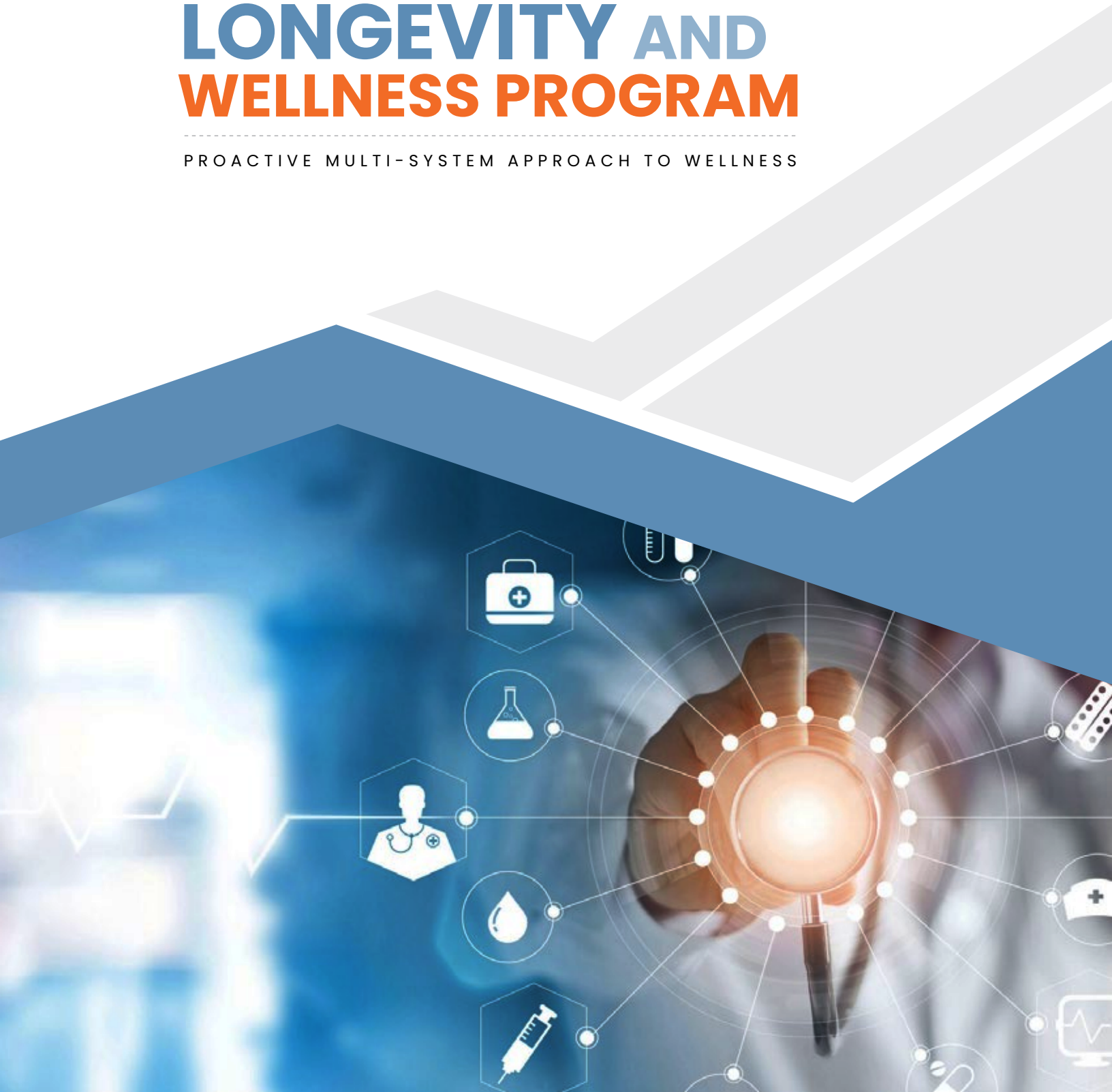




HEALTH CONSULTANCY

# LONGEVITY AND WELLNESS PROGRAM

PROACTIVE MULTI-SYSTEM APPROACH TO WELLNESS






## RCM's Longevity And Wellness Program

RCM Health has developed a proactive wellness and longevity program called RCM's Longevity And Wellness Program. The objective is to recognize and prevent illness and chronic disease before they develop. This is the basis of Scientific Wellness and the foundation for RCM's Longevity And Wellness Program.

The program can last a month or a year. The longer, the better. The more committed the participant, the better the results.

Our mission is to help our clients who are experiencing toxic stress. It is well known that toxic stress can cause disease or death. Slowly or quickly. Toxic stress can accelerate the aging process. Many executives and others experience toxic stress and have no understanding or awareness of what to do to fix the problem.

Our mission at RCM Health is to give executives and others new tools and techniques to cope with toxic stress, build resilience, prevent disease, and increase their vital life energy for years to come.



# Toxic stress can accelerate the aging process.

Many executives and others experience toxic stress and have no understanding or awareness of what to do to fix the problem.



# The Principles Used To Develop RCM's Longevity And Wellness Program

RCM's program is based on the published principles of wellness authorities and experts such as Deepak Chopra, Dr. Andrew Weil, Dr. Joe Dispenza, Dr. Ken Cooper, Dr. Peter Attia, Dr. Leroy Hood, Dr. Nathan Price, Greg Braden, Dr. Bruce Lipton, Dr. Amit Goswami, Dr. John Rowe, Dr. David Sinclair, Dr. Jennifer Ailshire, and others.



## When Toxic Stress Has Created Disease

RCM's Longevity And Wellness Program is also applicable to individuals who have chronic illnesses, such as a heart attack and/or cancer, and would like to prevent the progression of their disease. In some cases, regression of the disease is a possibility.

RCM's Longevity And Wellness Program is applicable for individuals with mental health concerns such as anxiety, depression, and substance use disorder. These persons will often benefit from a more holistic multi-system approach to treatment and wellness, which RCM Health provides.

## Two Case Studies Of Executives With Unmanaged Toxic Stress



About 10 years ago, before RCM Health developed our preventive program, it was responsible for reacting to any health issues of the senior management team at a 1,000-employee manufacturing company.

**The first CEO** was a very heavy-set Texan who started his day with 3 or 4 bottles of Coke Cola. He had a cardiac arrest at his desk. He survived. We advocated for an implantable defibrillator. He retired shortly thereafter.

**The second CEO** was a brilliant strategist. He had a series of strokes. And eventually died of a massive stroke on the golf course in Florida.

## Toxic stress kills.

That is why RCM Health is focused on helping our clients reduce the impact of toxic stress, prevent disease, and build protective resilience.

# Making Healthy Choices

Taking control of your health...



It is recognized that healthy choices can reduce the incidence of disease and/or mortality by 30% to 50%. That is a big deal. With the guidance of the gifted team members at RCM Health, a very effective personalized program can be curated for our clients and employed in a time-efficient and convenient manner.

## Your Guides And Coaches At RCM Health

Each participant will meet with a guide/coach from RCM Health who will assist in designing their personalized wellness and longevity program. The guide will complete an intake with the participant. This information will assist in selecting modalities that form the basis for the longevity program.

Each program is designed to be one year in duration, ideally, to maximize the benefits of the various practices. Participants will check in with their guide on a regular basis to monitor progress and tweak the program as required.

## Measuring Toxic Stress And Other Biomarkers

RCM's Longevity And Wellness Program starts with measuring toxic stress, including psychological, biochemical, physiological, and genetic toxic stress, and varied age-related biomarkers. These metrics provide us with a baseline from which to measure and monitor progress. That is the basis of Scientific Wellness and the prevention of disease.

Once we have the measurements, we move on to exploring the various modalities that comprise the program. A team member at RCM Health will guide our clients through the varied modalities available to them. Once the modalities have been selected, the client is connected to the guide who focuses on that specific modality.



## Learn More

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CALL: 647 350 5500

VISIT: [rcmhealth.ca](http://rcmhealth.ca)

# Longevity Program Modalities

1. Measuring Toxic Stress (psychological and physiological)
2. Completing the executive physical (Labs, EKG, Stress Test, and Imaging)
3. Measuring aging biomarkers and phenome status (genome, telomere measurements, gut microbiome, and other metrics)
4. Continuous measurement of health data to determine when transition in health occur and can be reversed to optimize health and resilience with personalized precision therapies
5. Vascular aging studies ( carotid artery ultrasound and/or CT cardiac angiogram and/or cardiac MRI)
6. A psycho-social assessment and plan using the HiTOP classification
7. Work life assessment and coaching/Business and career coaching/ Executive leadership training
8. Family systems coaching to explore family dynamics
9. Longevity fitness program development
10. Improving the foundation for movement
11. Dance As Therapy
12. Trauma therapy
13. Learning about meditation and developing your meditation practice
14. Custom guided meditations
15. Breathwork
16. Journalling for personal transformation (Writing Therapy)
17. Bodywork program design.
18. Holistic Cleanse Retreat Program (3-7 days with spa therapy sessions included)
19. Detoxification with Infra-red sauna and chromotherapy and other modalities
20. Exploring the power of place
21. Transformative travel
22. Intention setting incorporating gratitude
23. Fostering creativity
24. Holistic nutrition
25. Food Healing Journey
26. The anti-inflammatory diet
27. Neuro-bio-feedback
28. HeartMath with Heartbrain Coherence
29. Cognitive assessment and cognitive reactivation
30. Psychiatric evaluation and program design
31. Psychopharmacology ( DNA saliva test to optimize medication management)



# Longevity Program Modalities

(continued)

32. rTMS for depression and panic disorders
33. Wilderness experiences
34. Planning for a 5-to-7-day wellness retreat
35. Poetry and self expression
36. Expert Second Opinion & Virtual Consultation
37. Genetic testing for hereditary diseases
38. Addiction coaching
39. Secure Hosting Of Health Records & Imaging studies
40. Aerobics testing
41. Total Body MRI and other imaging studies
42. Executive Health Admin Support Services
43. Health Research Reporting On A Specific Issue
44. Music therapy
45. Work With A Medical Intuitive From RCM Health
46. Art Therapy
47. Gardening
48. New Hobbies Involving Having Fun
49. Volunteerism
50. Pharmacogenomics (DNA test for optimizing medication management)
51. The important role of the new or old puppy
52. Equine Therapy as a modality
53. Exploring Healthy Sexuality and Addressing Blocks
54. Enhance Your Authentic Vitality, Life Force and Energetics
55. Women's Exploration of Their Feminine Being
56. Forest Bathing
57. The Sound Bath
58. The use of the Cold Plunge - Thermal Therapy
59. Hiking and Exploring New Trails
60. Wilderness Experienced Alone
61. Detoxification Multi-Modality Programs
62. Sweat Lodge
63. Functional Medicine Consultation
64. Pelvic Health Assessment and Treatments
65. Brain Health Assessment and Treatments
66. The Art of Conversation