

KNOWING YOUR GENES IS A HIGHLY VALUABLE INVESTMENT IN YOUR HEALTH:

MED GENANALYSE, THE DECODING OF YOUR GENES firstly shows how STAYING HEALTHY works.

Unique to each person! You clearly identify your hereditary health risks, which can be neutralized by lifestyle optimization & customized prevention.

YOUR INVESTMENT IN SECURITY:

MED GENANALYSE secondly shows how BECOMING HEALTHY works.

Unique knowledge allows you a direct choice of the most effective treatment and efficacious medication if you fall ill. Personalized medication efficacy and a suitable dosage provide accurate treatments with no side-effects and more rapid success.

YOUR HEALTH PREVENTION: MED GENANALYSE offers risk minimization combined with maximum personal return on VITALITY & HEALTH.

Your personal HEALTH STRATEGY to GET HEALTHY fast: With first-rate information and a comprehensive guide, your doctor can start the most effective treatment and medication immediately!

YOUR INVESTMENT IN SUSTAINABILITY:

MED GENANALYSE is a single investment which produces valid results – FOR A LIFETIME.

Printed in personalized book form and data protected:

- MED GENANALYSE Health & Vitality as well as
- MED GENANALYSE Diet.Exercise.Relaxation.

**STAYING HEALTHY.
YOUR PERSONAL HEALTH STRATEGY WITH MED GENANALYSE.**

**KNOWING YOUR GENES,
MEANS KNOWING YOURSELF.**



**STAYING
HEALTHY.
YOUR PERSONAL
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WITH MED
GENANALYSE.**

HEALTH  **STRATEGY**

VIENNA CENTER FOR PREVENTIVE MEDICINE

STAYING HEALTHY. YOUR PERSONAL HEALTH STRATEGY WITH MED GENANALYSE.

PERSONALIZED PREVENTIVE MEDICINE WITH INDIVIDUAL LIFESTYLE OPTIMIZATION

The latest science and technology make it possible to analyze your own genes, to obtain personalized answers and recommendations on nutrition, health & vitality.

We offer **STATE OF THE ART PREVENTIVE MEDICINE** and use the genetic knowledge to develop customized health strategies.

Leading international technical and scientific laboratories for nutrigenetics, epigenetics and medicinal genetics from Germany use the whole blood analysis and gene swab to determine each person's unique **STRENGTH-RISK-PROFILE**.

The full genetic results matched with the comprehensive current laboratory data from **MED DIAGNOSIS, HEALTH SCREENING & HEALTH CHECKUP** and information from the **LIFESTYLE ANALYSIS** give the personal need for action determined by the medical team, with the recommended health plan.

An interdisciplinary medical team develops a holistic **HEALTH STRATEGY CONCEPT**. Unique to each person.

MED GENANALYSE INDICATES YOUR PERSONAL STRENGTH-RISK-PROFILE FOR:

- **Metabolic disease** – obesity, type 2 diabetes and bowel disease,
- **Cardiovascular disease** such as high blood pressure, heart attack or stroke.
- **Neurology** – Alzheimer's, burnout syndrome or depression,
- **Bone health** – osteoporosis and arthritis,
- **Medication tolerance** to over 250 active ingredients, with elimination capacity and efficacy,
- **Detoxifying capacity** for various environmental pollutants and lifestyle factors,
- **Anonymized results** report in book form (ca. 250 pages). Including personalized HEALTH PLAN, appropriate preventive measures and the most effective choice of therapies.

MED GENANALYSE – A HEALTHY DIET AND WEIGHT LOSS WITH ENJOYMENT

Reaching your own comfortable weight is always the most desirable and realistic goal.

MED GENANALYSE – Healthy nutrition leads to:

- Your personal **dietary recommendations** on 2000 foods and your superfoods,
- Comprehensive analysis of **food intolerances and allergies**,
- Individual **sport & exercise programme**,
- Your personal **vital and micro nutrient requirement**,
- Your customized **relaxation and anti-aging programme**,
- The right **stress profile and stress resilience programme** for you,
- Your personal **comfortable weight** without going hungry,
- Your personal **lifestyle optimization**.

HOW IT WORKS:

1. It starts with the personal medical history consultation including taking blood and a gene swab.
2. After 4 weeks the anonymized personal results report is available in book form. The individual need for action with health plan is explained by the medical team.
3. Implementation, support and monitoring of the personal prevention plan – supervised by the team of doctors and therapists.
4. Implementation of the diet, exercise and lifestyle optimization with qualified nutrition consultants, dieticians and sports medicine specialists.

**INVITATION
TO THE FREE
CONSULTATION**

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