969	55,257
Accounts Receivable		83	351	1,043	5,368
Accrued Tax Credit	115	588	498		
Inventory	5	14	40	178	797
Current Assets	9,595	7,104	7,292	15,190	61,422
Fixed Assets - Gross	800	800	800	1,600	7,200
Depreciation	160	320	480	800	2,240
Net Fixed Assets	640	480	320	800	4,960
Patents & Trademarks	300	450	600	750	900
Deferred Expense	2,044	4,136	5,586	6,311	7,036
Amortization	409	1,236	2,353	3,615	5,023
Net Deferred Expense	1,635	2,900	3,233	2,696	2,013
Total Assets	12,170	10,934	11,445	19,436	69,295

PRS BUSINESS PLAN



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PRS BUSINESS PLAN





PRS

Process Record Slide

A NEW BENCHMARK IN THE PATHOLOGY MARKET

www.ihc-prs.com

The Market


The Global Biopsy Devices Market was worth \$1.4 billion in 2016 and estimated to be **growing at a CAGR of 7.4%, to reach \$2.2 billion by 2022.**



Year	Value
2018	1,655
2019	1,777
2020	1,909
2021	2,050
2022	2,202

According to the statistics published by the International Agency for Research on Cancer, (part of WHO – World Health Organization), the global incidence of cancer (excluding non-melanoma skin cancer) in 2012 amounted to 14.1 million cases. This incidence rate is expected to reach 23.6 million by 2030.

23.6 M 2030
14.1 M 2012

Artificial Intelligence

AI in histopathology will help go from image analysis to automated diagnosis. The quality of the slides will be of primary importance to assure proper reading.

PRS will cause a significant change in digital imaging through the integration of the antigen vs. color density scales that can be applied to the image, ensuring the AI database avoids false input.

In particular, AI development houses have already approached PRS to partner so that they can understand how to apply the artificial antigen density ruler to the image of the tissue section and thus produce valid diagnostic aid and interpretations.

PRS intends to use part of the investment to enter this market either by organic growth or acquisition and will establish a firm foothold in AI for the future stability and growth of the company.

The ultimate objective of Artificial Intelligence is to have Cloud based scans read by an autonomous AI based reader behind the Cloud, which would return an accurate report to the uploading source.



A NEW BENCHMARK IN THE PATHOLOGY MARKET

PRS

The Product

PRS is an IHC (ImmunohistoChemistry) use slide that contains arrays of known targets. PRS slides capture the staining experience on to co-resident targets as a permanent record, providing measurable results of the processing and reagent exposure for QC and diagnostic stain density ruler to apply against the tissue section.



FROM BATCH CONTROL TO 100% QC

Our Team



MR. SIMON TK KWOK

Mr. Kwok is 100% owner of Sino Image Ltd. Day to day operation of the company is managed by Mr. Denny Lam. In addition to owning Sino Image, Mr. Kwok acts as:

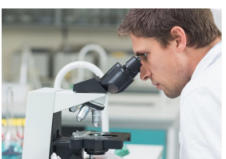
- Chairman, CEO & Compliance Officer at Super Strong Holdings Ltd. (a HKEX listed company)
- Managing Director of W.M. Construction Ltd.
- Co-Founder of WM Engineering Co. Ltd.
- President of the Hong Kong General Building Contractors Association Ltd.
- And President of the Hong Kong Society of Registered Safety Auditors & Review Office. Super Strong Holdings Limited is a listed company on the main board of the Hong Kong Stock Exchange (Stock code HKEX 8262).

Problem

Ever since the beginning of histopathology there has not been a viable Quality Control process technology.

Unfortunately, errors in biopsy readings persist: a joint study by the University of Toronto and University of Southern California, puts this error rate as high as 9%.

The resulting misdiagnosis impacts the liability risk to the pathologist and, more profoundly, the human lives involved.



9% ERRORS IN BIOPSY READINGS PERSIST

THE HUMAN LIVES INVOLVED.

The Unique Proposition

PRS is unique in the market
No other slide can deliver 100% QC and calibration function.

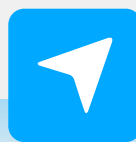


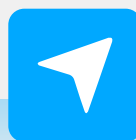
On slide control Function | Calibrated baseline ruler | Primary target detection | A standard for each staining industry has decades

Financials

Consol. P&L Statement - \$K	Year 1	Year 2	Year 3	Year 4	Year 5	5 Years
Gross Revenue	49	999	4,208	12,518	64,417	82,191
Sales Tax						
Net Revenue	49	999	4,208	12,518	64,417	82,191
Direct Cost						
Slides	2	59	166	480	2,142	2,849
Production Personnel	96	192	240	288	384	1,200
AI Services			192	288	1,262	1,742
Gross Margin	49	748	3,610	11,462	60,629	76,400
% to Gross Revenue	74.8%	85.8%	91.6%	94.1%	93.0%	
Marketing & Sales Promotion	500	500	500	500	1,536	3,536
General Admin. Personnel	342	432	804	834	864	3,276
Variable Operating Expense	1	30	84	247	727	1,089
Other Fixed Oper. Expense		264	498	543	1,240	2,545
EBITDA	893	478	1,724	9,338	56,261	65,953











عرض فني

تطبيق المصحف الإلكتروني



إجمالي للتعريف بالمكونات الرئيسية

- يمكن للمستخدم من استعراض فهرس آمل بأسماء السور، الأجزاء، الأحزاب أو آمل لضمان سهولة وسرعة الوصول
- استكمال القراءة عند فتح التطبيق لاحقاً موضع توقف عنده القارئ
- يوفر طريقة العرض إلى نمط القراءة العين
- تتميز من الكتاب أو مجموعة من آمل المشاركة المتاحة على التشكيل أو بدونه أو كصورة
- تق وتدوينات لتعين على

البحث

من أهم خصائص المصحف الإلكتروني التي ستجاول بسرعة عالية وكفاءة مع المستخدم، بناء على أحدث تقنيات البحث السريع والشامل

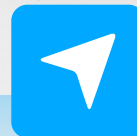
- يُتاح للمستخدم البحث عن كلمات بعينها في المصحف الشريف والبحث بأسماء السور
- تظهر له نتائج البحث مرتبة بترتيب ورودها في المصحف
- يسهل عليه بذلك الوصول إلى السور والآيات والكلمات التي يحتاجها المستخدم على وجه الدقة وبسرعة عالية

المعاني والتفسير

إظهار تفسير الآيات من الخصائص المميزة للمصحف، حيث يتمكن المستخدم من الوقوف على المعاني وفهم نصوص الآيات أثناء قرائته ما يختصر عليه كثير من الوقت والجهد

الحفظ والمراجعة

يمكن اختيار مقطع محدد للقراءة (آية للبداية وآية للنهاية) أو تشغيل كامل السورة، وكذلك التكرار فيتمكن المستخدم من الاستفادة بالمصحف الإلكتروني في أغراض الحفظ والمراجعة وتعلم التجويد



تقديم محتوى
الموسوعات في هيئة
نصية تتيح للزائر البحث
المتقدم بداخلها.

من المستفيدين من المشروع؟

عموم المسلمين

الذين تشتتوا بين مواقع سؤالات الفتوى الجاهل عنها حديثاً
وربما لم تستند على أساس علمي ومنهجي قوي، لكي يقدم
لهم جواب المسألة من مصادر موثوقة ومتنوعة، يتصلص
للمقارنة مع آسبر من متغير
(وفق الزمن - أو البلد
- أو الشخص المعنى).

الباحثون في مجال الفتوى وطلاب العلم

ليعرضوا إلى كثير من الثرائ العلمي في مسائل وفواوى
من سبقهم أو عاصروهم في البلدان المختلفة، بما يساهم في
تجديد دماء الفتوى في زماننا، من خلال ربط القديم
بالحديث والأطلاع على التنوع المتاح
عند علماء كل بلد، ويهلون من
ذلك في غاية السرعة و ينتهى
السلاسة التي توفرها
التقنيات البرمجية. بما
يساعدهم على اغتنام
الأوقات وتوفير الجهد
في عصرنا إلى ما هو أهم
من الجمع والتحصيل والفرز
والتنضيف، فقد وفرنا
عليهم هذا الجهد.

دعوة غير المسلمين

ومع ذلك تأمل من خلال تواجد هذا المشروع على شبكة المعلومات الدولية "الإنترنت" أن يكون دعوة لغير المسلمين
(من متعلمي العربية، الدارسين لشئون الإسلام، أو الباحثين عن الحق...) حتى يتعرضوا لهذا الإرث الهام من حياة
المسلمين، من خلال نظرة المعتدلين من فقهاء وعلماء الإسلام إلى شرع الله وفهمهم للواقع وفصلهم في الحوادث السابقة
والجارية في حياة الأمم، لا سيما الشائكات منها في حياة الناس، والتي يتسلل منها أعداء الإسلام بقلوب الحقائق لينتوا إلى
الجماعات غير المسلمة صورة مشوشة وغير محدودة عن هذا الدين.




Aligned Performance

Dr. Alok Trivedi



Aligned Performance

Dr. Alok Trivedi



DR ALOK TRIVEDI

Biography

Dr. Alok Trivedi
Speaker consultant and expert in the field of performance

Dr. Alok Trivedi helps people empower their lives through helping them overcome obstacles to create an inspired life. He speaks, trains and consults with people and companies to help them expand their potential and become aligned. He has worked with thousands of clients. His work helps people create more income, greater energy and overall enthusiasm for life. He has shared the stages with thought leaders like Brian Tracy, Grant Cardone, Dyanne John, and Don Yeager.

After building one of the largest health care clinics in the world seeing over 1000 patient visits a week, he went on to develop the Aligned Performance Institute.

API clients include Motorola, Draftsmore North America, UPS and Primorica. He is the author of the book *Chasing Success: Lessons in Aligned Performance*. He has been featured on CBS, NBC, Fox News, CTV News Canada, PHM, Global News and many more.

Combining his expertise as a doctor and psychological performance, he has created Aligned Performance Institute. Aligned Performance is a behavior modification system using neurology and psychology to maximize performance.

Dr. Trivedi helps doctors and corporations maximize performance and profit.



INTENTIONS

My goals for today are:

- 1)
- 2)
- 3)

The struggle I've had in my business and life is:

My goals one year from now are:

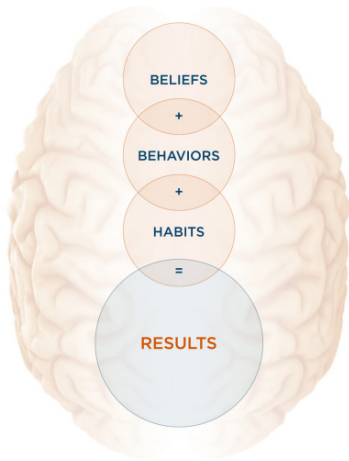
- 1)
- 2)
- 3)

Today is about you and your breakthrough
All too often people set goals that aren't aligned to them and what they want however we place other people's goals for us rather than the goals we want for ourselves.

List 5 goals you had for yourself you didn't achieve:

- 1)
- 2)
- 3)
- 4)
- 5)

OLD MODEL



THE NEW MODEL

STIMULUS Something external that creates a perception

PERCEPTION Something that creates thought and response

NERVOUS SYSTEM

MOTOR Movement Driven

SENSORY Feeling Driven

Behavior Action based based on perception

Habit Repetition of behavior creating memory pattern

Action

Stimulus

Hear

Sight

Smell

Taste

Touch

HOW PERCEPTIONS BECOME BELIEFS

PERCEPTION Thought

VALUES Based on past experiences (Positive & Negative)

PARASYMPATHETIC Positive

SYMPATHETIC Negative

EMOTIONS Feelings toward perception

Good Positive Pleasure More pleasure / pain

Bad Negative Pain More pain / pleasure

= THE BELIEF SYSTEM

THE NEW MODEL OF RESULTS BASED TRANSFORMATION

PERCEPTION

+

VALUES

+

EMOTIONS

+

BELIEF

+

BEHAVIORS

+

HABITS

=

SUCCESSFUL RESULTS

ALIGNED CONSCIOUSNESS

SUBLAXATED CONSCIOUSNESS

4 LEVELS OF THOUGHT FREQUENCIES

How you think determines how you live and what your life will look like. Your thoughts have tremendous power on you and on others. Your thoughts are your choice. The highest levels of thoughts use the highest and most evolved center of your brain. How you choose to think dictates the outcomes of your life.

Removing emotion and seeing the world through eyes of logic

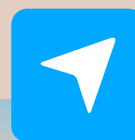
Critical

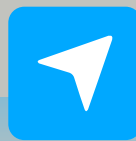
Negative See problems with everything and are stuck in seeing the downsides to things. They don't look at the upside.

Positive Overly optimistic about everything and don't think about the downsides of things. Leads to lots of challenges to humble them and become aware.

Aligned

Integrates all levels of thought and moves towards their mission and sees things as a balanced feedback.





Who Is Dr. Daniel Stickler?

Dr. Daniel L. Stickler, MD is the co-founder and Chief Medical Officer of the The Apeiron Center for Human Potential and the Chief Science Officer for Apeiron Academy.



He will be speaking on **The New Paradigm of Precision Performance Medicine: Data Driven Health Optimization**. In his lecture he will explore how new innovations and advances in personal health data are creating opportunities for the application of precision medicine in health and wellness to create an upgrade in human performance.

Professional Life

He has had a long and distinguished career in a variety of medical disciplines, and in recent years has emerged as a pioneer and leader in the systems-based approach to precision lifestyle medicine. His work has attracted the attention of many of the world's most prominent medical and scientific institutions and individuals and has earned him accolades as a best-selling author and an award-winning newspaper and magazine columnist, as well as the host of the popular Ironman and magazine Podcast. He has had numerous appearances and interviews on television and radio and has been the subject of featured articles and news stories in several mainstream media outlets.



Dr. Stickler also serves as the **Medical Director for the Neurohacker Collective**, a company focused on the development of cognitive enhancement strategies. He has served as a consultant for Google in the fields of wearable technology, human biometrics, epigenetics, and AI in healthcare. He is regularly invited to serve as a guest lecturer at Stanford University speaking on **Epigenetics and Nutritional Genomics in Clinical and Lifestyle Practice**.

He was recognized for excellence in the practice of minimally invasive surgery by the Ethicon Endosurgery Institute among many other awards and honors throughout the course of his career. He is a member of many professional organizations including the International Society for Nutrigenetics and Nutrigenomics, the Age Management Medical Group, and the Wilderness Medicine Society.



Medical Journey



Dr. Daniel Stickler

1993



Graduated from West Virginia University Medical School. He began his practice as a general and vascular surgeon specializing in laparoscopic surgery for weight loss. During his years as a surgeon, he developed an innovative systems approach to better health through a collaboration between exercise physiologists, health psychologists, and dietitians.

2003



After ten years of practice and nearly 3,000 operations, he became disillusioned.

He concludes that the disease-centric approach to health was not the best solution. His experiences led him to believe that a healthy lifestyle was the way to a longer and better life and began to explore a variety of disciplines including functional medicine, alternative care, holistic, naturopathic, and age-management medicine.

2007



He realized that none of these was accomplishing his goal of creating the optimum state of human health and performance because they focused on a disease-centric model of treating symptoms, as opposed to a model that focuses on human system, and optimization.

His deep interest in epigenetics and genetics started him on a journey of discovery comprised of more than 10,000 hours of experimentation and research.

He had thousands of client interactions, implementing lifestyle changes that led to successful clinical outcomes. He believes and teaches that by using the power of genomics and leveraging new technologies, mankind has the potential to direct the course of human evolution.

What will you learn?

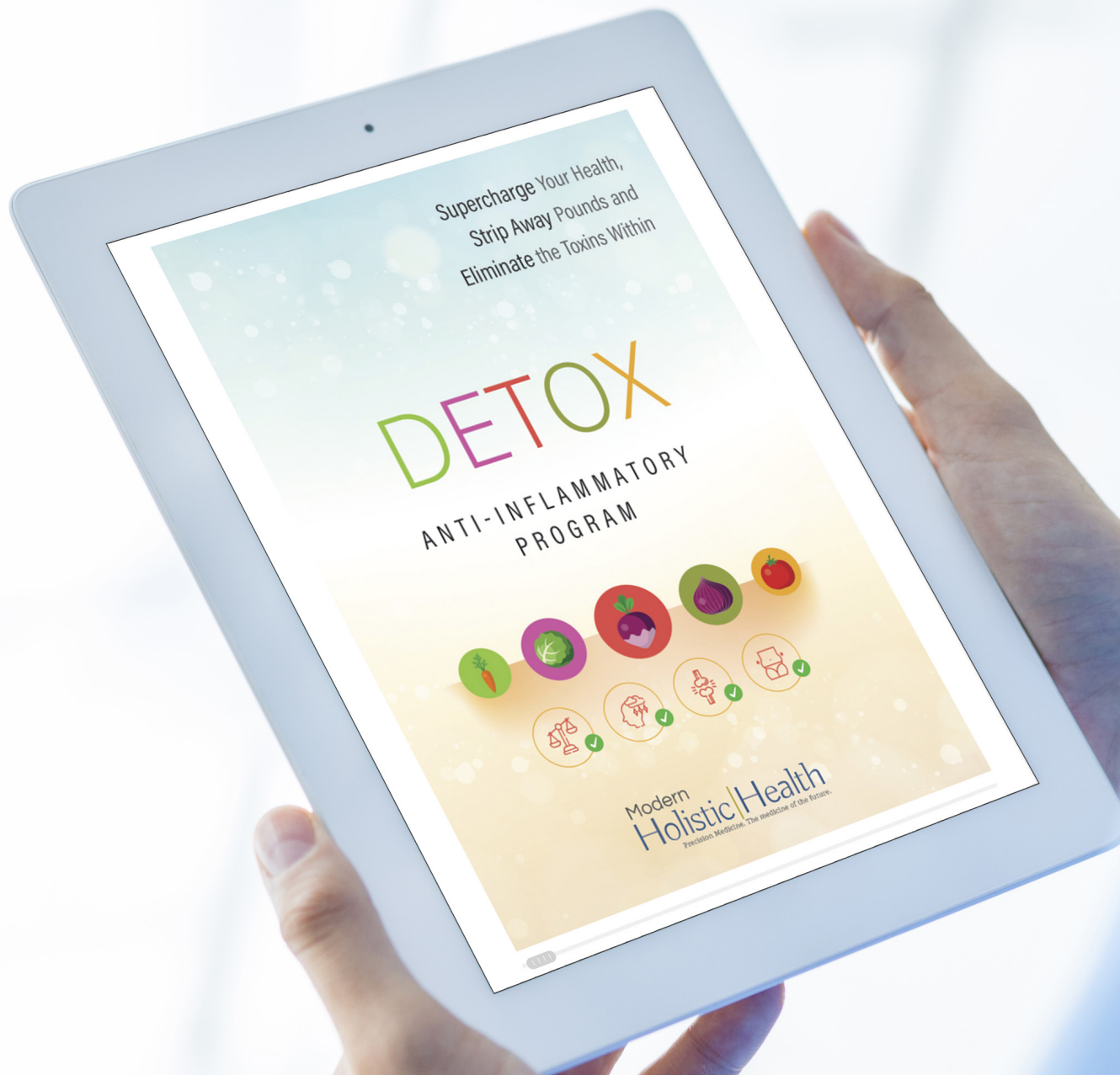
Anyone who is interested in the fields of **Epigenetics and Precision Medicine** and their application in developing peak physical health and the maximum in human performance and potential will find Dr. Stickler's lecture to be highly informative. His experience as the co-founder of **Apeiron Genomics** using epigenetic testing to provide health advice to patients and clients that is personalized to their individual genetic code and lifestyle influences has made him one of the world's foremost experts in the usage of epigenetics in health coaching, wellness, and precision medicine.

His current mission is to train members of the medical and health coaching professions on how to utilize and interpret genomics in their own practices to provide individualized advice for nutritional and lifestyle. The **Apeiron Center for Human Potential** offers training and certification in a number of disciplines including **Epigenetic Human Performance Coaching, Biofeedback and Stress, Neurofeedback and Performance, Peak Performance Coaching, Environmental Health and Detoxification**, and more. The courses are taught by a staff of recognized experts in the fields of medicine, neuroscience, genetics, human communication psychology, coaching, and business.



Those interested in learning more about the Apeiron Center should visit their website at www.aperon.academy





Your Body Detox Program

The **Modern Holistic Health Detox Program** is specifically designed to provide your body with nutrient rich foods that assist in detoxifying, while maintaining a well-balanced diet. Over the next month you will be focusing on eating a variety of nutritious foods and avoiding processed foods and common triggers. Each meal should be a combination of fruits/vegetables, healthy fats and protein.

Each day, you should eat:

- 5-7 servings of vegetables
- 2-3 servings of fruit
- 2-4 servings of protein
- Detox Shake



Almond Crusted Salmon

- 2 Salmon Fillets, about 6 oz. each
- Salt & Pepper
- ½ Cup Almond Meal/Flour*
- 2 Teaspoons Fresh Dill
- 1 Clove Garlic
- 1 Tablespoon Extra-Light Olive Oil, or coconut oil
- Lemon Wedges (for serving)



1. Preheat the oven to 450°.
2. Season the salmon filets with salt and pepper and place them on a parchment lined baking sheet.
3. Combine the almond flour, fresh dill, garlic, and olive oil in a mini food processor. Pulse until the garlic and dill are incorporated into the crumb mixture.
4. Evenly cover each filet of salmon with the almond crust.
5. Bake the salmon for about 15 minutes or until the top is golden and the fish flakes easily with a fork.

Supercharge Your Health,
Strip Away Pounds and
Eliminate the Toxins Within

DETOX

ANTI-INFLAMMATORY PROGRAM



Modern
Holistic Health
Precision Medicine. The medicine of the future.

Your Daily Meal Plan



Early Morning

On an empty stomach 2-8oz of pure celery juice (this aids greatly in gut repair) or warm water with fresh lemon juice.

Breakfast- Detox smoothie.



Mid Morning

Have another smoothie.



Lunch

Salad with greens, fruit, and fish if you desire an animal protein.



Mid Afternoon

Piece of fruit
Detox Smoothie (on days where you need to drink 3)



Dinner

Any vegetable dish with lean animal protein



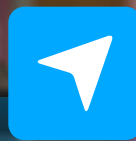
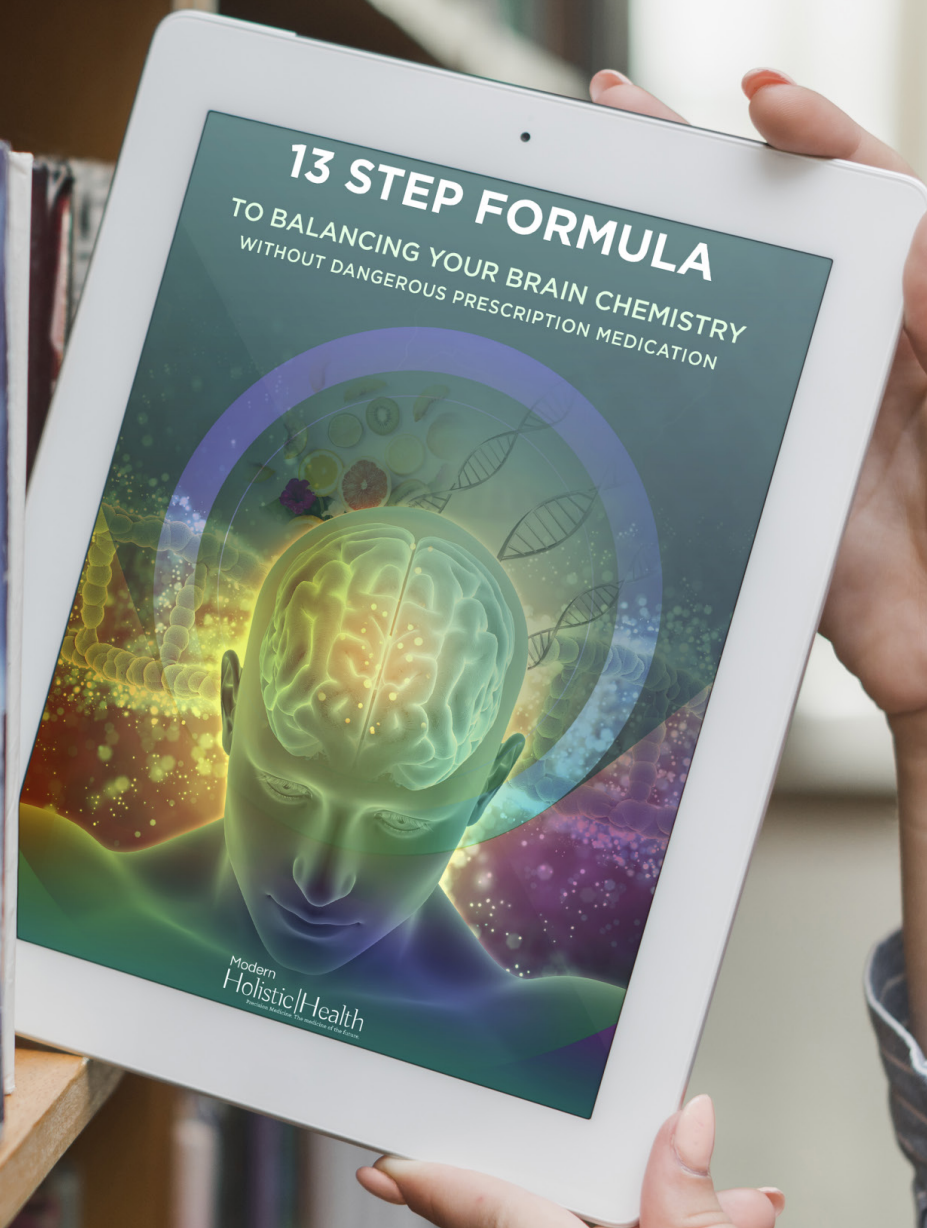
Veggie Breakfast Hash

- Brussel Sprouts
- Butternut Squash
- Onion
- Ground turkey
- Avocado
- Olive Oil
- Salt
- Garlic powder



1. Cut Brussel sprouts in half lengthwise and cut butternut squash into 1/2" cubes.
2. Toss in olive oil, salt and garlic powder.
3. Roast Brussel sprouts and butternut squash in oven at 400 degrees for 25 minutes.
4. While the Brussel sprouts and squash are cooking, saute onion and ground turkey (use olive oil, salt and garlic powder) *you can use organic vegetable broth to add to the pan if the onions and turkey start to burn on to pan.
5. Saute Brussel sprouts, squash, onion and turkey in pan together.
6. Garnish with avocado if desired.





DO YOU KNOW THAT?



5%

Only are caused by genetics

95%

Are actually caused by environmental influences

Our everyday exposure to these environmental toxins results in defective mitochondrial cell function which is causing:



and other very common neurological diseases

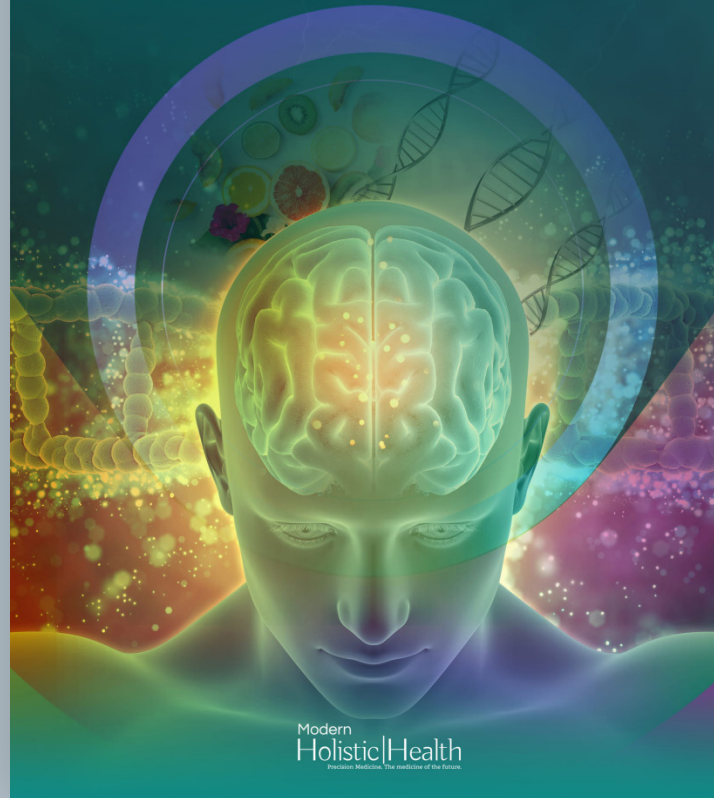


3

13 STEP FORMULA TO BALANCING YOUR BRAIN CHEMISTRY WITHOUT DANGEROUS PRESCRIPTION MEDICATION



13 STEP FORMULA TO BALANCING YOUR BRAIN CHEMISTRY WITHOUT DANGEROUS PRESCRIPTION MEDICATION



Modern
Holistic|Health
Functional Medicine. The Medicine of the Future.



When we realize that symptoms are simply
A WARNING SIGNAL FROM THE BODY
that something is out of balance, the path to healing
ourselves becomes obvious.



Fix the root causes and the symptoms will go away



Many of you reading this have already tried every pill
for every ill and have most likely discovered that you
are now worse off than before.



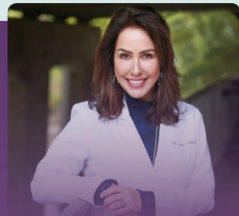
Medications don't fix root causes; they only focus on
covering up the symptoms.



Meanwhile, the body becomes more and more sick
until one day medicine just doesn't work, and you are
on more medication than ever before.

5

13 STEP FORMULA TO BALANCING YOUR BRAIN CHEMISTRY WITHOUT DANGEROUS PRESCRIPTION MEDICATION



After helping hundreds of clients around the
world to successfully re-balance their brain
chemistry, some common factors stand out
amongst people suffering from long term
anxiety and depression.

They also have issues
with:

- Brain fog
- Mind racing
- Sleep
- Fatigue
- Decreased memory recall

Or other non-brain
related issues:

- Type 2 diabetes
- Fibromyalgia
- IBS
- Chronic autoimmune disorders

4

13 STEP FORMULA TO BALANCING YOUR BRAIN CHEMISTRY WITHOUT DANGEROUS PRESCRIPTION MEDICATION



Our bodies don't
become ill due to a lack
of prescription drugs

They become ill because
they don't have what
they need to heal



This usually happens because of various interferences.
Those interferences could be environmental toxins found
in your household products such as **cleaners, shampoos,**
body soaps, toothpaste, laundry soaps and glyphosates
(Roundup) that are in your 'conventional' (not organic) foods
as well as other toxins found in processed foods



And finally, one of the biggest root causes of our bodies
breaking down into chronic illness is constant stress from
your personal and professional lifestyle choices

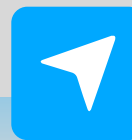
It sounds too simple to be true, but if you remove
interferences and give the body the ingredients that
it needs to heal itself, it will do it!

**BUT IT TAKES TIME AND PATIENCE
AND 100% COMMITMENT TO THE PROCESS**



6

13 STEP FORMULA TO BALANCING YOUR BRAIN CHEMISTRY WITHOUT DANGEROUS PRESCRIPTION MEDICATION





I highly encourage lab work as it shows us the exact root causes and guides us in putting together a specific protocol to begin fixing the underlying issues.

For those who may not have access to testing or haven't gotten testing done yet, these 13 simple steps are critical components that are necessary for the body to do its complicated process of healing.

If you do these simple steps, your body will have what it needs for all the complicated work.

13 STEP FORMULA TO BALANCING YOUR BRAIN CHEMISTRY WITHOUT DANGEROUS PRESCRIPTION MEDICATION



7 GET ON A GUT REPAIR REGIMEN AND MAINTAIN YOUR GUT HEALTH

The gut is known as the 'Second Brain' and with good reason!

Our gut is composed of 2 thin layers with over 100 million nerve cells that line the GI tract to control blood flow and secretions that digest food.



- Within our gut we have what is called a 'Microbiome' or ecosystem.
- This ecosystem is tied directly to our brain function.
- It's a fact that the gut actually produces several of our brain chemicals including Serotonin, GABA, and other hormones!

Regulation of the gut ecosystem using diet, probiotics, and even fecal microbiota transplantation is being used to help prevent and treat depression.

13 STEP FORMULA TO BALANCING YOUR BRAIN CHEMISTRY WITHOUT DANGEROUS PRESCRIPTION MEDICATION



- Let's not forget that our bodies are huge chemistry factories and are designed to restore and heal themselves.
- They do it without us even thinking about all the biochemistry that's going on inside!

However, in order for all that healing and restoring biochemistry to take place to get the body back to health, the body needs ingredients.

That's where these simple steps can change your health for good; make no mistake that you are what you eat.

Once you give your body "high octane fuel" or what we like to call "specific nutrient dense therapy",

Your body will start to respond by eliminating the toxins and repairing itself.

7 13 STEP FORMULA TO BALANCING YOUR BRAIN CHEMISTRY WITHOUT DANGEROUS PRESCRIPTION MEDICATION

13 PERSONALIZE YOUR PATH - UNDERSTAND HOW YOUR GENES INFLUENCE YOUR HEALTH

Use Advanced Precision Testing to find the underlying root causes of your Brain Chemistry Imbalances

- While everything mentioned above is incredible advice and is recommended, whether or not you take this last step is the most important.
- The truth is that without a specific analysis of your genetics, brain chemistry, and other necessary testing, there is no way to know exactly how effective any of these suggestions will be.

That is the drawback of most health and medical advice popular today; they are based on generalities and averages, not on specific and individual needs.

30 13 STEP FORMULA TO BALANCING YOUR BRAIN CHEMISTRY WITHOUT DANGEROUS PRESCRIPTION MEDICATION

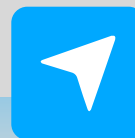
Dr Elena Villanueva has helped hundreds of clients stabilize and optimize their health using her unique blend of holistic health, epigenetics and nutrigenomics and other advanced data collection

Dr Elena Villanueva can help you find not only the root cause of your problem, but a viable and result driven solution to fix the underlying cause, restore health, and optimize your body and your mind.

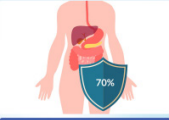
Normally a new client consultation with Dr. Elena would cost \$90, but to help you get on the path to health, she's offering a new patient consult for just \$79

[Click here to book now](#)

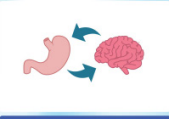
32 13 STEP FORMULA TO BALANCING YOUR BRAIN CHEMISTRY WITHOUT DANGEROUS PRESCRIPTION MEDICATION



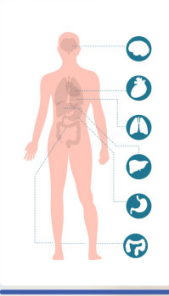




Your digestive tract is not just for digesting and absorbing nutrients, it is also involved in immune function, since approximately 70% of immune system resides in the gut.



Good gut health can also affect brain health. New research shows that there is a gut-brain connection and the gut has been dubbed the second brain.




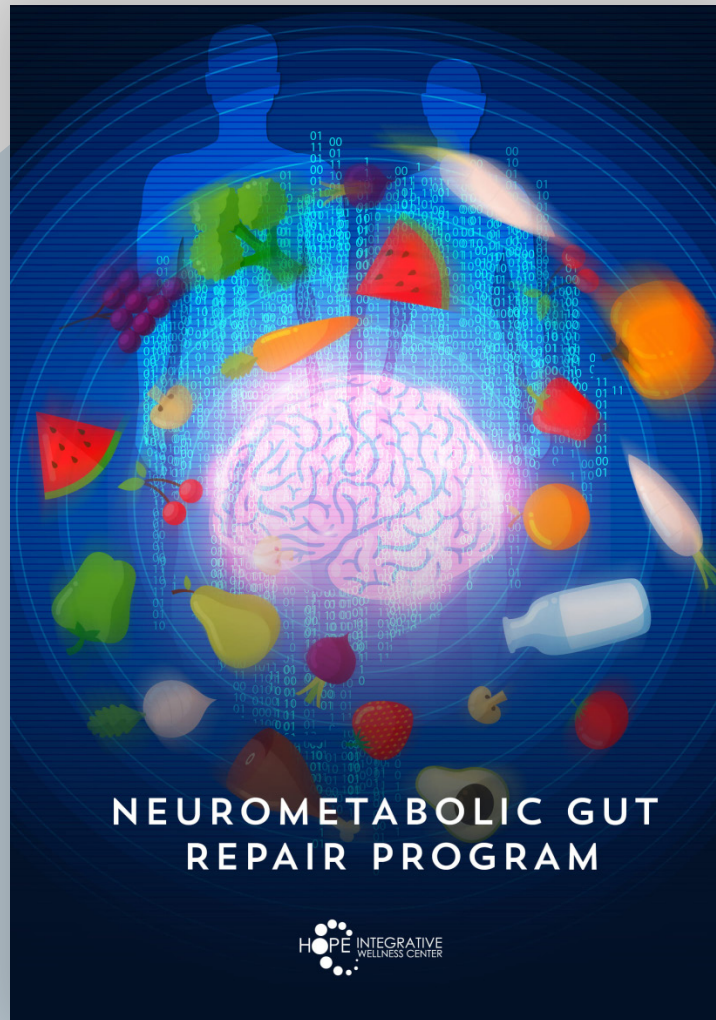
Optimal digestive system helps us maximally absorb nutrients from our food, which gives us energy and building blocks for healing and repair.

Health digestion involves proper neurological and endocrine function, as well as normal elimination through bowel movement.

It also requires healthy immune system and mucosal barrier function.

1 THE NEUROMETABOLIC GUT REPAIR PROGRAM

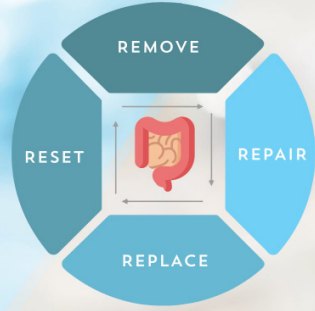





THE NEUROMETABOLIC GUT REPAIR PROGRAM

Is a powerful regimen designed to support intestinal health and intestinal permeability.


Consists of 4 phases carried out simultaneously:



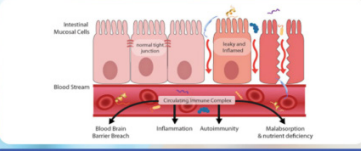


The program may need to be conducted for 30-60 days for best outcome.

3 THE NEUROMETABOLIC GUT REPAIR PROGRAM




- The intestinal mucosal barrier forms part of our defense mechanism in the immune system.
- The mucosal cells are strongly attached to each other through tight junction proteins called occludin and zonulin.
- The tight junction forms a semi-permeable protective barrier so undigested proteins and toxins do not readily cross the mucosal barrier.



- These tight junction proteins can be damaged due to stress, food sensitivity, chronic infection and chemical toxicities.
- The result is leaky and inflamed barrier system that allows undigested proteins and toxins to get into the blood stream, which can form circulating immune complexes that can travel throughout the body, causing inflammation, autoimmunity, and blood brain barrier compromise, while at the same time causing malabsorption and nutrient deficiency.
- This can lead to a vicious cycle of leaky gut causing more inflammation, causing more leaky gut.

2 THE NEUROMETABOLIC GUT REPAIR PROGRAM



1 REMOVE



The goal here is to remove certain known dietary triggers and to provide the nutrients necessary to support intestinal flora and healthy blood sugar level.



The dietary restrictions are not caloric (not based on quantity of food), so you are allowed to eat whenever you are hungry.

In fact, no hunger or cravings are allowed on this program!



Just eat until you are satisfied (80% full and not gorge yourself). However, you must only eat from the list of allowed foods.



FOODS TO ELIMINATE

HIGH GLYCEMIC FOODS

Banana, mango, pineapple, watermelon, dried fruit, canned fruit

GRAINS


This includes gluten containing grains such as wheat, wheat germ, oatmeal, barley, rye, spelt, and gluten free grains such as rice, quinoa, buckwheat, millet, amaranth, kamut, couscous

GLUTEN CONTAINING COMPOUNDS

This is usually your condiments such as ketchup, barbecue sauce, soy sauce, brewer's yeast, malt and malt flavoring, modified food starch, non-dairy creamer, MSG, teriyaki sauce, processed salad dressings, hydrolyzed plant and vegetable proteins, textured vegetable protein.

If you are cooking using real food made from scratch adding herbs and natural seasonings, you food will taste great and you won't need to use those processed junk anyways.

9 THE NEUROMETABOLIC GUT REPAIR PROGRAM



THE NEUROMETABOLIC GUT REPAIR PROGRAM

It is a comprehensive nutritional and dietary program to support intestinal health and intestinal permeability (aka leaky gut).

“ All disease begins in the gut ”

HIPPOCRATES
A Greek physician and the father of medicine

STARTER KIT

FIBER FX

GI RESUSCITATE

NEUROMETABOLIC MEAL

GI RESUSCITATE

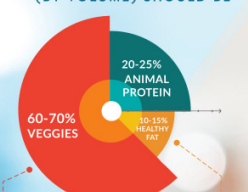
This product contains key ingredients that support intestinal permeability and intestinal health.

Recommended use: 1/2 tsp twice per day

16 THE NEUROMETABOLIC GUT REPAIR PROGRAM

Focus on the foods you can eat, and don't fret about the foods you can't. Set short term goals for 30 days, this makes it easier to achieve.

THE RATIO OF THE TYPE OF FOODS REPRESENTED ON YOUR PLATE (BY VOLUME) SHOULD BE



This includes starchy veggies such as sweet potato, yam, squash and zucchini.

Such as avocado, coconut oil, olive oil.

Eat plenty of fiber like veggies, good amount of healthy fat, moderate protein, and some fruit (2-3 servings per day).

Stick to this ratio and eat until satisfied, this works without counting calories or points. I don't ever count calories and you shouldn't have to either.

When you eat the right types of foods in the right proportions, you will be naturally satiated and stop eating. This is the key to long term result and learning about your body.

13 THE NEUROMETABOLIC GUT REPAIR PROGRAM

ALSO RATE THE FOLLOWING AREA BEFORE THE START OF THE PROGRAM, AND THEN ONCE PER WEEK TO TRACK PROGRESS: 0 TO 10, WITH 0 BEING THE WORST AND 10 BEING THE BEST:

BOWEL MOVEMENT
(Frequency, consistency, form- hard, dry or well-formed)

MOOD
(Depression, anxiety, mood swings)

COGNITION
(Brain fog, concentration, memory)

SLEEP
(Quality and quantity)

LIBIDO

PAIN
(Can include overall stiffness, aches, muscle pain, joint pain, headache)

ENERGY

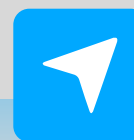
DIGESTION
(Gas, bloating, burping, indigestion, heartburn, reflux, cramps, pain)

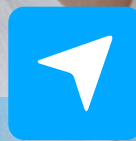
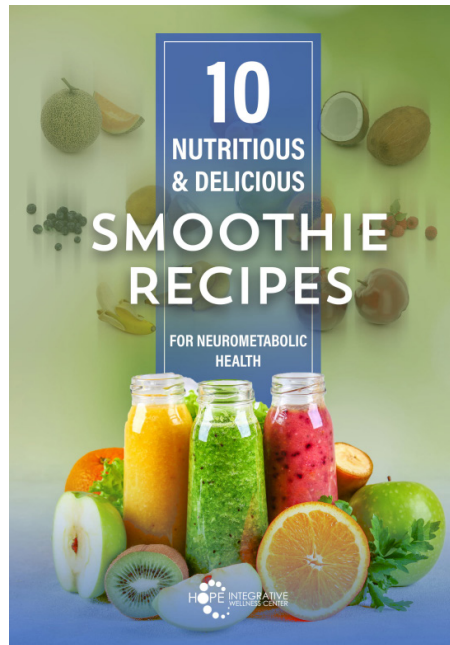
TRACKING

Anything else you are experiencing difficulty with and want improved

For example, hormonal symptoms
hot flash night sweats

28 THE NEUROMETABOLIC GUT REPAIR PROGRAM





Hi,

Thank you for requesting the smoothie recipes. You hold in your hands **10 POWER-PACKED**, nutrient dense smoothie recipes that will help you jumpstart your metabolism, reach your ideal weight, improve your digestion, stabilize your blood sugar, and decrease inflammation.

Did you know that most hospital visits are due to lifestyle preventable diseases?

Did you know about 50 million people in the United States suffer from autoimmune disease?

This is more than cardiovascular disease and cancer combined. Although autoimmune disease is not as deadly as heart disease or cancer, the drain on quality of life can be equally devastating.

10 Nutritious and Delicious Smoothie Recipes for NeuroMetabolic Health
2

AUTOIMMUNE DISEASES are conditions where your own immune system attacks your body, leading to chronic inflammation, leaky gut, and tissue destruction. The number of people with autoimmune disease have been steadily rising over the years. **Hypothyroidism**, for example, is primarily an autoimmune disease. Medical treatment for autoimmune diseases is limited to immune suppressing medications with powerful side effects. This approach masks the symptoms but ignores the root cause.

You see, my practice in Gilbert, AZ focuses primarily on autoimmune disease and other chronic conditions such as:

THYROID PROBLEMS

CHRONIC DIGESTIVE PROBLEMS

CHRONIC FATIGUE

FIBROMYALGIA

10 Nutritious and Delicious Smoothie Recipes for NeuroMetabolic Health

10

NUTRITIOUS & DELICIOUS

SMOOTHIE RECIPES

FOR NEUROMETABOLIC HEALTH

WHY SMOOTHIES?

Well, if you been trying to find a way to shed some extra pounds, improve your energy, or improve your health, but find it difficult to get started or stick to something, smoothies when done right can be a jumpstart you are looking for. The problem is, most smoothies people make or sold in stores are sugar laden milkshakes in disguise. They actually can cause weight gain and more blood sugar problems. **When you make the smoothies that I listed here along with the NeuroMetabolic Integration line of supplements, you will have numerous benefits, including:**

CONVENIENT
You can make one in 5 minutes.

PORTABLE
You can put in a shaker bottle and take it to go.

EASY
Some recipes only call for 4 ingredients. Even my kids can make them.

NUTRITIOUS
You can pack tons of nutrient dense foods and even hide stuff that you don't normally eat, like kale and spinach and hemp hearts.

BALANCED
The key to a healthy meal and smoothie is balance between protein, fats, and carbs. When done right with the NeuroMetabolic Integration powders, you will have all the nutrients in a glass.

EASY TO DIGEST
It's kind of all chewed up for you by the blender, the finely chopped up ingredients makes it easier for your digestive tract to breakdown.

10 Nutritious and Delicious Smoothie Recipes for NeuroMetabolic Health
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HAVE I CONVINCED TO START THE HABIT?

I hope so. This is one of the easiest thing you can do to start the day right and set the stage for how the rest of your day will go. Many people start the day with breakfast that does nothing but causes weight gain and slow metabolism, not to mention inflammation from possible food sensitivities. Breakfast cereal, bagels, muffins, sugar loaded caffeinated drinks are the norm. I challenge you to eat a meal that is as nutritious as these smoothies boosted with the NeuroMetabolic Integration powders. When in doubt and you don't know what to eat, go for a smoothie.

FAST TRACK

If you have a lot of weight to lose and you want to speed things up a bit, you can do one smoothie for breakfast, one smoothie for dinner, and eat a healthy lunch consisting of tons of vegetables, lots of healthy fat, moderate amount of protein. Watch as your weight falls off, clothes get looser, energy shoots up, digestion improves, and better mental clarity as well as less inflammation which may show up as less joint pain and puffiness.

10 Nutritious and Delicious Smoothie Recipes for NeuroMetabolic Health

Banana and Strawberry Smoothie

INGREDIENTS

- 1/2 scoop NeuroMetabolic Meal powder
- 2 teaspoon Fiber FX powder
- 1/2 scoop GI Resuscitate
- 1 cup frozen strawberries
- 1 banana
- 1 cup almond milk or coconut milk
- 1-2 tbsp booster (optional)

SERVES 1

INSTRUCTIONS

1. Blend strawberries, banana, almond milk, and desired booster in a high-speed blender until smooth.
2. If desired, top with diced fruit.

PERFECT as a quick and healthy snack, this **banana and strawberry smoothie** is a refreshing treat. This triple-duty smoothie can be a grab-and-go breakfast, after-school snack, or evening treat. **Kids and adults** alike will love its frosty goodness, which is full of fruit and blended into a creamy smoothie.

You can also add one of the **healthful boosters I RECOMMEND BELOW**, or enjoy as-is for a cooling, vitamin-packed, non-dairy drink.

This simple smoothie is not only delicious, **THIS RECIPE IS FLEXIBLE AND IS A GREAT WAY TO INTRODUCE HEALTHY SMOOTHIES TO PEOPLE WHO MIGHT OTHERWISE BE A LITTLE HESITANT ABOUT MAKING A MORE NUTRITIOUS CHOICE.** Great for kids, this whole-food, all-fruit smoothie tastes like dessert, but is packed with nutrient-rich ingredients that boost your health.

I LIKE to offset this creamy smoothie with more berries than banana, just to ensure the sugars aren't out of control. To make this smoothie as simple as possible, I used frozen strawberries, which means you don't need ice.

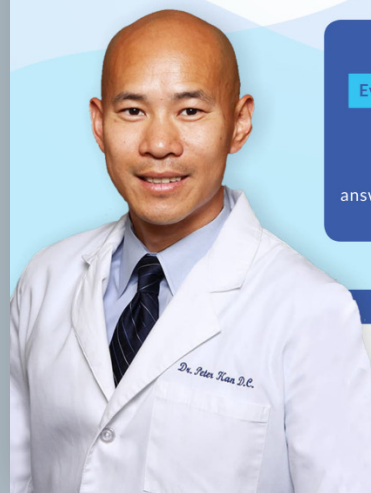


10 Nutritious and Delicious Smoothie Recipes for NeuroMetabolic Health

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- Let me help you on your journey to better health. You can get useful information by following us on facebook/ hopeintegrativewllenss, periscope@askdrkan, twitter@askdrkan.
- Every Monday at 12:30PM AZ time, tune in to Facebook Live and Periscope for the live Ask Dr Kan Show where you get your questions answered and I present on special topics.
- Keep your eye on the email inbox for updates from me with more useful videos and information that will help you.

Dr. Kan



Every Monday at 12:30PM AZ time

ASK DR KAN SHOW
where you get your questions answered and I present on special topics

FOLLOWING US

- facebook/hopeintegrativewllenss
- periscope@askdrkan
- twitter@askdrkan

Booster Options:

ALMOND BUTTER. Mild tasting, but a great flavor match for this smoothie, add raw almond butter if you're looking for more plant-based protein and heart-healthy fats.

MACA. For hormonal regulation, add 1 teaspoon of maca to your smoothie. Maca is also great for natural energy. Maca powder blends well into smoothies, and can be found at your local health food store.

GROUND FLAX. A tablespoon of ground flax is a great way to take this smoothie from good to good-for-breakfast.

CHIA SEEDS. A tablespoon of chia stirred or blended in delivers a punch of nutrition. Chia seeds are known for their superfood power in delivering omega-3 fatty acids, protein, fiber, and antioxidants all in one tiny seed.

High in fiber and **OMEGA-3** fatty acids, flax is great for your digestive health while offering anti-inflammatory benefits as well. A tablespoon of ground flax will be virtually hidden in when blended into this smoothie.

COCONUT OIL. Blend 1 to 2 tablespoons of liquid coconut oil or MCT oil (available online and health food store) for medium-chain fatty acids and slow burning energy.

Though this will boost the fat and caloric intake of your smoothie, it will also satiate you, so a little goes a long way.



10 Nutritious and Delicious Smoothie Recipes for NeuroMetabolic Health

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FIBER FX

GI RESUSCITATE

STARTER KIT

NEUROMETABOLIC MEAL

GI RESUSCITATE

This product contains key ingredients that support intestinal permeability and intestinal health.

Recommended use:
1/2 tsp twice per day

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ALSO RATE THE FOLLOWING AREA BEFORE THE START OF THE PROGRAM, AND THEN ONCE PER WEEK TO TRACK PROGRESS: 0 TO 10, WITH 0 BEING THE WORST AND 10 BEING THE BEST:

BOWEL MOVEMENT
(Frequency, consistency, form - hard, dry or well-formed)

MOOD
(Depression, anxiety, mood swings)

COGNITION
(Brain fog, concentration, memory)

SLEEP
(Quality and quantity)

LIBIDO

PAIN
(Can include overall stiffness, aches, muscle pain, joint pain, headache)

ENERGY

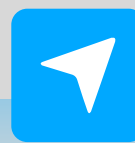
DIGESTION
(Gas, bloating, burping, indigestion, heartburn, reflux, cramps, pain)

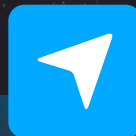
TRACKING

Anything else you are experiencing difficulty with and want improved

For example, hormonal symptoms
hot flash night sweats

28 THE NEUROMETABOLIC GUT REPAIR PROGRAM







Welcome to the EDGE Blueprint!

Congratulations on taking the first step toward reclaiming your prime! Developed by **Dr. Tracy Gapin**, the **EDGE Methodology™** is the most impactful, science-based approach to getting your edge back with maximized testosterone levels and optimized performance in the boardroom, the bedroom and beyond!



DR TRACY GAPIN
MEN'S HEALTH • PRECISION MEDICINE • EPIGENETICS

Low testosterone levels have become a true epidemic. Several large studies have recently shown that population-wide testosterone levels have plummeted over the past few decades.

Healthy testosterone levels are critical for maintaining optimal health and peak performance. Testosterone levels in men are vitally important for maintaining:



High energy levels
Normal libido (sex drive)
Good erectile function



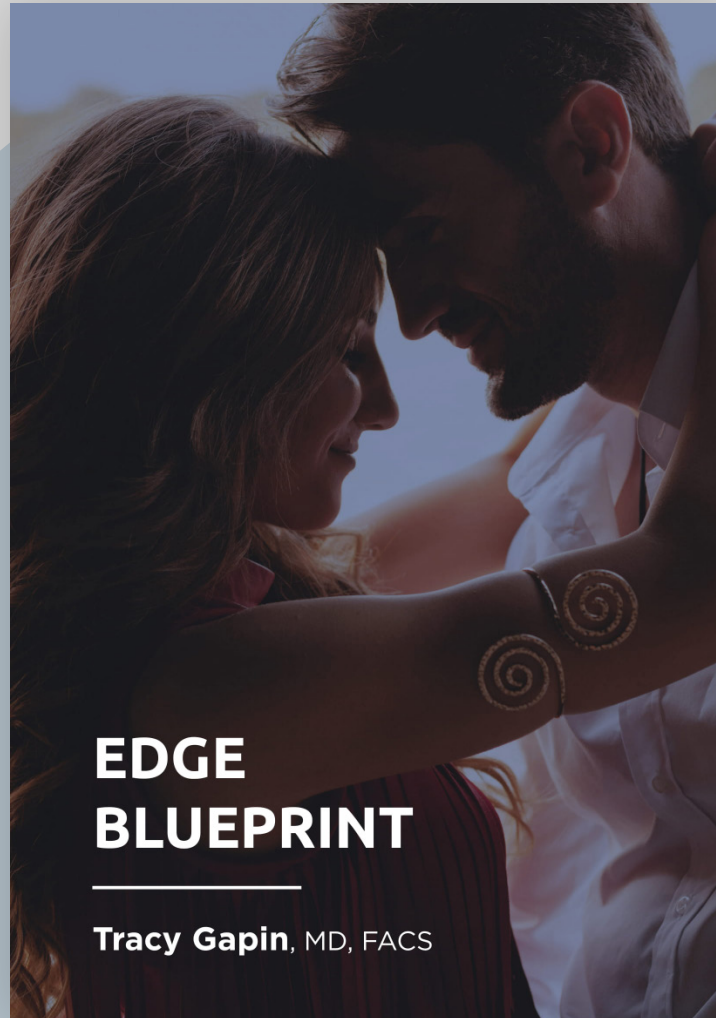
Strong exercise stamina
High metabolism to burn fat
Healthy muscle mass and bone density



Sharp cognitive function including focus, concentration and memory
Good mood
Stress resilience
Feeling of confidence
Sense of being a man



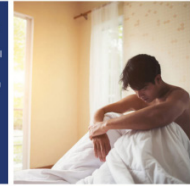
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EDGE BLUEPRINT

Tracy Gapin, MD, FACS

Men with low testosterone often suffer with low energy, poor sex drive, erectile dysfunction, mental fog, depression, weight gain, difficulty burning fat and building muscle, poor bone density, self-doubt, and perhaps most importantly, a lack of strength, confidence and sense of feeling like a man.



And this affects every aspect of a man's life - intimacy with their partner, ability to be present and engaged with their kids, enjoyment of leisure activities with friends, and focus in business.

Many men resort to getting testosterone shots from those T clinics that seem to be popping up on every corner. Some men waste their money on the testosterone boosting supplements that are advertised everywhere.



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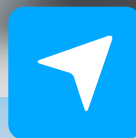
If you really want to regain your edge, you need a more comprehensive approach. The key is what we call a whole body systems approach. This involves focusing on **EVERY** part of your human operating system to maximize function and achieve optimal performance. And this is the cornerstone of the **EDGE Methodology™**.





31^{NEW}
PATIENT MARKETING
STRATEGIES
DR. ALOK TRIVEDI

Aligned
Performance
Institute



WHAT I AM GOING TO DO !? 2

100 I'm going to share 31 different strategies with you that I have done to drive over 100 new patients per month consistently for a long time.

1 I want you to realize marketing is not an expense it is an investment. Just like people look at their stocks and see the percentage has gone up, you have to look at your marketing and see the ROI (return on investment) to see if it's working.

2 So many doctors waste money on marketing things that don't make money. Running one ad once a quarter is not marketing, it's praying for a miracle.

3 You should be allocating 7% to 10% on marketing. If you're not, you're going to always be in reactive mode searching for new patients.

4 Your marketing is collaborative, meaning that one builds on the other. I like calling it a blitz, I like to say "Whether you like me or hate me, you'll hear about me." This is the mentality I use when I market. I actually love marketing.

It's a game

INDEX

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DR. ALOK TRIVEDI

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EXTERNAL MARKETING - ACTIVE 22

3. CORPORATE WELLNESS PROGRAMS

 If you can do this, this will be something very, very powerful.

Corporate wellness programs with the safety directors of the companies is tremendously valuable because, all the new patients you're looking for are right there.

But don't push them to become patients. They will come on their own, but if you're going out there and doing the corporate wellness talks and educating their staff, they automatically will trust you and come into your practice.

4. DOOR TO DOOR

 Another one that's not very fun but does have its merit is going door to door and handing flyers for different events and things that you have going on in the office.

Obviously this is a low cost strategy.

You could have the greatest product in the world but if you don't tell anyone about it, it dies with you.

5. BUSINESS EXPOS

 Depending on your demographic you can do screening or gather leads at the expos. This is also a great place to create relationships with other businesses that want to market.

They are out there trying to generate new business. You already have one thing in common. Set up from there and brainstorm ideas where you could do things together.

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THE FOUR BUCKETS OF MARKETING 3

Marketing is broken up into two sections internal and external. Each of these are broken up into active and passive marketing sections. Active means you actually have to do the work to get the business. Passive refers to things that are not activity driven.

	ACTIVE	PASSIVE
INTERNAL MARKETING	<ul style="list-style-type: none"> 1. New Patient Lecture. 2. Strategic Table Talk. 3. Home Health Parties. 4. Patient Dinners. 5. Anniversary Dinners. 6. Sending referral gifts to their work. 7. Specific health talks on different conditions. 	<ul style="list-style-type: none"> 1. Thank you card after first day with 2 gift certificates. 2. Sending out \$5 Starbucks cards. 3. Monthly News Letters. 4. Patient educational videos in office. 5. Your environment (has to be different). 6. Your personal confidence. 7. Your office dress code.
EXTERNAL MARKETING	<ul style="list-style-type: none"> 1. Community Talks 2. Screenings 3. Corporate Wellness Programs 4. Door to Door Flyer 5. Business Expos 6. Strategic Joint Venture Partnerships 7. Community Wellness Fair 8. Dinner with the Doctor 9. Partnered Dinners 10. Lead Generations 	<ul style="list-style-type: none"> 1. Newspaper 2. Internet 3. Social Media 4. Radio 5. TV 6. Website 7. Lead generations systems

You'll see here that I've given you 31 different marketing strategies you can use inside your practice. We're going to break these down one by one and give you a summary of how to do this exact marketing strategy. You'll see, with these strategies alone, there's millions of dollars at stake here so, as I said earlier this program is a comprehensive program, one thing leads to another, everything done in synergy is what's going to build you the new patient machine.

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PATIENT MARKETING
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DR. ALOK TRIVEDI

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So there you have it, 31 different marketing strategies that you can use inside your practice. Feel free to use them and personalize them as you wish. Remember you need the internal structures and systems in place to make sure that when you bring a new patient into your office you're not losing them on the back end.

Make sure you watch the videos provided and I wish you only success.

Sincerely,

DR. ALOK TRIVEDI
PRESIDENT AND CEO OF ALIGNED PERFORMANCE INSTITUTE

Aligned Performance Institute





BACK PAIN

Up to **85%** of adults will experience back pain at some point in their lives. Up to **10%** of those who develop lower back pain will experience the pain 3 months after it starts, making it a long-term condition. Back pain is the second most common cause of disability in the United States.



Lumbar disc prolapse with radiating nerve compression, commonly known as sciatica, is particularly disabling. Radiating pain causes damage to the nerves coming from the lower spine and can be permanent if not treated successfully and early.

Two randomized studies looked at people with either nerve compression or whiplash.



POTENTIAL MECHANISMS OF MAGNETIC FIELD EFFECTS ON PAIN

For example, PMFs have been found to:

- REDUCE TISSUE SWELLING FROM INJURY OR INFLAMMATION
- REFRESH CHRONIC INFLAMMATION
- IMPROVE CIRCULATION
- SPEED TISSUE REPAIR
- INCREASE ENERGY IN THE TISSUE
- REDUCE MUSCLE SPASM

Improving these aspects of the causes of any pain leads to a reduction or alleviation of pain in any person.



MAGNETIC FIELD THERAPY FOR PAIN

While pain affects millions of Americans every year, 1 in 4 or any alternative options for safe, effective pain management are lacking in general. This leaves those suffering from acute, chronic and recurrent pain relying mostly on nonsteroidal anti-inflammatory drugs (NSAIDs), which increase risk of potentially fatal gastric lesions, and narcotics, which pose risk of drug dependency.



PAIN INCREASES RISK OF POTENTIALLY FATAL GASTRIC LESIONS

Usually, multiple concurrent treatments are required to treat chronic pain. It is rare that a single medication or treatment provides total relief for the patient suffering from recurrent or long-term pain. For this reason, more and more, primary care providers are referring their patients to complementary and alternative medicine (CAM) clinics and providers to complement the treatment they're able to provide (Institute of Medicine).



MAGNETIC FIELD THERAPY FOR PAIN

- Acupuncture
- Herbs
- Supplements
- Massage therapy
- Chiropractic adjustments
- Physical therapy

ALTERNATIVES FOR PAIN MANAGEMENT

In addition to the treatment received from their primary care physician (like narcotics, prescription NSAIDs, and physical therapy), many patients are seeking alternative treatment concurrently to improve outcomes. These alternative treatments include acupuncture, herbs and supplements, chiropractic adjustments, and physical therapy (PT). It's rare for a patient to find a single treatment that will fully resolve their pain.



There is a direct effect on pain receptors, which causes equivalent to the benefit of about 10 mg of morphine.

But the real, more valuable, side and longer lasting improvement in pain most often happens because of the healing effects of the causes of the pain.

FIBROMYALGIA

The only officially approved treatment for fibromyalgia is cognitive behavioral therapy (CBT). However, CBT is not available to everyone and is not effective for everyone. Many patients with fibromyalgia are left with no relief or only partial relief. Research shows that PMFs are helpful in reducing the unwanted symptoms of fibromyalgia in many cases.

Increasingly, patients suffering from fibromyalgia are using a treatment called the 'Magnetic Field Therapy' (MFT) for 15 weeks. These patients show a significant improvement in sleep (30%), change in physical functioning (30%), and change in pain (15%).

	PMFs	PLACEBO
Improvement in sleep	30%	15%
Change in physical functioning	30%	15%
Change in pain	15%	15%



Introduction

For the first time in history, members of four different generations (five if you count Gen Z, but we'll save them for another article) are in the workplace at the same time. Up to 50 percent of them are "distributed," either working from home or in another satellite location.

Managing these generations – their work habits and supervisor expectations – can be a challenge. Often the culprit behind a team's inability to produce results is not your workers.

Instead, the problem lies in:

- Poor leadership
- Sloppy processes
- Inadequate collaboration tools
- Uninspiring work cultures

According to Gallup's report, **State of the American Manager: Analytics and Advice for Leaders**, [visit now](#) having a lousy manager affects employees because:

“They feel miserable while at work, and that misery follows them home, compounding their stress and negatively affecting their overall well-being.”



HOW TO LEAD ACROSS GENERATIONS
ON A VIRTUAL TEAM

2

HOW TO LEAD ACROSS GENERATIONS ON A VIRTUAL TEAM



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“only about one-third of Americans are engaged at work ... and managers account for up to 70 percent of the variance in engagement.”

Gallup defines engaged employees as those who

“are involved in and enthusiastic about their work and workplace”

Ongoing research shows that overall worker happiness and well-being plays a significant role in organizational performance.

As a result, it is essential to invest time and energy into making the work environment a positive one.

The concrete examples contained in this report will help you successfully manage a remote, multi-generational workforce inside and outside of a physical office.

After reading this report you will understand:

- The generationally distinct work habits and styles
- Which management techniques work best for each generation
- The value each generation brings to the team

HOW TO LEAD ACROSS GENERATIONS
ON A VIRTUAL TEAM

3

What are the different generations in the workforce?

In this white paper we'll explore the four generations that may be present in your workforce:

• TRADITIONALISTS

Born before 1945

In 2019 they are 74 years or older

• BABY BOOMERS

Born between 1946 and 1964

In 2019 they are aged 55-73

• GENERATION XERS

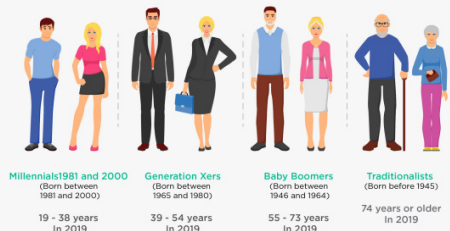
Born between 1965 and 1980

In 2019 they are aged 39-54

• MILLENNIALS

Born between 1981 and 2000 or 1976-1994

In 2019 they are aged 19-38



HOW TO LEAD ACROSS GENERATIONS
ON A VIRTUAL TEAM

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You may not have a lot of Traditionalists in your workforce, though they may have a managerial influence on an organization as board members, strategic advisers to management and company founders.

Boomers, Gen Xers and Millennials comprise the largest share of the current workforce.

- Boomers are now starting to retire.
- Gen X and Millennials are almost equally represented in the current working population.
- Soon, Millennials will begin to outnumber both Boomers and Gen X.

Primary Working Styles and CliftonStrengths

For each generation, we investigate their work styles and strengths. Suzanne M. Johnson Vickberg and Kim Christfort developed the working styles.



Suzanne M. Johnson
Vickberg
Social-personality
psychologist



Kim Christfort
The national managing
director of **Deloitte
Greenhouse Experience**,
an innovation lab

[visit now](#)

They co-authored
**Business Chemistry: Practical
Magic for Crafting Powerful
Work Relationships.**

[visit now](#)



HOW TO LEAD ACROSS GENERATIONS
ON A VIRTUAL TEAM

5



Millennials

Ahhhh...the much maligned Millennials. So much has been written about this generation - much of it is false. There aren't many detailed studies of Traditionalists or Boomers when they were of the same age. It is likely we can apply statements that declare Millennials as entitled and self-absorbed to those younger generations that came before them as well.



Also, high turnover rates among younger workers are nothing new.



While Millennials may have entered the workforce during difficult economic times, in 2019 those economic times have changed.



Now, many Millennials can call the shots because of their in-demand technological skills, quick and flexible adaptation to new software systems, social media prowess and tight labor markets.

Mark Lurie writes on the career website [The Ladders.com](#) [visit now >](#) that because Millennials have entered a workforce in conditions so different from other generations, especially Boomers,



“ Their realities are wildly different. He also states: ”

“ They prioritize things that don't make sense to Boomers because their environment has different demands. ”

HOW TO LEAD ACROSS GENERATIONS ON A VIRTUAL TEAM

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It seems it is easier to take your experience building offline relationships and apply them online, rather than the reverse.

The downside of constant online social interaction, then, may be an inability to maintain long-term, deep and meaningful relationships.

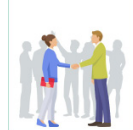


Millennials consistently report they want coaching from experienced workers since they know their limitations and are eager to learn.

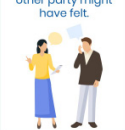
Giving Millennials a mentor or advisor from another generation lets them soak up experience even while challenging it.

As a manager of a Millennial, you could work with them on internal and external communications, for example:

Help bridge a relationship between a Millennial staff person and clients or colleagues, then mentor them in their new relationship.



Be part of their conversations or ask for their feedback on how they felt a conversation went. Help them understand what the other party might have felt.



Strategize with them on the type, tone and content of follow-up communications.



HOW TO LEAD ACROSS GENERATIONS ON A VIRTUAL TEAM

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GENERATION X IN THE WORKPLACE

BORN BETWEEN 1965 AND 1980
IN 2019 THEY ARE AGED 39-54



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And finally, as a manager, it's important to remember what role you play in the success of the team.



Identify and understand the individual strengths of each team member



Learn how to maximize those strengths for optimum performance.



Understanding complementary workstyles for project pairing and overall team efficiency will lead to a more effective and engaged team.



Assembly line

VS



Today's work world

Learn more about creating high-performance virtual teams and managing a distributed workforce using Gallup's CliftonStrengths.

HOW TO LEAD ACROSS GENERATIONS ON A VIRTUAL TEAM

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How traditionalists work in a virtual team and how you should manage them

Traditionalists likely enjoy conformity and prefer to work as individuals on projects. Because they already have a solid work ethic, you don't need to worry about them getting the job done. However, it is important for them to have wide recognition for a job completed well.



Traditionalists are likely to have the most challenges with technology like shared files and chat tools.



Be prepared for extra support when it comes to digital communication and document management.



Overall they prefer face-to-face conversations, so using video on your calls is highly recommended as is getting them into the office regularly.



You don't have to worry about checking in with them during the day; they are disciplined enough to keep your projects moving forward.

Primary Working Style

- Guardian

CliftonStrengths

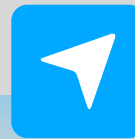
- Responsibility,
- Learner,
- Connectedness,
- Achiever,
- Input

Team Value

- Leverage the experience of Traditionalists by matching them with Millennials who want to be mentored and absorb the knowledge of elders.
- Traditionalists are likely to stay calm in difficult situations. They've seen it all, so use them for tricky negotiations and to stay on task for on-time project completion.

HOW TO LEAD ACROSS GENERATIONS ON A VIRTUAL TEAM

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DIY AUTOIMMUNE HOME DETOX

Dr. Keesha Ewers



Dr. Keesha
HEALING FROM THE INSIDE OUT



DIY AUTOIMMUNE HOME DETOX

It's possible to reverse autoimmune disease.

It's possible to reverse autoimmune disease. The methodology I used to reverse my own rheumatoid arthritis and have used for hundreds of my patients is called the **Freedom Framework**. It's how I solve each person's unique autoimmune puzzle.

Using it, we address all 4 root causes of autoimmunity:

Genetics

Digestive health

Past trauma and current day stress

Toxic exposure

85,000 chemicals permitted for commercial use in the U.S.

DIY Autoimmune Home Detox

2

DIY AUTOIMMUNE HOME DETOX

Recently I have begun thinking of humans as a toxin for Mother Earth. We ARE the autoimmune disease for our planet. Think about it, there are over 85,000 chemicals permitted for commercial use in the U.S.—the vast majority of which the Environmental Protection Agency (EPA) hasn't tested for safety. And it's impossible to avoid living in the toxic chemical soup we have created. Science is telling us we are literally **killing** ourselves as we slowly destroy the environment we depend on for life.

The Environmental Working Group (EWG) has reported that:

The umbilical cord blood taken from 10 newborn babies contained over 200 environmental toxicants - that's before they've inhaled their first breath or had their first breast milk (which contains the lifetime of stored toxins from mom).

Reported By
The Environmental Working Group (EWG)

DIY Autoimmune Home Detox

3

DIY

AUTOIMMUNE HOME DETOX

Dr. Keesha Ewers

Dr. Keesha

HEALING FROM THE INSIDE OUT

DIY AUTOIMMUNE HOME DETOX

Our unborn children are having their:

Organ development

Immune function,

Mood

Fertility and reproduction

Genetic expression

impacted by the autoimmune disease that IS US. So while our autoimmune disease rates are skyrocketing, we are also becoming a root cause of illness for our planet.

You might have already heard me talk about ways you can minimize exposure by eating organic produce, drinking filtered water, and being aware of the quality of the air you breathe. You might have also heard me talk about the fact that whatever you put on your skin goes into your body, just as if you had eaten it. I would like to also give you some recommendations for not only reducing your exposure to toxins, but for limiting the number of toxins released into the world.

DIY Autoimmune Home Detox

4


SO WHAT CAN YOU DO?

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Bē



DIY ALL-NATURAL MAKEUP RECIPES



Homemade Lipstick

Ingredients:

- 1 teaspoon beeswax pastilles
- 1 teaspoon Shea butter or Cocoa Butter
- 2 drops vitamin E oil
- 2 drops emu oil
- 1 teaspoon coconut oil

This base recipe will create a smooth, clear lipstick that is very moisturizing and protective. It is made from completely natural ingredients and is safe for use on the lips or skin.

If you want, you can add color with the following add-ins to create a color of your choice.

★ **Optional Color Add-Ins:**

Red : 1/8 teaspoon of alkanet root powder. Add slowly as a little goes a long way.


Pink : Hibiscus powder to the shade you desire.

Brown/Tan : 1/4 teaspoon (or more for color) of organic cocoa powder, a tiny pinch of cinnamon or turmeric to get the shade you want.

DIY Autoimmune Home Detox

DIY AUTOIMMUNE HOME DETOX

genetics profile run by a functional medicine practitioner who has been trained to interpret your data.



IT'S STEP 1 FOR EVERY PATIENT
I work with, and I've seen amazing results time and again when people stop trying to fit a square peg into a round hole and actually start giving their bodies what they need.

If you're interested in learning about your personal toxicity and nutrition profile,


THE UNZIP YOUR GENES HEALTH TEST IS ON SALE NOW

[CLICK HERE TO LEARN MORE](#)

Until you're ready to take that step, read on to learn how you can eliminate dozens of potentially harmful chemicals from your home and day-to-day routine and replace them with natural alternatives to help your body find optimal health.

DIY Autoimmune Home Detox

DIY ALL-NATURAL SELF-CARE AND BEAUTY PRODUCTS



Sugar Face Scrub

Ingredients:

- 2 tablespoons melted organic coconut oil
- 1 teaspoon organic raw honey
- 1 teaspoon vitamin E oil
- 4 tablespoons organic brown sugar
- 6 drops frankincense essential oil
- 6 drops lavender essential oil
- 6 drops tea tree essential oil (if skin prone to acne only)

Stir all ingredients together in a bowl and mix well until combined.

Transfer into a glass jar with a tight-fitting lid. Use a small amount on face weekly to exfoliate dead skin.

DIY Autoimmune Home Detox

About Dr. Keesha



Dr. Keesha Ewers is an integrative medicine expert, Doctor of Sexology, Family Practice ARNP, Psychotherapist, herbalist, is board certified in functional medicine and Ayurvedic medicine, and is the founder and medical director of the Academy for Integrative Medicine Health Coach Certification Program.

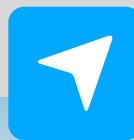
Dr. Keesha has been in the medical field for over 30 years. After conducting the HURT Study in 2013 (Healing Un-Resolved Trauma), she developed the HURT Model for understanding how past childhood trauma impacts adult health. This led to the creation of the You Unbroken online program for patients to heal their own trauma and the Mystic Medicine deep immersion healing retreats she leads at her home on San Juan Island, WA.

Dr. Keesha is a popular speaker, including at Harvard and from the TEDx stage, and the best-selling author of Solving the Autoimmune Puzzle, The Woman's Guide to Reclaiming Emotional Freedom and Vibrant Health, The Quick and Easy Autoimmune Paleo Cookbook: Anti-Inflammatory Recipes with 7 Ingredients or Less for Busy People, and Your Libido Story: A workbook for women who want to find, fix, and free their sexual desire.

You can listen to her Mystic Medicine Radio Show and find her programs at

WWW.DRKEESHA.COM or [CLICK HERE](#)

If you're interested in applying to work with her 1-on-1 to get the answers to your health questions.

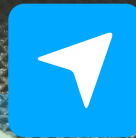


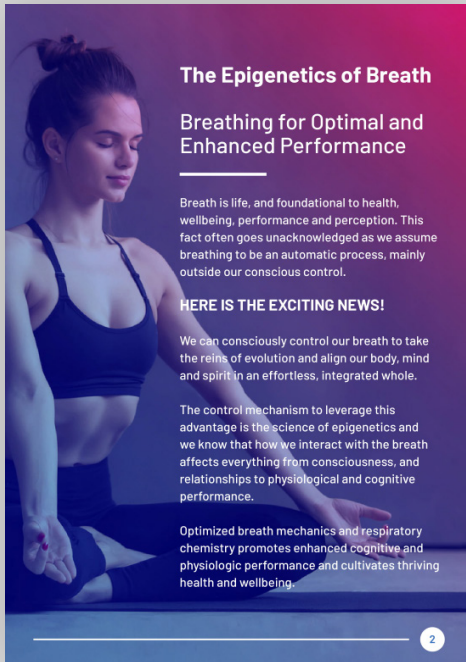
THE EPIGENETICS OF BREATH

BREATHING FOR OPTIMAL
AND ENHANCED PERFORMANCE



APEIRON
ACADEMY





The Epigenetics of Breath

Breathing for Optimal and Enhanced Performance

Breath is life, and foundational to health, wellbeing, performance and perception. This fact often goes unacknowledged as we assume breathing to be an automatic process, mainly outside our conscious control.

HERE IS THE EXCITING NEWS!

We can consciously control our breath to take the reins of evolution and align our body, mind and spirit in an effortless, integrated whole.

The control mechanism to leverage this advantage is the science of epigenetics and we know that how we interact with the breath affects everything from consciousness, and relationships to physiological and cognitive performance.

Optimized breath mechanics and respiratory chemistry promotes enhanced cognitive and physiologic performance and cultivates thriving health and wellbeing.

2



THE EPIGENETICS OF BREATH

BREATHING FOR OPTIMAL AND ENHANCED PERFORMANCE

APEIRON ACADEMY



Modern environmental pressures and 24/7 access to a world of information and activity has created so many amazing opportunities to learn, grow, explore and experience adventure. On the flip side, it has created a change in our natural breathing process that affects our health and wellbeing, as well as the opportunity to perform at our highest capacity.

Additionally, chronic stress, processed foods, unhealthy indoor environments, lack of fitness and a disconnection from nature combine to create a perfect storm that ensures that performance is not at optimal levels.

The game changing Science of Epigenetics, (how our genes and environment interact) assists us to design personalized and precise breath programs to perform flawlessly as we adapt and thrive under modern environmental pressures.

Every decision we make contributes to this process in some way. The air we breathe and how we breathe it, the food we eat, our quality of sleep, the cars we drive, the products we clean with and put on our skin, the thoughts we think, the levels of stress we carry and the chemicals/medications we dump into our water supply, all have an effect.

As we optimize and enhance ourselves, our performance quickly upgrades to levels previously unknown.

3

"Doing the breath rather than Being the breath."

90%
of the western culture controls the breath.

If your breathing patterns were not optimal as described above, then you have room to take your performance to the next level. Less than ideal breathing occurs when breathing through the mouth with shallow, upper chest movement, at a fast rate (above 14 BPM) that is at times audible and **doesn't extend down into the diaphragm**.

Additionally, constantly focusing on the breath by using prescriptive strategies for a desired outcome or being concerned about not getting enough oxygen is another indicator that you may be "Doing the breath rather than Being the breath." We are designed to breathe effortlessly and automatically yet 90% of the western culture controls the breath.

If you fall into the less than ideal patterns category or simply want to fine tune and enhance your breath system, you can benefit immediately from bringing full awareness to the breath through a strategic training process.

Take a look below for a prescriptive breath strategy to elevate awareness and harness the power of the breath to live an exciting and thriving life.

Your body and mind will thank you for it quickly with the reward of enhanced cognition and performance.

4

Get started today to leverage the epigenetics of breath and take the reins of gene expression. Through careful cultivation of the ideal breath speed, position and rhythm of breathing we optimize the breath, to align and integrate our human systems which creates a state of optimized and enhanced performance. This training promotes a state of breath, heart, brain and mind coherence. In this state, we know who and what we are, we know how we serve and that we are free to explore this experience to our fullest capacity.

While the above strategy is a free and easy way to evaluate the breath, know that there are advanced technologies and strategies (for the Techies out there) to identify the uniqueness of how life has patterned into the current expression of your nervous system.

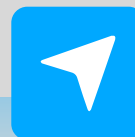
Reach out with questions or comments to
Drhamilton@apeironcenter.com

or visit
ApeironZoh.com

to learn more about the Apeiron Ecosystem that includes Precision Performance Medicine and Epigenetic Precision Performance Coaching.

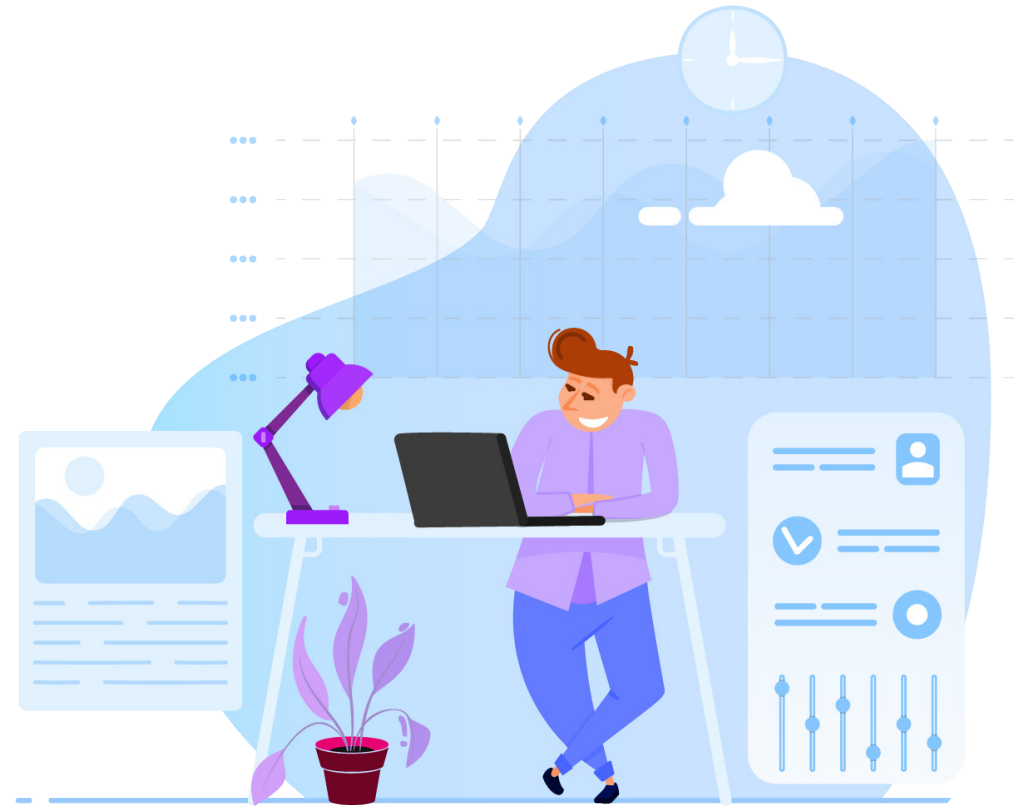
CHEERS TO IDEAL BREATHING AND LIMITLESS PERFORMANCE!

5



Presentation Design

Presentation Design . PowerPoint .
Google Slides



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Work

underestimate the that is virtual. doesn't occur

AS ATTRIBUTED TO TAKING SHORTER BREAKS, AND WORKING UNTIL THE END OF THE DAY.

In other words, commute time was used for more work time - not personal. They were not late for work, didn't need to leave early etc.

Worked from home for 9 months but tracked for 2 years. Everyone had a Team Manager and Teams were also split in half.

INTO 2 GROUPS:

250 EMPLOYEES WERE SENT HOME TO WORK REMOTE

Jason Fried Founder of Basecamp

A busy office is like a food processor. It takes 20 minutes to get into the zone. Here, five minutes. It's incredible how much meaningful work done when you're in the zone. It's creative work, important work...the stretches of uninterrupted time...the get into the zone

We're going to cover

THE "SPECIALIST"/ GIG ECONOMY/FREELANCER

REMOTE/VIRTUAL/ DISTRIBUTED WORK

THE TECHNOLOGY ENABLING THE C

NEW EMPLOYMENT AND WORKPLACE SYSTEMS

EDUCATIONAL SYSTEMS

SOCIAL SAFETY NET SYSTEMS

Micro-Learning

Human Machine Cooperation/Automating work

Anticipatory Intelligence

More Human Humans

The Sharing Economy

Personalized AI

How are Association embracing these changes and adapting their management styles?

Technology Enables the Change

93% OF SURVEYED WORKERS CHOOSE TO LEAVE THE OFFICE TO GET MEANINGFUL WORK DONE!

FLEXJOB 2016 ANNUAL SURVEY

WORK REDEFINED

Managing the New Workforce

COMMUNICATION

Why is the w

Gen Z Born: 1996-Present Size of Group: TBD, 69M+

Millennials Born: 1980-1995 Size of group: 74M

0% 20% 40% 60%

2020 2015

Don't

Freel



IHC
Immunohistochemistry
H&E
Histology and
Epon

Without mentioning
the units
millimeters of Mercury
(mmHg)

IHC
es the quantity of tumor antigen in
tion of the abnormal
a growth is malignant or
of specific antigens

In order to get a definite
answer to the question of
how hot the boiler is,
a THERMOMETER
is needed

In order to get a definite
diagnosis from staining a
biopsy,
A STANDARD MEASURE
is needed

1724
Obviously, the concept
of temperature as a
standard unit of
measurement was the
cornerstone of the
industrial revolution in
the 1760s
Because the
development of chemical
manufacturing, iron

I believe Auntie
Beth can also tell
you

Normal blood glucose level
is between
5 - 6

Against
family
measur
na
millimoles
(mmol)

Therefore, pathologist may have
false perception of the color
(by magnification and light,
they always compare color
of the tissue with the tissue
block with visual eye)

and almost all digital
pathology data are wrong
by simple optic theory.

Studying cancer
without the use of
measurement standards
is similar to an engineer who needs
to know the temperature of a
steam engine.

How ho

Are you sure?

I suggest you find so
to touch the engine
and t you how hot

Thank you Auntie Beth and
Thank you for your time



CONTINUE
CHAT
5 minutes
in the office
to let

5 THINGS
YOU CAN DO EVERYDAY
TO BOND WITH YOUR
REMOTE COLLEAGUES

THIS TRAINING
Explores methods for
connecting with your
colleagues when working
remotely

BUDDY SYSTEMS
Buddy systems are
often used for
onboarding of new staff
that last a few months
or longer to help orient
a new hire.

2
BE AVAILABLE
DURING CORE HOURS OF WORK
Let your team members know when you
have stepped out (different from being in
the office).

HAVE YOU MET MY
AVATAR

1
CARE
ABOUT EACH OTHERS WELLBEING
Ask what's happening in the
creative trust and fosters trust
you are, the culture
everyone f

It is
build a
relation
remotely.
Many of you already
with friends and
Your bond
strong v
can be just
your coll





THE REAL THREAT
for remote workers
is they end up

**WORKING TOO HARD
AND
TOO MANY HOURS**

EXAMPLE
You wake up, open your laptop and return a few emails from the night before, work through lunch eating and working from your kitchen. Then after dinner you decide to check in with somebody else in another time zone, or return a few more emails.

*BEFORE YOU KNOW IT, YOU
JUST WORKED 7AM - 9PM.*

**CREATING
A POSITIVE REMOTE
WORK ENVIRONMENT**

Waking up
and moving to another
part of your bedroom,
house or apartment for
the next eight hours can
seem daunting at first.

But the
TO WO
and not
two you
day from

2017 STUDY

To recover from an
interruption,
most people take
23 min, 15 sec

Interruptions that have to do with
the task you are working on

Interruptions asking for an
automatic response (sign a form)

Interruptions chatting with a
coworker about a Netflix series



Can be beneficial to
help you focus



Generally don't break
your concentration

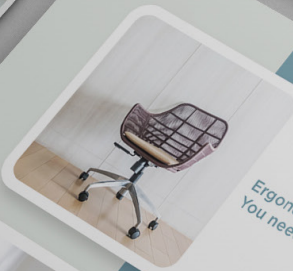


Is a major
concentration breaker

CREATING WORK BLOCKS
Create work blocks for
uninterrupted "work sprints"



**CREATING
A POSITIVE REMOTE
WORK ENVIRONMENT**



Ergonomic Equipment:
You need a good chair



Adjust your monitor
height so the top of the
screen is at or slightly
below eye level.

Your eyes should look slightly
downward when viewing the
middle of the screen. Position the
monitor no closer than 20
inches from your eyes. Position
an arm's length distance.



Review best
practices on setting
up your keyboard
and mouse

Make sure you can
reach your desk in a
neutral position

**Focus instead on your
progress at the end
of the day.
Ask Yourself:**

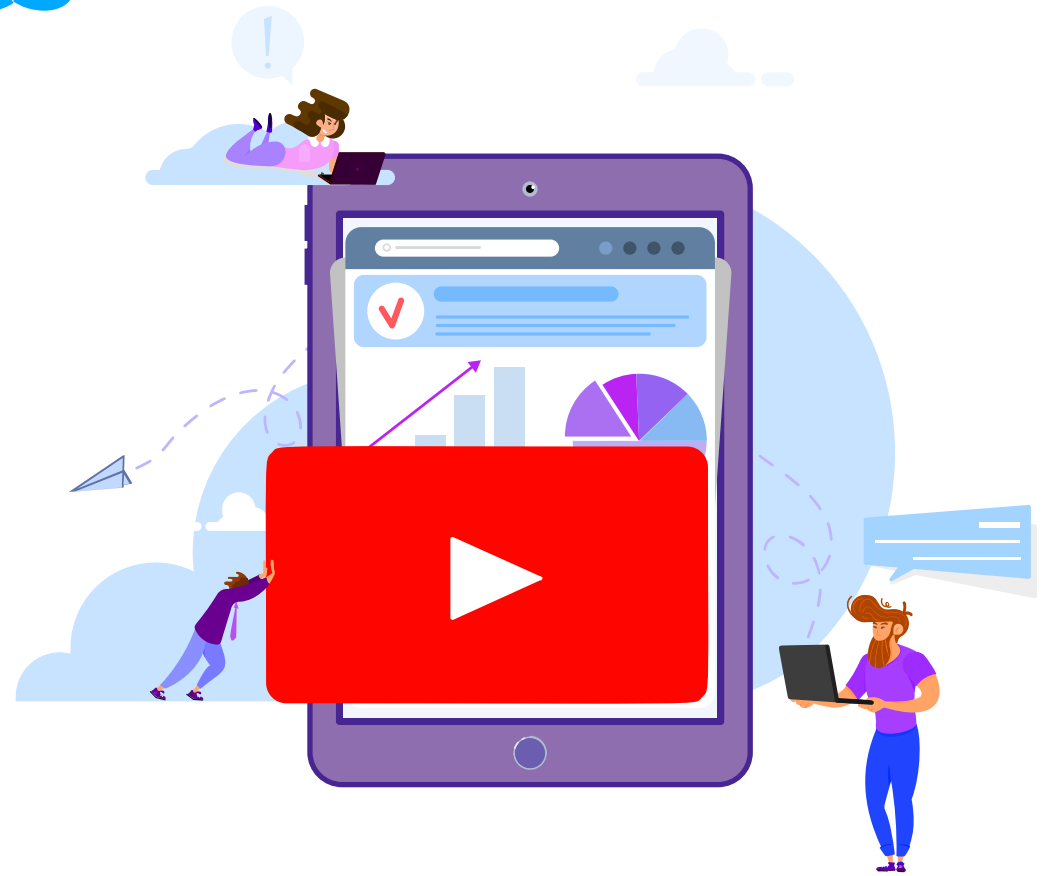
Sounds silly, but a new
at the office does
bad - it will when y

...duce...
...ke you feel
...k remotel...



Motion Graphics

2D Animation . 2.5D Animation . 3D Animation . Whiteboard Animation . Stop Motion . Typography



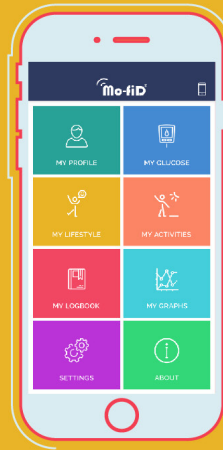
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GET YOUR QUOTE NOW

THE NEXT WAVE IN DIABETES SELF-MANAGEMENT

myMo-fiD®



BLOOD GLUCOSE READINGS AT A GLANCE.
TRANSFERS AUTOMATICALLY TO YOUR PHONE.
NO MORE LOGBOOKS!

INTUITIVE
USER INTERFACE
TRACKING EVERYTHING EASY



Introduction to myMo-fiD App
[2 videos]

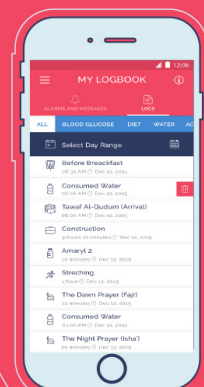
WATCH NOW



EN

AR

EASILY LOG
ALL YOUR DATA



HOW TO INSTALL THE BATTERY IN YOUR Mo-fiD®?

Mo-fiD® Klatu



HOW TO INSTALL THE BATTERY IN YOUR Mo-fiD®?

3

Carefully place the battery with the positive side facing up toward you. Make sure the white ribbon stays under the battery.

Mo-fiD® Klatu

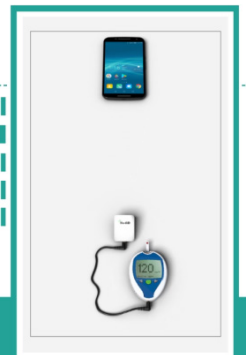


HOW TO STAY CONNECTED?



Check Mo-fiD® LED should be **Steady Green.**

Mo-fiD® Klatu



HOW TO TRANSFER BLOOD GLUCOSE READING FROM ACON ON CALL VIVID GLUCOSE METER?

3

Connect the data cable to the glucose meter and Mo-fiD® Bluetooth accessory. Check the text PC is displayed on the glucose meter.

Mo-fiD® Klatu



Mo-fiD Klatu Device Manual Animation [9 Videos]

WATCH NOW



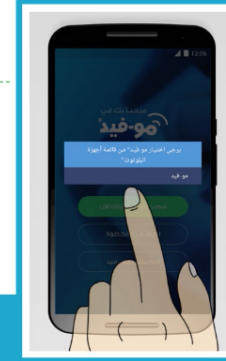
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كيف تقوم بتوصيل جهاز مو-فيد® الخاص بك بهاتفك المحمول؟

مو-فيد® كلاتو



كيف تقوم بتوصيل جهاز مو-فيد® الخاص بك بهاتفك المحمول؟

6

اختر "قم بمزامنة جهازك الآن"
للاتصال بجهاز مو-فيد® بلوتوث®
تأكد من توصيل كابل بيانات ماي مو-فيد®
بمقياس الجلوكوز.

مو-فيد® كلاتو



كيف تبقى متصلاً؟

مو-فيد® كلاتو



كيف تعرف أن جهاز مو-فيد® الخاص بك به خلل؟

3

مو-فيد® كلاتو

Mo-fiD Klatu Device Manual Animation [9 Videos]

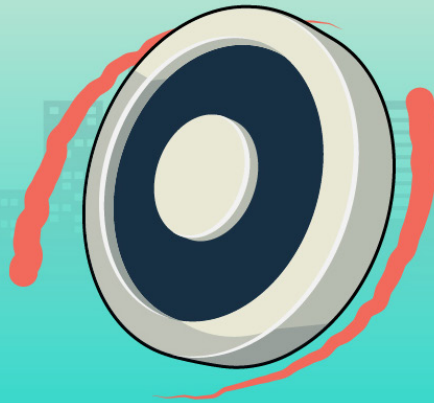
WATCH NOW



AR



THE LATEST
TECHNOLOGY
JAPANESE PRODUCT
EA MASK



**GERMS &
VIRUSES
ATTACK**

**IMMUNE
SYSTEM**



EA Mask Promotional Series
[6 videos]

WATCH NOW



EN

E.A MASK RELEASES
CHLORINE DIOXIDE
MOLECULES



PROTECTED FROM
INFLUENZA



RELIEVED FROM
HAY FEVER
AND
ALLERGIC RHINITIS





هل تعرف كم سرعة حرارية
تناولتها على الإفطار اليوم؟



للتحكم في السكري عليك أن تراقب كم تتناول
من السعرات الحرارية خلال شهر رمضان



إليك قائمة بالسعرات
الحرارية لأشهر الأطعمة،
الحلويات والمشروبات
الرمضانية

Ramadan Food for Diabetics

WATCH NOW



AR



تحتوي على

92

سعة حرارية

ورق عنب
حبة



Mo-fiD® Klatu

How to install the battery
in your Mo-fiD®?



MofiD Klatu Device 3D Manual Video

WATCH NOW

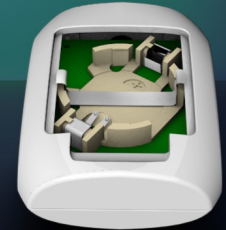


EN

Mo-fiD® Klatu

How to install the battery
in your Mo-fiD®?

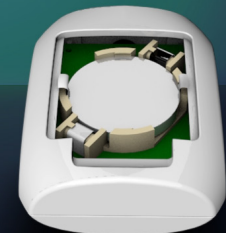
[2] Use other hand to push
the catch and pull the
battery cover.



Mo-fiD® Klatu

How to install the battery
in your Mo-fiD®?

[3] Carefully place the
battery with the positive
side facing up toward you.
Make sure the white
ribbon stays under the
battery.



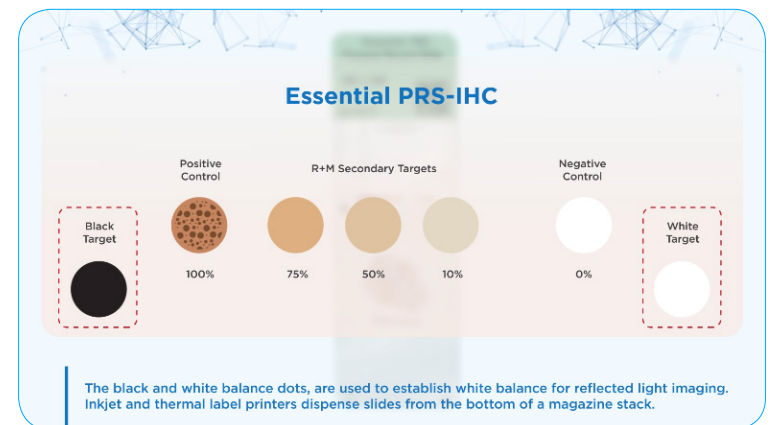
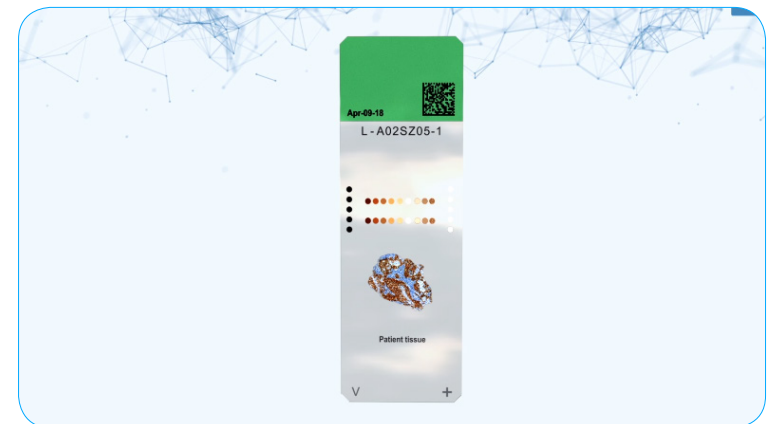
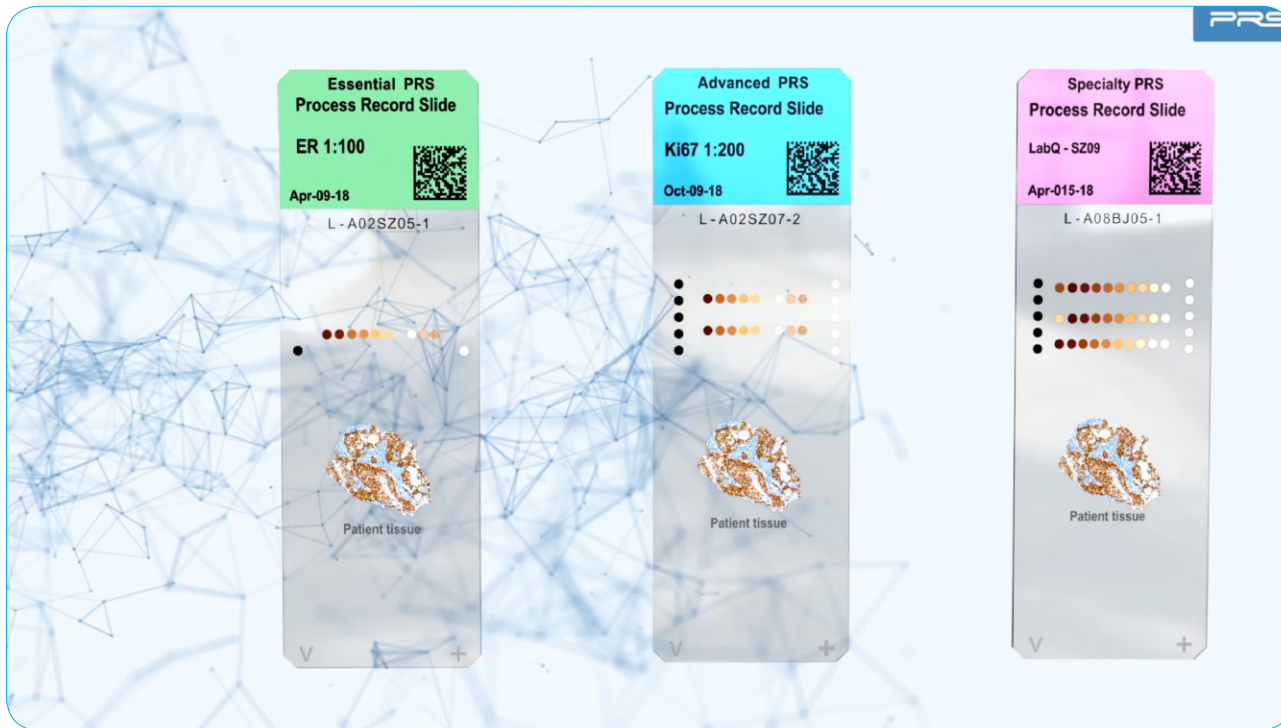
One **CR2032** coin bagery is included with Mo-fiD®.

Mo-fiD® Klatu

How to install the battery
in your Mo-fiD®?

[5] Check the red LED blinks
for 10 seconds
and then turns off.





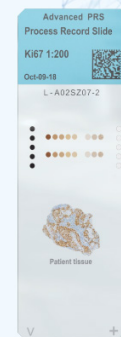
Introduction to PRS

WATCH NOW



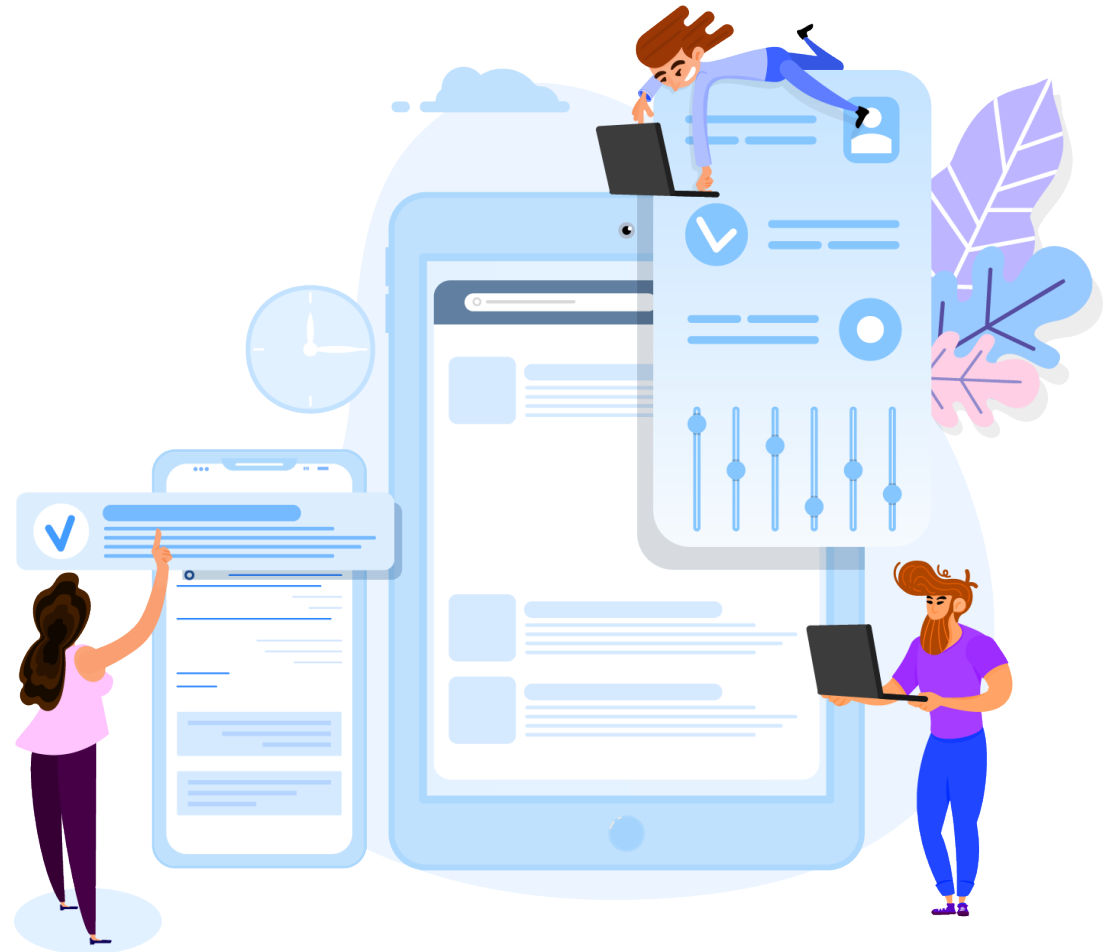
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Composition of the
PRS-IHC Advanced Slide



UX/UI Design

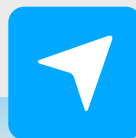
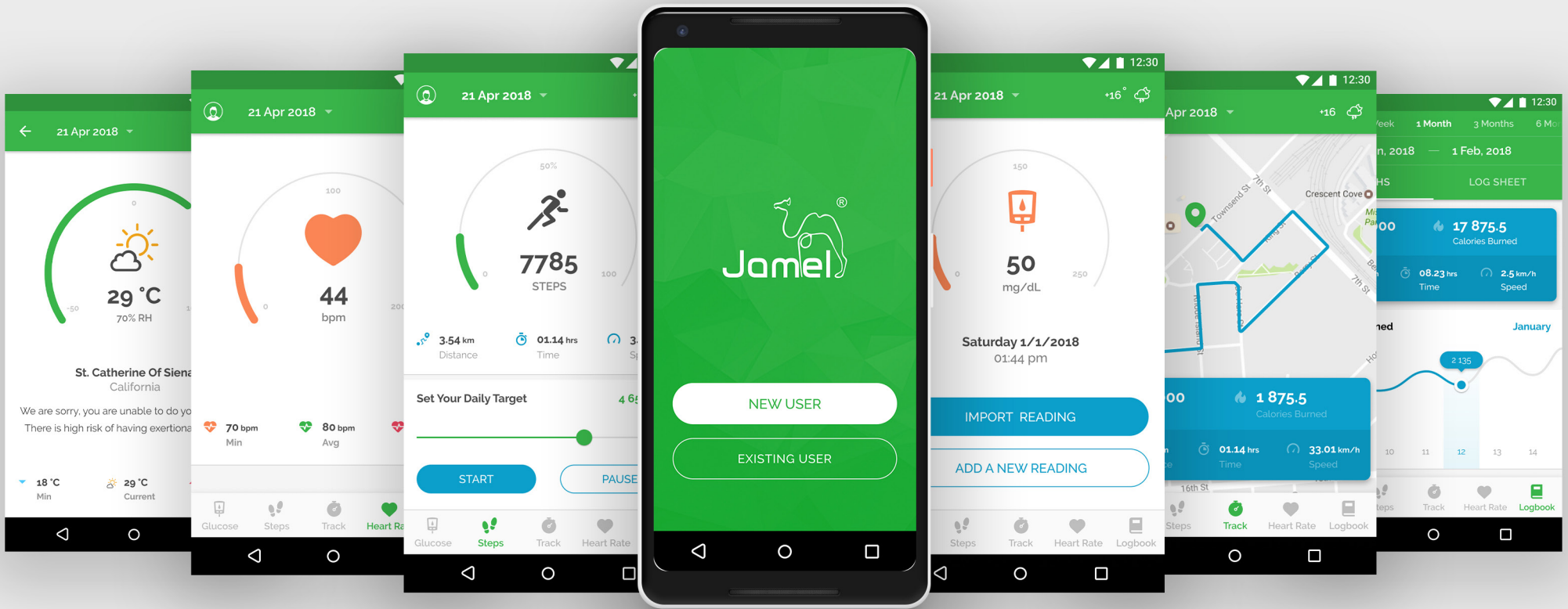
Website Landing Page . Mobile App .
Watch App . Responsive Web Design

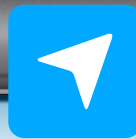
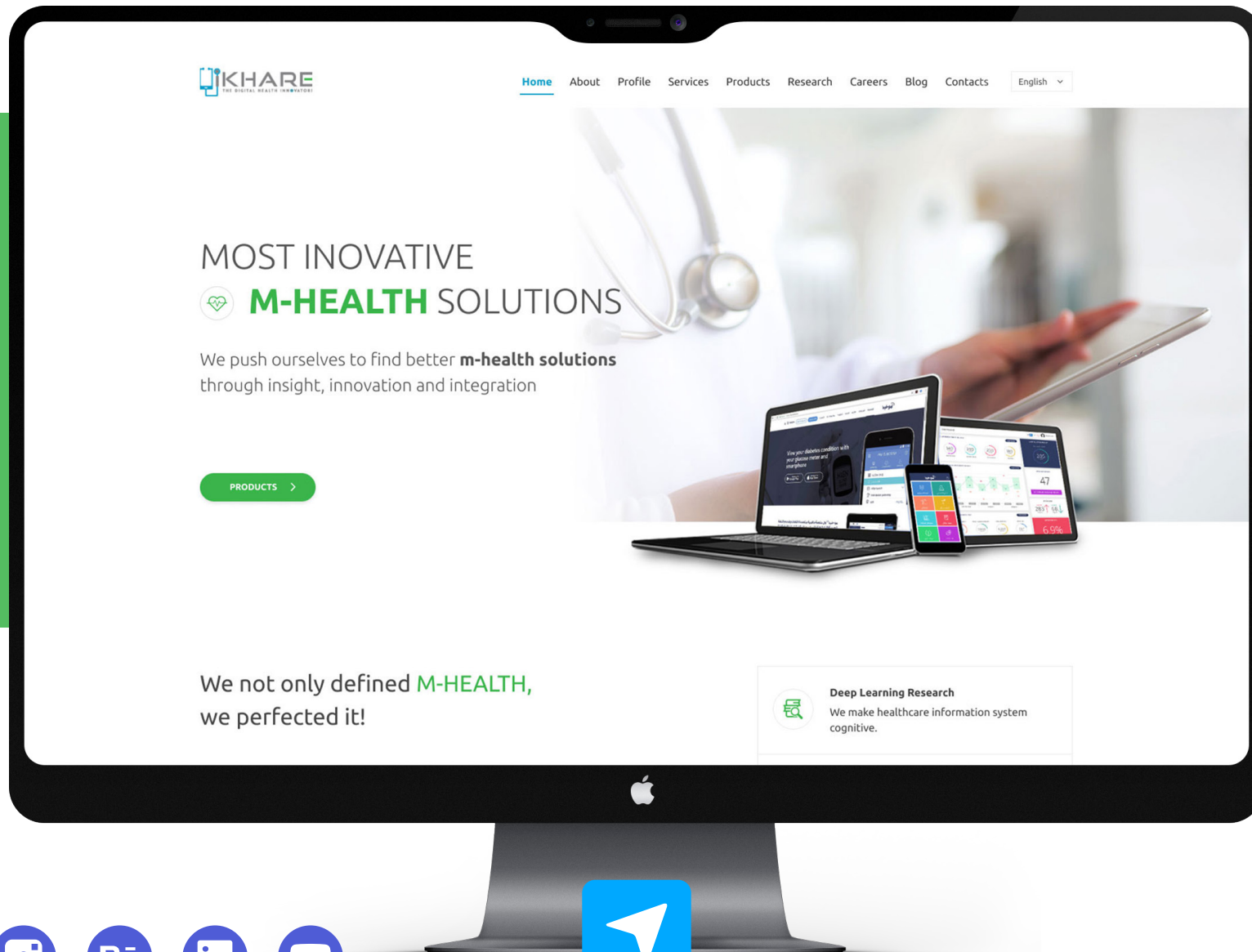


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From Idea to Being

Smartphones, state-of-the-art medical devices, and big data technologies now enable us to collect a massive amount of real-time data and share it with someone else sitting on the opposite side of globe with just a tap.

iKhare foresaw this convergence in 2003



iKhare realized it could become the platform for the next generation of nimble m-health technologies.



At iKhare, we benefit enormously from our experience to span a wide range of services.



These services includes software and hardware development for m-health, e-health, and tele-health solutions.

Colors

#54bd61

#149fcd

#de5c5c

#2e353c

#7d8ca3

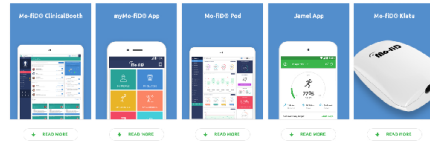
Font

Ubuntu Family



Products

Our mission is to develop ways that will improve the quality of life for each and every one of our customers. All of our applications are designed with a focus on value, the customer needs to manage their condition and what can make their process as easy as possible for them. Our products also benefit from all the knowledge and experience we have gained over the last three years we have been in the business of providing cutting edge of m-health technologies.



Welcome to the Future, the Mobile Technology Revolution

We were pioneers in the concept and development of m-health solutions and fully committed to making sure your m-health devices work with systems. We have been working since 2003 with the industry to make sure that your m-health devices work with systems. We have been working since 2003 with the industry to make sure that your m-health devices work with systems.

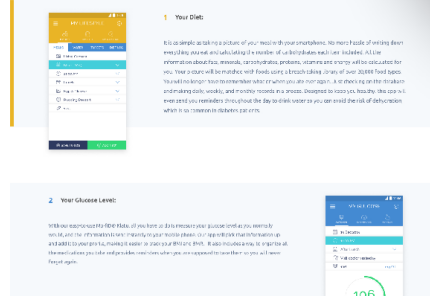
Mo-FiD@ Klatu

Mo-FiD@ Klatu is a state-of-the-art, low-energy Bluetooth technology that fits in the palm of your hand. It's wireless, so it will become the standard for all m-health devices. It's a small, sleek, and easy-to-use device that can be used by anyone. It's a small, sleek, and easy-to-use device that can be used by anyone.

Simple, fast, accurate and everlasting
— that's Mo-FiD@ Klatu.

How myMo-FiD@ App Works?

The team of developers at Mo-FiD@ has created a mobile app that can be used by anyone. It's a small, sleek, and easy-to-use device that can be used by anyone.



MOST INNOVATIVE M-HEALTH SOLUTIONS

We push ourselves to find better m-health solutions through insight, innovation and integration

PRODUCTS

We not only defined M-HEALTH, we perfected it!

We are committed to finding a line between a life that is based on data and a life that is based on data. We are committed to finding a line between a life that is based on data and a life that is based on data.

LEARN MORE

- Deep Learning Research: We have developed a deep learning system that can learn from data and make predictions.
- Healthcare Big Data: We have developed a big data system that can handle large amounts of data and make predictions.
- Diabetes Research: We have developed a research system that can help us understand diabetes better and make predictions.

Span of expertise



Advanced Health Data Analytics: We have developed a system that can analyze large amounts of data and make predictions.

mHealth Solutions: We have developed a system that can help us understand m-health better and make predictions.

Digital Health Technologies: We have developed a system that can help us understand digital health better and make predictions.

Products: We have developed a system that can help us understand products better and make predictions.

Research: We have developed a system that can help us understand research better and make predictions.

Innovation: We have developed a system that can help us understand innovation better and make predictions.

Latest blog posts: We have developed a system that can help us understand latest blog posts better and make predictions.

Our products are built on the latest technology and are designed to be used by anyone. They are easy to use and can be used by anyone.

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About Us

The convergence of smart technology and healthcare is creating a new era of digital health. We are the leading company in the healthcare sector, providing innovative solutions for the future of healthcare.

From Idea to Being

From idea to being, we have created a new era of digital health. We are the leading company in the healthcare sector, providing innovative solutions for the future of healthcare.

Where future life convergence in 2025



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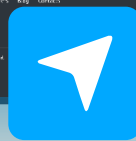
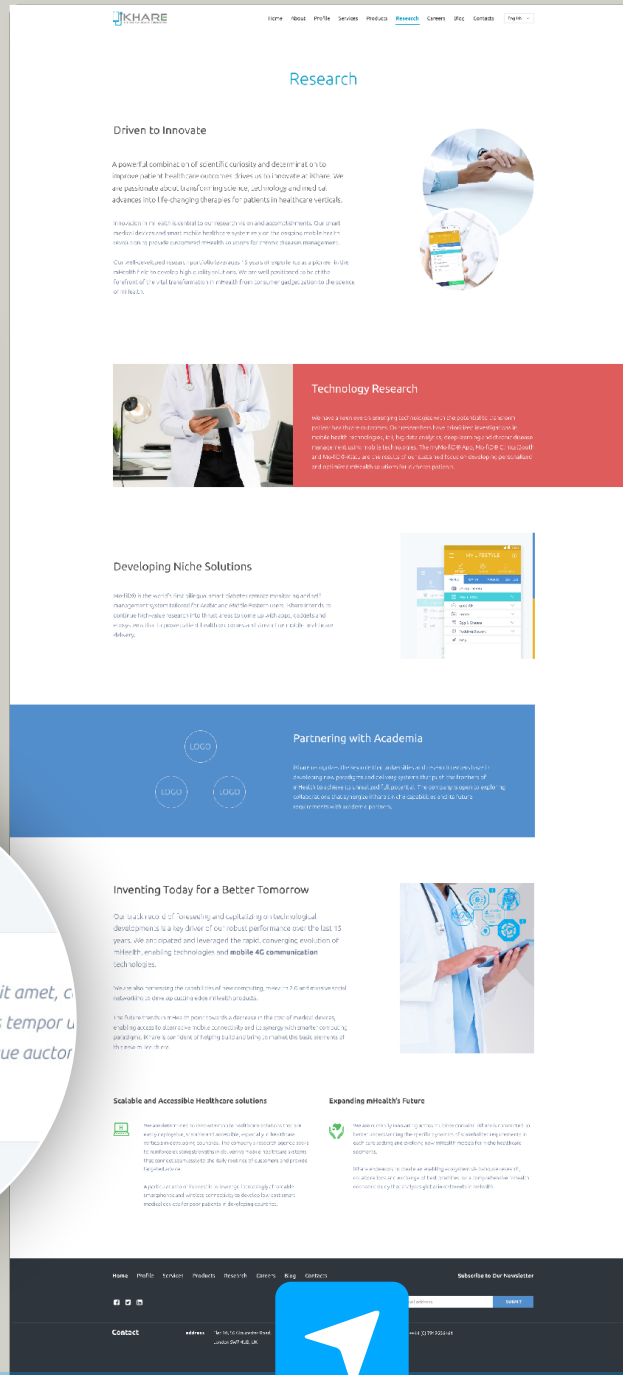
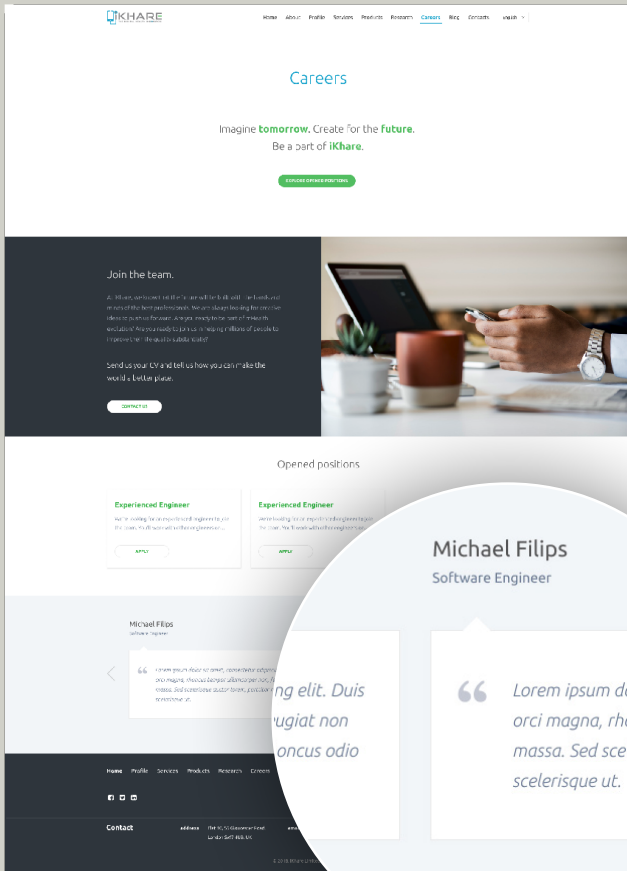
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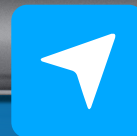
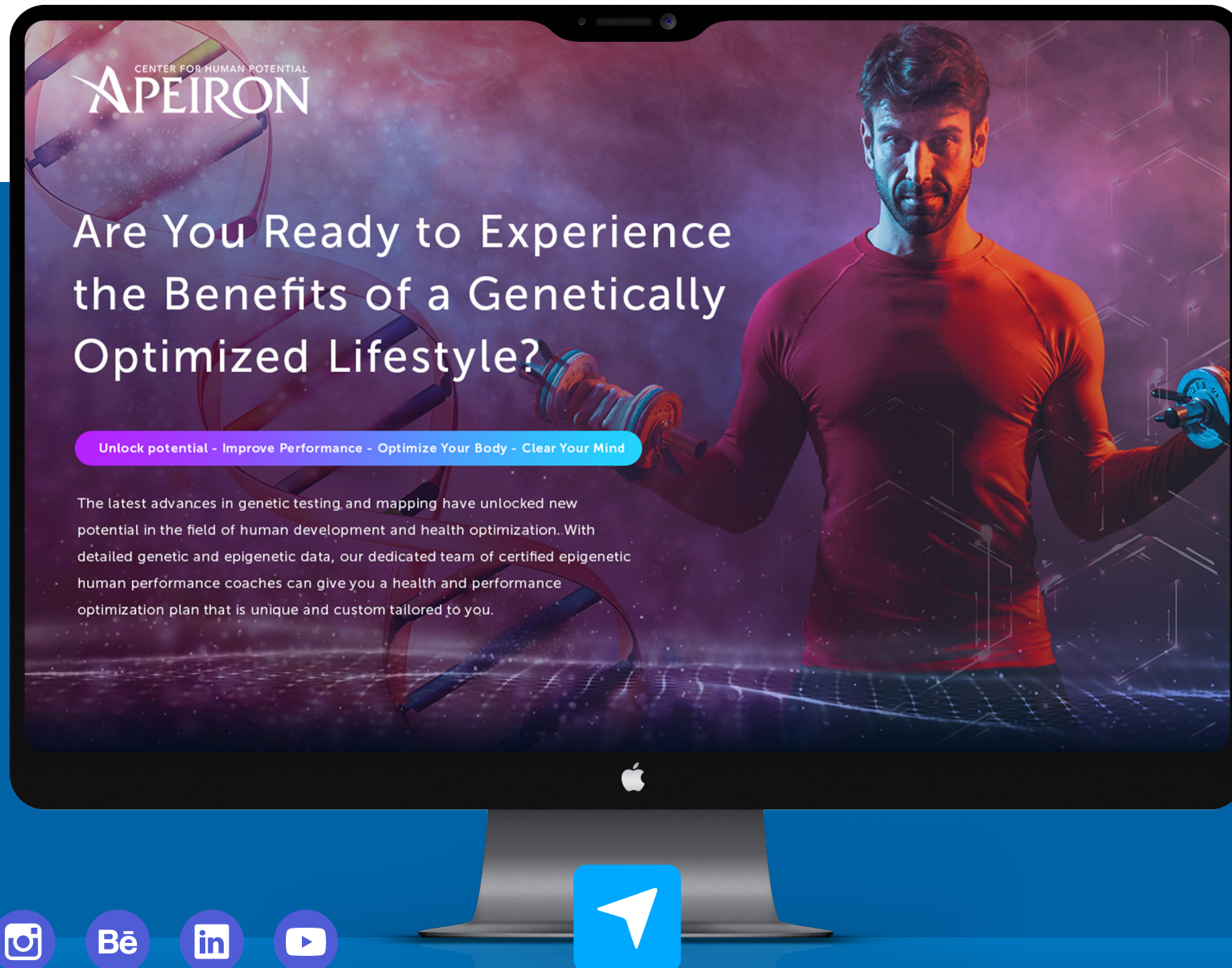
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How It Works!

Epigenetic Performance Coating is the key to unlocking your intrinsic genetic potential. DISCOVER how the new breed of TEST KIT enables us to see the cutting edge of next-generation DNA information. Now combine the power of genetic data alongside science with epigenetics, biochemistry, lifestyle performance, and other integrative factors for personalized and directed solutions so you can access your abilities potential to flourish.



Your Personal Blueprint

Using a simple cheek swab, you receive your DNA. Uncover the approximately 2 weeks, you will receive your raw genetic data covering nearly 750,000 genetic variants. This key raw data is then processed and analyzed. This is YOUR raw data and you can use it to do your own research as well.



Personalized Reports

You get an easy-to-read report that covers everything you need for Optimized Living or Performance. These reports have at hundreds of genetic variants that you can apply to your health and lifestyle as well as the epigenetic expression created by your environment. This data can then be interpreted by your personal Apeiron Certified Epigenetic Performance Coach.



Coach Review/Action Plan

Here is the real value of the offer that you will not be able to get anywhere else. Not only do you get your raw data and a detailed health and performance report, you also get one hour with one of our Epigenetic Performance Coaches. Information without an action plan is simply information. Your coach can provide the most steps to begin your optimization process and for a limited time, you can extend it with 4 more calls, for just \$200.

How You Can Find Your Path To Precision Medicine

1 Take and Ship Your Sample



2 Your Personal Epigenetic Coach



The real value of having your personal genetic blueprint is having an action plan to guide your path. Our coaches have over 100 hours of training in genetics and biochemistry and they can interpret your data to create action items that will guide your path to enhanced performance.

Optimized Performance

Whether you're seeking to lose weight, or gain an extra athletic edge, you'll learn exactly what your body needs to go faster, stronger and harder safely and sustainably, all while improving your long-term health.

Are You Ready to Experience the Benefits of a Genetically Optimized Lifestyle?

Unlock potential. Improve Performance. Optimize Your Body. Clean Your Mind.

The latest advances in genetic testing and mapping have unlocked new potential in the field of human development and health optimization. With detailed genetic and epigenetic data, our dedicated team of certified epigenetic human performance coaches can give you a health and performance optimization plan that is unique and custom tailored to you.

Go Further, Get More!

Add A Health and Performance Optimization Calls To Your Package

So that you can fully experience the benefits of epigenetic performance and a genetically optimized lifestyle, you'll be able to add an additional 4 calls with your certified Apeiron Epigenetic Coach for just \$200. That's 4 hours of detailed epigenetic coaching to discuss, develop and enhance your lifestyle with your raw data. As well as advice and support from your coach so that you know you're implementing your lifestyle in the most effective way possible. Just fill the box on your new form to create your discounted coaching calls!

Optimized Performance Blueprint

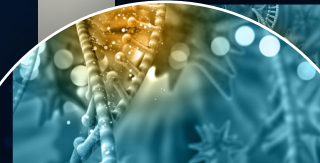
Take your lifestyle to the next level. With this package you will receive everything from the Optimized Living Blueprint and also get an extra 35 pages of genetic data detailing your Environmental and Detoxification, Athletic Performance and Hormone patterns.

1947 \$697

ORDER NOW

Includes a 1.5 Hour Genetic Blueprint Interpretation call with Apeiron Certified Epigenetic Performance Coach.

What Does A Genetically Optimized Lifestyle Mean?



Improved Focus and Attention

By designing your optimization plan with one of our epigenetic performance coaches and fully understanding how your genetic make-up influences your health and life, you can be confident that you are giving your body, mind, and what they need. No more crash diets or unrealistic, unsustainable exercise plans, you'll get an effective personalized plan for a clear path to improved health and well-being.

Sustainable, Healthy Plans

By designing your optimization plan with one of our epigenetic performance coaches and fully understanding how your genetic make-up influences your health and life, you can be confident that you are giving your body, mind, and what they need. No more crash diets or unrealistic, unsustainable exercise plans, you'll get an effective personalized plan for a clear path to improved health and well-being.

HERE'S WHAT TO DO NOW

You're just a few clicks away from getting on the path to truly personalized, optimal health.

Step 1: Pick Your Report

Step 2: Send Us Your Sample

Step 3: Schedule Your Coaching Call

Optimize Your Performance Blueprint

Receive an extra 35 pages of genetics. You get information from the Living Blueprint report plus:

- Environmental and Detoxification
- Athletic Performance
- Hormones

The first step to achieving fully fine-tuned health is an optimized physical and mental performance.

ORDER NOW

FAQs

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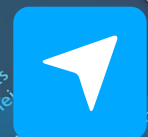
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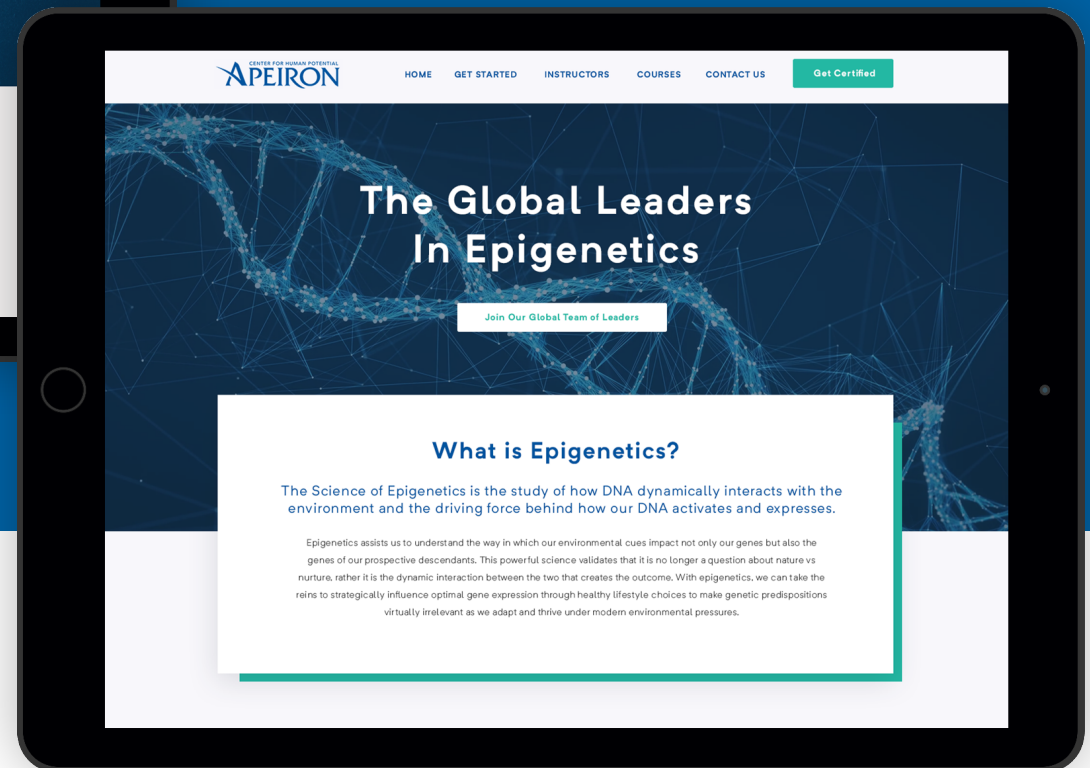
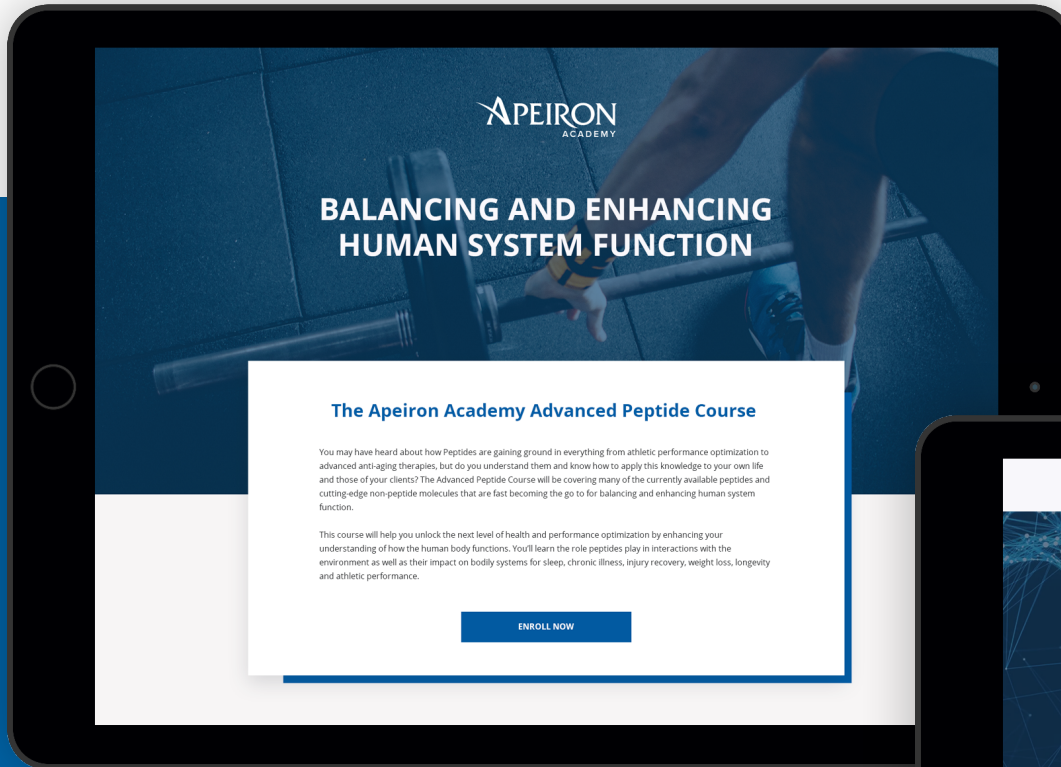
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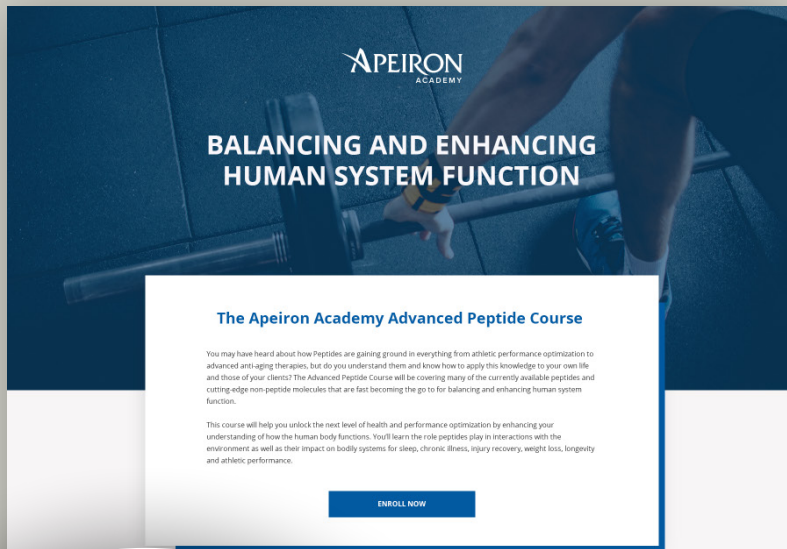
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BALANCING AND ENHANCING HUMAN SYSTEM FUNCTION

The Apeiron Academy Advanced Peptide Course


You may have heard about how Peptides are gaining ground in everything from athletic performance optimization to advanced anti-aging therapies, but do you understand them and know how to apply this knowledge to your own life and those of your clients? The Advanced Peptide Course will be covering many of the currently available peptides and cutting-edge non-peptide molecules that are fast becoming the go-to for balancing and enhancing human system function.

This course will help you unlock the next level of health and performance optimization by enhancing your understanding of how the human body functions. You'll learn the role peptides play in interactions with the environment as well as their impact on bodily systems for sleep, chronic illness, injury recovery, weight loss, longevity and athletic performance.

[ENROLL NOW](#)

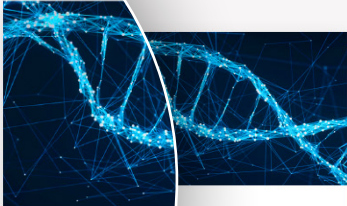
We Provide Expert Training To:

Healthcare Professionals, Wellness Coaches, Personal Trainers, and more to help them unlock the next step in their own health and their careers.




An In-Depth Curriculum

Our curriculum is THE cutting edge when it comes to this new forefront in human performance optimization and will build your knowledge step-by-step.




Understanding Peptides

There are 1000's of current peptides that are undergoing exponential growth. In this module we introduce you to the concept of animal and human testing and how they work, how they create precise responses and their limitations.



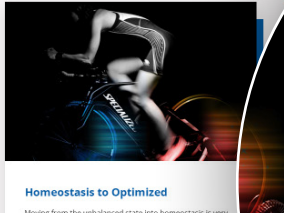
Growth Hormone, GHRH and GHRPs

This section is designed to give you a deeper understanding of the growth hormone system. It is not a simple system and since growth hormone, GHRH, and GHRPs play such a foundational role in peptide therapies, it made sense to have an entire module dedicated to helping you fully understand this complex system.



Unbalanced to Homeostasis


The Unbalanced module is addressing conditions where the human system is out of homeostasis. This can range from chronic illness to acute injury. We address the use of peptides in facilitating correction of the underlying imbalance in order to bring the human system toward a state of homeostasis.



Homeostasis to Optimized

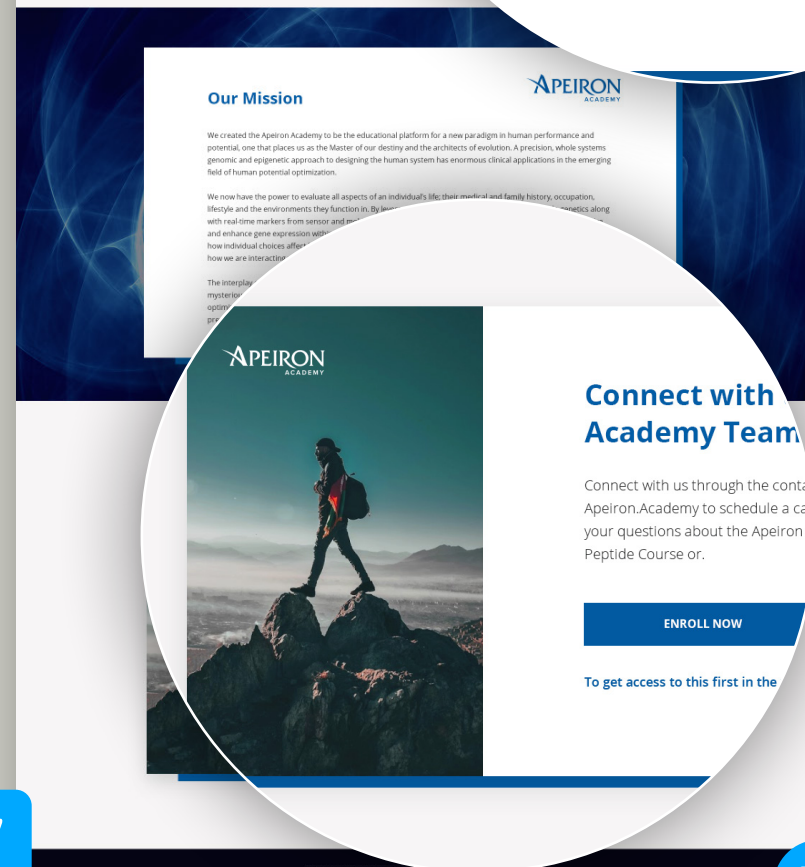
Moving from the unbalanced state into homeostasis is very satisfying and powerful, but is only the first step in the journey to achieving the full expression of your personal potential. This module will focus on the intermediate stage of the process where we take the system from homeostasis into optimized.

[ENROLL NOW](#)



Optimized to Enhanced

Enhancement is where the real fun of the journey really begins. As we move the system from optimized to enhanced, the human system is boosted by modern technology and scientific advancements that are able to create client outcomes that were previously unattainable.



Our Mission

We created the Apeiron Academy to be the educational platform for a new paradigm in human performance and potential, one that places us as the Master of our destiny and the architects of evolution. A precision, whole systems genomic and epigenetic approach to designing the human system has enormous clinical applications in the emerging field of human potential optimization.

We now have the power to evaluate all aspects of an individual's life: their medical and family history, occupation, lifestyle and the environments they function in. By leveraging this data along with real-time markers from sensor and genomic data, we can enhance gene expression with precision and how individual choices affect their health and how we are interactive.

The interplay of these factors creates a complex, multi-layered system of interactions that is the foundation of human potential optimization.

Connect with Academy Team

Connect with us through the contact form on Apeiron.Academy to schedule a call or email us with your questions about the Apeiron Academy Advanced Peptide Course or.

[ENROLL NOW](#)

To get access to this first in the

We Provide Expert Training To:

Healthcare Professionals, Wellness Coaches, Personal Trainers, and more...

Genetic Interpretation

Our epigenetic coaches are trained in the interpretation of nearly 500 genetic variants, using a proprietary genetic panel and lifestyle specific biomarkers. They are able to create a long-term plan for each individual.

Epigenetic Lifestyle Coaching

Epigenetics is the key to change. Our epigenetic coaches are trained in the evidence based science of epigenetics and understand how to make changes in gene expression to achieve optimal outcomes.

Peak Performance Coaching

Our epigenetic coaches are trained in guiding the human system to new levels of performance through lifestyle interventions that produce specific outcomes. The concept of "Standard Issue" coaching is a key benefit.

Neuro & Biofeedback

By evaluating the human nervous system with the latest technology we can create a balanced nervous system that can lead to further enhancement. Our epigenetic coaches are trained in biofeedback.

Environmental Design

Our coaches are trained in the most powerful place of human optimization. We educate our epigenetic coaches on understanding the human system and how to design an environment that can lead to optimal outcomes.

Business Development

Most coaching programs provide the training and then leave you on your own. We help to foster successful coaches long after the training is complete. Our success is measured by the number of coaches who are successful in creating a successful business.

Join Our Global Team of Leaders

1 Low Price – 5 Levels of Certification + Access to Our Live 2 Day Training – Enroll Today

[Get Certified](#)

A Leading Team to Help You Succeed

- 5 Levels of Specialized Certifications for one affordable price
- Business Training
- Clinical Support
- Mentoring
- Advertising & Marketing Materials
- Quarterly Live Training, Webinars & More

Residual Income Streams

- At-Home Programs
- Supplements Sales
- Advanced Labs
- 3.5 & 12 Month Coaching Programs
- Digital Technology

Genomic and Epigenetic Solutions

Proprietary Genetic VS Array Testing Over 700,000 SNPs (640,000 markers) Epigenetic Research and Certifications only.

- Number of Variants
- Biopsy
- Supplementation
- Stress
- Hormones

- Weight loss
- Muscle gain
- Performance
- Recovery

[Click to View a Sample Report](#)

HUNGER & SATIETY

GENETIC DATA

GENE	GENO TYPE
ADIPOQ (1)	AG
ADIPOQ (2)	GG
FTO	CC
MC4R	CC
ANKK1	GG
COMT	GG
DRD2	AA
NR1H3	GG
FTO	TT
HTR2C	CC
GHSR(1)	CC
GHSR(2)	GG
POMC	GG

SAMPLE NUTRITION REPORT

Identifying which of these components can potentially be contributing to a non-desirable outcome can provide the guidance for the individual to create an optimal outcome.

INTERPRETATIVE NOTES:

Good genetics for appetite signaling and processing. You should interpret hunger and satiety signals accurately. Low risk for obesity.

The Global Leaders In Epigenetics

[Join Our Global Team of Leaders](#)

What is Epigenetics?

The Science of Epigenetics is the study of how DNA dynamically interacts with the environment and the driving force behind how our DNA activates and expresses.

Epigenetics assists us to understand the way in which our environment does impact not only our genes but also the genes of our respective descendants. This powerful science of DNA that is not just a question of nature vs. nurture is a true dynamic reaction between the two that creates the outcome. With epigenetics we can take the next step in understanding and using epigenetic data to help each individual achieve the most genetic predisposition virtually the same as we can control three modern environmental processes.

Become an Epigenetic Coach

Apeiron is the globally recognized leader in genetics and epigenetics. We are advancing human potential, precision and performance through our unique systems based, blue individualized approach.

Transform Your Business

Scale Virtually. Change Lives Globally. Epigenetic Coaching allows you to uniquely leverage your passion and talents in a growing field with the leader in the industry.

Precision — Performance — Potential

Epigenetic Performance Coaching is the key to unlocking your limitless genetic potential.

Discover how this new paradigm of medicine is the true cutting edge of transformation and health optimization. Taking a whole systems approach puts you the client at the center of care. We combine cutting edge genetic and epigenetic science with physiology, biochemistry, brain-body performance, hormones, lifestyle and positive psychology for personalized and precise solutions to you connect your limitless potential to thrive.

Precision

Apeiron is the globally recognized leader in genetics and epigenetics. We are advancing human potential, precision and performance through our unique systems based, blue individualized approach.

[Get Certified](#)

Performance

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[Get Certified](#)

Potential

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[Get Certified](#)

Our Mission

Welcome to the global TRIBE that is Apeiron.

We created the Apeiron Academy to be the educational platform for new paradigm in human performance and potential, and the place to be the Master of our destiny and the architect of evolution. A truly whole systems genetic and epigenetic approach to designing the human system has enormous clinical applications in the emerging field of human potential optimization.

We now have the power to combine all aspects of an individual's life: their medical and family history, occupation, lifestyle and the environment they live in. By integrating individual systems diagnostics to include genetics along with epigenetic factors, we can provide personalized lifestyle interventions to optimize and enhance gene expression within the human system. This new paradigm offers high specificity on health issues, how individual choices affect health and how that connects to the future. It also provides new insights about how we are interacting with our environment in real time and in real space.

The history of our genes and our experiences, of nature and how it interacts with humans has now moved from the mysterious to the knowable. The game-changing Science of Epigenetics is set to create personalized and precise solutions by taking the science of gene expression to the next level and understanding the human system.

Testimonials

Karen Wojciechowski

10 years I have been in the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only

Karen Wojciechowski

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Join Our Global Team of Leaders

Connect with us through the contact link in Apeiron Academy or accessible via our customer 12 Epigenetic Human Performance Coaching program. It's for you.

[Click Here and then Decide if You Want One Low Payment of \\$3997 or a Payment Plan to Fit Your Budget. We Make it Easy for You to Say YES to Your Success to Enroll Today.](#)

[Join Our Global Team of Leaders](#)

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What If 2019 is Your Year For Manifesting Abundance?

- ✔ What would REAL financial freedom look like?
- ✔ That means joy under all circumstances, every day. Is that possible?
- ✔ Let's add ENDLESS vitality and health too...
- ✔ AND infinite joy and the love yoVu've always dreamed of!

Hes! I want to commit to limitless vitality, health, joy, financial freedom, and more...

YES! I COMMIT TODAY



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Hes! I want to commit to limitless vitality, health, joy, financial freedom, and more...

Your Email

YES! I COMMIT TODAY



Learn skills to overcome self-limiting beliefs and manifest abundance in your love life, finances, health, and professionally!

→ Join Dr. Keesha and your tribe and bring in the New Year with Intention and Purpose. When one of us succeeds we lift the others up. Abundance is not about money, it relates to everything.

Usually priced: \$197

Special offer:

\$97

SUBMIT NOW

Here's What You Will Get:

- How to videos
- Support email
- Bonus material
- Free gift
- A mind-stick with it
- Access to me for questions

Create Abundance and Begin Manifesting in All Areas of Your Life:

- Financial
- Emotional
- Physical
- Spiritual
- Mental



What do you want
Let's create it together!

Join Dr. Keesha and

Special offer: \$97

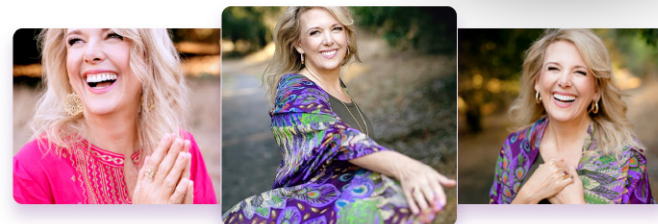
Want 2019 to look like
create it together!

Join Dr. Keesha and manifest abundance in 2019!

\$97

CLICK HERE! →

About Dr. Keesha



Dr. Keesha Evers is a board certified Functional and advanced Ayurvedic medical practitioner as well as Doctor of Sociology, Advanced Registered Nurse Practitioner, Psychotherapist, energy worker and the founder and medical director of the Academy for Integrative Medicine Health Coach Certification Program.

She has built three million dollar+ businesses from scratch using the tools she is teaching in this Abundance Program. Dr. Keesha is mission driven and believes we are all meant to shine brightly and live lives of purpose and service. Her Abundance tools are what keep her in the "flow" and in alignment with what she receives as Divine vision and answers to her daily prayerful inquiry to show her how to be an instrument in God's hands in the service of life here on earth.

Dr. Keesha has been in the medical field for over 30 years. After being diagnosed with rheumatoid arthritis—an incurable disease according to Western medicine—she discovered how to reverse autoimmunity using her Freedom Framework® Method, which she has now used with thousands of her own patients and teaches to her health coach students in her online certification program.

Dr. Keesha is a popular speaker, including from the TEDx stage, and the best-selling author of Solving the Autoimmune Puzzle: The Woman's Guide to Reclaiming Emotional Freedom and Vibrant Health and Your Libido Story: A Workbook for Women Who Want to Find, Fix, and Free Their Sexual Desire. You can listen to her Healthy YOU Radio Show and find her books and programs at DrKeesha.com.

A Holistic Approach to Healing

Awareness. Wellness. Happiness.

Our health and recovery programs are designed with your individual genetic makeup, chemistry, and lifestyle in mind — to provide you with the best holistic coaching possible.

Consultations

Click below to schedule a consultation with Dr. Keesha, and begin the healing process!

Schedule My Consultation



We find the root cause of your symptoms.

A Holistic Approach to Healing

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We find the root cause of your symptoms.

How Dr. KEESHA Can Help

Under the direction of holistic doctor, Elena Villanueva D.C., Modern Holistic Health offers natural, non-pharmaceutical health, combining research and clinical expertise to offer you effective, personalized, natural health solutions.

By carefully analyzing lab results, we can understand an individual's unique genetic makeup and body chemistry. Our data-driven holistic approach then allows us to create a customized health and recovery program designed specifically for you. Contact us today and begin the healing process!

Our 3-step approach

Testing & Analysis

After an in-depth review of your health concerns and goals, we use precision science to define the root cause of your symptoms, then design a personalized holistic healing plan based on your unique genetic makeup and body chemistry.

Lifestyle & Nutrition

We look at the entire picture when it comes to our clients. This means understanding the person as a whole. Lifestyle and nutrition are key when creating an effective action plan.

Plan & Implementation

After a analysis, we'll discuss your options and create a holistic healthcare plan that is tailored to you. This plan is your blueprint to healing. We're with you through every step of the process to ensure optimal results.



“

If you are sick of harsh medications and are ready to live a healthier pain free life please call Dr. Keesha. She is wonderful and really cares about making your life better.

– Cherie R.

Virtual Consultations

Healing
wherever
you are

Distance is no longer a hurdle to achieving better health. Our virtual consultations set you on a path to a healthier life from the convenience and comfort of your home. Whether you live local or international, our virtual services save you time, while providing the best holistic coaching possible.

If you have any questions about virtual health, we are happy to answer them for you and walk you through it. Give us a call at (512) 262-4861.



“

If you are sick of harsh medications and are ready to live a healthier pain free life please call Dr. Villanueva. She is wonderful and really cares about making your life better. Within a few short weeks of working with her I was already noticing a difference in how I was feeling. I feel so lucky that our paths have crossed.

– Cherie R.

Start On Your Path Toward A Healthier Lifestyle

Contact Dr. V and schedule your consultation today! Call Modern Holistic Health at (512) 262-4861 or click below to book an appointment!

Schedule My Consultation





[WHAT YOU GET](#)

[REVIEWS](#)

[COURSE DESCRIPTION](#)

[CURRICULUM](#)

[ABOUT DR. KEESHA](#)



Whole Life Health

Credits available for free with live attendance. Or, study in your own time for just \$97 per class.

[Register Now](#)

[Explore The Curriculum](#)



6 months course from Dr. Keesha

Over the course of 6 months Dr. Keesha will cover how to apply an integrative health approach to the care of clients from womb to tomb. Each one-hour webinar will be delivered weekly for 3 weeks out of each of the 6 months of the course. The Whole Life Health course covers the entire life span; integrating Ayurveda, Functional Medicine, and Emotional Healing Tools.




WHAT YOU GET
REVIEWS
COURSE DESCRIPTION
CURRICULUM
ABOUT DR. KEESHA


Nutritional Therapy Association
IN PARTNERSHIP WITH



Whole Life Health

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Build Your Skills - Enhance Your Value - Create Better Client Outcomes

It's no secret that healthcare in America is broken.

7 of 10
are caused by chronic disease

86%
Of healthcare spending is on chronic disease

Opioid abuse is rampant

How do we fix it?

It's time for natural health practitioners to move beyond symptom management to addressing the root causes of health issues to create real, long-term improvement in the lives and health of our clients.

Based on the cutting-edge science of the west and ancient wisdom from the east, we will give you the knowledge and tools you need to do just that.

1 in 3
Americans has prediabetes or diabetes

Our 6-month curriculum includes:

- Conscious conception.
- Healthy children and healthy families.
- Genetic screening and other Advanced Labs.
- Functional Medicine and Holistic Wellness Models.
- Nutritional Testing and Planning.
- Creating mind-body balance for clients.
- A deep dive into Ayurveda and a new method of assessment.
- Mind-body-spirit tools.
- The enneagram.
- Conscious transitions.

Invest In Yourself - Continue Your Education!

ENROLL TODAY

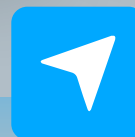
Register Now
Explore The Curriculum

What you get ?

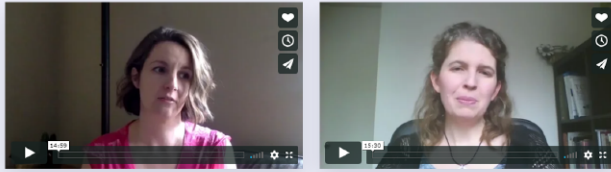
- To guide your clients towards health, you will learn not only functional wellness, but also Ayurveda, functional nutrition and detoxification, mind-body Psychology, and Sexology.
- You'll also learn how Dr. Keesha uses laboratory testing and scientifically proven protocols that have been used for over 35 years of medical education and experience.

- Autoimmune disease
- Obesity
- Mood disorders
- Past trauma
- Addiction
- Digestive disorders
- Chronic fatigue
- Hormone imbalance
- Even cancer

Earn 18 CEUs with just 3 1-hour teaching from master integrators



What others are saying about the Academy for Integrative Medicine and Dr. Ewers' teaching:



I decided to look into becoming a certified integrative health coach as I was turning in a manuscript for a book on gut wellness and stress to my

I have been a bodyworker with specialties in visceral and gut health and healing trauma for decades and it was clear that my clients needed more support. Their doctors were not helping them beyond shortened visits and mostly medication prescriptions. Most people it seemed were at a loss as to how to feel better on any level.

As I was searching through the many health coach courses available due to the explosion in the field, I came upon Dr. Keesha Ewers fantastic book: Solving the Autoimmune Puzzle. I couldn't put it down. It was the first time trauma was really spoken about as a piece of the health puzzle. It was integrative and very clearly and lovingly written. I was thrilled when I realized that Dr. Ewers came from a western medical background and had her PhD in psychology, a masters in Ayurveda and was a functional medicine practitioner. I knew she was my teacher.

[Read more](#)

“

"I am very excited to be sending this final exam to you. This is the most interesting study I have ever done and wish I could have taken it 40 years ago!! Actually, couldn't have done it because brain fog prevented a lot of learning ability. I finally, couldn't have done it because of learning ability. Thanks to you and this program I am able to sit at my computer, listen to a seminar and act on it like never before. And it is only getting better!"

- Linda Berg

“

"Our country's history and particularly the events of the past year have solidified a certainty that this world is in desperate need of the feminine. Of feminine energy, feminine strength, feminine intelligence and feminine wisdom. For me to remain within the contemporary approach to medical practice, even FM, would not free me. I would remain within its very real and limiting dynamics.

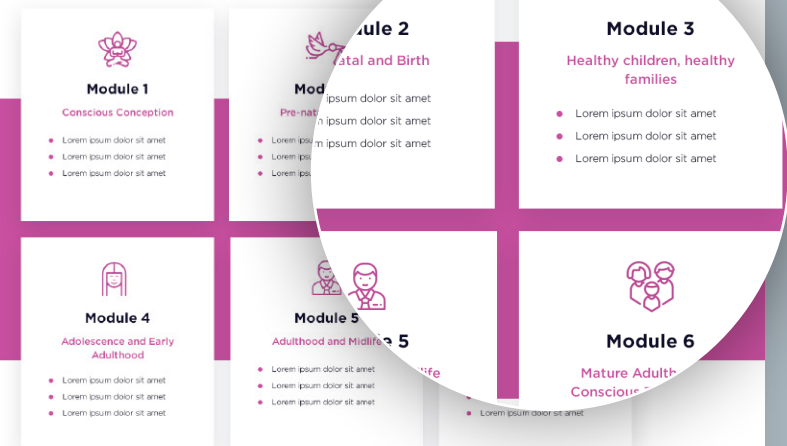
- Joi

COURSE DESCRIPTION

The Certification Course includes:

- Six months of webinars that are hosted 3 weeks out of each week with Dr. Keesha Ewers.
- Class materials and resources made available to all participants (licensing not required).
- Protocol guides and worksheets.
- CE Credits for each end class quiz that is successfully completed.

Curriculum



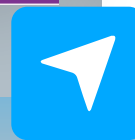
ABOUT DR. KEESHA



Dr. Keesha Ewers, the Mystic Medicine Doctor, is an integrative medicine expert. Doctor of Sexology, psychotherapist, medicine woman trained in plant medicine from Peru, and the founder and medical director of the Academy for Integrative Medicine Health Coach Certification Program.

Dr. Keesha has been in the medical field for over 30 years. After conducting the HURT Study in 2013 (Healing Un-Resolved Trauma), she developed the HURT Model for understanding how past childhood trauma impacts adult health. This led to the creation of the You Unbroken online program for patients to heal their own trauma and the Mystic Medicine deep immersion healing retreats she leads at her home on San Juan Island WA.

[Read more](#)





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TESTING & CONSULT BREAKTHROUGH


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TESTING & CONSULT BREAKTHROUGH

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Enough is enough!

Women's health expert Kerry Tepedino has dedicated her life to helping women say "ENOUGH IS ENOUGH! It's time to feel good in my body again!"




Latest scientific testing

She and her team of expert female health coaches have combined the latest scientific testing with personal and emotional tools that Kerry has developed in over a decade of helping women all over the world.



Hormones and adrenal responses


In this package you'll not only get a detailed, scientific understanding of how your hormones and adrenal responses are impacting your health



Work directly with Kerry and her team

But you'll also work directly with Kerry and her team to identify real, actionable goals that you can achieve and create a plan you can use to achieve your goals.


WHAT DOES YOUR PACKAGE INCLUDE?



500 \$ VALUE

SPECIALIZED ADRENAL & HORMONE


The latest tests will allow the affects on your health to be easily and accurately identified



500 \$ VALUE

INDIVIDUALIZED TEST REPORT


Don't settle for one-size-fits-all health advice. Get results and recommendations that are specific to you.



1200 \$ VALUE

2 TICKETS TO THE BELIEVE EVENT

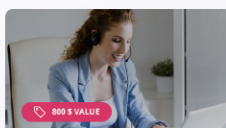
This is number 1 event for women to come together, learn about their health and move forward together.



1000 \$ VALUE

PERSONALIZED CALL WITH EXPERT BASED ON TEST RESULTS

Learn exactly how to adjust your life based on your test results to achieve personal, optimal health that works for you and your lifestyle.



800 \$ VALUE

30 MINUTE BREAKTHROUGH CALL

Don't just treat the body, learn how you can nurture your mind, emotions and spirit and move forward as a whole, happy person.

TOTAL WORTH \$4000!


EVENT SPECIAL PRICE

ONLY \$497

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ON-THE-SPOT SIGN UP BONUS

30 Minute Vip Emotional Eating & Weight Loss Breakthrough Call With Kerry!





What if you could get the perfect food and diet plan for the rest of your life by answering one simple question:

What food plan do your genetics need?





What if you could get the perfect food and diet plan for the rest of your life by answering one simple question:

What food plan do your genetics need?



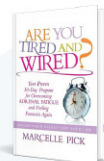
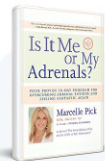
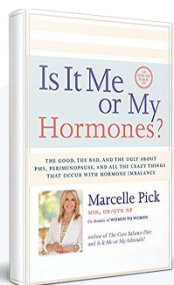
10
years
experience



Introducing the Genetic Nutrition and Weight Loss Panel

From international bestselling weight loss, health and fitness author Marcelle Pick comes a groundbreaking new approach to women's health and weight loss. By combining her decades of experience with the latest advances in genetic mapping and medical science, Marcelle is finally helping women all over the world find answers to their questions about weight, health and hormones and why their diets aren't working.

First OZ NBC ELLE PBS THE HALL OF FAME WEALTHY WORLD GLAMOUR



GET YOUR ANSWERS

Is It Me Or My Genes?



Will low carb actually cause me to gain weight?



Why doesn't calorie counting work for me?



Why do I feel depressed when I try low fat diets?



I lost a lot of weight last year, why is it coming back?

Join Now for \$ 695

With genetic science it's now finally possible to get definitive answers and reasons why!

Every year an estimated 45 million Americans go on a diet. As a country we spend billions trying to find the keys to our health and weight. Now, thanks to new advances in medicine we now understand better than ever what the true keys to health are and exactly why some diets work for some people and not others. The key is in our genetics. In recognizing that there is no one-size-fits-all approach to health. Depending on your genetics a diet and lifestyle that will give someone else health and happiness could actually be sabotaging your weight, your hormones and even your mood!

45
million

What you get from the genetic nutrition and weight loss panel



A Map To Health - You'll get an easy to use salivary art laboratory. From your test, you'll receive exact genetic factors affecting you and your absorption, and even insulin resistance. Your report will be your to keep so that you can consult with Marcelle.

One-On-One Health Coaching - Once you have your results, you'll get with Marcelle to review your results and give you detailed information in perfect alignment with your body's needs. These plans have been a more weight, and, most importantly, keep it off.



A Health Plan For Life - At the end of your coaching, you'll need to build a health plan that is based on your unique understanding of your personal nutrition and genetic markers and expressions that will help you reach your goals.



consultation
our diet to be
lose 33%

Marcelle you'll have all the information
Working with Marcelle...





A Holistic Approach to Healing

Awareness. Wellness. Happiness.

Our health and recovery programs are designed with your individual genetic makeup, chemistry, and lifestyle in mind — to provide you with the best holistic coaching possible.



We find the root cause of
your symptoms.

Consultations

Click below to schedule a consultation
with Dr. Villanueva, and begin the
healing process!

[Schedule My Consultation](#)





A Holistic Approach to Healing

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Click below to schedule a consultation with Dr. Villanueva, and begin the healing process!

[Schedule My Consultation](#)

How Dr. Elena Can Help

Under the direction of holistic doctor, Elena Villanueva D.C., Modern Holistic Health offers natural, non-pharmaceutical health, combining research and clinical expertise to offer you effective, personalized, natural health solutions.

By carefully analyzing lab results, we can understand an individual's unique genetic makeup and body chemistry. Our data-driven holistic approach then allows us to create a customized health and recovery program designed specifically for you. Contact us today and begin the healing process!



Testing & Analysis

After an in-depth review of your health concerns and goals, we use precision science to define the root cause of your symptoms, then design a personalized holistic healing plan based on your unique genetic makeup and body chemistry.



Lifestyle & Nutrition

We look at the entire picture when it comes to our clients. This means understanding the person as a whole. Lifestyle and nutrition are key when creating an effective action plan.



Plan & Implementation

After analysis, we'll discuss your options and create a holistic healthcare plan that is tailored to you. This plan is your blueprint to healing. We're with you through every step of the process to ensure optimal results.



If you are sick of harsh medications and are ready to live a healthier pain free life please call Dr. Villanueva. She is wonderful and really cares about her patients and making your life better.



- Cherie R.

Healing wherever you are

Virtual Consultations

Distance is no longer a hurdle to achieving better health. Our virtual consultations set you on a path to a healthier life from the convenience and comfort of your home. Whether you live local or international, our virtual services save you time, while providing the best holistic coaching possible.

If you have any questions about virtual health, we are happy to answer them for you and walk you through it. Give us a call at **(512) 262-4861**.



Within a few short weeks of working with her, I was already noticing a difference in how I was feeling. Our paths have crossed, and I look forward to continuing my health journey with her.



- Cassie B.

Start On Your Path Toward A Healthier Lifestyle

Contact Dr. V and schedule your consultation today! Call Modern Holistic Health at **(512) 262-4861** or click below to book an appointment!

[Schedule My Consultation](#)





Hello from Dr. Michelle Sands, ND

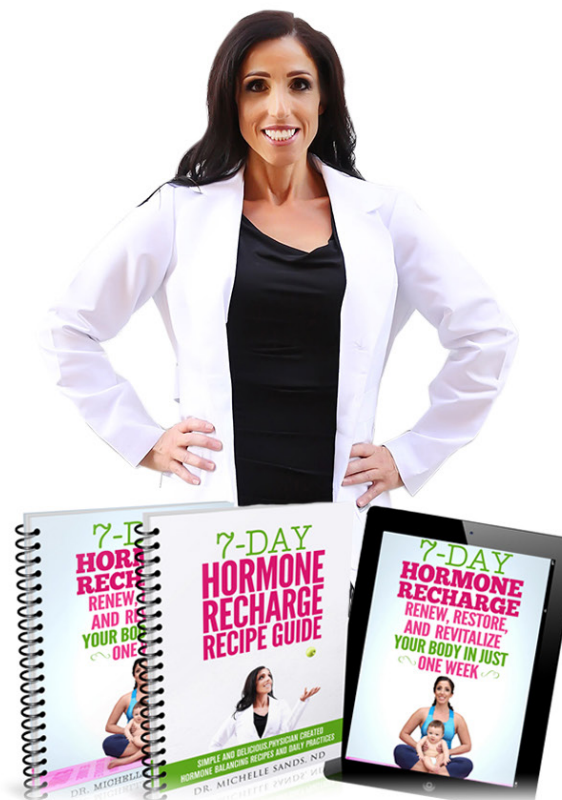
Welcome to the Perimenopause Summit, I am so excited you'll be attending and can't wait to start sharing the wisdom and insight of our dozens of speakers with you.

Also, as a thank you for attending the summit, I want to help you get a head start on optimizing your health by giving you my **7-Day Hormone Recharge**® as a free gift.

Enter Your Details to receive your free copy:



YES! I WANT →





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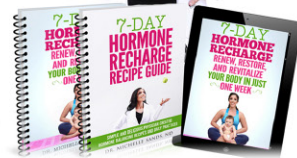


Enter Your Details to receive your free copy:

Enter Your name

Enter Your Email

YES! I WANT →



As a licensed Functional Medicine Physician and Doctor of Naturopathic Medicine, #1 Best Selling Author and founder of the GLOW protocol, I have dedicated my life to sharing the secrets of ageless health with women across the country. I'm passionate about helping women harness the power of nature to optimize their genetic expression, allowing them to unlock their full potential and live vibrantly. I do this by focusing not just on your physical health, but also your mental, emotional and spiritual wellbeing.



Michelle showed me how to have a physical breakthrough. But more importantly, having that physical breakthrough has taught me how to have a mental and spiritual breakthrough. It is all in the same, and Michelle has helped me understand that.

Danielle G.



Losing that stubborn



Improving moods, mental



Having boundless energy



Heightening your sex drive



Improving skin



Successful Clients

This amazing lifestyle guide is the secret to how my MOST SUCCESSFUL CLIENTS achieve and maintain their results. It includes a simple step-by-step system for boosting energy, improving moods, reviving your libido, heightening mental clarity, and energizing your metabolism to help you lose weight.



It was delicious, and I learned new recipes that I'll eat for the rest of my life. (By following the system detailed in the 7-Day Hormone Recharge Guide) my back eczema cleared up, the skin on my face cleared up, my food-comas went to almost non-existent, and I saw numbers on the scale that I hadn't seen since before I turned 30, that I never thought I'd see again!

Camille H.



FREE DOWNLOAD



Special Price

Normally, the 7-Day Hormone Recharge Guide and cookbook are priced together at **\$97**. But as I mentioned earlier, because of your interest in the SUMMIT NAME, you qualify to receive a downloadable copy as my complimentary gift. Just confirm your details below, and we'll send it straight to your inbox.

I'm excited for you and can't wait for you to renew, restore and revitalize your body! And please let me know if you have a favorite recipe, or there's something in the program that really resonates with you, when we see each other at the summit!

See you at the
Perimenopause Summit!

Dr. Michelle Sands, ND

Enter Your name

Enter Your Email

YES! I WANT →



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Get Your Human Performance Blueprint Today!

Truly Personalised Approach to You

Apeiron Genomic testing is the ideal way to achieve a truly personalized approach to lifestyle for optimized human performance.

Genetic analysis is the cutting edge of healthcare, identifying the unique influences on your health and performance that need to be taken into account in order to achieve optimal health and performance.

Order Now



What We Do

Epigenetic Performance Coaching is the key to unlocking your limitless genetic potential.



Personalized Reports

You get an easy to read 45-page report that covers Nutrition, Supplementation, and Sleep. These reports look at over 200 genetic variants that make you unique. This data can then interpreted by your personal Apeiron Certified Epigenetic Performance Coach.



Get Your Human Performance Blueprint Today!

Truly Personalised Approach to You

Apeiron Genomic testing is the ideal way to achieve a truly personalized approach to lifestyle for optimized human performance.

Genetic analysis is the cutting edge of healthcare, identifying the unique influences on your health and performance that need to be taken into account in order to achieve optimal health and performance.

[Order Now](#)

What We Do

Epigenetic Performance Coaching is the key to unlocking your limitless genetic potential. Discover how this new paradigm of health and wellbeing is the true cutting edge of transformation and optimization.

We combine the latest in genetic and epigenetic science with physiology, biochemistry, brain/peak performance, and other lifestyle factors for personalized and precise solutions so you can access your full potential.



Personalized Reports

You get an easy to read 45-page report that covers Nutrition, Supplementation, and Sleep. These reports look at over 200 genetic variants that make you unique. This data can then be interpreted by your personal Apeiron Certified Epigenetic Performance Coach.



Coach Review/Action Plan

Here is the real value of this offer. Not only do you get your raw data and your 45-page report, you also get one hour with one of our Epigenetic Performance Coaches. Information without an action plan is only information. Your coach can provide the next steps to begin your optimization process.



Your Personal Blueprint

Using a simple cheek swab, you submit your DNA specimen. In approximately 2 weeks, you will receive your raw genetic data covering nearly 750,000 genetic variants. This is your data, it is not shared or sold. This is YOUR raw data and you can use it to do your own research as well.

A Sample Generic Report

Nutrition, Supplementation, and Sleep

Some Numbers

14

Days

750k

Genetic variants

100

Certified coaches

For Clients

AJ worked hard to keep himself healthy. He controlled his diet, took recommended supplements and worked out, but just wasn't seeing the results that he knew he could achieve. Listen to the amazing progress he achieved in a few short weeks after getting his epigenetic testing. He worked with one of our certified epigenetic human performance coaches to implement the knowledge he gained.

“When you know the unique factors of your personal Human Performance Blueprint, you can unlock the secrets of your own potential and become the optimized person you are meant to be!”

— AJ Eger



What To Do Now

You're just a few clicks away from getting on the path to truly personalized, optimal health.

Pick Your Report



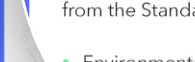
STANDARD

\$ 397

45 pages about genetic influences on you including:

- Nutrition and Diet Genomics
- Personalized Supplementation
- Sleep Genomics

Everything you need to identify ideal lifestyle choices customized to you.



PREMIUM

\$ 600

Extra 35 pages with all the information from the Standard report plus:

- Environmental and Detox Genomics
- Athletic Performance Genomics
- Hormone Genomics

The first step to achieve fully fine-tuned health performance.

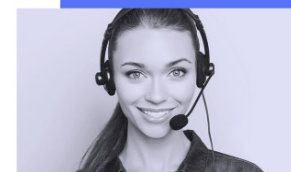
Send Us Your Sample

Your kit will arrive with everything you need to quickly and safely send your sample to our state-of-the-art facility and we'll send you your results.

Schedule Your Coaching Call

You'll get a full hour with one of our certified Epigenetic Coaches who will walk you through every page of your report and explain exactly how you can update your lifestyle to achieve optimal performance.

You'll create personalized goals and steps you can take to reach them so that you can take full advantage of the knowledge at your disposal.



Are you ready to experience the benefits of a Personalized Genomics lifestyle?



You can rely on us!



You are looking for a design and we are willing to help. So, we created many flexible plans to suite your need.



Per Project

Excited to get your work done on time? Once we receive all the details, our team will get to work on it then you will receive your work.

- ✓ One design but many designers work on it.
- ✓ Get early preview and 2 rounds of edits before final delivery.



Per Hour

Instantly track efforts and time of your ongoing projects. Guarantee the quality you receive and avoid the flaw of freelancers.

- ✓ Project management for all ongoing projects.
- ✓ 24/7 Availability.
- ✓ Unlimited projects at a time.
- ✓ Unlimited rounds of edits.



Unlimited

Add a design department for your company! Take your business to a brand-new level with a price of less than a part time designer.

- ✓ All types of services.
- ✓ One project at a time.
- ✓ Unlimited rounds of edits.
- ✓ Flexible contract for a month or for a year.
- ✓ Less than hiring a part time designer.

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