



HOUSE *of* GAIA
BATANGAS

Longevity Nexus

Pioneering Longevity in the Philippines

The average lifespan of the modern Filipino currently sits at 72 years, but according to leading scientists today, the genetic potential for 90% of humans is around 100 years. The modern 21st century lifestyle is accelerating the aging process for most of us and is potentially robbing us of 20 to 30 good years.

House of Gaia is the first of its kind AI enabled, data driven, longevity nexus in the Philippines aimed at slowing down biological aging and maximizing human lifespan (the number of years we are alive) and health span (the number of years we are functional and disease-free).

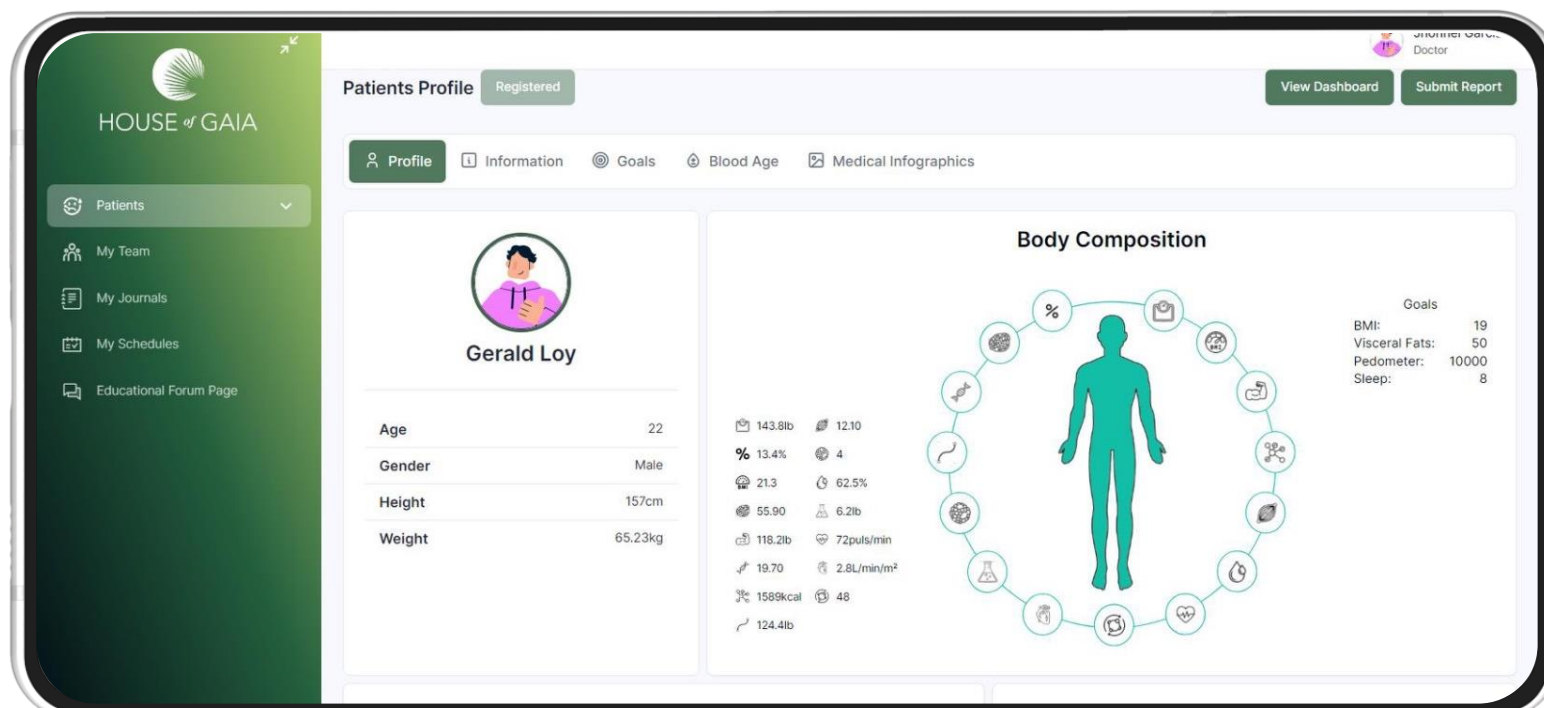


Modern medicine today is faced with a problem it is ill equipped to solve. For the first time in human history, most of us are now living long enough to watch our bodies deteriorate and fail, while we are still living in them.



(Premature) Aging is now widely considered to be the single greatest cause of human suffering today. Cancer, heart disease, stroke and dementia, are now the leading causes of death in the modern world, and these debilitating and often heart-breaking conditions are all diseased of age! A 2017 study found that 88% of Americans are aging prematurely and accelerating the progression of these diseases. Data from the different parts of the globe confirm that the rest of the modern world is not far behind.

Fortunately, the advent of machine learning, artificial intelligence and big data are now about to level the playing field.



Through these new technologies, we can now more reliably begin to track your pace of aging, and more importantly, use precision interventions to slow it down. By targeting aging itself, we address its downstream effects, including diabetes, hypertension, obesity, frailty, and most of the chronic progressive diseases plaguing modern man.



Your Path to a Healthier, Longer Life

Gaia Longevity Nexus is the first institution of its kind in the Philippines that applies internationally accepted longevity medicine practices aimed at intervening where modern medicine does not... before disease has manifested.

Modern allopathic medicine is often reactive, intervening mostly when disease has already presented itself. At this point, the damage to your body could already be significant. By intervening early, we can delay or prevent to onset of disease and by doing this, we can extend your healthy years and maximize your genetic lifespan potential.



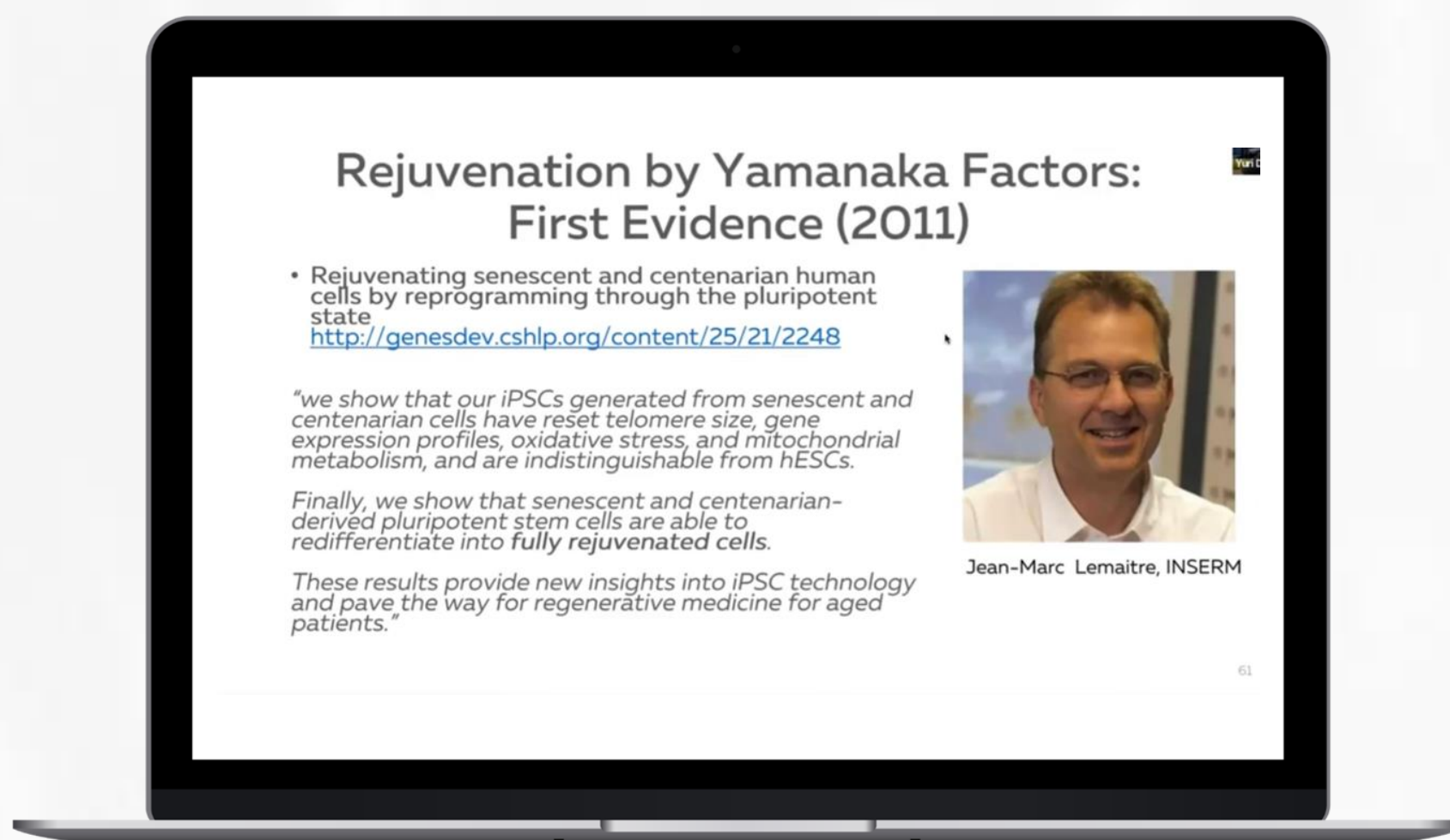
Our goal for each of our members is a strong **100+ years** we believe that this is possible for 2 reasons:

The first is that most humans do not reach their optimal genetic potential. The average human today is overweight, does not exercise, eats poorly, under-sleeps, is hypertensive and pre diabetic by the time they are in their 40s. The average human will be on 4 to 6 different types of medications by the time they are 65. This average human, who is sick for half his life is living 70 to 80 years. *How long could an optimal human live?*

The second reason is that the interventions we will have 10 to 15 years from now will be very different from the interventions that are available today.

Most people are unaware of this but the technology to dramatically slow or even reverse biological aging is **potentially already here.**

While we are not yet ready to demonstrate this in humans, we now know that cellular age reversal is possible.





We believe, as many others in the longevity space do, that the rapid pace of discovery due to machine learning, will enable us to treat aging itself within the next decade or two. Gaia is well poised to pioneer such treatments (regenerative medicine, gene therapy, stem cell augmentation, etc.) in the Philippines because of our international affiliations and partnerships with different longevity institutions from around the world.



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GOLD PROGRAM

1 YEAR

The **Gold Program** is an introduction to longevity medicine interventions and is designed to get one from a *diseased* state to *healthy*. Over the next 12 months, you will be assigned your own team of longevity experts including a medical doctor, nutritionist, strength and conditioning therapist, pain management therapist, longevity mindset coach and your personal health liaison officer will work with you to achieve the following objectives:

- Achieve the correct weight and body composition for your age, height and sex. Your ideal body composition should as closely as possible match your phenotype at your *physical prime*.
- Resolve, as much as possible, age-related chronic conditions such as *primary hypertension, pre-diabetes, diabetes, obesity* and other metabolic disorders associated with the aging phenotype.
- Restore optimal sleep patterns thru regulation of your natural *circadian rhythm*.
- Restore optimal levels of *energy* and *mental cognitive function* for an overall improvement in your quality of life.
- Increase physical strength, flexibility, balance, gait speed and other physical functions that deteriorate with advancing age.
- Improve your physiological and mental outlook towards aging.
- Resolve where possible current medical condition that may or may not be associated with aging.

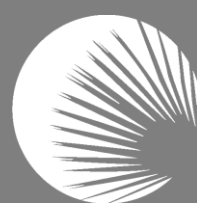
Inclusions in the 12-month program are the following:

- Concierge longevity health team that will be in monitoring all of your data and will be in constant contact with you tracking your health journey and guiding you every step of the way for 365 days.
- Your data tracking kit including wearables, patches and intelligent measurement devices.
- Onboarding blood work and biological age analysis.
- Personalized longevity meals delivered to you fresh at your own home to remove any guesswork on your part on your ideal dietary needs.
- Nutritional monitoring and custom recipes based on your food preferences.

- Bespoke personal strength and conditioning training to specifically improve *body composition, strength, flexibility, gait speed, endurance and balance*.
- Personal pain management program to ensure that any pain that can worsen with age is caught and resolved early.
- Longevity mindfulness coaching to ensure sound mental health and a sense of purpose is retained with age.
- *Free overnight Deluxe Villa stay at House of Gaia Longevity Center in Lipa, Batangas with free breakfast.*
- Use of Photo bio-modulation chamber.
- Monthly evaluation and progress reporting.
- Aesthetic (photo age assessment) consultation and extrinsic aging evaluation

*Healthy longevity can be achieved at any age through the application of specific Longevity Medicine interventions which combines *Lifestyle Medicine, Traditional Allopathic (Western) Medicine, Big Data and AI Algorithms* that allow us to practice precision medicine and apply targeted interventions based on your individual and specific needs.

** Success in this program requires cooperation between your longevity team and yourself as compliance and constant communication with your team is essential for a meaningful and life changing outcome.



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PLATINUM PROGRAM

1 YEAR AND BEYOND

If you are truly serious about maximizing not only your years but your strong and healthy years here on Earth, then understand that healthy longevity is a lifelong commitment, because as your body changes over time, so too will its health needs. This is where the power of data, A.I. and a dedicated team focused on your personal health journey can maximize your chances of living to a hundred years strong!

As a Platinum Member you will receive: Concierge longevity health team that will be monitoring all of your health data and will be in constant contact with you, tracking your health journey and guiding you every step of the way for the next *20 years*.

- Your data tracking kit including wearables, patches and intelligent monitoring devices.
- Gourmet longevity meals delivered to you fresh to your own home daily to remove any guesswork on your part on your ideal dietary needs.
- *Lifetime** personal nutritional monitoring and custom recipes will be provided by your nutritionist based on your food preferences.
- Bespoke personal strength and conditioning training to specifically improve *strength, flexibility, gait speed, endurance, body composition and balance*.
- *Lifetime** annual supervision from Strength and Conditioning coach to ensure optimal functions over time.
- *Lifetime** supervision from your pain management therapist to ensure that any pain that can worsen with age is caught and resolved early.
- *Longitudinal* longevity mindfulness coaching to ensure sound mental health and a sense of purpose is retained with age.
- *Lifetime** annual mindfulness assessment to track psychological health and mental / emotional wellbeing.
- *Lifetime** Free annual 3 to 7 nights Wellness and Longevity package stay at House of Gaia Longevity Center.

Plus...

Access to HLI (Human Longevity Inc) 100+ Annual Health Assessment*

This is to date, the most comprehensive data-driven annual health exam that includes *whole genome sequencing and update, whole body and brain imaging, coronary calcium scoring, body composition, and advanced blood biomarker analysis*, all of which can lead to pre-symptomatic diagnosis of cancer, cardiac disease, and neurodegenerative and metabolic risks.

Your own designated 24/7 Concierge Longevity Team

Who will work with you to design and refine a lifestyle plan of nutrition, movement and routine health management (i.e. prescriptions, vaccines, and specialty labs). In addition, our concierge physicians manage and coordinate your acute care needs via tele-health service anywhere in the world or onsite in our same day and urgent care partner clinics.

Access to World Class Experts

Our longevity physicians collaborate with a world class network of expert clinicians and researchers at *Shanghai University, Human Longevity (Beijing), Senoclock (UK), Glycanage (Croatia), Brainkey (USA)* and other top academic and clinical programs available for timely consultations for all routine and complex conditions.

It all starts with a comprehensive array of advanced testing to create your unique baseline. We then apply state-of-the-art diagnostics and concierge care to help you attain your best health both for the present and for the future.

HLI 100+ Annual Health Assessment:

Magnetic Resonance Imaging (MRI)

MRI uses powerful magnets, radio waves, and computer technology to generate detailed images of your organs without the use of radiation. 100+ imaging protocols employ unique software to interpret and quantify images that can be integrated with both genetics and biomarkers to aid in the early detection of disease.

Body

Detects solid organ tumors of the neck, chest, abdomen and pelvis, and assess for many cardiovascular, cancer and metabolic diseases.

Brain

Generates detailed visualization of soft tissues and vessels of the brain to establish an assessment that looks for tumors, aneurysms, masses, and evidence of neurodegeneration.

Heart

Non-contrast MRI heart function and structure assessment that examines size of chambers and the pumping function of the heart. Local wall motion abnormalities can be detected which may reflect underlying heart disease.

Whole Genome Sequencing and Annual Re-Annotation:

- Hereditary illness contributed by multiple gene mutations
- Carrier status for conditions you may pass on to future generations
- Pharmacogenomic profile that explains reactions to medications
- Physical traits and attributes that can guide lifestyle decisions
- Annual genomic report updates based on new research

Heart Function Assessment

Coronary Calcium Score (CT)

Non-Contrast Cardiac CT assesses coronary artery health by detecting the location and extent of calcified plaque in the walls of your coronary arteries. It is a key factor used in the calculation of current and future cardiovascular risk.

Echocardiogram (ECHO)

Uses ultrasound to visualize and measure the size and shape of your heart, as well as the structure and function of your heart muscle by measuring myocardial mass and quantifying ejection fraction.

Lab and Other Tests

Insulin Sensitivity

Insulin helps control the amounts of sugar (glucose) in the blood, evaluates evidence of insulin resistance a key risk factor for type two diabetes.

Bone Density (DEXA)

Evaluate bone mineral density to understand osteopenia and osteoporosis risks.

Metabolomics

Blood-based laboratory assessment using mass spectrometry to evaluate metabolites that help to evaluate risks for diabetes and metabolic disease.

Stool DNA Test

A self-administered, FDA-approved home kit for colorectal cancer.

Body Composition

MRI-derived composition to evaluate muscle and visceral fat in order to optimize performance and better evaluate risks for diabetes and cardiovascular disease.

Sensor and Wearables

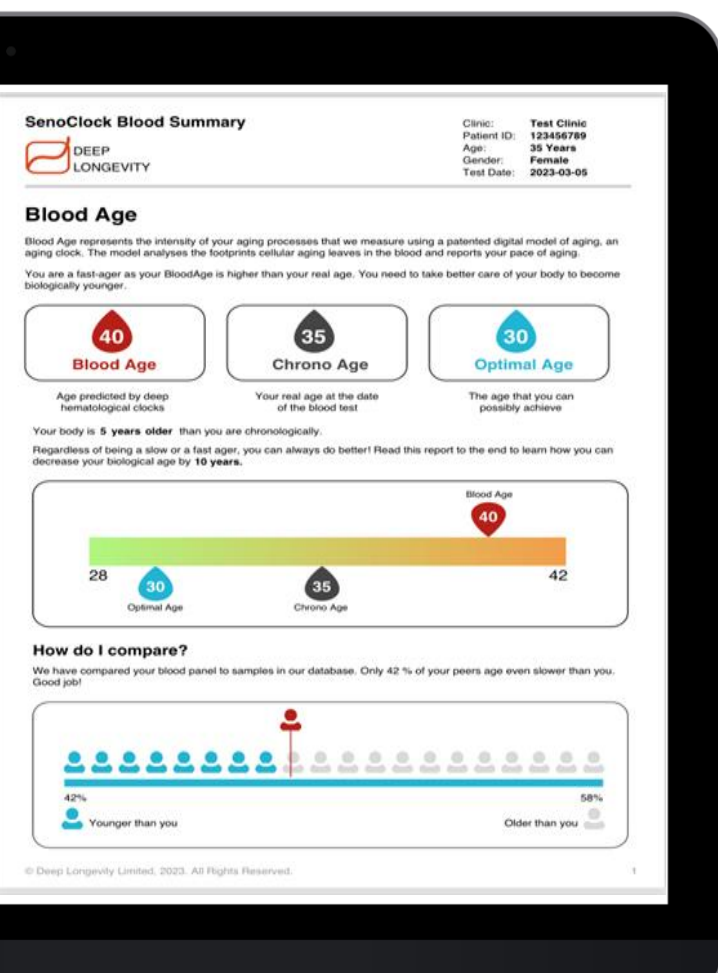
Monitors for day-to-day health metrics. These could include glucose sensors, sleep trackers, blood pressure monitors or others. With this data, we can optimize areas of nutrition, sleep, diet, and exercise.

**Tests are performed in Human Longevity Inc, Beijing, at your initial assessment for baseline and then performed annually as needed.*

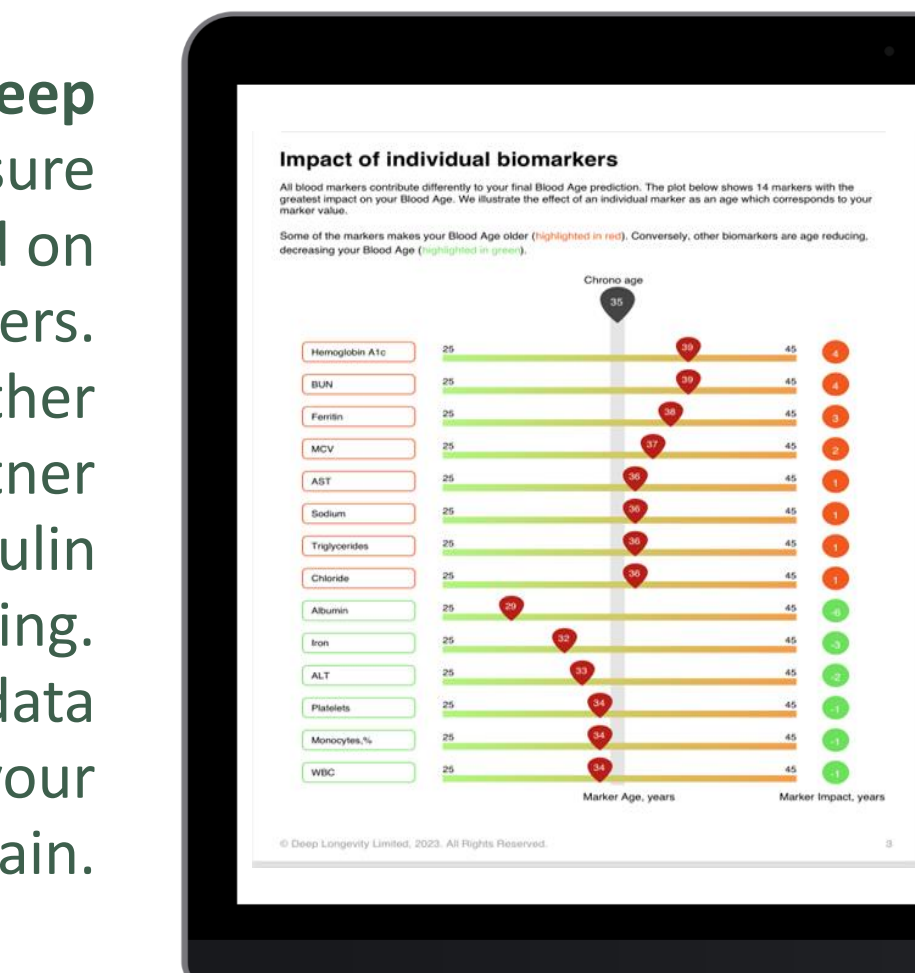
**Lifetime membership is for a period of 20 years*



HLI (Human Longevity Inc.), in Beijing is one of our chief diagnostic partners. Founded by **John Craig Vetter**, the man who “cracked the human genome” and founder of Celetra, HLI is one of the most advanced full body diagnostic testing facilities in the world boasting a 3 Tesla MRI machine of which only a handful currently in existence today.



Senoclock (UK) from **Deep Longevity** allows us to measure your biological age based on specific blood markers. **Glycanage (Croatia)** is another biological aging clock partner that uses immunoglobulin glycation to track pace of aging. **Brainkey (USA)** uses MRI data output to track the age of your brain.



With these objectives in mind, we are set to open House of Gaia, Batangas, the country's first dedicated longevity center, located in Lipa City, this December. The facility is designed to be the longevity hub of the Asia Pacific region, bringing together present and future longevity and lifespan extension technologies as they become available, not only to the Filipino but to the rest of Asia as well.



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