

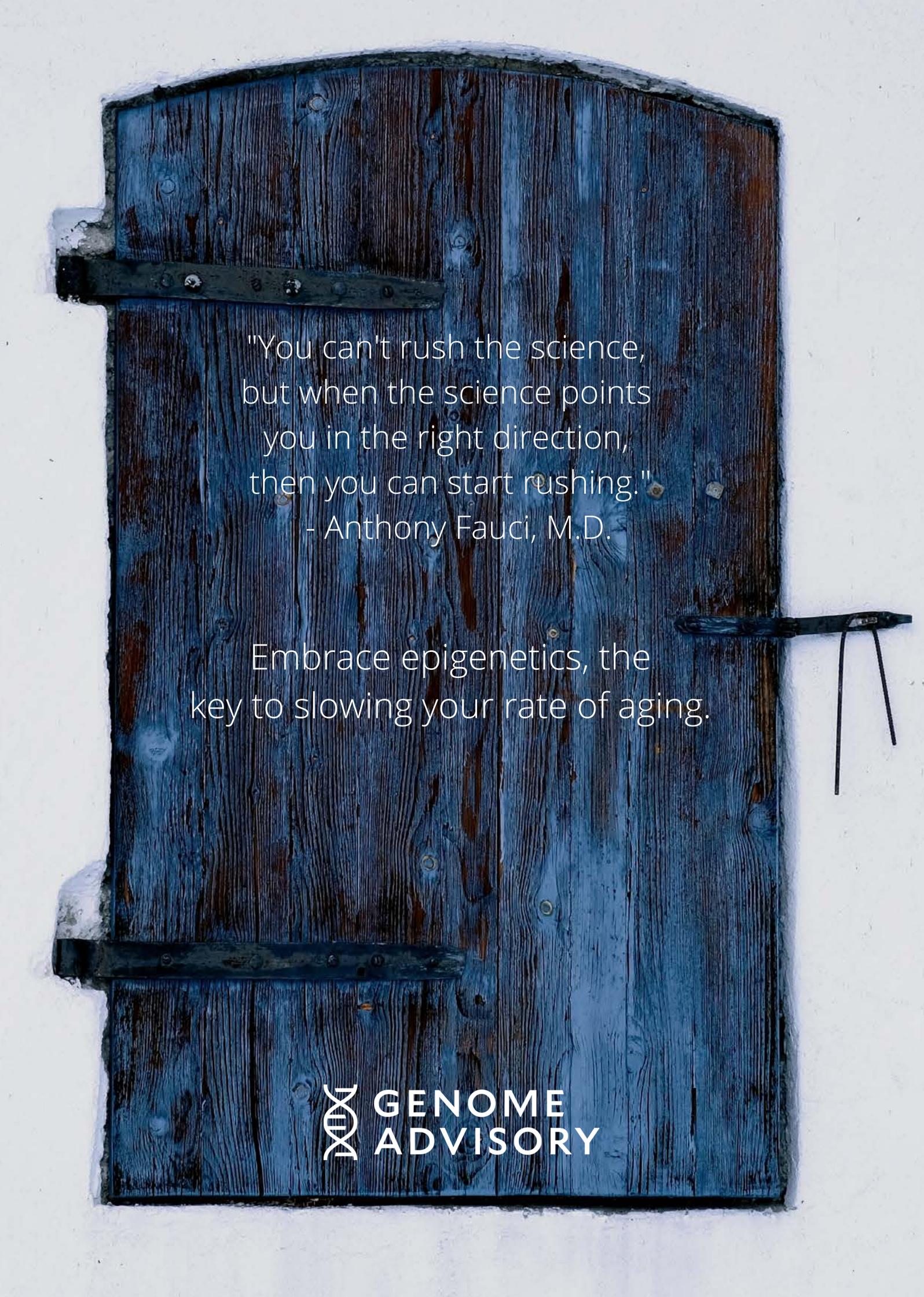


Steve McCurry - Shaolin Monks Training, 2004

# OPTIMIZE YOUR DNA, MINDSET + RESILIENCE

A UNIQUE FOUR-PART EPIGENETIC  
ASSESSMENT and (re)-PROGRAM

 **GENOME  
ADVISORY**

A weathered wooden door with blue paint and metal hardware. The door is set in a white wall. The wood is dark and shows signs of age and wear. The blue paint is uneven and peeling in some places. There are three horizontal metal bars across the door, and a vertical metal bar on the right side. The text is overlaid on the door.

"You can't rush the science,  
but when the science points  
you in the right direction,  
then you can start rushing."  
- Anthony Fauci, M.D.

Embrace epigenetics, the  
key to slowing your rate of aging.

 GENOME  
ADVISORY



**"With every thought, emotion and experience, you act as the epigenetic engineer of your cells, your body and your life."**

**- Ronnie S. Stangler, M.D.**

Epigenetics is the unseen biological process by which our genes, carriers of our DNA, are turned "on" and "off". This cutting-edge science presents new tools and strategies to optimize health and well-being from the inside out. We can **strengthen resilience at the level of our cells**, the building blocks of our body, and **slow our rate of aging**.

This four-part program by Genome Advisory uniquely introduces actionable epigenetic and neurobiologic science coupled with individualized interventions, informed by deep medical and psychological knowledge of you, to **support the healthiest expression of your genes**.

Epigenetics is a powerful new lens, a force multiplier of positive change, and a source of agency when it is most needed.

"You cannot solve a problem from the  
same consciousness that created it.  
You must learn to see the world anew."  
– Albert Einstein

GENOME ADVISORY  
is your trusted expert, partner and guide  
on this transformative journey.



To thrive within our world of continued unpredictability, profound disruption and intense digital influence requires an **optimized mindset, cellular health and neuroplasticity.**

Imagine your **personal transformation into a state of clarity and control** as you enhance agency over your life.

In an environment full of competing and contradictory distractions, we help you establish a foundation of receptivity through **highly personalized psychological support and new epigenetic awareness.**

We further help you **formulate a bespoke strategy for change**, informed by the latest science of neuroplasticity. You will develop a **personalized toolkit of actionable behaviors** to facilitate powerful and enduring change.

**"Psychotherapy has always been a powerful epigenetic intervention. Only now do we fully recognize it as definitive, actionable science."**

**- Ronnie S. Stangler, M.D.**



# Four-Part Epigenetic Assessment and (re)-Program

Together with Dr. Stangler, you will develop a multidimensional strategy to optimize your neuroplasticity, psychological and cellular resilience. Implement a systematic, personalized program of epigenetic and neurobiologic interventions to enhance your health and longevity.

## **Part I: Introduction**

- Welcome – Meet Dr. Stangler
- Epigenetic test by Elysium Health® to determine your baseline biologic age and rate of aging

## **Part II: Medical/Psychosocial Discovery**

- Dr. Stangler will explore your current world and past history, including personal and family health, relationships, professional life, stressors, medications and supplements
- External laboratory tests will be ordered as indicated

## **Part III: Customized Epigenetic Interventions**

Integrating medical, neuroscience and psychosocial prescriptions from Dr. Stangler, we will identify:

- techniques to strengthen your psychological resilience and neuroplasticity to take control over all aspects of your health
- a personally actionable epigenetic program to optimize gene expression and well-being

## **Part IV: Return of Results and Future Recommendations**

- Interpretation and analysis of epigenetic age test results
- Determine timeline for possible re-test of biologic age to assess altered rate of aging
- Establish roadmap for ongoing success

**Cost: \$3,300** (inclusive of epigenetic test)



**Ronnie S. Stangler, M.D.** is an internationally recognized physician, psychiatrist, medical thought leader and innovator, currently based in New York City.

Founder of Genome Advisory, Dr. Stangler assists global families and their advisors in translation of the new DNA sciences of genomics and epigenetics to enhance health and longevity, mitigate risk and promote enduring family legacy. She served for over a decade as chief health and well-being officer to international families and family offices in London, Switzerland, Liechtenstein and the Middle East.

Clinical Professor Emeritus at the Department of Psychiatry and Behavioral Sciences and former Sports Medicine Faculty at the University of Washington, Dr. Stangler maintains a small virtual consultancy, blending traditional psychotherapy and psychopharmacology, informed by cutting edge developments in genomics and epigenetics, longevity medicine and brain science. She brings decades of expertise developed in her distinguished medical practice in Seattle, consulting with prominent executives, entrepreneurs, professional athletes, medical and legal professionals.

Dr. Stangler collaborates with Harvard Business School's Family Office Executive Education Program, assisting in the teaching of their first case study on "Genomics in the Family Office", which she co-authored. She served as Advisor to Harvard Medical School, Department of Genetics, Personal Genetics Education Project, where she co-created a novel series of symposia: "Genes, Technology and Incalculable Ethics: The Family Office of the Future".

Dr. Stangler chairs Aspen Brain Institute Scientific Advisory Council and hosts their virtual Expert Series. She is a Founding Member of AccessCircles, a by-invitation network of global women leaders.

She is a certified consultant in the 21/64 network of the Andrea and Charles Bronfman Philanthropies. Senior member of the examining committee of the American Board of Psychiatry and Neurology, she was elected to the American College of Psychiatrists. Dr. Stangler was also named a Distinguished Fellow of the American Psychiatric Association, where she held many national offices, including critical technology-related positions.

Dr. Stangler has contributed to multiple major media outlets, including The New York Times, Seattle Times, Seattle Post-Intelligencer, National Public Radio, Forbes, Tharawat Magazine, Ageist, SuperAge Podcast, Medium OneZero, &Simple, C200 and Horizons Family Office and Investor Magazine.

Nurture your genes for a lifetime of greater health.

Exceptional well-being begins with a conversation.

We invite you to learn more:

[info@genomeadvisory.com](mailto:info@genomeadvisory.com)

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