



Other components that have been proven to support the anti-ageing process are

- Intermediate fasting e.g. (fasting for 16 hours and eating within an 8-hour window)
- Therapeutic fasting over days
- Avoiding sugar products
- Exercise > 8,000 steps a day
- Weight training, HIT training, endurance sports
- At least 7.5 hours of sleep
- Check Up Vitamin Status
- Supplements: for example vitamin D (essential in summer in Dubai because everyone is in air-conditioned rooms), omega 3, magnesium, creatine, NMN, metformin
- Avoiding too much sun
- Mental training
- Users get a tracker to monitor changes in sleep, exercise behavior and stress levels and see feedback on changes in behavior

Additional positive effects from alpha cooling treatments:

- Much better sleep
- Pain relief (whole body), with reduced medication intake
- More energy
- Anti-inflammatory
- Antidepressant
- Positive mood
- Positive body image
- Strengthening the immune system
- Stress reduction



- Stimulation of the metabolism
- Accelerated detoxification
- Preparation for training for improved oxygen supply
- Regeneration boost
- Reduction of allergies
- Activation of the self-healing powers
- Reduction in susceptibility to injury
- Faster mobilization after injuries
- Stress resistance
- Improvement in general mobility
- Mental freshness and increased ability to concentrate
- Increased physical and mental performance
- Improvement in joint mobility
- Increased physical well-being
- Load capacity
- Performance improvement
- Vitalization - physical and mental freshness
- Increased fat burning
- Reduction of cellulite
- Attractive appearance/ complexion
- Faster regeneration, increased performance
- Release of happiness hormones
- Increase in oxygen saturation
- Faster muscle recovery
- Support for fat burning



ALPHA
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- Stimulation of collagen production
- Stimulation of the production of white blood cells and immune cells
- Stimulation of the vagus nerve
- Significant release of adrenaline and noradrenaline in the brain and body

Not suitable for people with uncontrolled high blood pressure, heart problems, Raynaud's syndrome, cold intolerance, pregnancy, severe neurological diseases and open wounds.