

Interval Autophagic Program

(10 days)

What is it?

Human beings have been on an endless quest for millennia to discover ways to live longer and healthier lives. From the search for the "Fountain of Youth" to innovative senolytics, alchemical concoctions to modern dietary trends, humanity has explored various avenues to extend life. The human metabolism possesses the ability to self-heal. Every day, our bodies work to repair damaged cells and cellular components, eliminate metabolic waste, and engage in the natural healing process. Unfortunately, our environment is filled with stimulants that sabotage this natural healing process, introducing harmful substances into our system.

Among all the anti-aging strategies studied, it has been revealed that restricted calorie diets, such as fasting with the right content, can reduce the risk of diabetes, Alzheimer's, dementia, autoimmune disorders, spontaneous tumors, and cardiovascular risks.



Vitalica Wellness aims to activate the body's self-healing power against critical health issues through the Interval Autophagic Program. The therapeutic interval fasting involves a gradual transition from a 1100 kcal diet to a 250 kcal diet over a specific period, during which the body is entirely nourished by fat reserves. The 10-day program enhances autophagy and detox enzymes, promoting the renewal of cells and tissues. The Interval Autophagic Program is used in the treatment of conditions like cancer, Alzheimer's, obesity, hypertension, type 2 diabetes, cardiovascular issues, joint problems, rheumatism, persistent digestive issues, and migraines. It is also utilized to reduce the negative effects of risk factors such as smoking, alcohol, poor nutrition, and stress on the body. For individuals in an ideal weight and healthy state, it is recommended as a preventive strategy to be implemented once a year. To fully experience the physical, mental, and emotional benefits, the program should be undertaken for a minimum of 10 days.



Benefits

This program, designed to provide a strong and rejuvenating start, is crafted by our expert doctors and nutritionists to eliminate inflammation and toxic accumulation in the body.

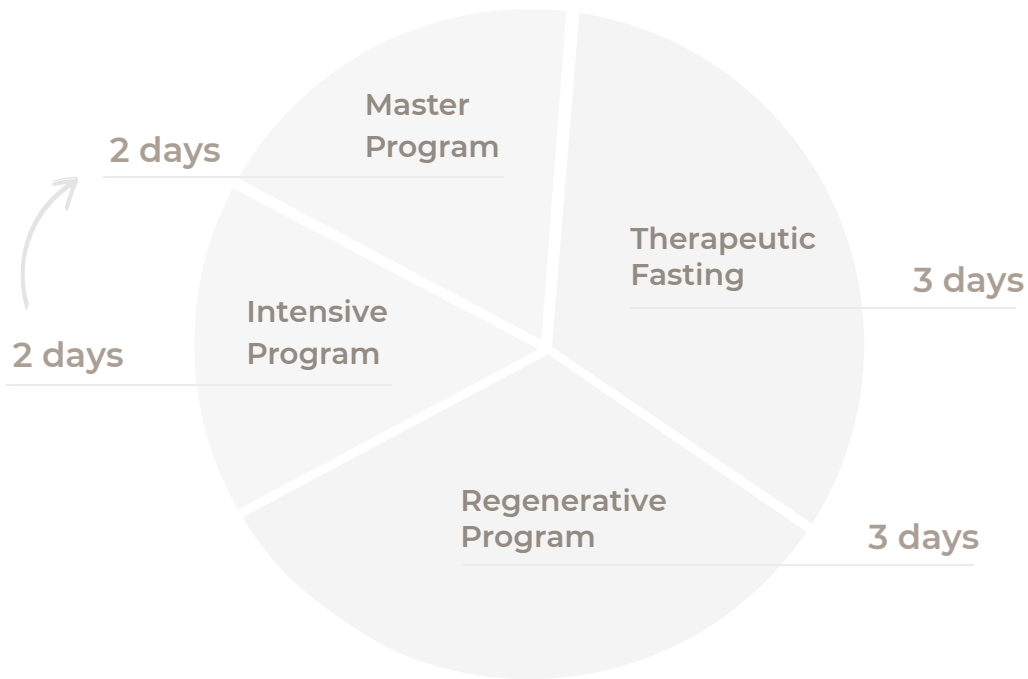
The Interval Autophagic Program is employed in the treatment of various diseases, including cancer, Alzheimer's, obesity, hypertension, type 2 diabetes, cardiovascular issues, joint problems, rheumatism, persistent digestive issues, and migraines. For individuals in an ideal weight and healthy state, it is recommended as a preventive strategy to be implemented once a year. The program, for its comprehensive healing potential, should be undertaken for a minimum of 10 days.

Suitability of Interval Autophagic Program?

The Interval Autophagic Program is suitable for anyone seeking to take control of their body and health. Beyond individuals desiring ideal weight and health, it offers a complementary healing journey for those exposed to diseases such as cancer, Alzheimer's, obesity, hypertension, type 2 diabetes, cardiovascular issues, joint problems, rheumatism, persistent digestive issues, and migraines. Individuals aiming to cleanse their bodies from the negative effects of habits like smoking, alcohol consumption, and substance abuse will find this program uniquely beneficial. Due to being conducted under the supervision of doctors and experts, individuals with chronic illnesses can also easily undertake the program.

Interval Autophagic Program consists of 4 stages.

- Intensive Program
- Master Program
- Therapeutic Fasting
- Regenerative Program



Intensive Program - 2 days

Crafted to provide a powerful start, this stage blends cellular cleansing with superfoods, herbal nutritional supplements, and wellness treatments to restore and balance the body physically, mentally, and emotionally. Workshops, sports activities, group meditation, breath therapy, and awareness sessions are provided to encourage the adoption of a healthier lifestyle.



Master Program - 2 days

The Master Program provides a rest for the digestive system through liquid fasting, an ancient cleansing method. Based on the principle of complete rest for the stomach, liver, pancreas, and intestines, this detoxification program involves consuming detox drinks, detox soups, herbal teas, alkaline water, and various herbal supplements. The Angel Of Water-Colon Cleansing procedure, conducted with doctor approval, ensures the complete elimination of toxins from the body.



Therapeutic Program – 3 Days

Autophagy, meaning 'self-eating,' involves the body recycling or eliminating old or excess cells (such as fat cells) that do not serve a purpose or improve your health. Regularly elevated autophagy makes our skin more elastic, reduces tendencies for eczema, acne, and aging symptoms. Brain cells benefit from autophagy, enhancing clarity, accuracy, and speed in performance. This improves mood, memory, and cognitive functions while reducing the risk of dementia and other neurological diseases.



The major causes of autophagy are cellular stressors such as nutritional deficiency in tissues produced by activities such as fasting, exercise, and severe temperature change. To induce autophagy, the body's insulin and mTOR (mammalian target of Rapamycin protein complex) pathways must be repressed, while the AMP-K (adenine monophosphokinase) pathway must be activated. The mTOR pathway is associated with the regulation of growing tissues in the body. By far the most effective technique for activating the body's autophagy processes is prolonged fasting. You achieve a high level of autophagy when your glucose-ketone index (GKI) is around 1:1, which occurs on day 3 of the Therapeutic Program. GKI (Glucose Ketone Index) is a research ratio. A good indicator of nutritional ketosis for GKI is between 1:1 and 4:1. If you are in this range, your body is in nutritional ketosis. So your body is either learning to use ketones for energy or has gotten used to using them as a primary energy source.



Regenerative Program – 3 Days

The Interval Autophagic Program transitions to a rejuvenation phase after the initial lighter intensity days, gradually moving towards normal eating habits in the last three days. During this stage, guests are provided with various 100% natural supplements, such as herbal teas, freshly prepared vegetable soups-purees, and freshly squeezed fruit juices. This phase stimulates dormant stem cells during sleep, facilitating the creation of new structures, indicating a renewal and revitalization phase



Consultation with our doctors at the beginning and throughout the program

Sustainable solutions to understand yourself better and achieve physical, mental, and emotional balance to preserve and enhance your health.



Body measurements

- Full-body analysis
- Blood pressure measurement
- Blood sugar measurement
- Oxygen saturation with oximeter
- Pulse measurement



Vitalica Wellness Talk



Post-detox nutrition and healthy living prescriptions



4 Individualized Nutrition Plans



Autophagic Supplements



Ketone Test



Unlimited Alkaline Water



Cell Renewal Drinks



Detox Kit



Detox Drinks



Unlimited detox soup, herbal tea, pH10 water

Healthy Eating Group Classes in the Chef's Studio



Wellness Movie Night



Group Activities

Breathing Exercises, Morning Walk, Fitness, Yoga



Angel of Water + 20 Minutes Abdominal Massage

It is applied with a device that washes and cleans the intestines. The self-controlled device allows water to reach the deep folds of the intestine. It supports intestinal emptying.



Infrared Sauna

When near-infrared light is applied to the skin, fibroblast cells absorb light activity, leading to increased collagen and elastin production. It has been proven to raise body temperature by three degrees, making infrared heating technology provide a high level of detoxification experience. Beneficial sweating occurs through pores during the process of eliminating toxins. This sweating promotes skin rejuvenation, cell health, and tissue growth.



Steam Room

Steam rooms are recommended for daily use as they help eliminate toxins trapped under the skin, improve circulation, and regulate the cardiovascular system. The moisture and heat in the steam room expand capillaries, allowing blood to flow more freely. This leads to more efficient oxygen delivery to tissues. The release of the stress hormone cortisol is reduced with this application. In addition, the heat in the steam room opens sinus passages, allowing for easier and deeper breathing.



Salt Room

Recommended for improving respiration, salt room therapy is created based on the principle of inhaling air containing microscopic salt particles. It is used to treat respiratory tract disorders such as asthma, bronchitis, dry cough, lung diseases, chronic obstructive pulmonary disease (COPD), lung infections, throat infections, skin disorders, pharyngitis, and respiratory tract disorders caused by smoking.

