Genius loci

Switzerland – since the 18th century the prime destination for tourism, health, rejuvenation and longevity
Ageing 1

Ageing is the most important risk factor for most human diseases and for death. Chronological age does not correlate perfectly with functional age, and only some age-related changes are shared by all, other age changes happen to some but not all people as they grow older, including diseases such as type 2 diabetes.

Recent scientific successes in rejuvenation, extending the lifespan, and discovery of a variety of species (including humans of advanced ages) having negligible senescence (decay due to old age), give hope to cancel accelerated or premature ageing for younger humans, reverse ageing or at least significantly delay it for older humans.

Human cells age largely because of a genetic "clock" in the DNA region known as the telomere. By isolating the telomerase gene, scientists demonstrated that telomerase was an immortalizing enzyme necessary for the immortality (regeneration of telomeres) of cells but absent in most cells of the human body. This observation led to the concept of regenerative medicine, in which young human cells or induced pluripotent stem cells may be used to repair aged tissues.

However, the efficacy of such treatments depends on the milieu in the receiving organism, which in turn is determined by the interplay of the immune and endocrine (hormonal) systems with the gut bacteria that release mediators favorable or detrimental to such repair processes.
The chromosomes contain almost all of a cell’s genes. The tips of every chromosome are called the telomeres, they protect the chromosome from damage.

Each time a cell divides, a little bit of the telomere is lost. For that reason, the telomeres of young cells are longer than the telomeres of middle-aged cells, which, in turn are longer than the telomeres of old cells.

When the telomeres become very short, the cell can no longer divide and dies.

The set-up of the immune and endocrine (hormonal) systems, influenced by pro- or anti-inflammatory mediators released by gut bacteria, as well as life events influence how quickly the telomeres shorten. Changes in the environment (where you live and with whom), eating style, exercise, stress management, social support can result in longer telomeres and thus an increase in life expectancy. We measure the length of the telomeres of white blood cells as a parameter of remaining life span before and after treatments.
Ageing 2

After a period of near perfect renewal (in humans, between 20 and 35 years of age), organismal senescence (the state or process of aging) is characterised by the declining ability to respond to stress, increasing homeostatic imbalance and the increased risk of disease. This so far irreversible series of changes inevitably ends in death. As genes that have an effect on ageing are discovered, ageing is increasingly being regarded in a similar fashion to other genetically influenced "conditions," and potentially «treatable». 
The pioneer on the science of longevity (gerontology)

Ilya Ilyich Mechnikov (the family name Mechnikov is a translation from Romanian), also seen as Élie Metchnikoff, 15 May 1845 – 15 July 1916 was a Russian biologist, zoologist and protozoologist, best known for his pioneering research into the immune system.

Mechnikov received the Nobel Prize in Medicine in 1908, shared with Paul Ehrlich. He is credited by some sources with coining the term gerontology in 1903, for the emerging study of aging and longevity.

Mechnikov was born in the village Ivanovka near Kharkov, Russian Empire (now near Kharkiv in Ukraine). He attended Kharkiv University where he studied natural sciences, completing his four-year degree in two years. He then went to Germany to study marine fauna on the small North Sea island of Helgoland and then at the Universities of Giessen, Göttingen and Munich. In 1867 he returned to Russia to the appointment of docent at the Imperial Novorossiya University (now Odessa University), followed by an appointment at the University of St. Petersburg. In 1870 he returned to Odessa to take up the appointment of Titular Professor of Zoology and Comparative Anatomy. In 1882 he resigned his position at Odessa University and set up a private laboratory at Messina to study comparative embryology, where he discovered phagocytosis.

Mechnikov returned to Odessa as director of an institute set up to carry out Pasteur’s vaccine against rabies, but due to some difficulties left in 1888 and went to Paris where Pasteur gave him an appointment at his Institute

Mechnikov developed the theory that aging is caused by toxic bacteria and he wrote the book: The Prolongation of Life, which is even more influential today than at his time.

In honor of this great and illustrious researcher, The Russian Empire created the prestigious Mechnikov Medical Academy in St. Petersburg.
Goals of anti-aging

- Ruling out treatable disease
- Extending your life span
- Living well: Staying quick-witted, social and sexual
- Sidestepping risk factors for disease (different levels of prevention)
- Planning for the future
- Increasing one’s resources
Level of prevention

- Primary prevention
  prevents disease from occurring
- Secondary prevention
  detects and cures disease in the asymptomatic phase
- Tertiary prevention
  reduces complications of disease
Medical partners: Double Check

Double Check is a Zurich based center of academic checkup medicine and second opinions

**USP**
- Double Check is the only checkup and second opinion center with an academic partner in Europe

**Key services**
- Complete health checkup in one day
- Independent state-of-the-art second opinions
- State of the art personalized customer service

**Core Team**
- Director of Cardiology of the University Hospital and Chief Editor of the European Heart Journal (Prof. T. Lüscher)
- Director of Gastroenterology of the University Hospital (Prof. M. Fried)
- CEO with medical degree and business experience (Dr. Andreas Brauchlin)
- Physician-in-chief (PD Dr. Rainer Arendt)

**Location**
- Located in the center of Zurich
  - 5 minutes from the University Hospital
  - 20 minutes from the international airport
  - Confidentiality and privacy (no waiting rooms)
Double Check provides peace of mind

Double Check gives you access to some of the most important medical experts in the world. Double Check board members are dedicated to providing their unique skills, experience, and international contact networks to any Double Check client whose case is acute, ambiguous, or appears insolvable.
Medical trends

Different global trends are also shaping the Swiss medical landscape today

Technological trends

- New possibilities in high tech medicine
- Precise early diagnostics
- Genetic analyses

Changes in customer behavior

- Increased mobility: global medicine is one of the strong medical trends that has already evolved
- More demanding and wealthier customers choose the best medical specialists independent of their location
- However, of key importance are trust and impeccable ethics in medical care

Fast changing medical landscape
Double Check is closely collaborating with the University hospitals and the best private hospitals in Switzerland.

The university hospital Zurich is one of the most important players in the Swiss medical landscape.
Medical Partners: The Dolder Grand Health Care & Rejuvenation Center
Holistic medicine

At the Dolder Grand Health Care & Rejuvenation Center with partner institutions, we pursue a holistic approach to health care and wellbeing, based on academic medicine and amended by the newest treatments from regenerative and cellular medicine, nutrition sciences, sports physiology, lifestyle medicine and neurosciences

Timeea-Laura Burci and Jörg Wolfgang Prince of Saxe-Coburg and Gotha, Duke in Saxony
How to undo the effects of aging, unhealthy lifestyle and chronic inflammation
How to undo the effects of aging, unhealthy lifestyle and chronic inflammation

- We offer novel treatment programs at The Dolder Grand Health Care & Rejuvenation Center, in cooperation with Double Check

- Stand out among your peers, come for measurable and lasting health benefits, magnificent looks and vitality
  - look and feel younger than your age
  - increase wellbeing, prowess and physical magnetism
  - for hormonal renewal and life span extension
  - for improved overall health and metabolism (blood lipids↓ & sugar ↓)

- For prevention or treatment of accelerated aging, auto-immune disease, inflammatory bowel disease and indigestion, degenerative diseases of the nervous system, depression, diabetes, obesity, and heart disease (coronary artery disease, heart failure)
This program provides support for the application of **somatic cell therapy** and **gastrointestinal and microbial cell therapy** (gut microbiome transplant) in a controlled and safe setting. All accompanying somatic measures and check-ups are provided by the Double Check Center in Zurich (www.doublecheck.ch). Basis of this program is a general health program, duration 3, 5, 7 or 14 days.

**Day 0:**
- Check-in at your hotel
- First consultation at the Dolder Health Care & Rejuvenation Center
- Program set-up with PD Dr. Rainer Arendt
Cell therapy II

- Days 1-2: Somatic check-up (at Double Check)
  - **Somatic Check-up** at Double Check, depending on the guest’s preferences and needs (Executive / Executive plus, individual, as needed / desired)
  - **Biological age** (as measured by telomere length)
  - Further somatic testing (diagnostic imaging) if needed and desired

- Days 2-7: Choices of regeneration therapies (at the “Dolder” Health Care & Rejuvenation Center)
  - **Fresh cell extracts**, 8 or 12 intra-muscular **injections for repair** (extracts and cellular therapies, depending on the underlying disease and degree/ character of somatic complaints)
  - Gastro-intestinal and **microbial cell transplant therapy for rejuvenation and regeneration** with PD Dr. Rainer Arendt
  - **Detox program** and **chelation therapy**
Days 2-14: Choices of spa programs, personal training, empowerment and enhancement ("Dolder")

- Mental and physical private training
- Nutrition and lifestyle coaching
- Family / relationship coaching
- Biofeedback and auto-hypnosis
- HT and EMDR (Eye Movement Desensitization and Reprocessing)
- Alexander Technique

Day 3, 5, 7 or 14: Final assessment and discharge

- Consultation and final assessment with PD Dr. R. Arendt, hand-out of medical report with recommendations and prescriptions
## Example program details (5 days) I

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity Description</th>
<th>Details</th>
</tr>
</thead>
</table>
| **Day 0** | Arrival | • Program introduction  
• Assess health needs, expectations, special requests (medicine, general well-being, optional aesthetic dermatology, aesthetic surgery) | Dolder Grand Health Care & Rejuvenation Center “Dolder” |
| **Day 1** | Medical consultation, examinations, check-up | • Executive Check-up at Double Check (comprehensive history taking, examination, lab tests, heart and carotid ultrasound, abdomen and thyroid ultrasound, ergospirometry, sensory tests)  
• Genetic assessment of biological age, life span and options for life span extension (telomere length)  
• Optional: Toxicology screening, Biocheck extensive lab analysis | Double Check |
|        | Start detox program | • Oral detox and chelation therapy to prepare the body for the cell therapies | Dolder |
|        | Repair and rejuvenation I | • Spa program  
• BestVibe face forming | Dolder |
| **Day 2** | Detox program continued | • Oral detox and chelation therapy to prepare the body for the cell therapy | Dolder |
|        | Repair and rejuvenation II | • Natural treatments (natural hormones, vitamins, herbals) for overall tissue repair  
• Fresh cell extracts, 4 I.M. injections for repair  
• Gut microbiota therapy for whole-body rejuvenation, and treatment/prevention of inflammatory conditions (accelerated aging, early menopause or loss of libido, diabetes, obesity, arteriosclerosis, cancer, depression) | |
|        | Holistic Beauty | • Cosmetics, manicure, pedicure, hair dressing, massage, relaxation baths (ad lib) | |
| **Day 3** | Repair and rejuvenation III | • Natural treatments (natural hormones, vitamins, herbals) for overall tissue repair  
Fresh cell extracts, 4 I.M. injections for repair  
• Gut microbiota therapy for whole-body rejuvenation, and treatment/prevention of inflammatory conditions (accelerated aging, early menopause or loss of libido, diabetes, obesity, arteriosclerosis, cancer, depression)  
• Detox body work: Breathing, posture, elegance training for natural grace | Dolder |
### Example program details (5 days) II

<table>
<thead>
<tr>
<th>Day</th>
<th>Program</th>
<th>Details</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holistic Beauty</td>
<td>• BestVibe face forming</td>
<td></td>
<td>Dolder Grand Health Care &amp; Rejuvenation Center “Dolder”</td>
</tr>
<tr>
<td>• Spa program</td>
<td>• EMDR / HT for body sculpturing, for inner and outer beauty, enrich your life and your male / female well-being by fitness, prowess / beauty, grace, and sexual magnetism</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Spa program</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 4</td>
<td>Repair and rejuvenation IV</td>
<td>• Gut microbiota therapy for whole- body rejuvenation, and treatment/prevention of inflammatory conditions (accelerated aging, early menopause or loss of libido, diabetes, obesity, arteriosclerosis, cancer, depression)</td>
<td>Dolder</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• EMDR / HT for body sculpturing, for inner and outer beauty, enrich your life and your male / female well-being by fitness, prowess / beauty, grace, and sexual magnetism</td>
<td></td>
</tr>
<tr>
<td>Holistic Beauty</td>
<td>• Optional Aesthetic dermatology, fruit acid and jet peelings for refreshed looks and skin rejuvenation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Spa program</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 5</td>
<td>Repair and rejuvenation V</td>
<td>• Empowerment training and life coaching for stress relief</td>
<td>Dolder</td>
</tr>
<tr>
<td>Holistic Beauty</td>
<td>• Spa program</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Final consultation and discharge</td>
<td>• Discharge from the program, hand-out of written report and prescriptions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 6</td>
<td>Departure</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The importance of the commensal microbiota that colonizes the skin, gut, and mucosal surfaces of the human body is being increasingly recognized through a rapidly expanding body of science studying the human microbiome.

The human body consists of more than 90% of microbial cells. The gastrointestinal tract harbors trillions of commensal microorganisms that influence the development and homeostasis of the host. Alterations in composition and function of the microbiota have been implicated in a multitude of metabolic and inflammatory diseases in humans.

There is a burgeoning scientific field on the role of the human microbiome in ageing, age-related diseases, diabetes, obesity, atherosclerotic diseases, allergic diseases, autoimmune diseases, neuropsychiatric illnesses, infections, inflammatory bowel disease, and cancer.
Gut microbiota transplantation (GMT) has been demonstrated to be highly effective. The best route of administration has not been established, however, administration by enema, colonoscopy or nasogastric tube all appear to be highly effective and safe.

Inflamm Allergy Drug Targets. 2014 Jun 23. [Epub ahead of print]
GASTROINTESTINAL ENDOSCOPY
Volume 78, No. 2 : 2013
Alterations in intestinal microbiota are associated with inflammation, obesity and insulin resistance.

The effects of infusing intestinal microbiota from lean donors to male recipients with metabolic syndrome on the recipients’ microbiota composition and glucose metabolism had been studied. Subjects were assigned randomly to groups that were given small intestinal infusions of allogenic or autologous microbiota.

Six weeks after infusion of microbiota from lean donors, insulin sensitivity of recipients increased (median rate of glucose disappearance changed from 26.2 to 45.3 µmol/kg/min; P < .05).

GASTROENTEROLOGY 2012;143:913–916
Disorders associated with an altered gut microbiome.

* reports on improvement or cure with gut microbiome transplantation already published.

GASTROINTESTINAL ENDOSCOPY Volume 78, No. 2: 2013
### Example schedule I

#### Monday, 22-September 2014

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome &amp; program introduction</td>
<td>17.00 — 18.30</td>
<td>Dolder-Grand Health Care Centre</td>
</tr>
<tr>
<td>Oral detox &amp; chelation</td>
<td>Three times daily</td>
<td>Your room</td>
</tr>
<tr>
<td>Herbals &amp; micronutrients</td>
<td>Three times daily</td>
<td>Your room</td>
</tr>
<tr>
<td>Gut microbiome transplant</td>
<td>7.15 — 8.00</td>
<td>Dolder-Grand Health Care Centre</td>
</tr>
<tr>
<td>RNA extracts &amp; 4IM injections</td>
<td>8.00 — 8.15</td>
<td>Dolder-Grand Health Care Centre</td>
</tr>
</tbody>
</table>

#### Tuesday, 23-September 2014

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral detox &amp; chelation</td>
<td>Three times daily</td>
<td>Your room</td>
</tr>
<tr>
<td>Herbals &amp; micronutrients</td>
<td>Three times daily</td>
<td>Your room</td>
</tr>
<tr>
<td>Executive check-up</td>
<td>8.30 — 13.00</td>
<td>Double-Checklist</td>
</tr>
<tr>
<td>Toxicology lab &amp; telomeres</td>
<td>8.30 — 13.00</td>
<td>Double-Checklist</td>
</tr>
<tr>
<td>RNA extracts &amp; 4IM injections</td>
<td>18.00 — 18.45</td>
<td>Dolder-Grand Health Care Centre</td>
</tr>
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</table>

#### Wednesday, 24-September 2014

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral detox &amp; chelation</td>
<td>Three times daily</td>
<td>Your room</td>
</tr>
<tr>
<td>Herbals &amp; micronutrients</td>
<td>Three times daily</td>
<td>Your room</td>
</tr>
<tr>
<td>Gut microbiome transplant</td>
<td>7.15 — 8.00</td>
<td>Dolder-Grand Health Care Centre</td>
</tr>
<tr>
<td>RNA extracts &amp; 4IM injections</td>
<td>8.00 — 8.15</td>
<td>Dolder-Grand Health Care Centre</td>
</tr>
</tbody>
</table>
### Example schedule II

#### Thursday, 25 September 2014 — DAY 4

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral-detox &amp; chelation</td>
<td>Three-times-daily</td>
<td>Your-room</td>
</tr>
<tr>
<td>Herbals &amp; micronutrients</td>
<td>for-one-week</td>
<td></td>
</tr>
<tr>
<td>Gut-microbiome transplant-III</td>
<td>7:15—8:00am</td>
<td>Dolder-Grand Health-Care-Centre</td>
</tr>
</tbody>
</table>

#### Friday, 26 September 2014 — DAY 5

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral-detox &amp; chelation</td>
<td>Three-times-daily</td>
<td>Your-room</td>
</tr>
<tr>
<td>Herbals &amp; micronutrients</td>
<td>for-one-week (AM)</td>
<td></td>
</tr>
<tr>
<td>Gut-microbiome transplant-III</td>
<td>7:15—8:00am</td>
<td>Dolder-Grand Health-Care-Centre</td>
</tr>
<tr>
<td>EMDR/-HT-body-sculpturing</td>
<td>8:00—9:00am</td>
<td>Dolder-Grand Health-Care-Centre</td>
</tr>
<tr>
<td>Hand-out-of-medical-report &amp; prescriptions</td>
<td>19:30—20:00</td>
<td>Dolder-Grand Health-Care-Centre</td>
</tr>
</tbody>
</table>

#### Saturday, 27 September 2014 — DAY 6

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral-detox &amp; chelation</td>
<td>Three-times-daily</td>
<td>Your-room</td>
</tr>
<tr>
<td>Herbals &amp; micronutrients</td>
<td>for-one-week (AM)</td>
<td></td>
</tr>
</tbody>
</table>

With best wishes for your health and personal well-being.

Rainer Arendt

PD-Dr. med. Rainer Arendt
Consultations and pricing (modular)

- A Double Check Executive Checkup, including catering 4480.- CHF
  Alternative: Executive Plus Checkup, including catering 6940.- CHF
- Additional laboratory (hormones, toxic substances etc.) depending on scope
- Genetic assessment of life span (telomere length) 650.- CHF

- Fresh cell extracts
  8 I.M. injections for repair 4500.- CHF
  12 I.M. injections for repair 6000.- CHF

- Gut microbiome transplant
  for 3 transplants 24840.- CHF
  for 5 transplants 38800.- CHF

- Oral detox and chelation therapy per week 2340.- CHF

- Consultation with PD Dr. Rainer Arendt
  o internal medicine, cardiology 950.- CHF
  o personal coaching, autohypnosis, EMDR, HT (per hour) 950.- CHF

- Consultation with co-therapists
  o Personal coaching / training (per hour) 550.- CHF

- Optional: Consultation with specialists in all medical fields approx. 1300.- CHF
“Youth — nothing else worth having in the world...and I had youth, the transitory, the fugitive, now, completely and abundantly. Yet what was I going to do with it?
– I wanted freedom, freedom to indulge in whatever caprice struck my fancy, freedom to search in the farthestmost corners of the earth for the beautiful, the joyous and the romantic.”
–Richard Halliburton, The Royal Road to Romance (1925)
The time of your life

With this season comes change

Welcome to the Dolder Grand repair, regeneration and rejuvenation program