DNA 4 Life – OPTIMAL HEALTH & WELLNESS PACKAGE

Introduction:
This is our foundational four-day ‘DNA 4 Life’ personalized lifestyle medicine package, conducted at the state-of-the-art DNA Integrative Medicine & Wellness Center on Abu Dhabi’s Saadiyat Island. Our guests choose to stay at one of the luxury five-star resorts on Saadiyat, and have the option of extending their stay for seven days, fourteen days or twenty-one days to continue specialized clinical treatment - or simply for pure relaxation and rejuvenation benefits.

- Explore your DNA blueprint through genomic testing and DNA sequencing
- The first step to healthy aging is knowing how well you are aging with telomere testing
- Personalized Lifestyle Medicine to create your individual wellness plan
- Collaborative care team approach with DNA’s multi-disciplinary clinical experts
- Harmonize your mind, body and spirit to achieve optimal balance in life

Overview:
Making healthy lifestyle choices will transform your life. Our medical team will partner with you to design an individualized lifestyle plan based on your genomic and DNA profiles, key laboratory tests and a comprehensive assessment of your current state of health. You will be guided on your healing journey through food, movement, stress modification, sleep, rest and the integration of your mind, body and spirit. Creating a new state of health and balance mentally, emotionally and physically will allow you to live up to your highest potential and get the most from your DNA - for life.

Objective:
Your dedicated team of DNA clinical specialists and functional medicine experts - as well as your nutritionist, personal trainer and lifestyle educator - will work with you over the four days to design a personalized wellness treatment program aimed at preventing chronic disease and creating positive life-long habits to transform your state of well-being.

Indicated for:
Creating a ‘DNA 4 Life - Optimal Health & Wellness’ plan should be a goal for all healthy men and women who are seeking to age successfully, and are interested in a preventive and personalized approach to their continued wellness. This is also a great program for athletes desiring improved function and performance.

PACKAGE OUTLINE

a. MEDICAL PROGRAM OUTLINE
We start each of our guests’ medical treatment programs with a personalized DNA ‘Blueprint for Health’ assessment using advanced genome testing, DNA sequencing diagnostics and telomere testing to gain an understanding of chronic conditions and risk factors. Predictive medicine and early detection screening can uncover hidden conditions that may present themselves in the future if positive lifestyle, environment and nutritional changes are not introduced and implemented.

These biochemical tests analyze the state of gene products such as enzymes, proteins and chromosomes, and have been shown to dramatically improve lives by providing a clarified diagnosis of chronic conditions. The preparatory labs, physical exam findings and on-site screening results become a map to help DNA’s clinical team guide you in your journey towards a life of health, wellness, vitality and inner peace.
Pre-Arrival Preparatory Care

The first step of your journey to complete wellness begins with a free initial 30-minute telephone assessment with DNA’s dedicated Care Coordinator to talk you through all aspects of your chosen program and make sure it suits your individual needs to custom-create your ‘DNA 4 Life’ experience.

Following this initial telephone call, DNA’s Care Coordinator will fill in your preliminary medical history intake forms, and arrange for you to complete initial laboratory assessments to test the following:

- Personalized genomic testing and nutritional genomics
- Oxidative stress and DNA damage
- Toxic mineral levels
- Inflammatory markers
- Advanced lipids and cardiovascular markers
- Essential fatty acids and the omega 3 index
- Comprehensive Metabolic Panel, including thyroid function
- Complete blood count
- Blood sugar and insulin levels
- Salivary adrenal function testing
- Nutritional status for personalized supplementation
- Cellular energy production testing
- Vitamins and mineral status
- Anti-oxidants
- Prostate function check (PSA) for all males aged over 35

Further optional testing is available, at an additional charge:

- Comprehensive gastrointestinal testing for food sensitivities and allergies
- Toxic heavy metal provocation screening
- Advanced hormone evaluation

Day One – Clinical Orientation

On arrival in Abu Dhabi, you will receive an orientation and briefing on your customized ‘DNA 4 Life-Optimal Health & Wellness’ program, which will be aimed at assisting you integrate healthy lifestyle choices throughout your four-day visit to establish a positive mind-body-spirit balance, and achieve your optimal health and personal potential to ultimately transform your life.

Day Two – Advanced Diagnostics & Assessments

You will spend the day in a private medical suite at the DNA Center on Saadiyat Island, with personalized meal and snack services designed by our functional medicine nutritionist and tailored to your preferences. Day Two of the program is focused on advanced diagnostics and assessments, including:

- A 64-slice low radiation CT scan to assess your coronary calcium score, perform a virtual colonoscopy and provide a complete head-to-toe 3D evaluation for tumor screening – aimed at mitigating major risks to your health
- A PhysioAge assessment and telomere testing to analyze the actual age of your brain, lungs, arteries, skin and immune system to determine your real biological age, as a baseline marker for your healthy aging plan
- Thermal screening for Autonomic Nervous System response
- A comprehensive medical history and lifestyle consultation with DNA’s integrative functional medicine team

Also:

- Executive physical exam and nutrition assessment
- Medical education and lifestyle coaching session
- Healthy lunch designed by DNA’s Functional Medicine Nutritionist to support purification and cleansing
- Pastoral, structural, and gait assessment with DNA’s Functional Chiropractic Physician
- Cosmetic consultation with DNA’s bio-aesthetician
Day Three – Your Personalized ‘DNA 4 Life – Optimal Health & Wellness’ Lifestyle Plan
Following physical assessments, you will have a consultation with the DNA clinical team, who will provide their integrated findings on your current state of health. Additional activities on Day Three also include;

- Physical activity and exercise capacity assessment
- Exploration of your life’s spiritual purpose and healing journey
- Healthy lunch designed by DNA’s Functional Medicine Nutritionist to support purification and cleansing
- Review of customized healing therapies with DNA’s Naturopathic Physician & Acupuncturist

Day Four – Lifestyle Coaching and Counseling
DNA’s Patient Lifestyle Educator will provide you with an overview of your tailored health goals, diet and lifestyle program. Your ‘DNA 4 Life - Optimal Health & Wellness’ program will be completed on this day, as you meet with DNA’s Care Coordinator to pull all the aspects of your personalized wellness plan together and to schedule any follow-up extended-stay clinical or comfort care services that you may desire (see menu below). Day Four activities also include;

- Customized exercise instruction with DNA’s Personal Trainer
- Healthy lunch designed by DNA’s Functional Medicine Nutritionist to support purification and cleansing
- Personalized food & nutrition plan designed to meet your specific requirements
- DNA Care Coordinator consultation to review lifestyle program and answer any additional medical questions
- Scheduling for any extended clinical, hospitality or comfort care services
- Scheduling of all follow-up consultations and annual return visit to the DNA Center as required

DNA Comfort Care Services Menu
Our center has a number of additional anti-aging, healing, pain management & rehabilitation, as well as relaxation and rejuvenation treatments available that can be selected by our guests for inclusion in their ‘DNA 4 Life’ programs at additional cost, including;

- Acupuncture
- Aquabox hydro-immersion therapy
- Chelation (detox) Therapy
- Chinese Medicine
- Cranial-sacral Therapy
- Healthy Aging & Hormonal Balancing for Women
- Hormonal Balancing & Vitality for Men
- Massage
- Meditation
- Low-Level Laser Therapy (LLT)
- Non-invasive bio-aesthetics therapies
- Pulsed Electromagnetic Fields (PEMF)
- Spa treatments
- Yoga 1:1 Sessions
‘DNA 4 Life’ After-Care
We are here for you every step of the way, and the DNA support team will continually follow up with you to answer any questions you may have after leaving the center. On completion of your program, you will receive a complementary iPad with the ‘DNA 4 Life Connect’ healthcare application, which will enable you to monitor and track your continued progress, and feed back information automatically to the DNA clinical team.

Our dedicated Care Coordinator will contact you regularly to provide encouragement, find out where you may need ongoing assistance, and provide you with any additional educational resources you need to meet your desired health goals.

You will also receive a follow-up call with a DNA functional medicine clinician three months after completion of your program, to review your success, identify ongoing needs, and determine if it is time for any laboratory reassessments. They will also discuss your next steps for on-going care in partnership with you.

‘DNA 4 Life’ after-care also includes;

- An initial aftercare telephone or video conferencing session through your ‘DNA 4 Life – Connect’ iPad
- Lifestyle Educator follow-up counseling sessions where required
- Follow-on care and return visits to the DNA center scheduled by DNA Care Coordinator

b. HOSPITALITY PACKAGE OUTLINE
Hospitality is in our DNA, and our portfolio of four-day ‘DNA 4 Life’ all-inclusive medical programs and hospitality packages include;

- Chauffeur-driven limousine transfers from either Abu Dhabi or Dubai international airports, where you will be personally met by a DNA Valet Officer to assist you transfer from the airport to your resort
- Accommodation in Beach View Suite at the luxury five-star Park Hyatt Abu Dhabi resort on Saadiyat Island
- All main meals are provided to DNA guest (breakfast, light lunch & dinner), and have been designed by DNA’s functional medicine nutritionist
- Each guest is welcome to bring a spouse or partner to stay with them during their treatment program, at no additional room charge
- Two complementary spa treatments at the five-star Park Hyatt Abu Dhabi luxury resort’s signature Atarmia Spa
- Choice of 18-hole round of golf at Saadiyat Beach Golf Club OR a day pass to Monte-Carlo Beach Club
- Complementary iPad preloaded with bespoke ‘DNA 4 Life- Connect’ healthcare application

Price:
The all-inclusive price covers all items outlined in the ‘DNA 4 Life – Optimal Health & Wellness’ medical program and hospitality package.

US$14,500

Further optional laboratory testing is available at additional charge
Additional healing, relaxation and rejuvenation treatments are also available at additional charge
Contact us to ask how you can extend your stay for 7 days, 14 days or 21 days.

DNA Center for Integrative Medicine & Wellness | Unit R-G-R-EC, The Collection, The St. Regis Saadiyat Island Resort, Abu Dhabi
email: info@dnahealthcorp.com | website www.dnahealthcorp.com
Booking & Inquiries:
For booking information or to ask how we can tailor the ‘DNA 4 Life – Optimal Health & Wellness’ package to suit your needs, please contact us via email info@dnahealthcorp.com or fill in the online inquiry form in the ‘Contact Us’ section of our website www.dnahealthcorp.com.

You can also call our toll-free international number +971 2 610 9000

Welcome to Abu Dhabi
A destination of distinction, nominated as one of the top ten places to visit by leading international travel guides Frommer’s and Lonely Planet in 2010. With almost year-round sunshine, 200 natural islands, unspoilt desert and lush oases, Abu Dhabi also offers the opportunity to experience a rich and distinct cultural heritage. Voted ‘the safest city in the Middle East’ by Mercer Consultants, Abu Dhabi is a warm and welcoming destination and is well-serviced and easily accessible by international carriers.
www.visitabudhabi.ae

Serene Saadiyat Island
Abu Dhabi’s Saadiyat Island is a pristine, natural island – just 20 minutes from Abu Dhabi International Airport and a one hour drive from Dubai - and is being developed into one of the world's leading residential, cultural and tourism destinations. Saadiyat’s stunning natural environment, crystal clear turquoise waters and nine kilometer long white sand beach make it the perfect destination to seek healing, rejuvenation and to replenish the spirit.
www.saadiyat.ae

Park Hyatt Abu Dhabi, Hotel & Villas
Our guests choose to stay at the luxurious and elegant five-star Park Hyatt Abu Dhabi resort on Saadiyat Island, named ‘One of the Best New Hotels in the World’ by Condé Nast Traveler in 2012.
www.abudhabi.park.hyatt.com

The St. Regis Saadiyat Island Resort
The ‘DNA Center for Integrative Medicine & Wellness’ is nestled within The Collection complex of this iconic five-star luxury resort on Saadiyat Island.
www.stregissaadiyatisland.com

Saadiyat Beach Golf Club
As the Arabian Gulf’s first beachfront course, Saadiyat Beach Golf Club provides a breathtaking variety of golf experiences, with every hole having its own unique character.
www.sbgolfclub.ae

Monte-Carlo Beach Club
The first private beach club on Abu Dhabi’s Saadiyat Island, this cosmopolitan venue is designed for the connoisseur who celebrates the culture of fine living and wellbeing,
www.montecarlobeachclub.ae

Manarat Al Saadiyat
Meaning ‘the place of enlightenment’, this visitor and exhibition center is designed to bring the vision of Saadiyat Island to life. Visit to find out more about the planned Louvre Abu Dhabi, Zayed National Museum and Guggenheim Abu Dhabi – which will open on the island in 2015, 2016 and 2017 respectively.
www.saadiyat.ae