

How to Live Longer Healthy

Chasing Life What Can You Do to Live Longer Healthy? A. Invest in Your Personal - sustainable Health curriculum Is your Body aging faster than your Birth Certificate? Considering your lifestyle and the exposure to the elements, this could well be the case. Now you can measure the rate of aging and determine your biological age versus your real age. After years of searching for the infallible, comprehensive Analysis of a Person's™ Health status, we finally rolled-out a scientific, reproducible, non-intimidating and non-ionizing whole-body screening system VitalityXpress® - appropriately named for its single session, instant results producing Health and Vitality Profile for any Individual. As a tested Person you will learn about:

- a. Your absolute state of Health and Vitality (are you healthy or just not sick)
- b. Your relative Health and Vitality status (is your biological age identical with your calendar age)
- c. The real and latent Health risks (at the pace of your lifestyle - how long can you remain healthy)
- d. The curriculum for averting the cited risks (your guide to optimizing your lifestyle)

As you might expect, Vitality Concepts focused on all the elements that Patients find annoying and thus may deter them from going to see a doctor in the first place, like condescending doctors, being dispatched with a prescription for medication, not being told the truth, not given sufficient explanation, being subjected to unnecessary tests, not receiving a full report.

Unfortunately this seems the rule in conventional, symptoms-based healthcare, but then, admittedly, contemporary medical healthcare is "acute-care" or "critical-care" rather than "preventive-care" and typically, you get sick and can pinpoint specific symptoms, in order to receive help.

In contrast, VitalityXpress® is designed for healthy people who want to stay healthy and in top Vitality because they have no time to get sick and want to avoid surprise or forced down-time.

We have devised for and implemented VitalityXpress® - if you like to find out more, please contact us B. Get your Personal - needs and goal oriented Nutrition Concept

We typically refer to Persons as "Individuals" for good reasons: no two Persons have the same nutritional needs. Moreover, all of us have a different history and unique goals obviously, the standardized "one size fits all" Multivitamin "Miracle Potion" produces nothing but disappointment.

Vitality Concepts has invested years of scientific and empirical research into Vitality enhancing complementary Nutrition based on a Person's actual, assessed need. We know what works and what doesn't, in due consideration of historical events, lifestyle and objectives of the Individual and we design nutritional concepts accordingly, nothing missing and nothing that's not needed just the perfect balance for the task before the Person.

Vitality Concepts are unique and are based on our patent pending Formula, meeting cutting edge, 21st Century Nutritional needs:

- a. Nutrients are all "once Live source" (not dead, synthetic extracts)
- b. Nutrients optimally match cell resonance = optimal absorption with no stress to the organs
- c. There are no excipients, fillers and toxic chemicals as used in producing capsules and pills
- d. All Formulas are compounded on personalized assessed needs, no "universal" mixtures or "shelf products"
- e. Nutrition Formulas are "complementary Food items", they don't smell, or taste like drugs they taste like Food and Food Vitality Concepts designs Nutrition for Individuals, Clubs, Teams, Institutions, Spas™, Companies, Airlines, Clinics and Hospitals. Contact us at: info@vitalityconcepts.com C. Delivering age-defying Aesthetics Concepts

Looks matter not just nowadays but as long as recorded history: we learn in Scripture, when Jesse brought the later King David to Samuel 1. Samuel 16:12, that he was "good looking". Later in Esther 1:11 we are told that: "to bring before him Queen Vashti, wearing her royal crown, in order to display her beauty to the people and nobles, for she was lovely to look at". In ancient Greece we know that Socrates tried to rationalize beauty: "Beauty is the bait which with delight allures

