



REGAIN YOUR APPETITE FOR LIFE

A man must be self-confident: every day he makes decisions and assumes responsibilities. But once something breaks inside him, it becomes clear that the body of a man, even that of a strong man, is not a perpetual motion machine. Like any complex mechanism, it requires maintenance, physical examinations and preventive care; otherwise it will break.

TEXT Vita Mach

Dr. Rainer Arendt, an anti-aging therapy specialist, is himself an example of a man in his prime, full of energy and life. As a professional, he has mastered the most modern methods of rejuvenation and revitalization which help restore health and vigor in the aging male body. At the Swiss Prevention Clinic, nothing is impossible: Dr. Arendt loves challenges and trying to overcome them in the shortest possible time.

– Doctor Arendt, why do so many men nowadays, even in the full bloom of their youth, feel a lack of energy and a sense of fatigue, acquiring age-related diseases somehow too early?

– This is caused by distress, a lack of physical activity, a diet which is too rich, an unhealthy lifestyle and other environmental factors. However, new therapies have become available: new methods for rejuvenation that can help men with their health issues. The most important thing here is to intervene early, in a natural way, employing biological and lifestyle changes.

In our center we specialize in the prevention of health problems and the resolution of any impairments before they become permanent. We revive our patients' desire to live life to the full. In doing so, we use biological therapies that reap impressive results: they empower a person to become younger, feel fine, become more active, rediscover the desire to travel, play sports and find love.

– By the way, about love: does erectile dysfunction mean that one should expect heart problems in the near future?

Dr. Rainer Arendt

He is the leading consultant physician of the Swiss Prevention Clinic, and the author of specialist anti-aging programs.

Studied medicine at the University of Bonn, was NATO research fellow in the psychopharmacology in the Tufts Medical Center of New England (Boston), and worked in the field of neuropharmacology at the Max Planck Institute of Psychiatry (Munich).

His focus is research and clinical practice on disorders related to lifestyle, and on preventive and regenerative medicine.

Primary among these are cardiac diseases. A hidden threat can lurk here: 50 percent of myocardial infarction patients never note chest pains or any symptoms that would encouraged them to consult a doctor. Infarction develops suddenly, so the first thing we do is an examination of cardiac activity. On top of this, we check the organ systems all over, if necessary – together with other specialists.

– What else is included in the check-up?

– There is a very detailed complete blood count. Among other things, we look at traces of environmental pollution and their effects on the on the microbiome: all the beneficial bacteria that live in the body. It depends on where the person lives, the water he drinks, and what he eats. We determine whether there is a shortage of trace elements and vitamins. The level of hormones is measured as well. When the full picture is obtained, we prescribe therapy. In my opinion, hormone replacement therapy is not

– Yes indeed. The blood supply to both the heart and genitals is regulated in a similar fashion. Heart problems are usually accompanied by erectile dysfunction. Therefore, at the first signs of deterioration one should undergo a complete cardiac examination. Decreased libido can now be seen quite often, due to environmental pollution, unhealthy lifestyles, numerous stresses, psychosomatic effects, and so on.

– How do you obtain the effect of "fullness of life"?

– Men's health requires an integrated approach. Of course, we first perform a check-up to reveal any insidious diseases.



ENERGY FOR LIFE

We revive our patients' desire to live life to the full

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productive. If a man constantly obtains testosterone from outside of himself, he becomes addicted to it because it stops the formation of his own testosterone. We offer another kind of therapy, the so-called revitalization of microbiome (intestinal microflora) and young human plasma that boosts organ function and the sex drive...

This therapy is truly revolutionary, and I am sure that it is the future. Men are really transformed after such therapy and regain their appetite for life. Why should an active life have to end at the age of 50, 60 or 70? Now there is no reason for that to happen.

– Can you revive the reproductive function in this way?

– Yes. There is a sort of update for the genes. I have had patients over 60 with very low testosterone, which returned to high/normal levels after the treatment. This makes it even more likely that they will father a child, even at an advanced age.

Men tend to avoid problems and when they feel that their sexual function are beginning to fade away, they look for workarounds, such as having younger sexual partners – they are hoping to revive the old passions, but these only give a short-term effect. However, with the help of the therapy, one can achieve long-term results. The body initiates the formation of testosterone as if it restarts. The reality is that we can now do so much for men.

– Please describe the therapy in more detail.

– In anti-aging and regenerative medicine, there are four therapeutic strategies that are presently being pursued and which appear promising. The first is stem cell therapy, still in its infancy and with limitations due to unpredictable results and our lack of knowledge in re-programming stem cells and homing them in on the sites of damage. The second is the replacement/transplantation of the skin, lungs, gut, and placental microbiome with beneficial bacteria in epigenetic control of gene regulation and activation. The third is young human blood/plasma transferring growth factors for organ repair and rejuvenation. The fourth is the sirtuins, which are endogenous repair mechanism inside our cells, which can be stimulated



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and over-expressed by novel medicines, foodstuffs and lifestyle changes (especially regular fasting cures).

This is the individual microbiological treatment of the microbiome. It helps if you carry out monitoring of epigenetic control (monitoring of gene activity and changes). That means the selection and activation of a set of healthy genes, controlling real biological vital functions, and the hibernation and inactivation of genes with a hidden disease.

Only five years ago, we believed that genes determine everything but now we know that's not the case. That is: genes are not fate, they are a choice, since each cell contains many other hidden possibilities. Despite the considerable current knowledge that modern science has accumulated about DNA, we can't fully use it, because only 6 percent of genes are involved in making the human body function, and 94 percent are dormant. The environment is extremely significant in choosing which genes get activated, but no less important is that man is a social creature who leads a diverse life and can choose what to do with his life. This largely determines the condition of his health, and it is always a subject of influence. Even if a person has cancer genes, this does not mean that cancer will necessarily develop.

The main factors that affect health are genetic predispositions, environment, and lifestyle. The environment is predetermined to some extent, as it's hard to alter. However, lifestyle is our choice, and everybody can change their level of physical activity and diet.

The microbiome is very dependent upon your diet. If it is meager, the bacterial assortment in the intestine will be limited; however, this is the basis of immunity. The microbiome determines how much a person is at risk of professional burnout, illnesses or inflammations. Incidentally, aging is also an inflammation process, like atherosclerosis and cancer. The gut microflora of young people is diverse, but with age the variability of microbes begins to decrease. As yet we don't know why this happens. The quantity remains the same, but the variety is diminished.

However, if the microbiome is 'updated', it will affect the whole body: the internal organs along with one's appearance, with a reduction of wrinkles and an improvement of the skin condition. I'm sure the microbiome is the key to immune disease and inflammation. For this reason, the research conducted by the Russian scientist Ilya Mechnikov has recently assumed new significance. A positive impact on the microbiome causes the body to be updated, and the body reacts to it. Moreover, the

bacteria produce neurotransmitters that reach the brain and change the processes happening in it.

– You have mentioned plasma treatment. Plasmalifting has long been applied in cosmetics. Are we talking about something like that?

– The beneficial properties of plasma are well known in science and cosmetology, and the patient's own plasma has been used for many years. With the new method, a stronger effect can be achieved by young donor plasma. Animal experiments have shown that the introduction of young plasma induces a powerful rejuvenating effect, and the body, including the brain cells, starts an active update.

– What other recovery methods can you offer?

– They involve making adjustments to develop a healthy diet and enabling the formation of appropriate dietary habits. I don't mean a fasting diet or dietary restrictions; I am sure that one can successfully lose weight while still enjoying delicious meals with pleasurable drinks, including wine if desired.

We have developed an individual 15-minute routine consisting of weight training for muscle formation, respiratory gymnastics from Pilates and other practices, and rejuvenating treatments. It is recommended that it be performed every other day, to make it manageable for everyone. The pharmacological therapy that is included affects the prostate gland and prevents disease. There are also nutritional supplements and vitamins that we select individually.

As our patients see initial improvements to their health, they seek to look better, and we therefore suggest to them a collection of cosmetic measures – for example, therapies to improve the condition and increase the number of hair follicles.

As a man feels better, he becomes more relaxed and self-confident. We teach our patients relaxation techniques to find harmony, to resist and neutralize stress, and to prevent their peace of mind being disturbed.

This is the 360 degree approach, a set of measures that includes many aspects.

– How much time does one need to spend in your clinic to obtain results?

– If a patient comes to us for one day, we will be able to perform something: a check-up, a blood test, and a stress test with physical activity. Having shown him the capabilities of a man of his age and weight, we compare this with the actual result and thereby motivate him to change. If there are 2-3 days available, we will start the other



processes. It's not that a certain period of treatment is needed, but we will always find something to offer them in the time available. Suppose a man wants to lose weight – we can bring in nutritionists, fitness trainers, life coaches. If hospitalization is required, we provide a ward. We cooperate with many clinics and health centers, and if a specific specialist is needed, anything can be arranged.

Our task is to find the weak spots and to help formulate a possible plan, for instance, to shape the body, improve heart function, or just acquire a more youthful appearance. Of course, the 50-year-old man will not look like he's 25, but he can look like a healthy and well-groomed man of about 40, and the 60-year-old like one of about 50. Recent scientific evidence suggests that life expectancy can be increased by 15 years, which is significant.

However, we seek not only to extend life but also to improve its quality. The key words here are vitality and cheerfulness. If you live, work and exercise with pleasure, you are appreciated by your family and by society; it also motivates you to continue an active lifestyle. The worst thing that can happen in the second half of life is for you to stop working, give up and lose interest in what is happening around you. That is a direct road to death. Nowadays there are so many technologies and opportunities to live a pleasurable life that it is essential that we take advantage of them.

DR. MED GIERI CATHOMAS, CHAIRMAN OF THE BOARD OF DIRECTORS, PARTNER OF SWISS PREVENTION CLINIC:

«In our work, we combine modern methods of treatment, the experience we have gained, and a flexible approach to our clients. From my point of view, Dr. Rainer Arendt is one of the best doctors, with great knowledge and experience. Any patient making the long journey from London, Moscow, Dubai or another world city can be sure that the Swiss Prevention Clinic will devote enough time and attention to him. Patients can come on vacation or as part of a business trip, but during their time here, our team will ensure they provide everyone with a recovery and rejuvenation program that is appropriate to their bodily condition».

BACKGROUND

The Swiss Prevention Clinic was founded in 2016, continuing the services of another prominent institution that had been dedicated to making the best of Swiss Health Care available to the world.

The Swiss Prevention Clinic provides medical examinations and treatments of patients in the areas of internal medicine and

cardiology, as well as preventive check-ups and anti-aging treatments, and has done so for the last eight years.

AREAS OF SPECIALIZATION

The Swiss Prevention Clinic focuses on preventing disease by identifying risk factors for the major chronic diseases and leading killers, such as diabetes,

stroke, cancer, and heart and lung disease.

Specialists from the clinic, using high-tech diagnostics, genetic and biochemical testing, perform sophisticated and early diagnoses and uncover hidden diseases before any harm is done. They also use complementary or alternative treatments if standard treatments are harmful or ineffective.

CONTACT DETAILS

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