OneLife CLINIC By Ana Moreira | SHERATON EST. 1937

IN PARTNERSHIP WITH

Sheraton Porto Hotel & Spa

Longevity Programmes

Know your body today, to decide better tomorrow.



ADVANCED MEDICINE CHECK-UP

COMPLETE EPIGENETIC LONGEVITY

The most specific pioneering epigenetic tests to modify your exposome.

CONSULTATIONS

Longevity Consultation
Dra. Ana Moreira
A consultation with no time limit: clinical history, sleep, diet and lifestyle, defining the tests and the longevity strategy.

- **Reassessment Consultation**
  Dra. Ana Moreira
  With the test results, delivery of the written plan: actions, order, duration and expected results.
- **Gut and Hormonal Health Consultation**
  Dra. Aida Mendes Moreira
  A functional approach to hormonal and gut balance, focused on supplementation and healthy ageing.
- **Follow-up Consultation**
  Dra. Aida Mendes Moreira
  Review of results and adjustment of the hormonal and gut plan.
- **Dental Medicine Consultation**
  Dra. Aurélie Mariani
  A comprehensive oral assessment of teeth, gums, bite, jaw joint, oral microbiome and materials, because the health of the mouth influences inflammation and the health of the whole body.

CONSULTANCY

- **Food Education, Nutrition and Gut Health Consultancy**
  Maria Alejandra Nuñez Araújo
  Food education with anti-inflammatory and gut bioregulation strategies, tailored to each person.

TESTS AND ANALYSES

- **Heavy Metals Test**
  Assessment of the body's heavy metal load.
- **Body Composition Assessment**
  Muscle mass, fat mass and hydration, by bioimpedance.
- **Extended Gut Microbiome**
  Extended analysis of the gut flora.

GENETIC* AND EPIGENETIC TESTS

Nutrigenetics* Test
How your body metabolises food, based on your genetic* profile.

Supplements and Vitamins Genetic* Test
Which vitamins and supplements your body actually uses.

Healthy Longevity Genetic* Test
Genetic* predisposition across eight ageing processes.

Sports Performance Genetic* Test
Physical performance, recovery and injury risk, according to your genes.

FOLLOW-UP

- **Dedicated Patient Manager**
  A single point of contact from the first to the last day of the programme.
- **Integrated Results Report**
  A summary of all the tests in a single document.

Personalised Longevity Plan
A written plan for home and for the clinic, delivered at the end.

Learn more
onelifeclinic.pt

BOOKINGS
+351 932 348 037

How the programme works

The most specific pioneering epigenetic tests to modify your exposome.

The Infinito protocol starts from the same base and goes further. It adds epigenetic biological age, the gut microbiota, the full hormonal profile and body composition, includes treatment sessions during the stay and ends with the medical reassessment and a personalised written plan. Each step is led by a OneLife Clinic professional, with a patient manager assigned from the first contact.

1 Before you arrive

After booking, you receive a health questionnaire and can send your most recent tests and results. The patient manager organises the calendar of consultations, sample collections and treatments around your stay.

2 Consultations and consultancy

Longevity Consultation Dra. Ana Moreira
A deliberately long consultation, with no minute limit, with the founder and clinical director of OneLife. It goes through your clinical history, sleep, work, diet, what changed when symptoms appeared and treatments already tried. At the end, it indicates the right tests for your case and sets the longevity strategy.

Gut and Hormonal Health Consultation Dra. Aida Mendes Moreira
A functional, personalised clinical approach, with a special interest in hormonal modulation, supplementation and healthy ageing. It assesses the gut axis and hormonal balance together, to optimise health and not just treat symptoms.

Dental Medicine Consultation Dra. Aurélie Mariani
The mouth is the gateway to the health of the whole body. The consultation carries out a comprehensive oral assessment of the teeth, gums, bite, temporomandibular joint, oral microbiome and previous treatments; it analyses the biocompatibility of materials and the sources of chronic inflammation that may influence immunity and general well-being; and ends with a personalised plan. Led by Dr. Aurélie Mariani, who links oral health to systemic health through diet, breathing, the microbiome and gum health.

Food Education, Nutrition and Gut Health Consultancy Maria Alejandra Nuñez Araújo
Individual support, in person or online, centred on gut bioregulation and anti-inflammatory eating strategies, respecting each person's biological, emotional and social uniqueness. Health and nutrition coach trained at the Institute for Integrative Nutrition in New York and co-author of the book Microbiota, Reset em 5 Passos.

3 Assessment and tests

The genetic* and epigenetic tests use a saliva sample, painless and with no preparation, and only need to be done once in a lifetime.

Heavy Metals Test
Assessment of the body's heavy metal load.

Body Composition Assessment
Muscle mass, fat mass and hydration, by bioimpedance.

Extended Gut Microbiome
Extended analysis of the gut flora.

Nutrigenetics* Test
It reveals how your body metabolises fats, carbohydrates and proteins, how it regulates appetite, what your chronotype is and which exercise is most effective for your weight. It translates the genetic* profile into information on nutrient metabolism, as a basis for food education.

Supplements and Vitamins Genetic* Test
It indicates your body's compatibility with 45 compounds, including 7 vitamins and 38 supplements such as omega 3, coenzyme Q10, magnesium or curcumin. It shows what brings real benefit and what you can do without, for careful supplementation and no unnecessary spending.

Healthy Longevity Genetic* Test
It assesses genetic* predisposition across eight ageing processes: metabolic syndrome, visceral fat, liver detoxification, oxidative stress, neurotransmitters, chronic inflammation, telomere shortening and neoplastic risk. It is the basis of a personalised longevity strategy in nutrition, supplementation and habits.

Sports Performance Genetic* Test
Genetic* profile of physical performance: muscle fibre type, power and endurance, injury risk, recovery and response to creatine, caffeine, beta-alanine and nitrates.

4 Results and follow-up

Genetic* test results are available in about 20 working days, after your stay; the medical reading of all results is part of your plan.

Reassessment Consultation Dra. Ana Moreira
A follow-up consultation with the test results: the plan becomes more precise and is delivered in writing, with the actions, their order, the duration and the expected results.

Follow-up Consultation Dra. Aida Mendes Moreira
A follow-up consultation with the test results, to adjust the hormonal, gut and supplementation plan.

Dedicated Patient Manager
A single point of contact from the first to the last day of the programme.

Integrated Results Report
A summary of all the tests in a single document.

Personalised Longevity Plan
A written plan for home and for the clinic, delivered at the end.

* All tests and treatments are subject to prior medical assessment. The programme is personal and non-transferable; the schedule is adjusted to each participant's availability.

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Get to know the clinic
www.onelifeclinic.pt
Bookings: **+351 932 348 037**

* The programmes include a personalised medical assessment; complementary tests are carried out with partner laboratories. ERS Operating Licence no. 22827/2023.