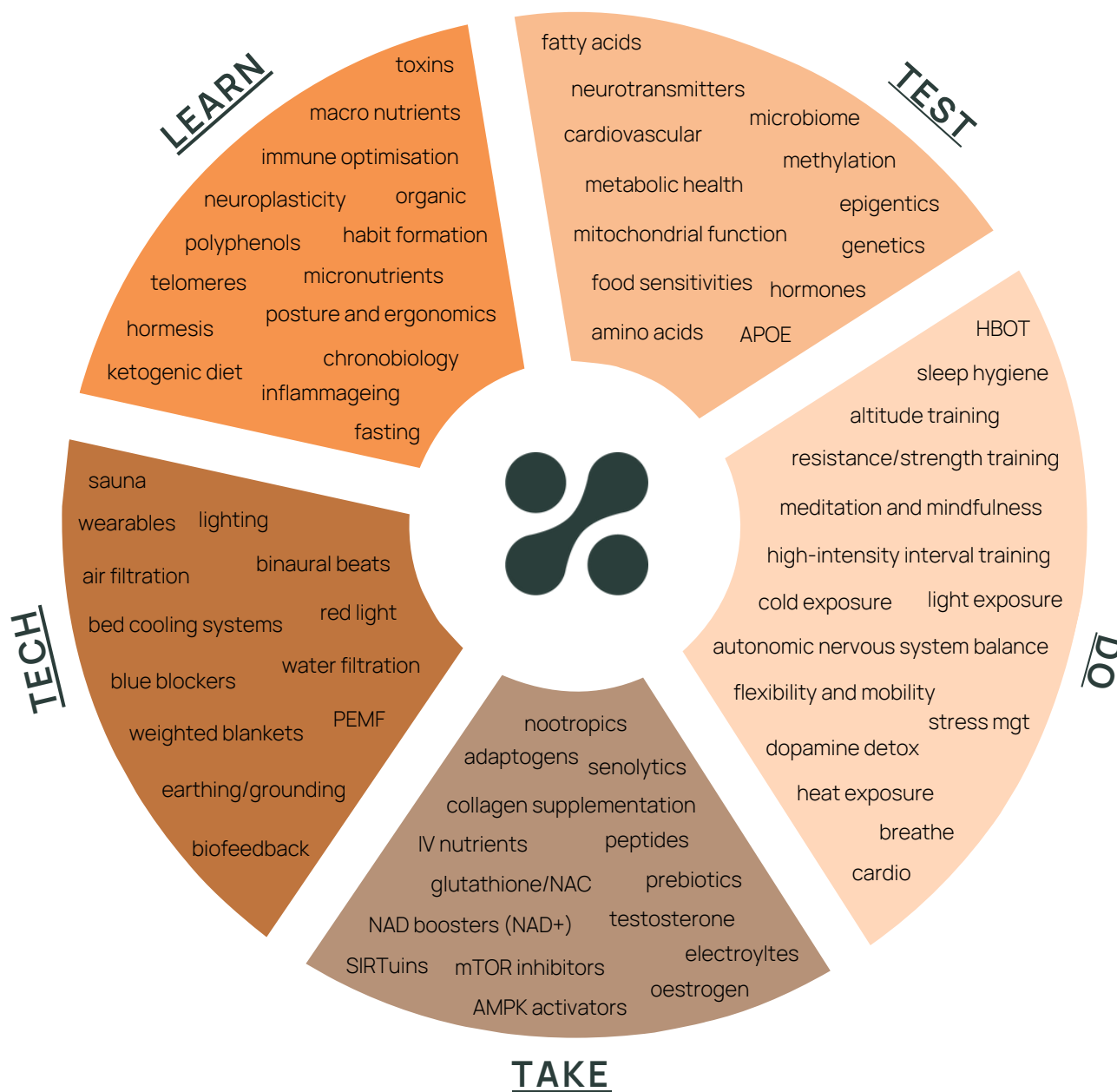


# 5 Elements of optimisation

At MFM we provide clinical advice and guidance for disease prevention, optimisation and longevity, based on the elements and topics below, and more...



LEARN	Practitioner	Coach	Sessions with your practitioner or coach help you understand how these topics relate to you.
TEST	Practitioner		We access world-class labs to get objective with your health data. Diagnostic screening via referral.
DO	Practitioner	Coach	Habits and protocols to upgrade your lifestyle. Optional upgrade to health coaching for accountability.
TAKE	Practitioner		Select supplements and longevity molecules available via our dispensary or referral.
TECH	Practitioner		Optimisation products and devices. Personalised protocols can be provided by your practitioner.

## MENU

## Tests

A summary of the most popular tests for longevity, aging and health optimisation.

[See sample reports](#)



### DNA - Genetics

Cheek swab  
5 weeks

Get clear on your disease risk factors and your body's baseline blueprint. This reports on 92 genes and 113 SNP's across nutrigenomics, digestion, energy, hormones, stress & cognitive performance, inflammation, athletic performance, MTHFR, ApoE variants, DNA protection & repair, and detoxification. Genes are not your destiny and can be influenced by your lifestyle choices.

**MyDNA  
Comprehensive**



### Comprehensive health status array

Blood draw + urine  
5 weeks

240+ biomarkers. Metabolic and nutritional status for vitamins, minerals, essential fatty acids, amino acids, heavy metals, cardiovascular health, hormone function, energy production, bacterial and fungal dysbiosis, antioxidants, neuro-transmitter metabolism, detoxification, fasting insulin, your full LDL breakdown plus apolipoprotein A-1 and B ratios (ApoA-1) and (ApoB) to assess metabolic health.

**NutriStat + Insulin**



### Food sensitivity tests

Blood draw or spot  
5 weeks

Chronic inflammation commonly caused by food reactions can halt health in its tracks. A food sensitivity profile allows you to discover whether your body is creating an immune (IgG or IgE) responses to between 88- 176 common foods. Your practitioner will recommend the best test for you.

**KBMO FIT 132**

**KBMO FIT 176**

**Precision 88**



### Biological age and epigenetics

Blood spot  
5 weeks

Genes that are currently 'being played'. Determine your current biological age versus chronological age, pace of age your metabolic profile, telomere length and 2,000+ SNPs related to rate of aging. Data shows gene expression can be rapidly altered after 8 just weeks of lifestyle interventions.

**TruAge Complete**

**TruAge Pace**



### Advanced hormone panel

Urine + saliva  
4 weeks

A comprehensive insight into your hormone status & their metabolism, including oestrogen and metabolites, progesterone, testosterone, DHEA, DHT, cortisol, and melatonin. The results of the test can help you understand what, if any, hormonal imbalances you may have.

**DUTCH Complete**



### Microbiome

Stool  
3 weeks

Understand if parasites, bacteria, fungi are affecting the function of your gut. This test assesses how much of an organism's DNA is present in a stool sample, essential for helping practitioners to determine the clinical significance of pathogenic organisms and dysbiosis patterns.

**Microbiomix**

## MENU

# Foundational habits

When it comes to moving the dial on disease prevention and longevity, it is important to first assess your foundational habits.

[Take the Habits Survey](#)



Icons relate to the points score on the Habits Survey for: eat 🍏, sleep 🌙, move 🚶, stress 🧠, and negative points 🚫. Each hyperlink is a fact sheet that corresponds to questions on the Habits Survey. We recommend you work with your coach to optimise your habits.

🍏 🍏 🍏 🌙 🚶 🧠	<a href="#">Proper hydration</a> - water is life
🍏 🍏 🍏 🌙 🚶 🧠	<a href="#">Quality protein consumption</a> - the building blocks for your body
🌙 🌙 🌙 🧠 🧠 🧠	<a href="#">Sleep hygiene</a> - preparing for for sleep matters
🌙 🌙 🚶 🚶 🧠 🧠	<a href="#">Flow and flexibility exercise</a> - stability and flexibility for mind and body
🌙 🚶 🧠 🧠 🧠	<a href="#">Healthful morning routine</a> - your morning sets you up for the day
🌙 🚶 🚶 🚶 🧠 🧠	<a href="#">Baseline movement (walking)</a> - humans are designed to move incidentally
🌙 🌙 🌙 🧠 🧠	<a href="#">Ideal sleep environment</a> - where you sleep matters
🌙 🌙 🧠 🧠 🧠	<a href="#">Mental hygiene practice</a> - mindset health is important
🌙 🌙 🧠 🧠 🧠	<a href="#">Slowing the mind</a> - focus and clarity for mental performance
🌙 🌙 🧠 🧠	<a href="#">Healthful sun exposure</a> - sunlight regulates the body systems
🍏 🍏 🍏 🚶	<a href="#">Healthy fat consumption</a> - they're not bad, you just need the right ones
🌙 🚶 🚶 🚶	<a href="#">Burst exercise (HIIT)</a> - power and speed
🌙 🚶 🚶 🚶	<a href="#">Strength and conditioning</a> - muscle mass for life
🌙 🌙 🚶 🚶	<a href="#">Extended cardio (zone 2)</a> - endurance, energy and oxygen
🧠 🧠 🧠	<a href="#">Slowing down</a> - calibrate and regulate your nervous system
🍏 🍏 🍏	<a href="#">A rainbow on your plate</a> - means phytonutrients and fibre
🍏 🍏 🍏	<a href="#">Whole, unprocessed food</a> - as nature intended

[Overeating](#) - the right levels of hunger are healthful

[Caffeine](#) - there's no such thing as free energy

[Inflammatory foods](#) - fuel the fire

[Sedentary habits](#) - sitting is the new smoking

[Alcohol](#) - fun, but best enjoyed healthfully

[Over exercise](#) - more is not always better

[Smoking](#) - the evidence is clear



[See foundational habits](#)

## MENU

# Optimisation protocol

Advanced habits and technology to incorporate into your health regime once you have foundational habit scores as high as possible.



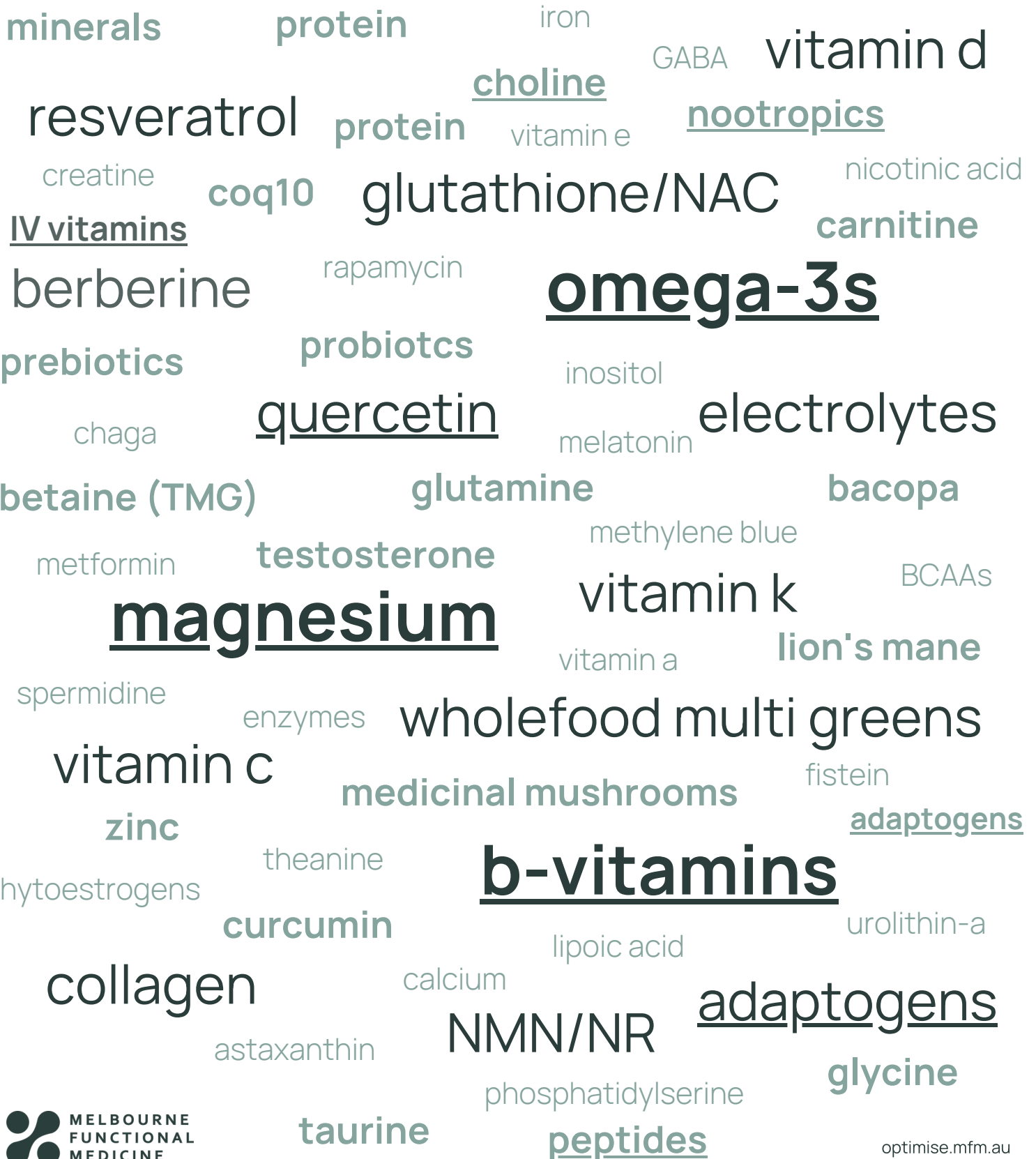
Icons relate to point score boosters for: eat 🍏, sleep 😴, move 🚶 and stress 🧠. These scores are general in nature, you can discuss the relevance of each protocol for you with your practitioner.

- 🍏 🍏 🍏 😴 😴 🚶 🚶 🧠 🧠 [Avoid personally reactive foods](#)
- 😴 😴 😴 🧠 🧠 🧠 [Float](#)
- 🍏 😴 🚶 🧠 🧠 [Biofeedback](#)
- 🚶 🚶 🧠 🧠 🧠 [Digital detox](#)
- 😴 😴 🚶 🧠 🧠 [Red light therapy - Photobiomodulation](#)
- 😴 😴 🚶 🧠 🧠 [Traditional sauna](#)
- 😴 🚶 🚶 🚶 [Altitude training](#)
- 🍏 🍏 😴 🧠 [Continuous glucose monitor](#)
- 😴 🚶 🧠 🧠 [Cold water therapy.](#)
- 😴 😴 🧠 🧠 [Dopamine detox](#)
- 😴 🚶 🧠 🧠 [Infrared sauna](#)
- 🍏 🍏 😴 🧠 [Intermittent fasting](#)
- 😴 🚶 🧠 🧠 [Mineral bathing](#)
- 😴 🚶 🚶 🧠 [PEMF](#)
- 🍏 😴 🚶 🧠 [Wearable Fitbit](#)
- 🍏 😴 🚶 🧠 [Wearable Garmin](#)
- 🍏 😴 🚶 🧠 [Wearable Whoop](#)
- 😴 🧠 🧠 [Binaural Beats](#)
- 😴 😴 🧠 [Blue light blocking glasses](#)
- 😴 🚶 🧠 [Cryotherapy.](#)
- 😴 🚶 🧠 [Wearable Oura ring](#)
- 😴 🚶 🧠 [Air filtration](#)
- 🚶 🧠 [Hyperbaric oxygen therapy.](#)
- 🚶 🚶 [PRP therapy](#)
- 🧠 🧠 [Tapping](#)
- 😴 🧠 [Transcranial and intranasal photobiomodulation](#)
- 🍏 🍏 [Water filtration](#)
- 😴 🧠 [Weighted blanket](#)
- 😴 [Bed cooling systems \(Eight\).](#)

## MENU

## Molecules

To enhance health and impact longevity pathways



# MENU

# Technology

To enhance health and impact longevity pathways

Tech we love



Bed cooling systems



Biofeedback



Water filtration



CGM



Wearables



Binaural beats



Red light therapy



Air filtration



Wearable rings



Infrared sauna



Cryotherapy



PEMF



Blue blockers



Home lighting systems



Earthing/Grounding



Wearable watches



Weighted blanket