



## Self-Actualization Program

**Health and Lifestyle Assessment** – An in-depth assessment provides our physicians with a deeper understanding of your current status in a variety of areas to include lifestyle, exercise, personal patterns, stress management, life change scale, mindset, nutrition, and much more. Our exclusive assessment has been refined over the past ten years through clinical use with thousands of clients.

**Health Consciousness Scale** – This innovative performance related tool evaluates your current level of awareness regarding key foundational areas of life essential for optimal health and wellbeing. The scale cultivates new self-awareness about conscious and unconscious health beliefs that create or detract from great outcomes. The results capture total environmental exposures that are correlated with individual genomic evaluation and personal bio-marker data.

**Quality of Life Inventory** – This powerful evidence-based scale assesses the importance of 16 quality of life dimensions and the degree to which you are satisfied with each area of your life. The areas include health, self-esteem, goals and values, money, work, play, learning, creativity, helping, love, friends, children, relatives, home, neighborhood, and community.

**Neurocognitive Assessment** – Utilizing scientifically validated, computerized neuropsychological tests, we evaluate your neurocognitive status. This evaluation covers a range of executive skill processes like simple motor performance, short-term and long-term memory, attention, and focus/concentration. The results enable us to create customized interventions to optimize and enhance cognition.

**Precision Genomic Interpretation** – Apeiron’s proprietary and completely anonymized genetic testing array leads the industry for genetic lifestyle personalization. We evaluate and provide a report with actionable strategies for more than 500 single nucleotide polymorphisms in the following:

Nutrition	Sleep	Athletic Performance
Supplementation	Hormones	Environment & Detoxification
Stress	Neurotransmitters	Pharmacogenomics

**Quantitative Electroencephalogram (qEEG)** – This sensitive tool monitors 3D brainwave activity and patterns which reveal how well your brain processes life. It provides a precise starting point for developing optimal brain training strategies that enhance cognition, improve concentration and focus, and give you the ability to enter/exit states of performance at will.

**Psychophysiological Performance Profile** – The ultimate in measuring performance capacity, this technological assessment provides a powerful window into the nervous system and mind-body complex. It offers insight into how you experience and respond to life’s stressors. We analyze multiple biomarkers, including skin temperature, skin conductance, heart rate variability, respiratory mechanics, electroencephalogram (EEG), and muscle tension. We then provide you with knowledge and strategies to optimize your mind-body systems and leverage stress to your advantage.

**Heart Rate Variability (HRV) Assessment** – The results of this assessment reveal nervous system and cardiac resiliency, via the length of time (variation) between heartbeats. High HRV is linked to healthier cardiovascular fitness and can be achieved through biofeedback, mindfulness, meditation, sleep and physical activity.

**Capnographic Performance Evaluation** – This evaluation measures end-tidal carbon dioxide (CO<sub>2</sub>) in order to identify and retrain breathing habits that compromise respiration and decrease cognitive and physiologic performance. When breathing habits have compromised reflex-generated CO<sub>2</sub> they can cause, trigger, exacerbate, and perpetuate a wide range of effects (i.e., symptoms and deficits) that often are attributed mistakenly to other unrelated causes. The use of this precise CO<sub>2</sub> analyzing instrumentation is the only effective means to determine if a learned breathing habit compromises respiration and performance.

**Psychoneurophysiology Sessions** – Utilizing specialized equipment, combined with individualized coaching, we guide you to an enhanced state of awareness, enabling powerful mind-body integration. The result optimizes your ability to modulate activation of the peripheral nervous system and regulate it in your intended direction.

**Human Movement Evaluation** – This evaluation includes an analysis of your body structure, posture, anatomy, function, balance, and flexibility. We share practical tips for routines to achieve your desired results. Private coaching is also available.

**Neuro Mapping Diagnostics** – The Neuro-Bio-Electric Stimulation (NeuBie) technology is FDA-cleared and uses pulsed direct current to assess neuromuscular fitness by mapping the signals between your brain and muscular system. The results guide us in recommending ways to enhance your performance and movement. Optional treatments (not included in the program) accelerate your physiological processes of healing, repair, and regeneration and have unique effects on the nervous / neuromuscular systems.

**Total Body Composition Scans** – Our body composition testing provides precise measurement of your lean muscle mass and body fat. This highly sophisticated equipment allows us to strategically fine-tune and validate each step in the optimization process.

**Bone Density Scan** – We evaluate your bone mineral density (i.e., bone strength) to guide us in recommending dietary and lifestyle choices to ensure proper bone density is maintained and/or enhanced.

**PNOE Metabolic Analysis** – PNOE measures your resting metabolic rate and proficiency at burning different macronutrients. The results provide an excellent tool for your provider to personalize your program.

**Endothelial Health Assessment** – This study utilizes digital recording equipment that measures blood flow and reveals the health of endothelial cells. These cells line the inner walls of blood and lymph vessels, as well as the heart; damage to them may be an early sign of heart disease.



**DUTCH Test (Hormone Profile)** – This test assesses hormone breakdown and how it relates to client genetics – to include sex hormones and their metabolites. Additionally, the DUTCH test measures the Cortisol Awakening Response (CAR) to bring an important piece of the hypothalamic-pituitary-adrenal (HAP) axis into focus.

**Epigenetics Age Assessment** – We calculate your biological age via DNA methylation. This process has been studied extensively and is now recognized as a reliable indicator of biological age. Epigenetic mechanisms play a crucial role in regulating biological processes as diverse as development, learning, metabolism, and the progression of diseases.

**Biometric Monitoring Device (Garmin or Oura)** – We use the most advanced biometric technology currently available to measure and track multiple health and performance metrics. These biometrics are correlated with your personal data to create an individualized performance plan based on your goals. Precision biometrics allows our physicians to expertly guide you on your path to success.

**Stress Training Technology** – We offer advanced technologies to provide valuable biofeedback for nervous system optimization and/or brainwave entrainment. These interventions are done via MUSE brainwave headband, HeartMATH HRV m-wave device, and/or the David Pro Audio Entrainment Device.

**Firstbeat Lifestyle Assessment** - Over a three-day period this device analyzes approximately 300,000 individual heartbeats and monitors daily stress peaks (and causes) as well as sufficiency of daily recovery. Additionally, it captures sleep quality, energy expenditure and the impact of physical activity on your system.

**Comprehensive Labs and Follow-up Labs** – Advanced, comprehensive lab testing provides our physicians an in-depth analysis of your current biomarkers, health profile, and human performance physiologic status.

**Environmental Health Review** – We evaluate your interaction with your current environment and its potential to affect you in a variety of ways. Your drinking water, food, quantity and quality of sleep, thought patterns, stress levels, cleaning products, skin products, and transportation choices can impact your health and well-being. We recommend strategies to adapt to and thrive in a modern environment.

**Sleep Review** – As sleep is integral to well-being, we evaluate your sleep cycles and work with you to reach optimal rest and recovery.

**Physical Examination** – Our exam includes a thorough review of your mental and physical health history. We conduct a neurological assessment and evaluation of major systems to include heart, lungs, abdomen, head/neck, and extremities. Additional assessments may be done as tests indicate.

**Prescription Management** – We manage wellness-based prescriptions to include strategic use of advanced peptides and hormone optimizing treatments.



**Pharmacogenomics Interpretation** – We ensure your genetics are compatible with any supplements and/or medications we may prescribe. By considering your DNA, we can identify the most effective regimens and better predict overall success for you as an individual.

**Specialty Coaching Sessions** – Ten, 45-minute sessions with specialty performance coaches are included in the program. The mindset session is with our sports psychologist. The emphasis of the remaining sessions is determined between you and your Apeiron provider but include nutrition and mindset coaching as a foundation.

**Mindset Specialty Coaching** – Our sports psychologist will assist you in shifting your mindset into the human performance state to accelerate your progress.

**Precision Nutrition Coaching Session(s)** – We offer coach sessions focusing on fundamentals, your unique genetics, epigenetics, and program goals.

**Biometric Monitoring** – We continue to evaluate your progress via the biometric device provided in your program. This feedback guides you, in real time, along your path toward performance optimization.

**Physician Coaching Sessions** – Lab reviews and lifestyle guidance are available on a monthly basis throughout the care year. These eleven, 30-minute sessions follow your initial visit and may be virtual or in-person.

