

CELLWELLNESS® METHOD

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We face 1,000 problems every day, but if we lose our health only 1 remains.

The difference between being healthy and taking medication? 30 minutes a day.



Premise

Modern medicine has made major progress in the management of acute patients, but very little in the treatment of chronic diseases, where it has often limited itself to treating symptoms. This has led to a true silent epidemic: an impressive number of older adults who are disabled or functionally impaired, with autonomic nervous system dysfunction, and who take an ever-increasing number of medications. The purpose of the Cellwellness® Method is to restore health, optimize psychophysical performance and increase the health reserve.

Aging and stressors

Rapid aging in poor health depends on the sum of physical, environmental and psychological stressors that have been poorly managed over time. These factors constantly activate inflammation - destined to become chronic low-grade inflammation - and cellular oxidative stress, two mechanisms at the basis of premature aging (inflammaging) and most chronic diseases.

The good news is that the process is reversible: by identifying and managing stressors, it is possible to recover health, improve performance and prolong healthspan, meaning the years lived in full well-being.

The body's early signals: MUS, vague and non-specific symptoms

The body speaks long before a full-blown disease develops. So-called MUS (Medically Unexplained Symptoms) - persistent fatigue, insomnia, anxiety, digestive disorders, mood swings, irritable bowel - are not simply minor complaints. They are clear warning signs indicating a functional imbalance and the progressive loss of health.

The root causes

At the root there is often dysregulation of the Autonomic Nervous System, favored by altered biological rhythms and by a loss of synchronization between physiology and lifestyle, driven by multiple factors:

- inadequate dietary choices
- alteration of the circadian rhythm
- environmental stressors
- chronic stress (psychological, social, work-related, family-related)
- dehydration (water intake <4% of body weight)
- excessive or insufficient physical activity
- prolonged pharmacological therapies
- chronic diseases
- psychological disorders

The path to recovery

Monitoring these causes means going beyond the symptom: assessing the autonomic nervous system, body composition and environmental stressors, making it possible to understand whether they are a trigger or a consequence of the disorders. This is where the personalized pathway to recover and maintain optimal health takes shape.

Integrated diagnosis

The Cellwellness® Method starts precisely here: intercepting early signals and transforming them into objective data. The diagnosis integrates:

MUS Test → clinical assessment of non-specific symptoms

ANS Test → study of the autonomic nervous system and of the impact of stressors

BIA-ACC → assessment of body composition through the study of:
cellular permeability, extracellular matrix, metabolism, etc.

S-Drive → hair-bulb analysis to assess the impact of environment and lifestyle on cellular and functional balance.

In this way, a complete and personalized map of the person's functional state is obtained.

Treatment: from symptom to cause

- Standard symptomatic therapy: conventional medicine, in its approach to chronic disease, is based on suppressing the symptom with antihypertensives, antacids, anti-inflammatories, hypoglycemics, antidepressants, antiarrhythmics ... drugs that reduce symptoms but do not resolve the cause.
- Advanced modulating therapy: oxygen-ozone and intravenous micronutrients, acting on inflammation and oxidative stress. Ozone can help restore the balance between pro-inflammatory and anti-inflammatory states (redox balance), reducing agents of oxidative damage (free radicals) and modulating the inflammatory response.
- Cellwellness® bio-optimization: works on the cause, rebuilding cellular balance and strengthening the health reserve through physical training, stress management, precision nutraceuticals and personalized nutrition.

The objective

The Cellwellness® Method does not aim only to relieve symptoms, but to:

- Recover health
- Optimize psychophysical performance
- Increase the health reserve (the body's capacity for adaptation and resilience)
- Prolong healthspan (the years lived in full health, not simply lifespan).

The Treatment

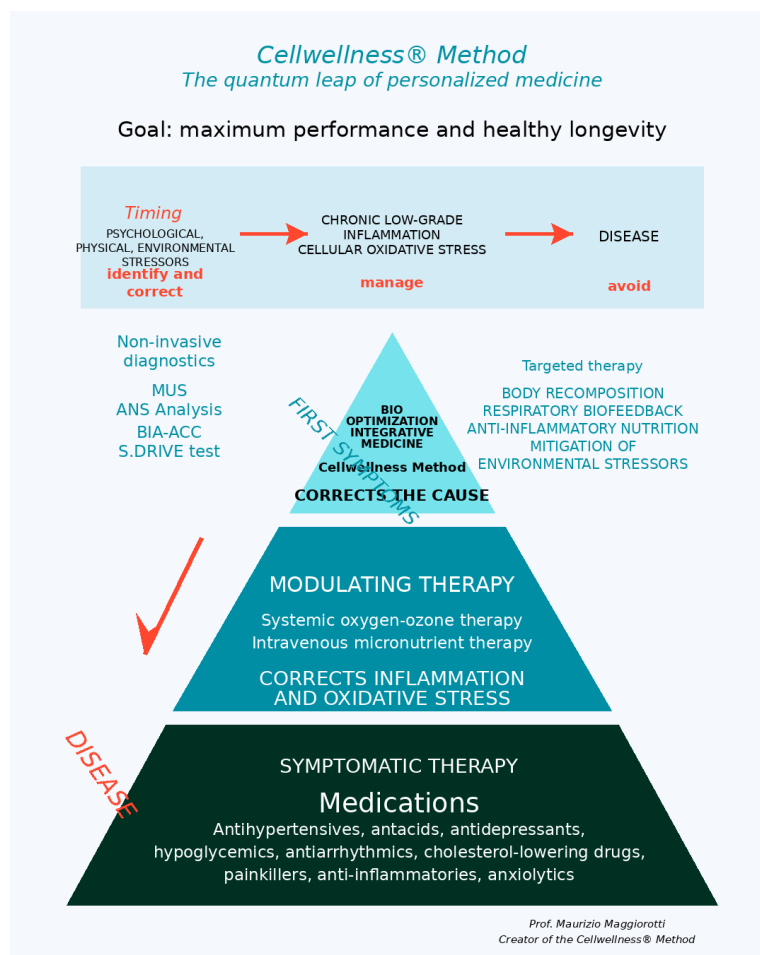
Within the Cellwellness® pathway, each person will receive precise indications and will also use a small personal device which, connected to their smartphone, will allow them to perform guided respiratory biofeedback exercises, physical training and prefrontal cortex activation. These exercises aim to:

- modulate environmental stressors, identifying them case by case and mitigating them
- rebalance the autonomic nervous system through specific techniques
- promote activation of the prefrontal cortex, the center of cognitive and emotional control
- achieve body recomposition through physical activation, anti-inflammatory nutrition and replenishment of deficient micronutrients orally and systemically

The great advantage is that progress does not remain invisible: the system records the data and allows the physician to constantly monitor the progress of the pathway remotely, so that the intensity and modalities of training can be adapted and varied.

The process is not static: it is periodically reviewed and recalibrated on the basis of the goals achieved and new needs, in order to maintain continuous, progressive and measurable improvement in health and performance.

When useful, the Cellwellness® Method may also include a collateral infusion plan with oxygen-ozone or intravenous micronutrients.



How to enter the Cellwellness® Program

Access to the Cellwellness® Program takes place through a personalized medical assessment. In this phase, functional tests are performed (HRV-ANS test, BIA-ACC, S-Drive) and clinical data are collected, on the basis of which we build the individual profile and the most suitable bio-optimization pathway.

Access channels

- Studio Medico Parioli (Via G. Antonelli, 47 - Rome - 347 7859 068 - maggiorotti@gmail.com)
- Cellwellness® events and invitation-only information evenings
- Residential pathways at Tenuta San Lodovico - Tuscany's first Wilderness Area - Maremma biodiversity oasis and home of the Wilderness Academy



Courses for physicians: advanced training on the Cellwellness® Method remotely and in person

Time commitment

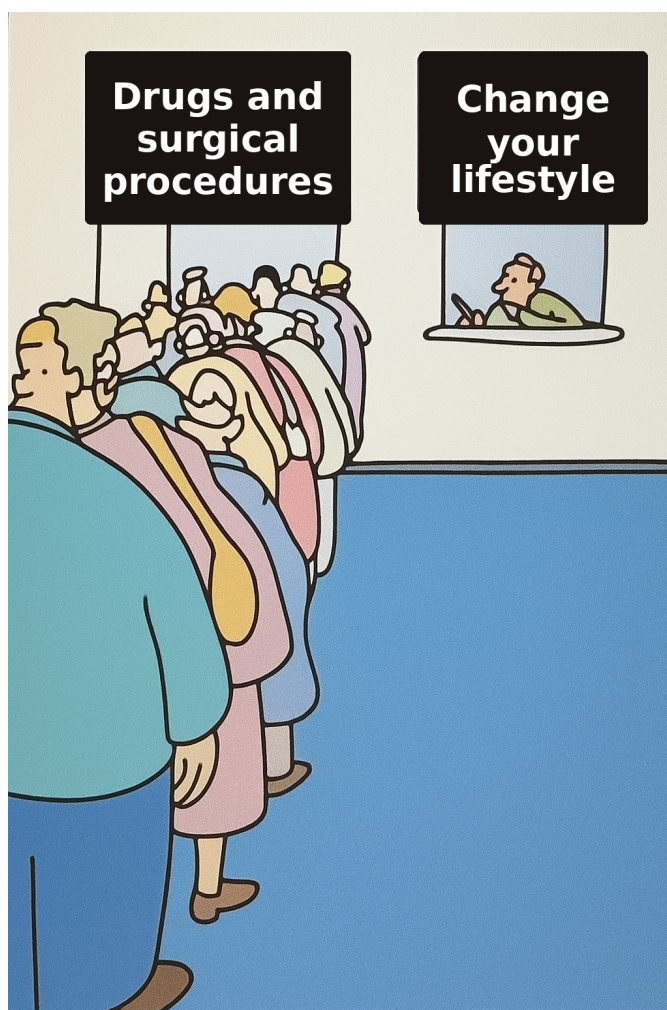
The Program requires a daily commitment of 30 minutes in the morning, dedicated to bio-optimization practices (neuromuscular activation, respiratory biofeedback, stimulation of the prefrontal cortex, rebalancing of circadian rhythms). These simple, guided activities are performed at home and monitored remotely by the Cellwellness® team.

Costs

The initial functional assessment (tests, clinical evaluation and preparation of the individual report) and setup of the 90-day Cellwellness® Program have a total cost of 490 euros. A one-time purchase of the ANS Control Plus photoplethysmograph (Biotekna) is also required. It can be used by more than one family member and costs 194.44 euros. Thanks to this device, connected wirelessly to the smartphone, it will be possible to monitor progress in real time and personalize the level of commitment on the basis of results, with the possibility of remote intervention.

Practical methodology

Through the free app downloaded to their smartphone, each day the participant will receive a series of personalized exercises lasting 25 minutes, to be performed independently and monitored by the system. This daily routine will be accompanied by specific lifestyle changes, as prescribed during the first functional assessment.



“I don’t have time” is the first symptom... Put your health first on the day’s agenda.

Do not let yourself age: go beyond symptom treatment, to achieve full well-being, optimize your psychophysical performance and increase your health reserve with a few targeted measures.