



HEALTHY AND BEAUTIFUL AGEING

There is a place that gives every single woman individual inspiration for an optimized, healthy lifestyle: The la pura women's health resort kamptal focuses on women's health and is therefore unique in Europe. The "Healthy Aging" concept is new to the program.

The new concept at la pura women's health resort kamptal is called Healthy Aging and was developed by the medical director, Prim. Karin Stengg D.O. and the la pura team. It is the first comprehensive concept that examines relevant aging issues in an individualized and scientifically sound manner. In addition to other tests, treatments and solutions, a specially developed epigenetic test is an essential part of la pura's healthy aging concept.

As a holistic analysis for personalized preventive care, it tests both gene variants and epigenetic markers to determine, among other things, the metabolic, sport and skin type. The aim is to provide individual recommendations, for example for weight management, sports training and tips on how to reduce the determined biological age in the long term through lifestyle and nutritional interventions.

The scientific field of epigenetics distinguishes between the (static) genome and an epigenome that can be dynamically changed by biological, psychological and social factors. „Fortunately, how we get older is only 30 percent determined by genetics," explains Dr. Karen Stengg. "This means that the aging process can be influenced preventively in good time." la pura's Healthy Aging Check includes tests that comprehensively determine genetic and epigenetic risk factors. The focus is deliberately not on checking for illnesses - because over-confronting with risks and the associated scaremongering is not the goal of the healthy aging concept.

In the healthy aging genetic test, a drop of capillary blood is analyzed because it can also be used to achieve representative results in the field of epigenetics. In addition, a detailed questionnaire on the subject of lifestyle and eating habits is included in the evaluation. Unlike other tests, this is an overall strategy that does not assess genes individually, but tests multiple genetic, epigenetic and lifestyle factors that are responsible for an issue - such as snacking or appetite. In this way, targeted recommendations for action can be given. It is a new and effective form of holistic, individual and sustainable health care.