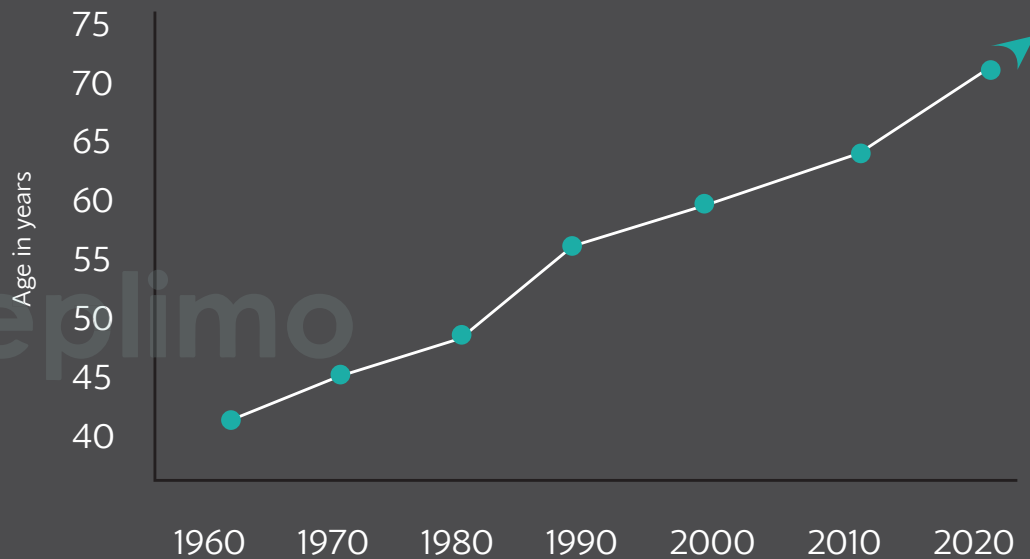


You have
a chance
to **live more**
than 100
years

Mr. Suniel Shetty

Cine Actor



**1 out of 3
will live
more than
100 years**

Ref: World Health Organization & Human Development Index Report 2011 by UNDP

2 Options to
choose from

LIVE LONG &
DIE SHORT

LIVE SHORT &
DIE LONG

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What if you can
be **as energetic
& productive at
the age of 90,**
as you were
at the **age of 40!!!**

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Wouldn't Life be great if you could
possibly prevent the lifestyle diseases like
**CANCER, DIABETES, STROKE,
HYPERTENSION, AIZHEIMER'S ETC.?**

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**OPTIMAL
HEALTH**

GOOD FOOD,
Rich in nutrients.

- Vitamins
- Proteins
- Fiber
- Complex Carbs
- Minerals
- Antioxidants
- Fat



**FITNESS
Exercises**
Yoga



**SLEEP &
RELAXATION**
Quality Sleep
Free from stress



**POSITIVE
MENTAL
ATTITUDE**



If it is just
GOOD FOOD+EXERCISE+
SLEEP+POSITIVE ATTITUDE,
why such incidents?

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Saurav ganguly
Suffered
heart attack



Satnam Khattrra
passed away
at 31 yrs



Yuvaraj Singh
diagnosed with
Cancer



Mishti Mukherjee
passed away
due to Keto diet



Rudratej Singh
BMW CEO India
passed away
due to Cardiac
arrest

'One man's food is another man's poison,' *Old proverb*

Exercises which strengthen some one **could be damaging for someone else.**

Nutritional supplements which make up the **nutritional deficiency in someone, may be damaging someone else due to surplus**

The need of the hour is

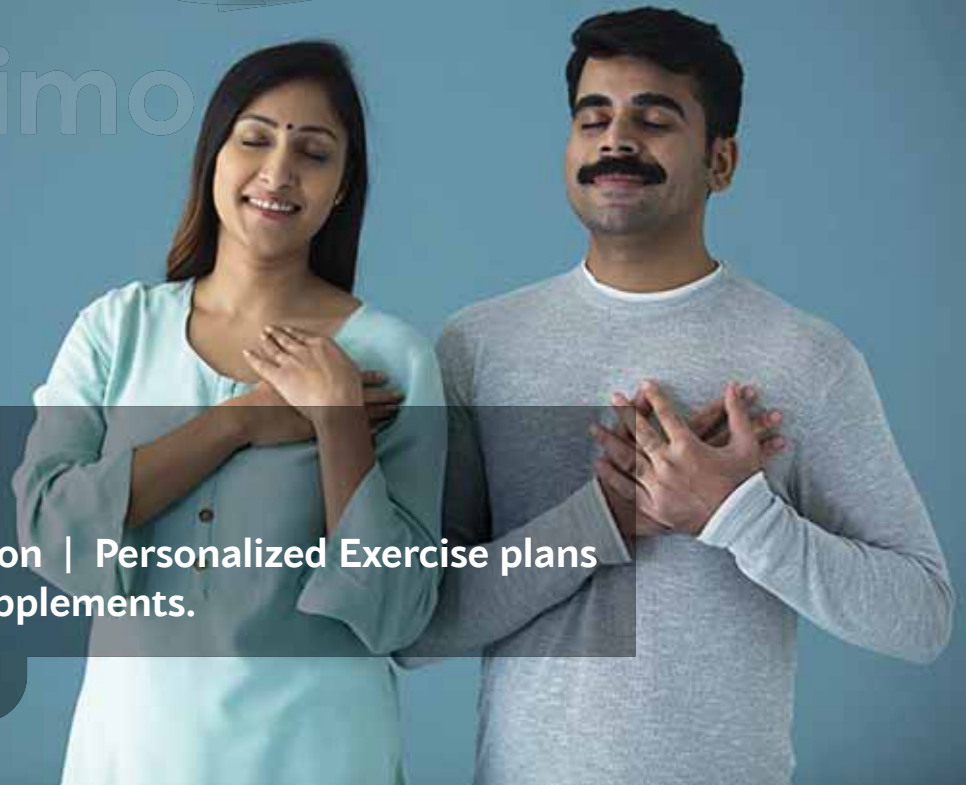
PERSONALISATION

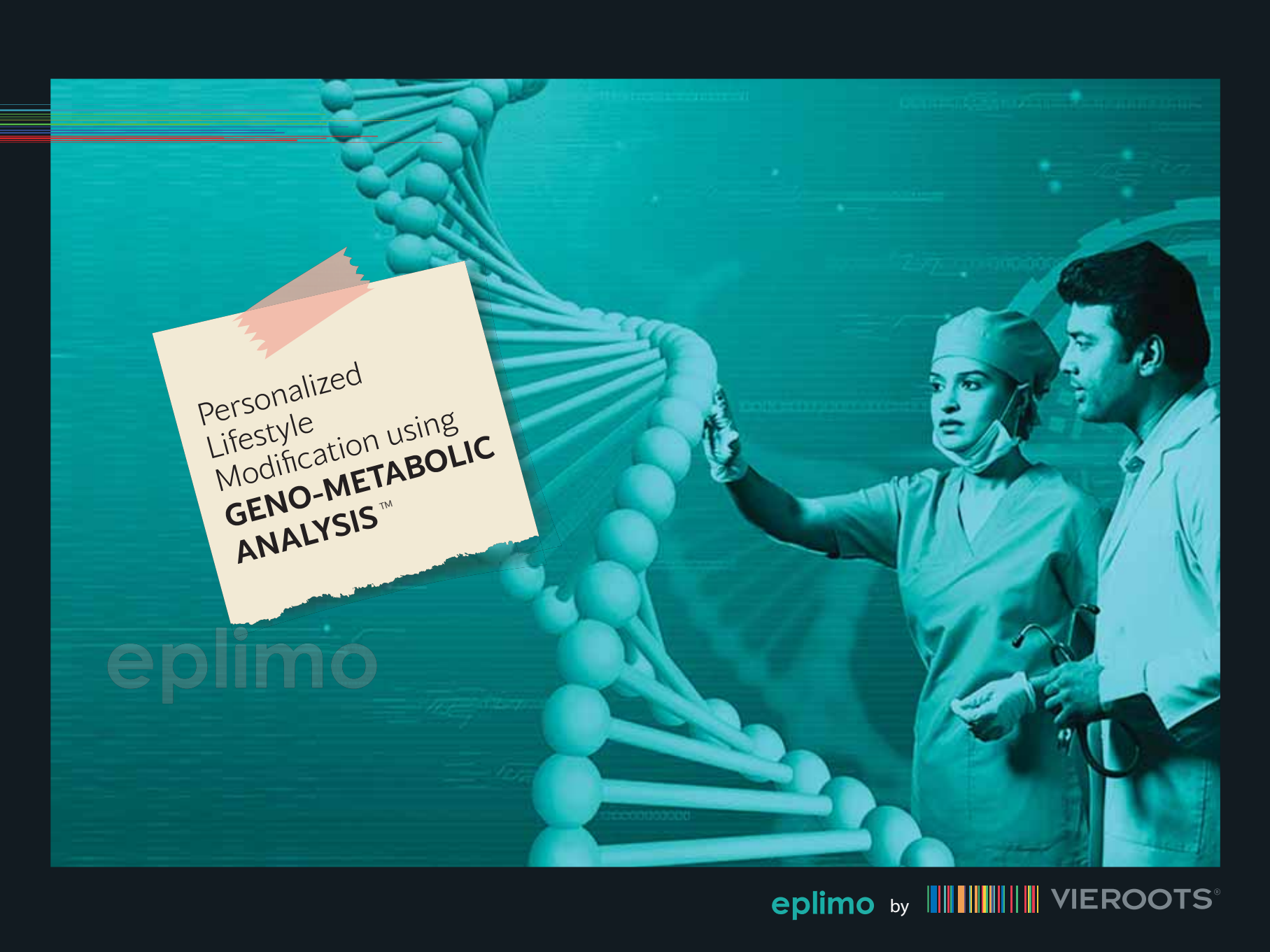
Personalized Food & Nutrition | Personalized Exercise plans

Personalized Nutritional Supplements.

HOW IS IT POSSIBLE?

PERSONALISATION





Personalized
Lifestyle
Modification using
**GENO-METABOLIC
ANALYSIS™**

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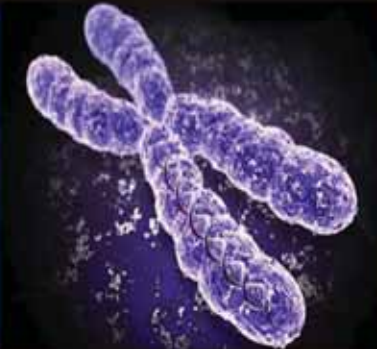
WHO ARE YOU???



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CELL



CHROMOSOME



DNA



Your **Genes** carry all the information
Colour of your skin...Shape of your nose
Lifestyle diseases suffered by your ancestors
The way your 'genes' respond to **various nutrients**
The way your 'genes' respond to **various medicines**





DECODE
your **DNA**

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You will be able to know
Lifestyle diseases for which
you have high risk

Possible causes of such diseases

How various nutrients work
based on your genotype

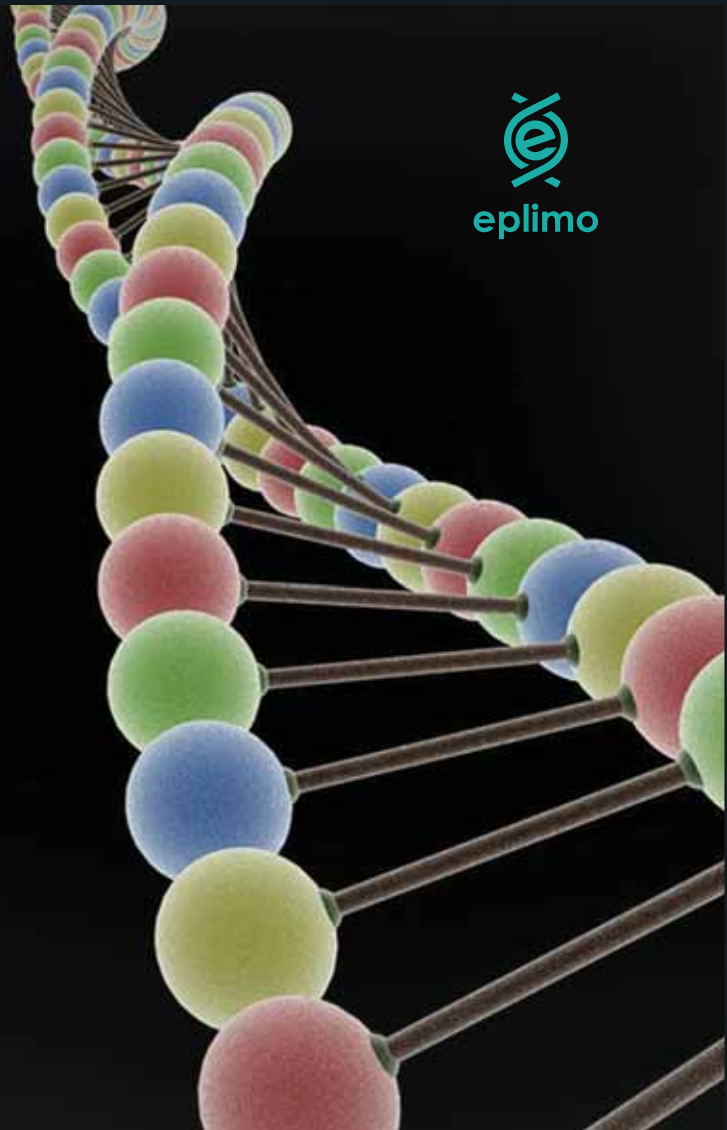
How various medicines work at
cellular level

How your heart & muscles
respond to different exercises





A – ADENINE
T – THYMINE
G – GUANINE
C – CYTOSINE



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AA TT GG CC AA TT GG CC AA TT GG CC

Genetic Code of your eyes:

AA TC GG CC AA TC GG CC AA TC GG CC



VARIANTS

(A hypothetical case for understanding)

EPLIMO PROCESS

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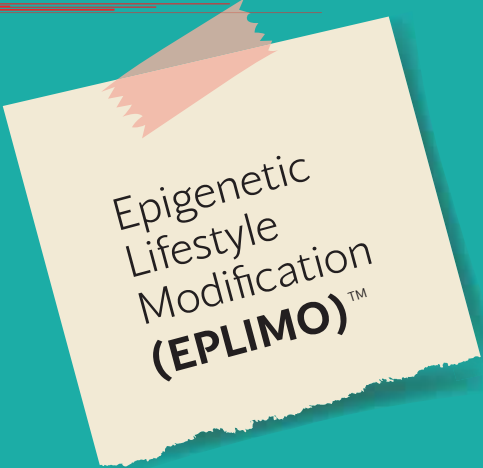
You take a VIEGENOME test which is a highly comprehensive genetic predisposition test, where more than 200 health conditions will be analysed. This is a Do It Yourself test using your saliva. Can be done from the comfort of your home



Download the EPLIMO app and undergo a Detailed Metabolic Analysis



Receive your Report followed by detailed Personalized Epigenetic Lifestyle Modification Plan created by our panel of Doctors, Geneticists, Nutritionists and Fitness experts



Epigenetic
Lifestyle
Modification
(EPLIMO)™

Combines Genetic Analysis and Metabolic Assessment

A team of Doctors and Geneticists provide you a Highly Personalised Lifestyle Modification Plan.

Epigenetic Management

Nutri-epigenetics – Personalised Diet Plans, Nutrition Supplements

Physio epigenetics – Personalised Fitness/ Yoga plans

Psycho epigenetics – Stress management/ Meditations

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← Epigenetic Lifestyle Modifications



"Let food be thy medicine and medicine be thy food." - Hippocrates [See More](#)



Exercise not only changes your body, it changes your mind, your attitude and your mood. [See More](#)



LIFESTYLE



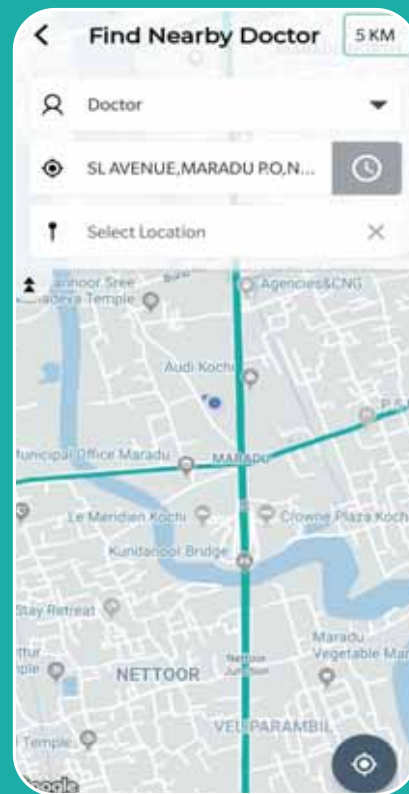
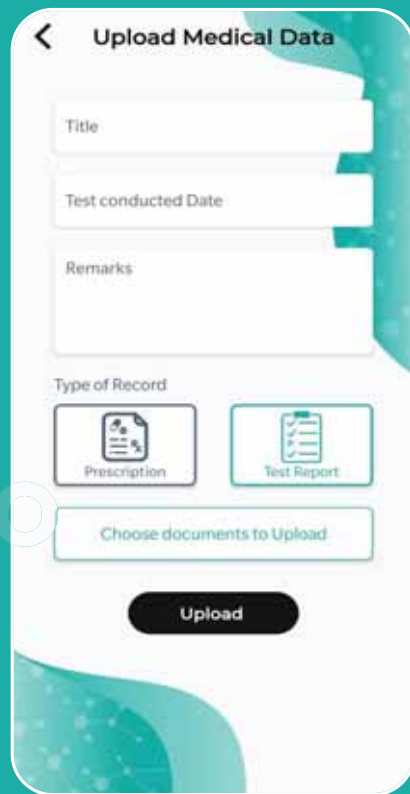
Your Lifestyle is a reflection of your habits and behaviors [See More](#)



It is good to know which medicines work for your genes and which ones work against you. [See More](#)



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World Health
Organization

“Understanding genetic predisposition to disease and knowledge of lifestyle modifications that either exacerbate the condition or that lessen the potential for diseases is necessary for the public to make informed choices.”

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World Health Organization



Angelina Jolie
Hollywood actress



Ranjan Das
Ex-CEO of SAP

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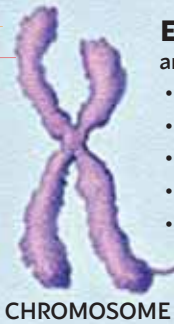


**EPIGENETIC
THEORY**



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GENES ARE LOADED GUNS...
ENVIRONMENT TRIGGERS



EPIGENETIC MECHANISMS

are affected by these factors and processes

- Development (in utero, childhood)
- Environmental chemicals
- Drugs/Pharmaceuticals
- Aging
- Diet

EPIGENETIC CONTROL ON GENE EXPRESSIONS

HEALTH ENDPOINTS

- Cancer
- Autoimmune disease
- Drugs/Pharmaceuticals
- Mental disorders
- Diabetes

CHROMOSOME

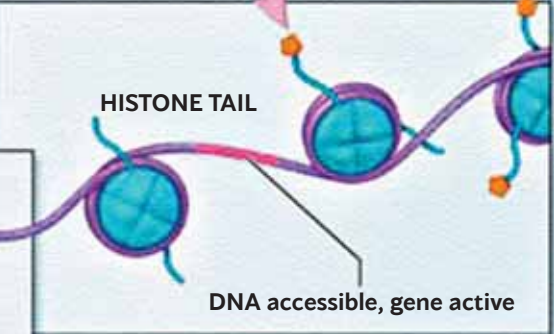
METHYL GROUP

CHROMATIN

EPIGENETIC FACTOR

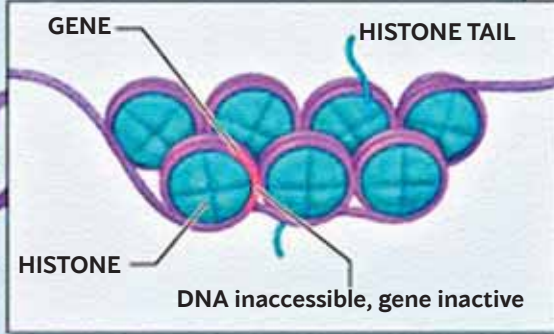
DNA

DNA methylation
Methyl group (an epigenetic factor found in some dietary sources) can tag DNA and activate or repress genes



HISTONE TAIL

DNA accessible, gene active



GENE

HISTONE TAIL

HISTONE

DNA inaccessible, gene inactive

Histone modification

The binding of epigenetic factors to histone "tails" alters the extent to which DNA is wrapped around histones and the availability of genes in the DNA to be activated.

Histones are proteins around which DNA can wind for compaction and gene regulation.

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BIOHACK

EPLIMO™ is a scientific process which helps you to biohack by

- Alerting you about the possible lifestyle diseases for which you have high risk
- Providing you a highly scientific lifestyle modification plan which can help you to prevent the onset of these diseases or at least to postpone them
- Helping you to create your own diet plan which suites your genotype
- Empowering you to create your own fitness plan to live long and stay healthy
- Being a health companion keeping all your health data in your mobile phone

You can **LIVE LONG** and **STAY YOUNG** with **EPLIMO™**





ARE YOU **REALLY**
LEADING A
HEALTHY LIFE...???

IT'S TIME TO TAKE AN
INFORMED CHOICE

eplimo



**READY TO
JOIN OUR
100+ CLUB ???**

eplimo





Quality Accreditations

