



Vitalica
Well Aging Program
Sirt Nutrition

Vitalica

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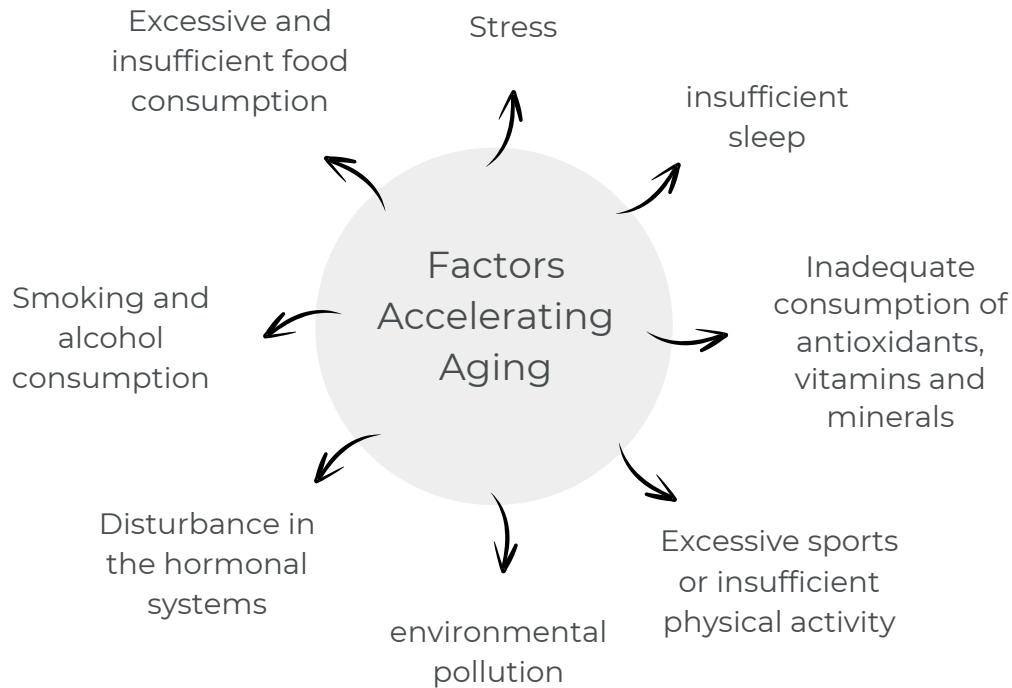
Sirt Nutrition (3-7 day)

The desire to look youthful and not age has persisted in human minds throughout history. Today's question is, 'Can life expectancy be increased?' Is it possible to stop aging?' These are some of the most often asked questions by persons with high awareness. The answer to these queries is healthy and good aging programs. The basic idea of aging well, namely Well Aging, is to guarantee that the process of aging is healthy, active, and pleasant. As Vitalica Wellness, we consider this philosophy holistically in the Well Aging Program; We aimed to regulate the biological events that cause aging, to reduce the mental problems that come with aging, to protect it from diseases that can be seen in old age and to eliminate the deformations caused by this process in our body.



You may begin to repair and revive your body by strengthening the immunological, hormonal, and digestive systems by restricting calorie consumption in the serene, stress-free, and therapeutic environment of Vitalica Wellness, and by consuming foods containing SIRT proteins necessary for health.





According to scientific evidence, genetics has a 30% influence on longevity and health. 70% of aging is influenced by lifestyle and environmental factors. This suggests that simply altering our lifestyle, we may prevent a substantial portion of aging.

We cannot change our chronological age, but we may modify our biological age and remain youthful. Aging does not affect everyone in the same way or at the same rate. The biological age is determined by the severity and rate of aging. Hormone levels, vitamin-mineral status, bone density, respiratory capacity, and individual condition are all factors that influence biological age.

The system that keeps our body in balance is the hormonal system. Hormones from heart health to immune boosting; They are systems that control everything from physical performance to anti-aging effects on the skin. For years, scientists thought that as people got older, their hormone levels decreased. Today, it is accepted that people age as a result of decreased hormone production in the body and decreased hormone levels in the blood.

The decrease in hormones begins in the 30s and becomes evident in the 50s. By the age of 40, the level of most hormones in the blood drops. In particular, there is a significant decrease in melatonin, DHEA, growth hormone, estrogen and testosterone, which are called youth hormones. Most people aged 65 and over have little or no growth hormone.



As Vitalica Wellness, we have created a well aging program consisting of 7 basics, taking all these into account;



Sirt – Nutrition



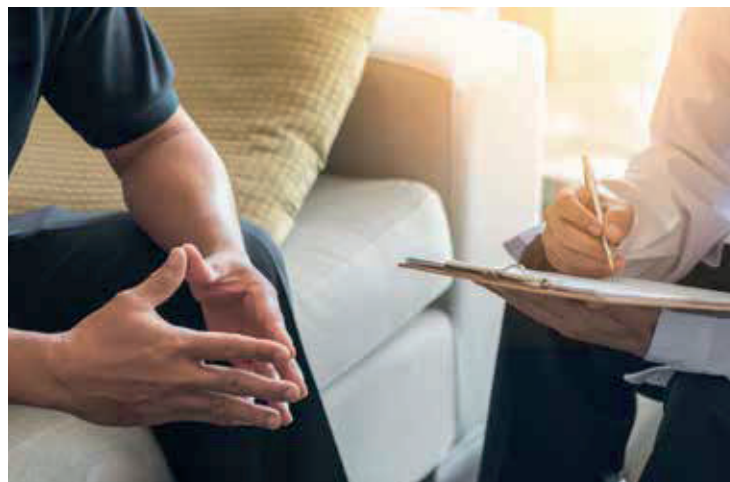
What makes the Well Aging Program nutrition effective is its ability to activate a family of genes present in every human being. The name of this gene family is 'sirtuin'. Sirtuins regulate processes that affect our ability to burn fat, our resistance to disease, and our quality of life. Sirtuins have been called "master metabolic regulators" because of their effects on the body. The main goal of the sirt diet is to consume foods that activate sirtuins, along with calorie restriction. Studies show us that a diet rich in sirtuin prolongs our lifespan and increases our quality of life.

Sirtuin creates an anti-aging effect by protecting the cells in our body from dying due to free radicals. The sirt diet allows to develop the muscular system, suppress appetite, improve memory and stabilize blood sugar. Sirt diet also provides activation of AMPK (Adenosine Monophosphate Kinase), an important metabolism regulator. When the AMPK enzyme is activated, it is effective in the treatment of diseases such as prediabetes, diabetes, obesity and cancer. With the AMPK enzyme, there is an increase in physical and sexual performance while rejuvenating all tissues.

PROGRAM CONTENT

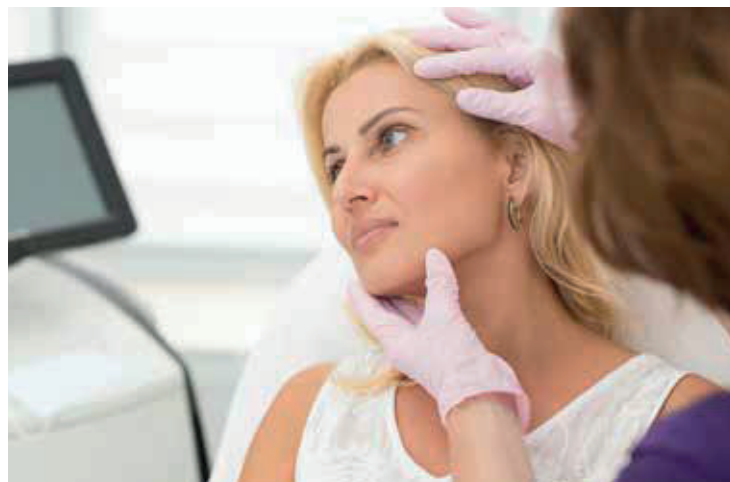
Well-Aging Consultation

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.



Anti-Aging Consultation

This program includes a variety of medically approved supplements such as nootropics, antioxidants, peptides, amino acids, unsaturated fats, essential essential vitamins and trace minerals that help slow the aging process and rejuvenate all your tissues.



Stress and Lifestyle Consultation

Our expert counselor will ask you in-depth questions about your current lifestyle and stressors during your appointment. The counselor seeks a more comprehensive understanding of your psyche to ensure you receive the most appropriate treatment support. With this consultation, we aim to provide our guests with health problems as a result of stress to receive the support and therapy they need.



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.



Customized Sirt Nutritional Plan

Sirti proteins, which accelerate metabolism and improve tissue vitality, open the doors to a wonderful world of nutritious nourishment for you. Sirtuins have an anti-aging impact; they help control hunger, balance blood sugar, increase muscular system, and memory.



Supplements for Anti-Aging

Anti-aging supplements include a wide range of medically authorized and useful supplements, including nootropics, antioxidants, peptides, amino acids, unsaturated fats, vital vitamins, and trace minerals. These vitamins aid in the slowing of the aging process and the revitalization of all tissues.



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.



Participation in Group Activities

■ Fitness ■ Walk ■ Yoga ■ Breath Therapy ■ Kangoojump



Mud Wrap for Anti-Aging

We combine the detoxifying properties of seaweed, one of the most effective antioxidant and anti-aging clay treatment compounds for clay therapy, with the moisturizing and exfoliating benefits of clay. It is rich in potassium, magnesium, sodium, bromine, calcium, and other minerals. In addition, essential oils of vitamin E, grape seed, bladderwrack, carrageenan, and sage are infused into the clays for maximum impact. The body is cleansed of impurities as a result of this application's healing and revitalizing properties, and the skin softens and begins to shine. Anti-Aging Mud Wrap also improves your physical activity by treating cellulite, obesity, joint discomfort, and joint stiffness.



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.



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.



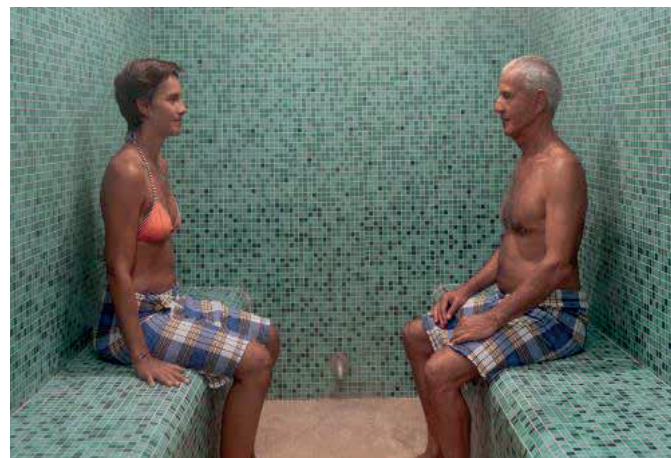
Infrared Sauna

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













