Below are statements and facts that can help the Bot

They have been divided into sections

Home page

**Longevity**

1. **What is Human Longevity?**   
   Human longevity focuses on enhancing health span, not just life span. Levitas articulates this as living with purpose, independence, and the pursuit of fulfillment. This concept is prevalent throughout the animal kingdom; however, it uniquely differentiates humans in their quest for improvement.
2. **What does Enhancing Human Longevity entail?**   
   According to Levitas, enhancing human longevity involves examining the processes that lead to cellular decline and actively mitigating associated risks.
3. **How can we enhance human longevity?**   
   The Levitas Academy investigates the biological processes outlined in the 12 hallmarks of aging and integrates these findings into clinical practice. An overview of these hallmarks is provided through courses at the academy and implemented within clinic services.
4. **Are the courses or clinic services evidence-based in Longevity Medicine?**   
   The Levitas Academy prides itself on a comprehensive Research & Development Team dedicated to reviewing current global research papers while challenging established conventions. This team participates in conferences and presents at congresses to ensure that patients receive precision-based plans tailored to their individual circumstances.

Conventional pathways often rely on population-based reference ranges, neglecting the unique characteristics of each individual human form.

**What is CPD?**

Continuing Professional Development (CPD) is the intentional enhancement of knowledge and skills for professional performance. It involves refining existing skills, advancing to new levels, or acquiring new ones for job expansion or promotion.

Most professions require CPD, which organizations prioritize to ensure a developing workforce. Millions in the UK undertake CPD training annually.

Structured CPD provides employees with a clear path for success and advancement. Those in regulated fields (e.g., finance, law, medicine, construction) risk losing their practice licenses without proper CPD maintenance.

CPD activities vary from formal education like courses and workshops to informal methods such as reading and mentoring. It also includes self-directed study through e-learning and structured reading.

CPD can be provided by specialist companies (e.g. commercial training providers, independent coaches), or provided internally, in particular by larger organisations.

#### **What are CPD Learning Types?**

Continuous professional development (CPD) has three main types:

##### Informal Learning

This occurs organically at work, including on-the-job training, mentoring from colleagues, and attending conferences.

##### Formal Learning

Formal learning happens in structured settings like face-to-face courses, online workshops, or lectures.

##### Non-formal Learning

Non-formal learning doesn't fit strictly into informal or formal categories but aids personal growth through reflective practices like reading industry publications or discussing in online forums.

**What is the difference between Training and Development?**

Training is a structured program that equips employees with specific skills for their current roles, while development prepares them for future roles. Training refines existing skills, whereas development focuses on acquiring new competencies.

#### **What is a CPD Plan?**

A CPD plan serves as an essential tool for focusing on your professional development goals and personal skills while enabling you to track your progress. Setting up a CPD plan involves reflecting on your current skills and knowledge, identifying areas requiring further development, and establishing clear goals for your ongoing professional growth.

Moreover, a CPD plan provides a structured approach to organizing your continuing professional development (CPD) activities. It also encourages reflection on your learning experiences and helps you assess how the undertaken CPD has contributed to your professional advancement.

#### **Why Create a CPD Plan?**

Creating a Continuing Professional Development (CPD) plan offers numerous benefits, such as:

* **Clarifying Your Goals**: It helps you focus on your professional development objectives.
* **Enhancing Motivation**: A well-defined plan keeps you motivated to engage in CPD activities.
* **Increasing Accountability**: It holds you accountable for progressing in your professional development journey.
* **Facilitating Progress Tracking**: You can easily monitor your advancement over time.
* **Identifying Learning Needs**: The process assists you in pinpointing areas that require further learning.
* **Providing Structure**: A CPD plan establishes a clear framework for organizing and executing your CPD activities.

#### **What are CPD Points?**

CPD points serve as a benchmark for your educational pursuits and play a crucial role in maintaining your professional registration. They also act as tangible evidence of your dedication to ongoing professional development.

Typically, points are awarded for participating in training courses, attending conferences, and engaging in various other events or self-directed learning activities. The number of points you can accumulate from each activity varies, determined by the training provider or the corresponding professional organisation.

#### **Who needs CPD?**

In the UK, most professionals across various sectors are expected to engage in CPD, governed by professional organizations or regulators. Employers also increasingly require staff to undertake CPD and may assess them on it.

Members of professional bodies typically have specific CPD requirements set by those organizations rather than their employers. With over 2,000 such bodies in the UK representing all industries, each has its own CPD policies or schemes.

Individuals in regulated sectors (e.g., under the Solicitors Regulation Authority or General Medical Council) must track their CPD to maintain licenses or qualifications. Regulatory bodies ensure public services meet required standards, making CPD crucial.

While employers often support and contribute to CPD plans, individuals are primarily responsible for finding training that aligns with their learning needs and goals.

This presents a significant opportunity for training providers; formal CPD accreditation enhances the appeal of your offerings.\

**Advance you Organisation**

The landscape of medical practice is increasingly fragmented, jeopardizing continuity of care. Personalized medicine emerges as a solution that not only enhances patient outcomes but also offers a more fulfilling career path for existing clinics.

**Launch your own practice**

Our courses are designed to be flexible and tailored to meet your specific needs. We also provide dedicated support for new clinicians during their initial days of practice setup. This encompasses both administrative assistance and clinical guidance in treatment planning. Additionally, you will have access to our Alumni network through weekly webinars, enhancing your learning experience. Levitas offers a versatile franchise model or can simply provide support for your independent practice.

**Types of Training**

Online Training –

This involves carrying out bespoke courses linked to the various elements of Longevity medicine, The courses range from 20 minutes to 40 minutes with self-assessment questions and access to research. The courses are in a verbal narrative as well as insightful slides and practical examples. The courses can be done from the comfort of your own home.

The courses will lead to a CPD accredited certification on completion of a self-assessment

The self-assessment can be repeated if the successful score of 80% is reached. There is no limit to the number of repeat assessments

**Free Online Training**

Levitas offer 2 complimentary courses

**Why we Die?**

This course looks at the history of Living through the ages and the quest for Longevity and touches on the ways humans aimed to stave off ageing

**Application of Cellular Medicine**

This course explores the biological processes that go wrong at a cellular level that cause decline, disorder and disease and mitigating strategies. The course also covers the different approaches in cellular medicine and conventional Medicine

**One to One Training**

Levitas offers One-to-One training for more complex procedures and where individuals would like more in-depth advice on how to set up services. The training can be arranged in advance and can cover any of the disciplines

Popular courses include

-Vaser Lipo training, Specialised Infusions, Bio regenerative aesthetics

**Group Training**

This can be for groups of clinicians who wish to offer Longevity Medicine. The courses can be bespoke to the needs of the Drs and the country of origin. The training can be extended over one to two days, and our concierge team will help support accommodation in London

**Step Ahead in Medicine with Our Cutting-Edge Longevity Courses**

Longevity medicine is far more than a passing trend; it represents a groundbreaking approach to enhancing human healthspan and overall quality of life. As the global population continues to age, the demand for innovative strategies that surpass traditional medical practices has never been greater. Longevity medicine provides a proactive, evidence-based pathway designed to empower individuals to retain their independence, sense of purpose, and fulfillment as they gracefully navigate aging.

Our longevity courses embrace a holistic perspective by integrating the latest scientific research with practical applications. They are specifically crafted to equip healthcare professionals with the essential tools needed to lead in this transformative field. Whether you are an aspiring medical professional or an established practitioner seeking to expand your expertise, our programs are meticulously tailored to align with your goals.

Advance your career in medicine through our state-of-the-art longevity courses. These programs prepare healthcare professionals with both knowledge and skills necessary for revolutionizing aging care via proactive and personalized strategies that incorporate advanced therapies such as regenerative medicine, nutrigenomics, and hormone optimization—all guided by expert faculty members and enriched through real-world case studies aimed at transforming lives while enhancing well-being.

### **Why Choose Longevity Medicine?**

* **Proactive Care:** Transition from reactive treatments toward prevention-focused strategies that tackle the root causes of aging.
* **Personalized Approach:** Master how to customize interventions based on genetic makeup, metabolic processes, and unique lifestyle factors specific to each individual.
* **Cutting-Edge Therapies:** Acquire comprehensive insights into advanced techniques including regenerative medicine, nutrigenomics, biohacking, and hormone optimization.
* **A Holistic Framework:** Investigate the interconnectedness of physical, mental, and emotional well-being for delivering comprehensive patient care.

### **What Our Courses Offer:**

1. **In-Depth Modules:** Explore vital topics such as cellular regeneration, metabolic plasticity, gut health dynamics, and neuroplasticity principles.
2. **Practical Case Studies:** Examine real-world examples demonstrating how longevity medicine can transform lives dramatically.
3. **Expert Faculty:** Benefit from learning alongside pioneers in longevity medicine who bring extensive clinical experience coupled with cutting-edge research insights guiding your educational journey.

## **The Business Awareness Program**

Levitas is excited to introduce a postgraduate 6-week work placement program designed to provide participants with hands-on experience in a small business setting.

### Objectives

The primary goal of this program is to offer real-life exposure through a structured rotation across various departments, which include:

* Social Media
* Digital Marketing
* Web Design
* Finance
* Human Resources
* Customer Service
* Business Development
* Strategic Development
* Board Room Experience

Additionally, there will be opportunities to engage in clinical work within innovative and progressive fields of medical disciplines such as Longevity, Aesthetics, Medical, and Dental.

### Program Structure

The first four weeks will involve rotations through all disciplines. In the final two weeks, participants can focus on their top two areas of interest.

This program will also carry CPD accreditation. We aim to commence in mid-January 2025.

**About Us:**

**The Heart of Levitas Academy**

At Levitas Academy, our true strength lies in the remarkable diversity and unwavering dedication of our team. Each member brings their unique expertise and passion to all facets of our work. The Levitas family consists of clinical concierges, dentists, doctors, and affiliated clinicians, all united by a common commitment to education, innovation, and inclusivity.

We cultivate a robust culture of learning through daily handovers that ensure seamless communication, regular webinars for knowledge sharing, and a collaborative environment where every voice plays a vital role in the growth of our academy. Our team’s diverse backgrounds enrich the educational experience we offer—making Levitas Academy not just a center for clinical excellence but also a beacon for inclusivity and professional development.

We take immense pride in the Levitas family and the significant impact we create together in advancing medicine, dentistry, and beyond. United as one team, we aspire to inspire, educate, and empower healthcare professionals to embrace an innovative future centered on holistic care.

**Nomad Publications: Empowering Knowledge in Longevity Medicine**

Nomad Publications is a unique series of concise, easy-to-read books designed for clinicians and expert patients seeking an accessible introduction to the foundational pillars of longevity medicine. These books are crafted to bridge the gap between cutting-edge scientific research and practical application, making complex topics approachable and actionable.

Each book focuses on one of the five core pillars of the longevity framework: **Restore, Release, Repair, Renew, and Reframe**, offering invaluable insights into optimizing health and vitality:

* **Restore:** Delve into the foundational scaffolding of health, including the role of core micronutrition, hormones, and vitamins in building a resilient and balanced system. This pillar emphasizes setting the stage for optimal physiological flow and long-term well-being.
* **Release:** Explore the art and science of detoxification, addressing modern environmental challenges like heavy metals, EMFs, and chronic inflammation. Learn how key organs such as the liver, kidneys, gut, and brain work synergistically to clear the body of toxins.
* **Repair:** Understand the regenerative potential of the human body, focusing on cellular healing, mitochondrial health, and the reversal of damage caused by aging and stress. This pillar highlights groundbreaking therapies and lifestyle interventions for deep healing.
* **Renew:** Discover how to reignite vitality by enhancing neuroplasticity, hormonal balance, and musculoskeletal health. This pillar promotes the rejuvenation of both body and mind, enabling a more youthful and dynamic state.
* **Reframe:** Reflect on the mindset shifts required to embrace longevity as a lifelong journey. This pillar integrates mental resilience, emotional well-being, and the power of purpose in crafting a fulfilling and enriched life.

With their clear language, actionable insights, and rich scientific grounding, the **Nomad Publications** series serves as both a starting point and a guide for those committed to mastering the principles of longevity medicine. Whether you’re a healthcare provider aiming to incorporate these pillars into your practice or an informed patient looking to take charge of your health, these books offer a roadmap to navigate the complexities of modern longevity science.

Join the journey to restore, release, repair, renew, and reframe your understanding of what’s possible in health and wellness.

Courses

This has been covered by course objectives and the overview

**Research at Levitas Academy:**

**Staying Ahead of the Curve**

Our Research page provides unparalleled access to comprehensive meta-analyses and foundational studies that support the work conducted at Levitas Clinics and Levitas Academy. This resource reflects our commitment to evidence-based practices and our dedication to advancing longevity and regenerative medicine.

In a rapidly evolving landscape where medical science experiences significant updates approximately every 80 days, staying informed is not just essential—it’s imperative. At Levitas, we strive to bridge the gap between cutting-edge research and practical application, ensuring that our clinical approaches and educational materials are firmly rooted in the latest scientific advancements.

Our research repository serves as a dynamic platform offering:

* **Meta-analyses and Literature Reviews:** In-depth summaries of existing research provide clinicians and students with clarity on the evidence supporting our methodologies.
* **Clinical Applications:** Insights demonstrating how current research translates into actionable treatments and protocols utilized at Levitas Clinics.
* **Educational Integration:** Direct connections illustrating how these findings are woven into our academy’s curriculum, keeping our programs at the forefront of medical innovation.
* **Continuous Updates:** Regularly revised content reflecting recent discoveries empowers users to remain informed in a field where knowledge evolves rapidly.

By providing this resource, we enable healthcare professionals and knowledgeable patients to delve into the rigorous scientific foundation that informs our unique approach. This transparency not only enhances comprehension but also fosters trust in the transformative therapies and educational programs we offer.

At Levitas, we don’t merely adapt to the ever-changing world of medical science—we aspire to lead it. Join us in embracing a future where research and innovation drive improved outcomes for all.

Alumni

**Levitas Alumni: A Hub for Lifelong Learning and Connection**

The Levitas Alumni area is an exclusive, secure space designed specifically for clinicians and staff within the Levitas Group. This platform aims to promote ongoing professional growth and collaboration by providing access to a wealth of resources, including recorded weekly webinars that showcase the latest advancements, insights, and best practices in healthcare and longevity medicine.

Our webinars cover a wide array of topics, featuring contributions from both internal experts and renowned external speakers. These events present invaluable opportunities to enhance your knowledge, explore innovative approaches, and engage in meaningful discussions with thought leaders across various fields.

The Levitas Alumni network connects all clinicians and team members affiliated with the Levitas Group, forming a dynamic community dedicated to excellence and continuous education. It serves as a venue where shared experiences, expertise, and ideas come together to inspire growth and innovation.

Whether you're eager to stay informed about cutting-edge medical developments, learn from industry pioneers or connect with peers who share your passion for advancing healthcare— the Levitas Alumni area is your gateway to lifelong learning and professional enrichment.