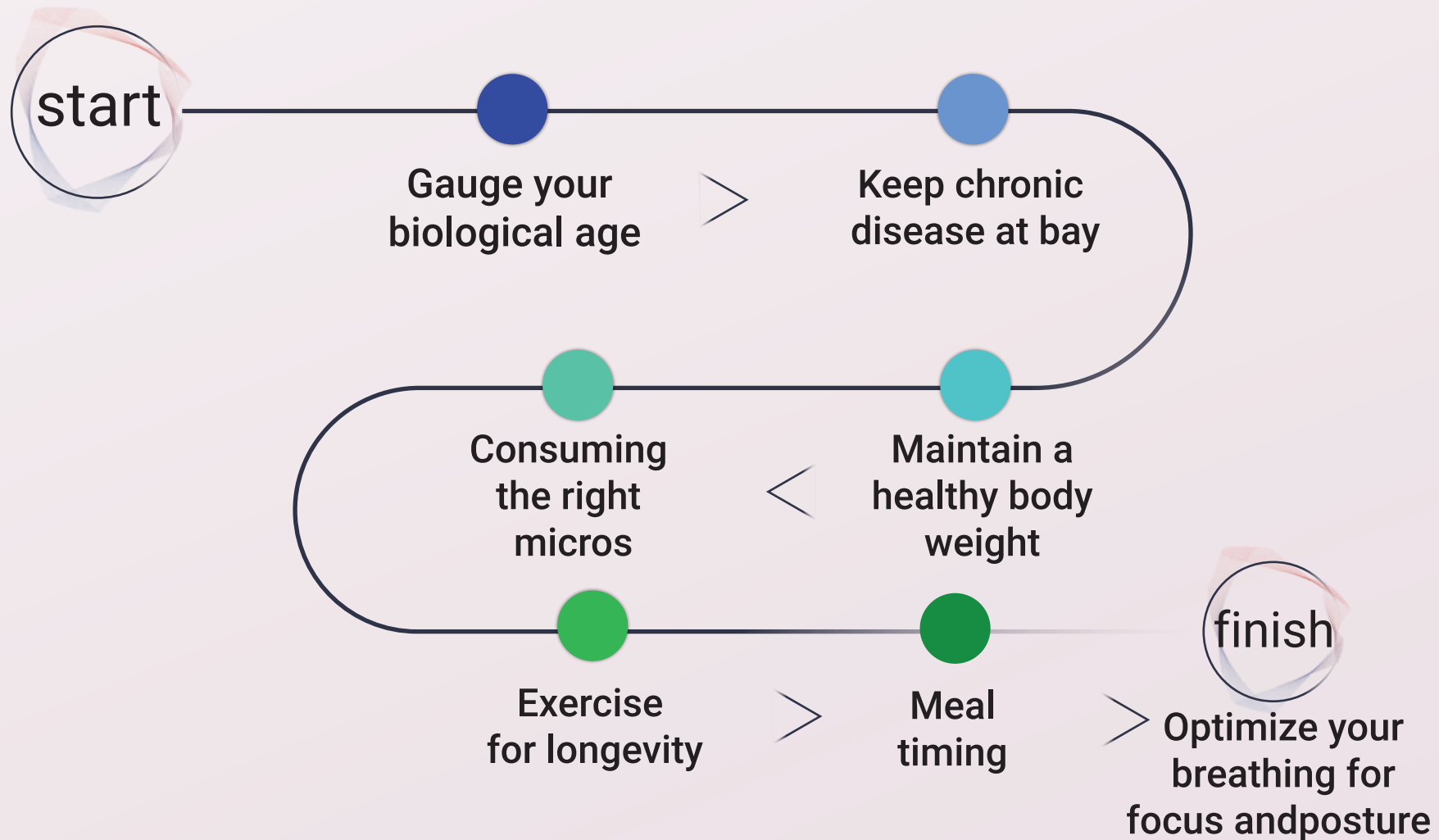


# Longevity

A long and high-quality life is a journey.

Read on to discover how PNOE can help you in every step of the way.



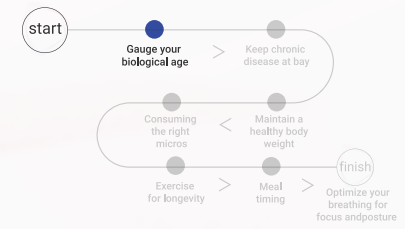
# ● Gauge your biological age

Oxygen is the molecule cells need to turn nutrients into energy and keep you alive. Therefore, absorbing and using oxygen is the most vital process in the human body. Most critical organs, including your heart, lungs, and cells, play a role in this.

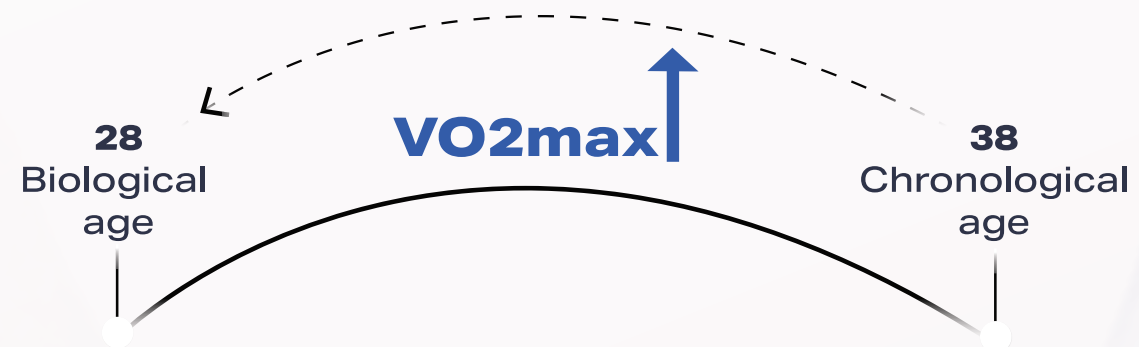
The more oxygen you can absorb, the fitter your lungs, heart, and cells, and thus the healthier you are.

This concept has been extensively researched over the past 40 years. Findings from hundreds of studies culminated in the scientific statement by the American Heart Association, which elevated peak oxygen consumption as the most potent predictor of how long and well you are going to live.

*Your VO2max is thus the best measure of longevity.*



**PNO $\bar{E}$  measures your VO2max with clinical precision and determines your biological age with the most scientifically-backed method.**



According to the American Heart Association

**VO2 max is the strongest predictor of how long and well you are going to live.**

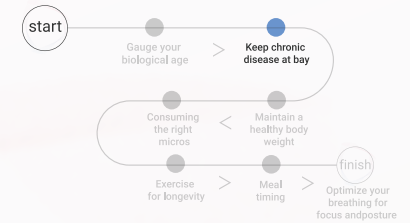
# ● Keep chronic disease at bay

The three most common cases of chronic disease are heart disease, lung disease, and diabetes.

They also happen to be the three most common causes of death.

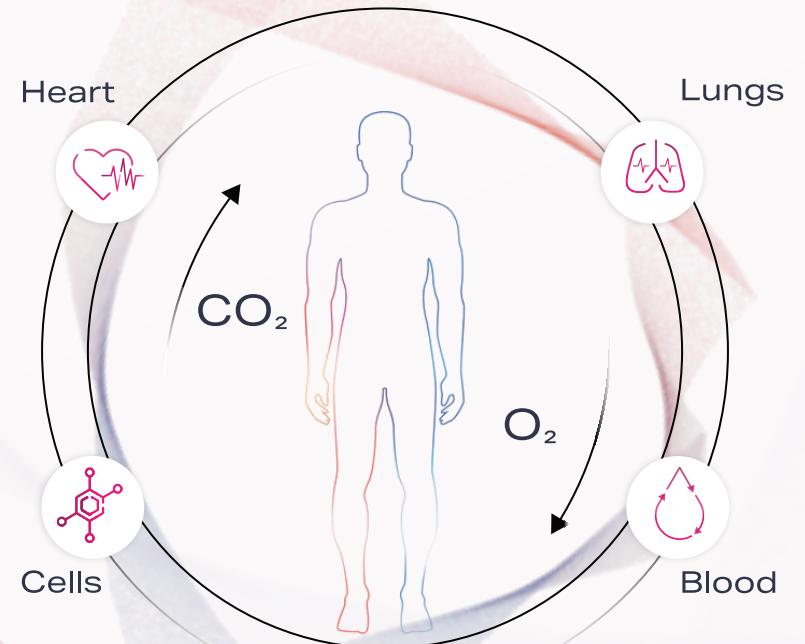
What's common among them? All three directly impact the amount of oxygen that flows through the organs they affect:

**The Heart, Lungs, and Cells.**



**Breath analysis is the gold standard for analyzing the oxygen flow through the heart, lungs, and cells and identifying early signs that may be related to a chronic syndrome.**

## The oxygen chain



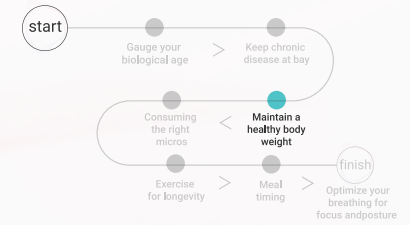
# ● Maintain a healthy body weight

Each person's metabolism is different. Although we often hear that, few of us know what it means. In a nutshell, metabolism is the process by which you convert nutrients, like fats and carbohydrates, into energy.

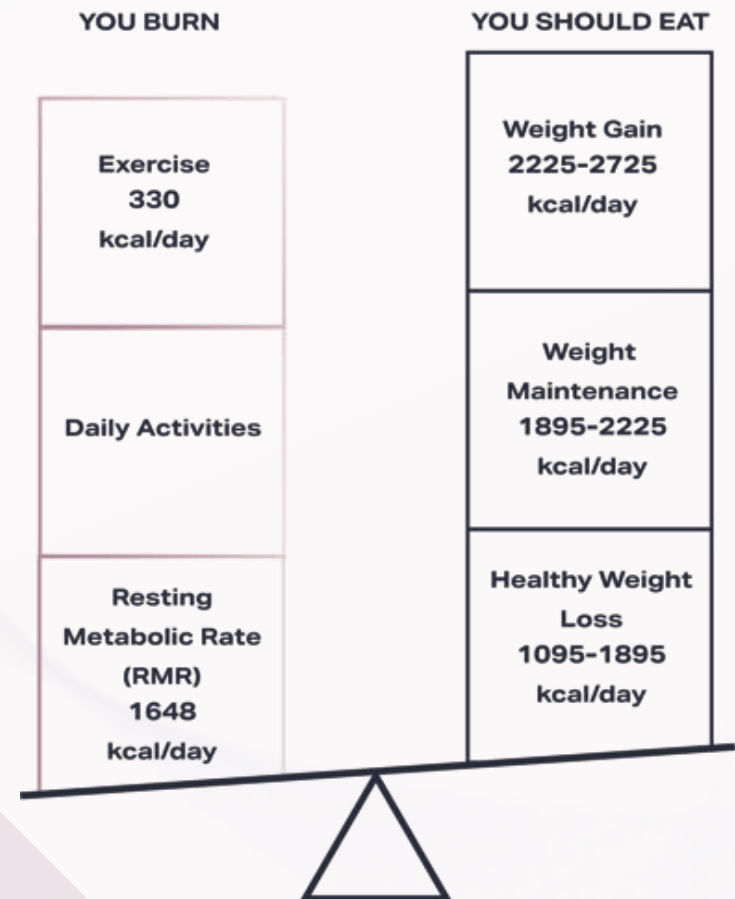
Based on our body weight, muscle composition, medical history, and hormone profile, we all use to burn a different number of calories.

To maintain a healthy body weight, you need to know the calories you burn to determine the calories you need to eat.

Going above this level will cause gradual weight gain, whereas going below can cause metabolic slowdown and hormonal imbalances.



## PNOĒ measures your calorie burn with clinical precision and determines the optimal calorie intake for maintaining a healthy body weight



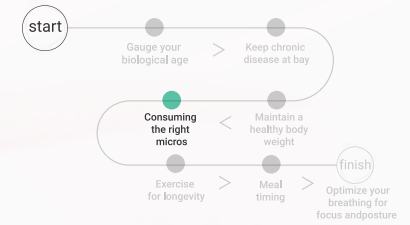
# ● Consuming the right micros

Micronutrients are potent compounds that play vital roles in our body, such as:

- Support the immune system
- Improve digestion
- Improve our mood
- Increase our metabolism
- Improve heart and lung function and many more

They include vitamins, minerals and other substances and can be found in specific food items and supplements.

*They include vitamins, minerals, hormones, and other substances and can be found in specific food items and supplements.*



**The PNOĒ device identifies deficiencies in critical areas of your body, including the lungs, heart, and metabolism. Our registered dietitian then uses this information to craft a nutrition plan with the micros based on your deficiencies.**



**CALAMARI**

Associated with better thyroid function

**micros: iodine**



**CHICKPEAS**

Source of protein, ideal for hunger regulation

**micros: dietary fibers**



**BEATROOTS**

Improve oxygen consumption

**micros: nitrate**



**ALMONDS**

Have antiatherogenic properties

**micros: magnesium**

# ● Exercise for longevity

There are three types of exercise and each one plays a critical role for better health.

## Resistance training

It includes various types of weight lifting and it's likely the most important as it has the biggest impact in preventing your metabolism from slowing down. It's also the most powerful prevention against osteoporosis and mobility problems (e.g. lower back pain)

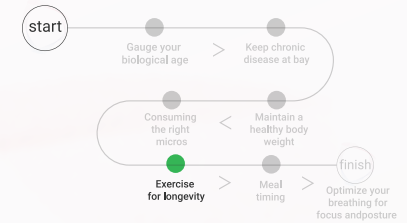
## Cardio training

It includes low intensity cardio training (e.g. running, or cycling). It's main effect is that it trains your cells in burning fat and promotes cellular health.

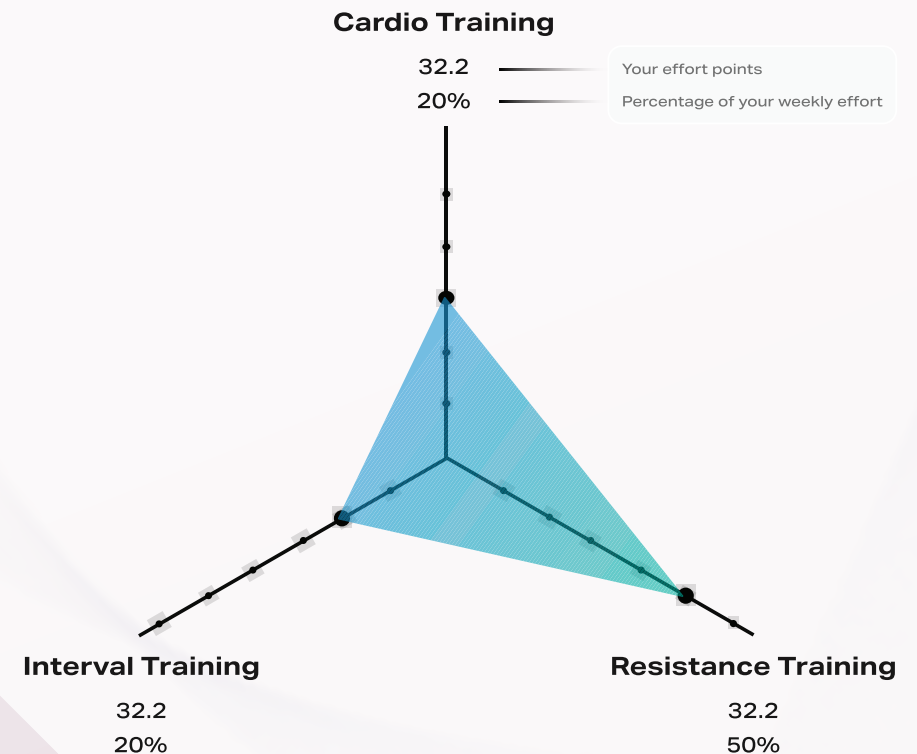
## Interval Training

It includes cardio exercises that transition between Zone 3, 4 and 5. It's main effects are that it increases your metabolism, improves fat burn efficiency, heart, and lung fitness.

*The optimal breakdown among the three is dependent on the metabolic, heart, cellular, and lung fitness of the individual.*



## PNOE analyzes your metabolic, cellular, heart, and lung fitness with clinical precision and determines the optimal exercise breakdown.

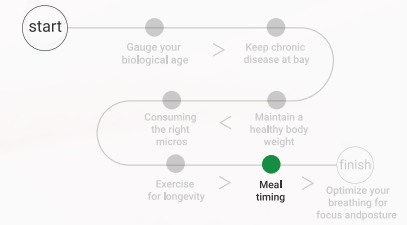


# ● Meal timing

The timing of food is as important as the calories, macros, and micros you consume. Optimal meal timing can:

- *Improve energy levels and focus*
- *Increase fat burn throughout the day*
- *Reduce the risk of metabolic disease*
- *Reduce hunger*
- *Optimize results from exercise*

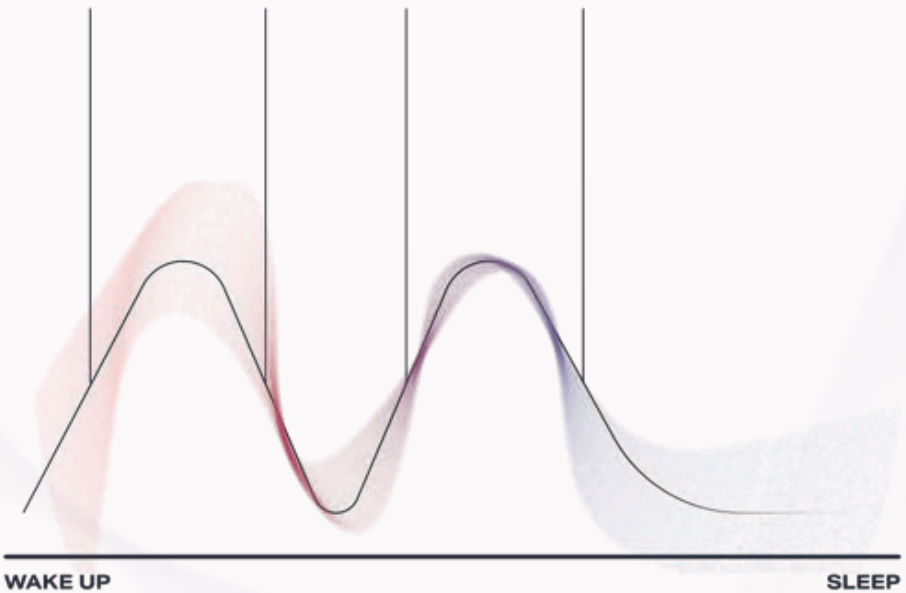
*Adhering to the rules of optimal meal timing is easy as long as you have a plan.*



**PNOĒ's personalized nutrition plan considers all scientifically backed guidelines for maximizing energy levels, fat burn, and reducing hunger and builds them in your diet plan.**

## CIRCADIAN RHYTHM

BREAKFAST SNACK LUNCH DINNER



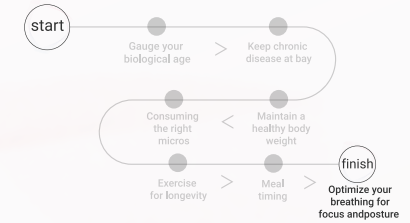
Your energy profile calculated based on your circadian rhythm and sleep pattern.

# finish Optimize your breathing for focus and posture

Breath is the most potent regulator of posture and brain function. Erratic breathing, AKA hyperventilation syndrome, can impact how our brain functions and how effectively we stand up straight.

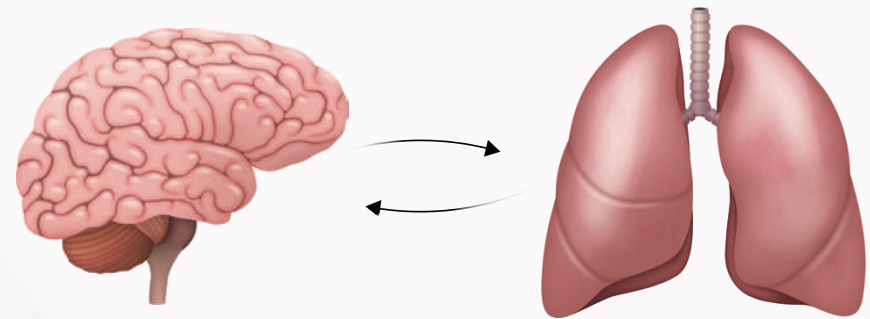
Hyperventilation reduces oxygenation to the brain, causing fatigue, lack of focus, and even panic attacks. It also lowers the pressure in your abdominal muscles and reduces stability in your lower back.

Hyperventilation can be subtle and common. More than 10% of people chronically hyperventilate, and few know it.



**PNO $\bar{E}$  analyzes your breathing rate and carbon dioxide concentration and determines whether you're suffering from hyperventilation. This is the first step of addressing it through breathwork, meditation, or your doctor.**

---





# Citations

- Ross, R., Blair, S., Arena, R., Church, T., Després, J., & Franklin, B. et al. (2016). Importance of Assessing Cardiorespiratory Fitness in Clinical Practice: A Case for Fitness as a Clinical Vital Sign: A Scientific Statement From the American Heart Association. *Circulation*, 134(24). doi: 10.1161/cir.0000000000000461
- Beeckmans, N., Vermeersch, A., Lysens, R., Van Wambeke, P., Goossens, N., & Thys, T. et al. (2016). The presence of respiratory disorders in individuals with low back pain: A systematic review. *Manual Therapy*, 26, 77-86. doi: 10.1016/j.math.2016.07.011
- Bradley, H., & Esformes, J. (2014). BREATHING PATTERN DISORDERS AND FUNCTIONAL MOVEMENT. *Int J Sports Phys Ther.*, 9(1), 28-39
- Pujia, A., Mazza, E., Ferro, Y., Gazzaruso, C., Coppola, A., & Doldo, P. et al. (2019). Lipid Oxidation Assessed by Indirect Calorimetry Predicts Metabolic Syndrome and Type 2 Diabetes. *Frontiers In Endocrinology*, 9. doi: 10.3389/fendo.2018.00806
- Belardinelli, R., Lacalaprice, F., Tiano, L., Muçai, A., & Perna, G. (2014). Cardiopulmonary exercise testing is more accurate than ECG-stress testing in diagnosing myocardial ischemia in subjects with chest pain. *International Journal Of Cardiology*, 174(2), 337-342. doi: 10.1016/j.ijcard.2014.04.102
- Kelly, K., McGuinness, O., Buchowski, M., Hughey, J., Chen, H., & Powers, J. et al. (2020). Eating breakfast and avoiding late-evening snacking sustains lipid oxidation. *PLOS Biology*, 18(2), e3000622. doi: 10.1371/journal.pbio.3000622
- Takahashi, M., Ozaki, M., Kang, M., Sasaki, H., Fukazawa, M., & Iwakami, T. et al. (2018). Effects of Meal Timing on Postprandial Glucose Metabolism and Blood Metabolites in Healthy Adults. *Nutrients*, 10(11), 1763. doi: 10.3390/nu10111763