

Longevity Club 100+

For a long, healthy and youthful life



Despite the rapid development of technology in society, human health is moving in the opposite direction:

- The number of diseases is increasing.
- The aging process accelerates.
- Many people feel stressed and exhausted.



The solution lies in taking control of your own health. But three major obstacles stand in the way:

1. Lack of simple, scientific knowledge.

Reliable and easily accessible information about health is difficult to find.

2. Complexity and time constraints

Effective health measures must be easy to implement, but such solutions are often difficult to identify.

3. The challenge of creating sustainable routines.

90% of those who learn about health fail to put their knowledge into practice.



Participation in Longevity Club 100+, which launches on May 28, 2025, helps eliminate all of these barriers:

1. Science-based and simplified knowledge

We take the latest research findings and innovations in health and transform them into practical, simple steps that anyone can follow.

2. Efficient and time-saving

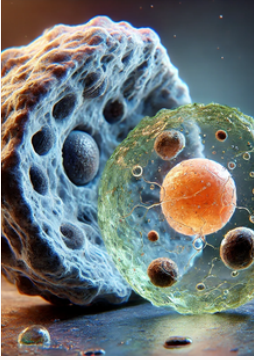
With our program you train just one hour a day – something that fits into anyone's everyday life. The result: better health, increased well-being, mental clarity and a more youthful appearance.



3. A community that builds routines

Through regular online meetings and continuous learning in a group, it becomes easier to stay motivated and create sustainable habits. Together it is easier to succeed than alone.





To slow down aging and live a long life without diseases:

- we must address the main causes of aging and ill health – and these exist at the cellular level:
 - Oxidized cells and damaged mitochondria.
 - Lack of cell cleansing (autophagy)
 - Insulin resistance.
 - Blocked cell membranes.
 - Negative thoughts and low energy flow, which causes hormonal imbalances and a weakened immune system.
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In Longevity Club 100+ we work together to eliminate these causes.

As a member you get:

- 1 webinar per week (total of 52 per year) with a mix of theory, practical exercises and answers to your questions.
 - Led by Boris Aranovich, with 47 years of experience in healthcare read about Boris here <https://humans-resources.one/om-oss/> + other experts.
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The webinars are based on 8 key modules:

- Cell cleansing (autophagy)
 - Antioxidation at the cellular level
 - Improvement of cell membranes
 - Normalization of metabolism
 - Elimination of stagnation
 - The Power of Thought: Create Your Reality
 - Energy balancing
 - Optimal diet and nutrition
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Extra benefits:

- Access to the health programs “Health School” and “Visual Training”.
 - 10% discount on all our products.
 - Exclusive Facebook group for support and community.
 - Recordings of all webinars as well as summaries and descriptions.
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Price:

Annual membership: 250 dollars

- **Offer: Only 200 dollars if you register by may 15, 2025**
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The benefits of becoming a member of Longevity Club 100+

As a member of Longevity Club 100+, you gain access to unique benefits that can improve your health and life.

Here are 6 reasons to join:

1. Access to modern knowledge based on the latest research.

You will have a unique opportunity to use current and research-based methods that are easy to apply in everyday life.

2. Exclusive Hälsoinformation.

Through recorded webinars and written summaries, you will receive important information about health that is difficult to find online or from other sources.

3. A starting point for better health routines.

You can start healthy habits in a whole new way and experience how you feel better with each passing day.





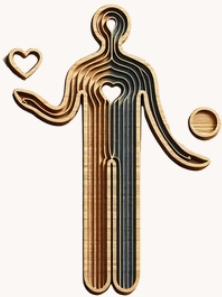
4. Security with support from experts.

You can always feel confident in your choices thanks to continuous guidance and support from health specialists.



5. Improved health and quality of life.

Your improved health is not just about avoiding problems – it also increases your energy, promotes positive thinking, and strengthens your mental and emotional well-being, which affects your entire life.



6. Invest in yourself.

Membership gives you improved health and quality of life through 52 webinars per year, worth at least SEK 1,000 each.

