



Vitalica Wellness  
Interval Autophagic Program

# Interval Autophagic Program

(10 day)

Humans have been on a never-ending hunt for methods to live longer and healthier lives for thousands of years. From the hunt for the "fountain of youth" to creative senolithic; he experimented with many methods to extend human life, ranging from alchemical formulas to modern diets. The human metabolism is capable of self-healing. Every day, our bodies struggle to repair damaged cells and cellular components and to eliminate metabolic wastes. Unfortunately, our environment is filled with stimulants that undermine the natural healing process and introduce additional dangerous compounds into our bodies. Among all the anti-aging strategies studied, restricted calorie diets, such as fasting with the right ingredients, have proven to be one of the most appealing and effective ways to prolong life and improve health, as well as reduce the risks of diabetes, Alzheimer's, dementia, autoimmune disorders, spontaneous tumors, and cardiovascular disease.



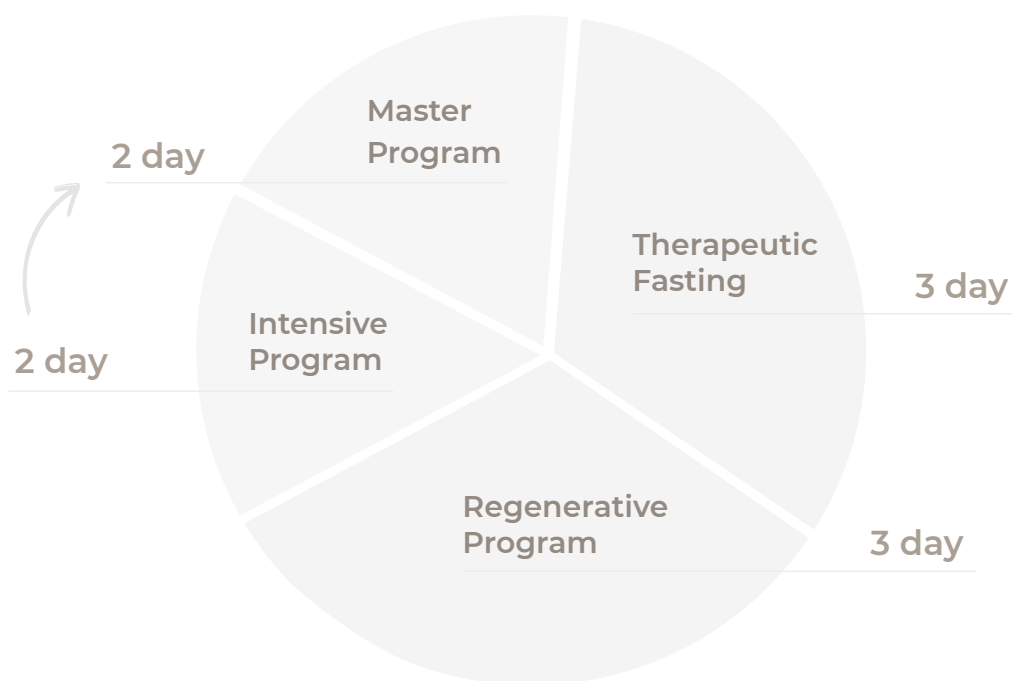
The goal of the Autophagic Program is to stimulate the body's self-healing power against the critical health conditions outlined above. The sequence in which the body is fully nourished with fat reserves in a progressive transition from a 1100 kcal diet to a 250 kcal diet for a certain amount of time is known as therapeutic interval fasting. Autophagy and detox enzymes are enhanced as a result of the 10-day program, and cell and tissue regeneration is assured. interval Autophagic Program is used to treat disorders such as cardiovascular difficulties, joint problems, rheumatism, chronic digestive problems, and migraine, Cancer, Alzheimer's disease, obesity, hypertension, and type 2 diabetes; it is also used to lessen the harmful effects of risk factors on the body such as smoking, alcohol, malnutrition, and stress. In the case of optimal weight and health, it is suggested to do this program once a year as a preventative measure. This program must be completed for a least of 10 days in order to thoroughly cure the individual physically, psychologically, and emotionally.



This program is carried out under the supervision and guidance of our experienced physicians and nurses.

The interval Autophagic Program is divided into four segments.

- Intensive Program
- Master Program
- Therapeutic Fasting
- Regenerative Program



## Intensive Program - 2 day

This program was established by our specialist physicians and nutritionists to eradicate inflammation and toxic accumulation in the body and to give you a strong and fantastic start. The program combines superfoods with cellular cleaning, herbal nutritional supplements, and wellness therapies to cleanse and regenerate the body's five major organs (skin, lymph, lungs, liver, and intestines). This stage strives to restore physical, mental, and emotional equilibrium to the body. As a result, we provide courses, sports activities, group meditation, breathing treatment, and mindfulness sessions to help people live a better lifestyle.





## Master Program - 2 days

The master program is an old technique of cleansing that uses liquid fasting to offer optimal relaxation for the digestive system. This method is the most efficient technique to get rid of toxins in the body. The whole approach is built on entirely resting the gastrointestinal tract, with the goal of relaxing the stomach, liver, pancreas, and intestinal processes. The body requires relatively little energy for digestion during this cleansing regimen since there is no chewing. The Master Program's eating plan includes detox beverages, detox soups, herbal teas, alkaline water, and a variety of herbal supplements that allow all bodily toxins to pass through to your intestines. The body is totally cleansed of toxins with the Angel Of Water - Intestinal Cleansing method, which will be performed with the doctor's permission. All tissues and systems, particularly the digestive system, are restored and invigorated by the program's conclusion.



## Therapeutic Program- 3 day

The term "autophagy," which means "self-eating," is derived from the phrase "Auto - Phagein." Autophagy is the process through which our bodies recycle and eliminate old or superfluous cells (such as fat cells) that no longer serve a purpose or benefit our health. It is a sort of cellular recycling in which the cell metabolizes diverse components in order to reuse them in the building of newer, healthier cellular structures. Autophagy in the intestinal lining makes us less susceptible to intestinal inflammation and the development of leaky gut syndrome. When our autophagy levels are high on a daily basis, our skin is more supple and less prone to eczema, acne, and aging signs. Autophagy helps our brain cells. Because it allows them to execute more clearly, precisely, and swiftly. This boosts our attitude, memory, and mental processes. It also lessens the risk of getting dementia and other neurological illnesses.



The major causes of autophagy are cellular stressors such as nutritional deficiency in tissues produced by activities such as fasting, exercise, and severe temperature change. To induce autophagy, the body's insulin and mTOR (mammalian target of Rapamycin protein complex) pathways must be repressed, while the AMP-K (adenine monophosphokinase) pathway must be activated. The mTOR pathway is associated with the regulation of growing tissues in the body. By far the most effective technique for activating the body's autophagy processes is prolonged fasting. You achieve a high level of autophagy when your glucose-ketone index (GKI) is around 1:1, which occurs on day 3 of the Therapeutic Program. GKI (Glucose Ketone Index) is a research ratio. A good indicator of nutritional ketosis for GKI is between 1:1 and 4:1. If you are in this range, your body is in nutritional ketosis. So your body is either learning to use ketones for energy or has gotten used to using them as a primary energy source.





## Regenerative Program - 3 days

Interval The Autophagic Program starts at a light intensity in the first days; After the Intensive Program and the Master Program, the rejuvenation program is started after three days of time spent with only special liquids and water gradually. The last three days, during which visitors gradually revert to their previous eating patterns, will determine the overall effectiveness of the program. At this point in the program, guests are given herbal teas, freshly prepared vegetable soups-purées, and freshly squeezed fruit juices. At this stage, dormant stem cells are stimulated and new structures are formed. Thus, it indicates that a regeneration and revival phase has been passed.



# PROGRAM CONTENT

## Well-Aging Consultation

In order to protect and improve your health, we offer sustainable solutions for you to get to know yourself better and to reach your physical, spiritual and mental balance.



## Cardiology Consultation

In addition to the current medical information received by our specialist doctor at the Vitalica Wellness cardiology consultation; A detailed analysis is carried out by questioning the medical history and family disease history of the guest. The most common complaints in heart diseases; chest pain, shortness of breath, fatigue and palpitations. According to the symptoms and frequency, If our doctor feels it essential, an additional 'Cardiology Package' to be administered for 3 days is to be applied, cardiovascular diseases and heart-lung performance are tested by doctor. In addition, herbal supplements that support heart health, as well as vitamins, minerals, and antioxidants administered intravenously, are included in this package. With a special cardiac meditation session, we strive to improve the person's quality of life by reducing stress in the body.



## 4 individual Personalized Nutrition Plans

At the first stage of the Interval Autophagy program, you begin with the Intensive Program, which comprises breakfast, lunch, supper, and herbal meals and beverages. You will progress to the Master Program in the second level, when you will cleanse your colon and digestive system with cleaning smoothies and fruit juices. In Stage 3, you will graduate to a Therapeutic Fasting Program utilizing herbal extracts and alkaline water, and eventually, in Stage 4, you will proceed to the Regenerative Program, where you will consume one main meal per day and complete the program.



## Supplements for Autophagy

Autophagy is a normal process that diminishes with age. At the cellular level, the correct dietary elements can induce healthy autophagy. The herbal supplements we supply as part of the program aid in cellular recycling, helping you to live the healthiest and longest life possible. These herbal supplements include luteolin and other alkaloids that assist in the natural detoxification process of your body.



## Ketone Test

This test is used to determine your body's state of ketosis. Ketones are generated in the liver as fat cells degrade. The amount of ketones in the blood rises during fasting or a low-carb, no-sugar diet. We seek to identify the body's fat burning condition through a comparison of the Ketone Tests performed by our Specialist Doctors at various points throughout the program, and to maximize the program's efficiency.



## Unlimited Alkaline Water

Most of the water we drink has a PH value of less than 7. This raises the body's acidity and promotes bacterial growth. Because it contains more hydrogen, alkaline water is more hydrating for us. A PH value of more than 9% results in an alkaline environment in the blood and cells. As a result, it aids in the lowering of acid in the bloodstream and the treatment of a variety of health issues. We propose drinking alkaline water and teas since they are easier to absorb by body cells and have a more nutritional composition. Alkaline water also boosts metabolism, enhances energy, slows aging, improves digestion, and aids in bone loss prevention.





## Cell Renewal Drinks

When Sirtfoods drinks are consumed , they independently activate our sirtuin genes, keeping our metabolism alive and healthy. Sirtfood beverages with high resveratrol contain a number of natural plant compounds such as large amounts of piceatannol , quercetin , myricetin , epicatechin.



## Angel of Water + 20-Minute Abdominal Massage

Angel of Water is the top performing colon hydrotherapy medical system on the international market, and it is FDA approved. It is a safe, easy, and efficient method of stool cleaning. Class 1 medical equipment for colon cleaning has been approved. Angel of Water is a non-invasive therapy that detoxifies the body while stimulating the digestive tract. Water is injected into the colon during this process, slightly boosting normal muscle contractions and removing accumulated waste. Since it contains only sterile warm water, it does not harm the good bacteria.



## Participation in Group Activities

■ Fitness ■ Walk ■ Yoga ■ Breath Therapy ■ Kangoojump



## SALT ROOM (BODRUM)

Salt is a healthy and natural substance without any side effects. Salt Room Therapy, which is recommended to improve your breathing, was created on the principle of 'breathing with air', which contains microscopic salt particles. It is used to treat asthma, bronchitis, dry cough, lung ailments, chronic obstructive pulmonary disease (COPD), lung infections, throat infections, skin conditions, pharyngitis, and respiratory ailments caused by smoking. In addition, Salt Room Therapy, which improves the amount of oxygen in the blood, is also used in the treatment of respiratory problems caused by the necessity of living with a mask, especially due to the covid-19 pandemic.



## Infrared Sauna

The correct dose of infrared wavelength seeks to deliver the maximum amount of benefit by being transmitted to the body in the sauna. According to scientific studies, different wavelengths of light have varying degrees of activity. As a result, for optimal impact, Infrared In the sauna, ideal wavelengths of varied lengths are created as close, mid, and distant waves. Photobiomodulation transfers energy to cells by using near-infrared wavelengths (700 to 200 nanometers (nm)). The near infrared (880 nm) wavelength is good for penetrating the skin. When near infrared light is applied to the skin, fibroblast cells absorb light activity, resulting in enhanced collagen and elastin formation. Infrared heating technology provides a high level of detoxification experience as it has been proven to increase body temperature by three degrees. A beneficial perspiration occurs from the pores during the removal of toxins. This sweating promotes skin regeneration, cell health and tissue growth.



## The Steam Room

It is advised to use the steam room on a daily basis since it guarantees the clearance of toxins stored beneath the skin, improved circulation, and cardiovascular system regulation. The steam room's dampness and heat widen the capillaries, enabling blood to flow more freely. As a result, oxygen is delivered to the tissues more efficiently. This application reduces the release of the stress hormone cortisol. Furthermore, the heat of the Steam Room opens nasal pathways, allowing you to breathe more pleasantly and profoundly.





## Indoor Swimming Pool

Private Indoor Pool With Heating



## Outdoor Swimming Pool

Outdoor Infinity Pool Filled With Sea Water























