



ANDROS / FEMINA LONGEVITY WELLNESS PROGRAMME

Wellness programs designed for both females and males often take into account the distinct biological and social factors that influence health. Here's a breakdown of key aspects:

General Principles

Holistic Approach

- These programs typically encompass physical, mental, and emotional well-being.
- They may include components like nutrition, exercise, stress management, and preventive care.

Personalized Care

- Recognizing that individual needs vary, effective programs often offer personalized assessments and tailored recommendations.

Preventive Focus

- A strong emphasis is placed on preventing illness and promoting healthy habits.

Female-Specific Considerations

Reproductive Health

- Programs may address menstrual health, fertility, pregnancy, and menopause.
- Screenings for conditions like breast and cervical cancer are often included.

Hormonal Health

- Fluctuations in hormone levels can significantly impact women's health, so programs may offer support for hormonal balance.

Mental Health

- Women are often more susceptible to

certain mental health conditions, such as anxiety and depression, so programs may provide resources and support.

Male-Specific Considerations

Cardiovascular Health

- Men are at a higher risk for heart disease, so programs may focus on promoting heart-healthy habits.

Prostate Health

- Screenings and education related to prostate health are often included.

Mental Health

- Addressing mental health in men, including stress management and emotional well-being, is increasingly recognized as crucial.

Testosterone Levels

- Programs may address the effects of declining testosterone levels.

Key Components of Wellness Programs

Health Screenings

- Regular check-ups and screenings for common health conditions.

Nutrition Counseling

- Guidance on healthy eating habits and dietary choices.

Exercise Programs

- Encouragement of physical activity and access to fitness resources.

Stress Management

- Techniques for reducing stress, such as mindfulness and meditation.

Educational Workshops

- Information on various health topics.

PROGRAM DETAILS

- Doctor Consultation with Holistic Health Approach
- Dental Consultation & Dental Check up
- Dermo Aesthetic Doctor Consultation
- Nutritionist Coaching (Mindful eating- Emotional Eating – Food Choices)
- Assessment of Nutrition Habits
- Nutritional Plan (alkaline – gluten free- casein free- Mediterreanean- Flexitarian)
- Longevity Supplements



	7 DAYS	10 DAYS	14 DAYS
Metabolic Blood Analysis	1	1	1
Aging Parameters in Blood	1	1	1
Sex & Energy Hormone Panel	1	1	1
Health Check Up	1	1	1
3D Body Scan	2	2	3
Electrocardiography	1	1	1
Sleep Band	5	8	12
Bone and Mineral Assesment	1	1	1
Movement Analysis	1	1	1
Photo Bio Modulation Therapy	3	5	7
Breath Therapy	3	5	7
Hammam Therapy	1	1	1
Oxygen Therapy	3	6	8
Lymphatic Circulation Therapy	3	5	7
Anti Stress Frequency Therapy	2	4	6
Physio Therapy	2	2	3

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- A day in the heart of fun Land of Legends (Entrance Ticket)
- VIP transfer
- Golf Session
- Daily Yoga & Exercise Sessions





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