



## European at The

# Wellness Retreat Farm at San Benito

European Wellness™ in partnership with The Farm at San Benito, are setting a new standard in the provision of Luxury Medical Wellness.

In answer to decade's long global trend for combining luxury resorts with state of the art integrative medical services, we have created European Wellness™ Retreat.

Consumers are increasingly making lifestyle changes, and taking more responsibility for their own health and well-being. This has resulted in the emergence of medical wellness destinations offering integrative medicine, nutrition, spas, fitness programs, mind-body activities, anti-aging, preventive medicine and personalized health regimes.

European Wellness™ is an elite network of premium hospitals and medical centers in Switzerland, Germany, United Arab Emirates, China, Hong Kong, Macau, Thailand, Indonesia, Malaysia and Philippines. The European Wellness Organization was founded on the philosophy of assessing, treating and preventing chronic health disorders through patient-specific and integrative Swiss Biological Medicine. At European Wellness, you are provided with treatment and healthcare by experienced physicians, using none and minimally invasive tools and technologies for a holistic approach to your wellness. Our therapy is provided at accredited centers worldwide.

The Farm at San Benito is a world-class holistic medical wellness resort located in Lipa, Batangas, just a 90-minute drive south of Manila. It rests on a 48-hectare lush green jungle, with a stunning view of the majestic mountains, fresh air with pristine and uplifting life-giving energy radiating around the property.

This world-renowned, multi-award winning resort offers natural and holistic medically-supervised health programs that are planned and conducted by internationally-trained integrative medical doctors, nurses, spa therapists, nutritionists, living food experts, fitness coaches and yoga teachers.

### CELLULAR HEALTH PROGRAMS

Welcome to the holistic and natural Biological Medicine wellness paradigm. Biological Medicine is focused on understanding the underlying causes of illnesses, relieving them through natural methods, then helping the body build up its immune and regulatory forces.

Because we live in a highly polluted and toxic environment, the frequency of malignancies, autoimmune diseases, congenital and degenerative disorders are reportedly increasing. This also includes autism, allergies, asthma and metabolic disorders such as diabetes. Unfortunately at times, conventional medicine fails to adequately address these challenges with drugs and antibiotics becoming redundant, and the prevalence of most chronic health problems continuing to rise.

EUROPEAN WELLNESS™ presents a holistic biological medicine wellness offering to assess, prevent and manage various health issues and pathological conditions. We recognize that disease is heralded by subtle functional deterioration of one or more of the body systems. Therefore, powerful anti-aging particles are implemented to slow down and reverse structural and functional degradation of tissue in organs. Restoring one's health means reversing the particular dysfunction link to the disease and aging which is often caused by lifelong contact with toxins, poor diet and lifestyle choices along with genetic predispositions.

EUROPEAN WELLNESS™ implements practical models for obtaining and evaluating the clinical information which results in individualized therapies. We emphasize on restoring the balance of the entire system by supporting fundamental physiological processes, recovering at cellular level and amending environmental and lifestyle impacts. This results in therapies that focus on general rejuvenation, revitalization and restoring health and function, rather than simply managing symptoms.

*Introducing Cellular Health Programs in joint collaboration with The Farm at San Benito. The Programs offers personalized biological medicine wellness treatments and follow the standard European Wellness™ Five Pillars of Health:*

## **Diagnostics, Detoxification, Repair, Rejuvenation and Maintenance.**

### **IMMUNE MODULATION PROGRAM**

Our immune system is our body's first line of defense against foreign invaders, whether in the form of allergens, toxins or microbes. As such, it has to function optimally at all times. Otherwise, an overwhelmed immune system leads to whole system breakdown leading to signs and symptoms of illness. It can be overactive as well, leading to debilitating symptoms that are usually treated in conventional medical circles through suppression of the immune system which could lead to further problems, such as opportunistic infections. We don't just treat the symptoms but more importantly, the underlying cause or causes of an overactive or underactive immune system using safe and clinically-effective treatment modalities.

### **MALE REVITALIZATION PROGRAM**

As men age, signs and symptoms such as the following occur namely; wrinkling of the skin, osteoporosis, mood changes, hair loss, changes in body composition and cardiovascular disease, among others. We normally encounter these symptoms in men in their 60's or older but we're seeing them in much younger men nowadays. Possible reasons for these include nutritional deficiencies, pharmaceuticals such as statins, and environmental toxicity. With our male revitalization program, we address all the possible causes of aging in men and correct imbalances using macro and micronutrients, cell extracts and peptides and cell therapy.

### **FEMALE REVITALIZATION PROGRAM**

Women's health continues to be a very hot topic. Just consider the popularity of Bio Identical Hormone Therapy (BHRT). Before this treatment modality became popular, women used to be treated with synthetic hormones with all of its concomitant side effects. Nowadays, women have more options. Symptoms of hormonal imbalance or aging in general, can now be treated safely, effectively and on a long-term basis without side effects using macro and micronutrients, cell extracts and peptides as well as individualized cell therapy.

### **CLINICAL DETOXIFICATION PROGRAM**

One of the most popular theories behind aging is the waste accumulation theory. With the build-up of toxins in the body, whether it's endogenous (from internal metabolism) or exogenous (that from the environment), it ultimately affects cellular functioning. All toxins are what we call "cellular poisons". One of the most sensitive parts of the cell is the mitochondria. When this cellular component is damaged, it affects everything from energy production to cellular repair processes. Therefore, in order to function optimally or age gracefully, one has to do regular cellular detoxification using safe and evidence-based therapeutic modalities.

We use modalities that are non-invasive initially and proceed from there, always keeping in mind the Hippocratic Oath of "first, do no harm".

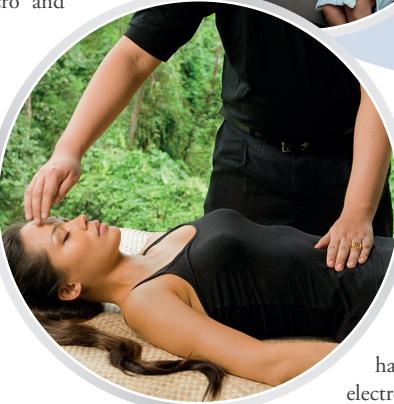
### **NATURAL ATHLETIC PERFORMANCE ENHANCEMENT PROGRAM**

There are ways to improve one's athletic performance without resorting to drugs or illegal substances. We have scientifically-validated

diagnostic and therapeutic modalities that address the underlying imbalances that hinder a person from achieving his personal best at whatever sport he or she may be involved in. We also use natural substances such as vitamins, minerals, amino acids, peptides, cell extracts and cell therapies to accomplish that goal.

### **BODY COMPOSITION OPTIMIZATION PROGRAM**

Majority of weight loss programs do not deliver because of its wrong basic assumptions such as less caloric intake equals weight loss. These programs do not consider the role that inflammation, hormones, food sensitivities, gut flora, physical activity, etc. play in having an abnormal body composition, meaning less lean muscle mass and more body fat. Relying on the weighing scale alone is not the best way of monitoring progress. Clothes size or better yet, having your body composition analyzed is the best way to know whether one is improving or not. We address every possible cause of abnormal body fat percentage by using clinically-tested and evidence-based approaches involving individualized nutrition, nutraceuticals, pharmaceuticals, hormones, cell extracts and peptides and cell therapy.



### **STRESS REDUCTION PROGRAM**

Not all stress is harmful. In fact, some stress is beneficial for overall health. Extreme stress though, that affects an individual's vitality and overall functioning, is detrimental to one's long-term health. Stress often connotes emotional hardships but stress may also be physical, mental, electro-magnetic, social, spiritual and environmental.

Initial diagnostics involves a psycho-emotional consult since some physical symptoms a person may be experiencing could be stress-induced. We address stress in a holistic manner, treating not only the symptoms but better yet, the underlying causes. We use different modalities ranging from "talk therapy", physical activity, frequency-based therapies (RASHA morphogenetic frequency treatment, electro sleep therapy, BioLux gem therapy), herbal adaptogens, nutraceuticals, IV therapies, hormone balancing, and cell therapies. All treatments are personalized according to client's needs.

### **ULTRA WELLNESS PREVENTION PROGRAM**

For people who would like to optimize their health, prevent illness, eliminate or reduce their dependence on prescription medicines or just leave nothing to chance, the best thing to do is to undergo our comprehensive, evidence-based, technologically-advanced diagnostic tests and then undergo the successive processes of detoxification, repair and rejuvenation. With our comprehensive, personalized program, our clients can feel and look their best at their age at any age.



### **HOW TO REACH US**

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