

THE KUSNACHT PRACTICE

GAME CHANGER STAY



WHAT EXACTLY IS THE GAME CHANGER STAY?

Our brand-new Game Changer Stay is an entirely customisable, 3-week residential treatment programme created to recalibrate your mind, body and soul.

During your stay, you will reside in your own private luxury villa at picturesque Lake Zurich or in Geneva. A private BIO-R® chef and chauffeur will be at your disposal during your stay and our expert concierge services are available for you 24/7.

Our 5-star hospitality services, a range of exciting activities and excellent culinary experiences will make your stay an unforgettable one.

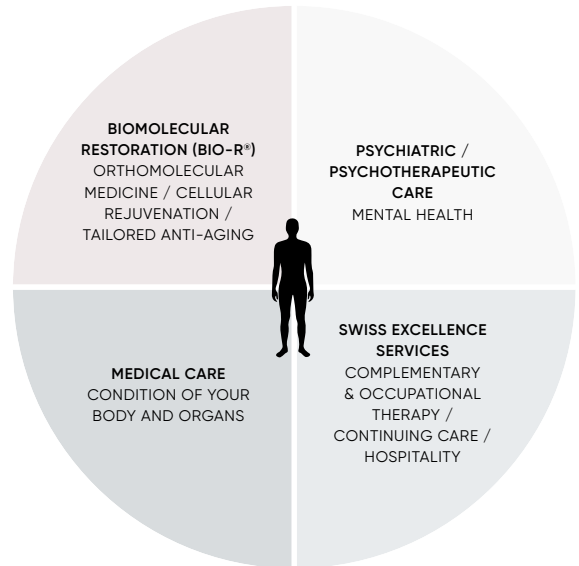
Take the opportunity to treat yourself to a **comprehensive medical check-up** and **BIO-R®** assessment to boost your body and mind vitality levels. BIO-R® is our ground-breaking biomolecular restoration and rejuvenation cure for body and brain – a booster to maximise your physical and emotional well-being while slowing down the ageing process and increasing your longevity.

A perfect programme for those looking to become the best versions of themselves or those ready to renew their energy and increase vitality!



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Our thorough Medical Check-Up includes:

An essential check-up over the course of a few hours:

- Detailed medical history and assessment interview
- Clinical examination including blood pressure measurement
- BMI and BIA
- Laboratory studies of blood and urine
- Vaccination status
- Eye test and eye pressure examination
- Ultrasound of the thyroid, carotid arteries, and abdomen
- Exercise ECG (if indicated)
- Diabetes check-up
- Final interview
- A full report

Our BIO-R® assessment will entail the following elements:

- Comprehensive BIO-R® diagnostics:
 - Micronutrient status
 - Oxidative stress and inflammatory cellular stress factors
 - Amino acid status
 - Neurotransmitter and stress profile (adrenal glands activity)
 - Assessment and rebalancing of hormonal status
 - Genetics and prevention
 - Epigenetics and tailored interventions
 - Microbiome analysis & therapy
 - Body mass composition (BMC)
 - Sleep assessment
 - Continuous glucose monitoring
- 24-hour HRV (heart-rate variability)
- Tailored rejuvenating infusions and Ozone therapy
- Spiro ergometry
- Unique micronutrient formula and tailored supplements
- Personalised diet & lifestyle plan
- Skin analysis and dermatological anti-ageing care
- Complementary therapies:
 - Cryotherapy
 - Personal training
 - Detox yoga
 - Body Balancing
 - Reflexology
 - Acupuncture
 - Massage
 - IHHT (Intermittent Hypoxic-Hyperoxic Training)
 - Sleep reset
 - Body reshape

TREATMENT COSTS

The cost for a 3-week stay with medical check-up and/or BIO-R® assessment starts at CHF 327'000.-. Transportation to/from Switzerland are not included.