

trifecta·*health*

CLINIC

The World's First Full-Service Center
for *Human Transformation*

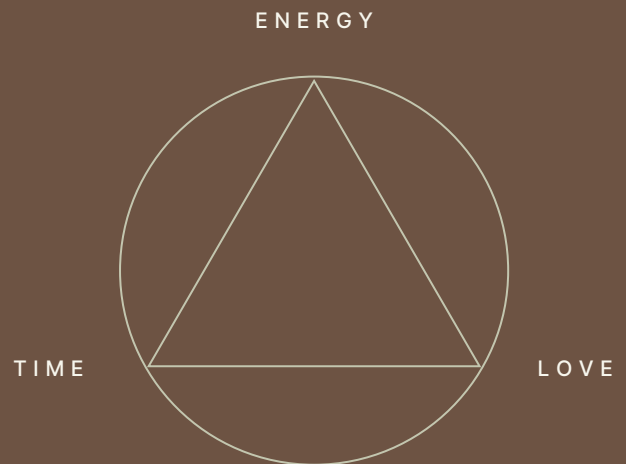
You sense it.

A quiet awareness that something greater is possible. You've achieved so much, yet beneath the surface there is a fatigue, a fog, or a feeling that your body is no longer keeping pace with your potential.

You have tried mainstream healthcare to manage your symptoms, but it hasn't tackled the root cause. You still feel disconnected. From your body, from your energy, and from your very purpose.

There is another way. The Trifecta Health Clinic is the first of its kind. A new paradigm of healthcare where every protocol is personalized to your unique biology, and elevated through the power of The Longevity Trifecta.

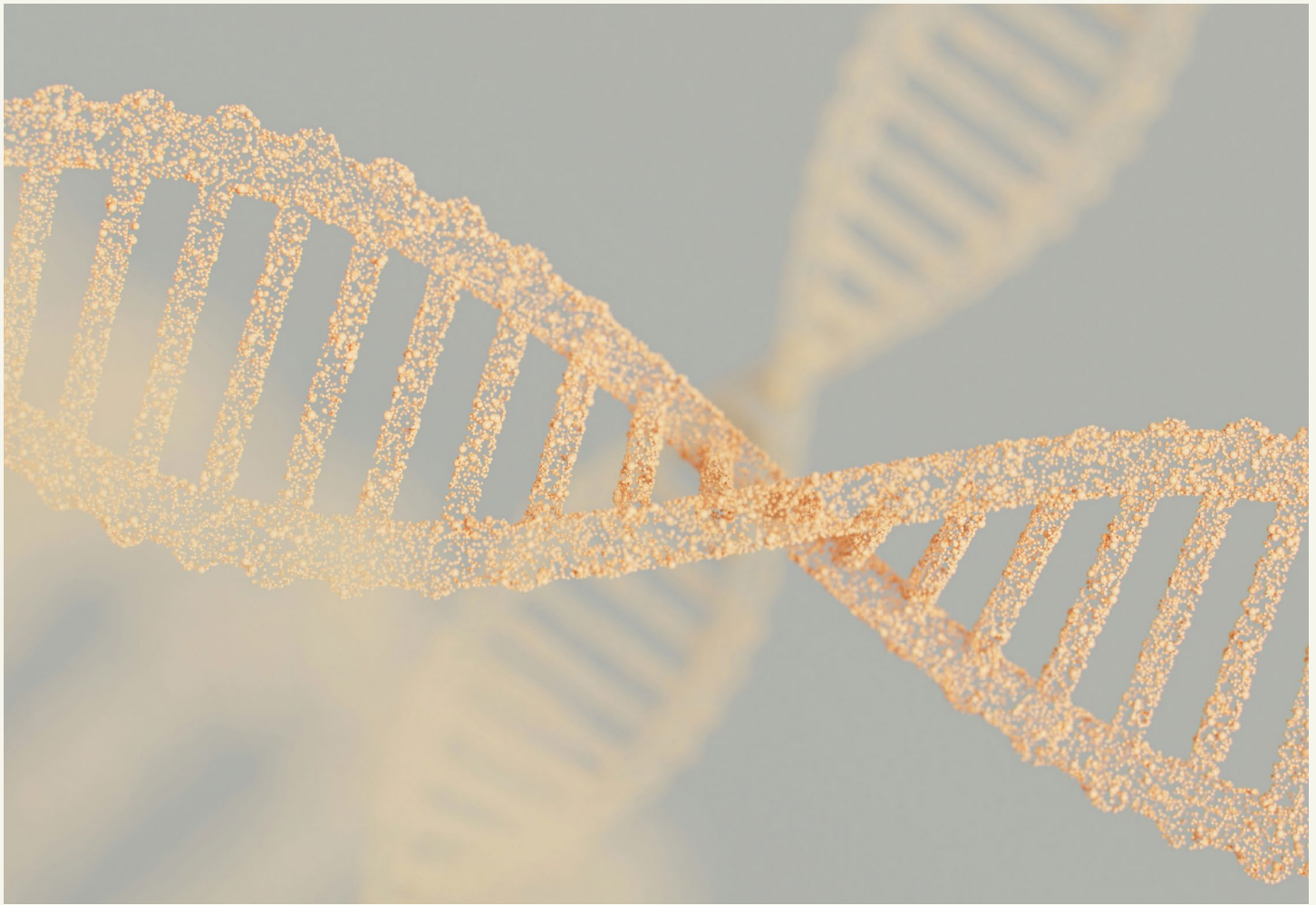
This is the science of reconnection. Three proven disciplines, fused into a single operating system for optimizing your health and well-being.



- Longevity Medicine gives you *TIME*
- Biohacking gives you *ENERGY*
- Fulfilled Life gives you *LOVE*

When combined, their effects multiply, unlocking a path to your longest, healthiest and best life.





trifecta·dna

Decode your genome. Discover your *potential*.

True transformation begins with understanding the genetic code that you were born with. Within your DNA lies the blueprint of who you are today, and who you have the potential to become. This is the opening chapter in the story of your longevity.

Through selected genomics and expert medical analysis, we reveal how your unique biology shapes your health, and illuminate a path toward precision care designed specifically for you.

TRIFECTA DNA INCLUDES:

Longevity Markers, Cognitive Health, Heart and Metabolic Wellness, Nutritional Optimization, Detoxification and Inflammation, Fitness and Performance, Hormone Balance and Stress Resilience.

Once we have analyzed your results, you will receive a private consultation and fully personalized health plan designed to help you live in harmony with your genes. This is where true self-knowledge begins.

COST: \$5,000 USD

to understand your DNA, and receive a plan that will help change your life.

trifecta·dna+

Understand your present. *Uncover your path.*

Go deeper into your own story with Trifecta DNA+. Move beyond your genetic blueprint to reveal the living expression of your health, who you are today and how your life has shaped your biology.

While your DNA tells the story of inheritance, your biomarkers tell the story of your choices, your resilience, and the way your body has adapted over time.

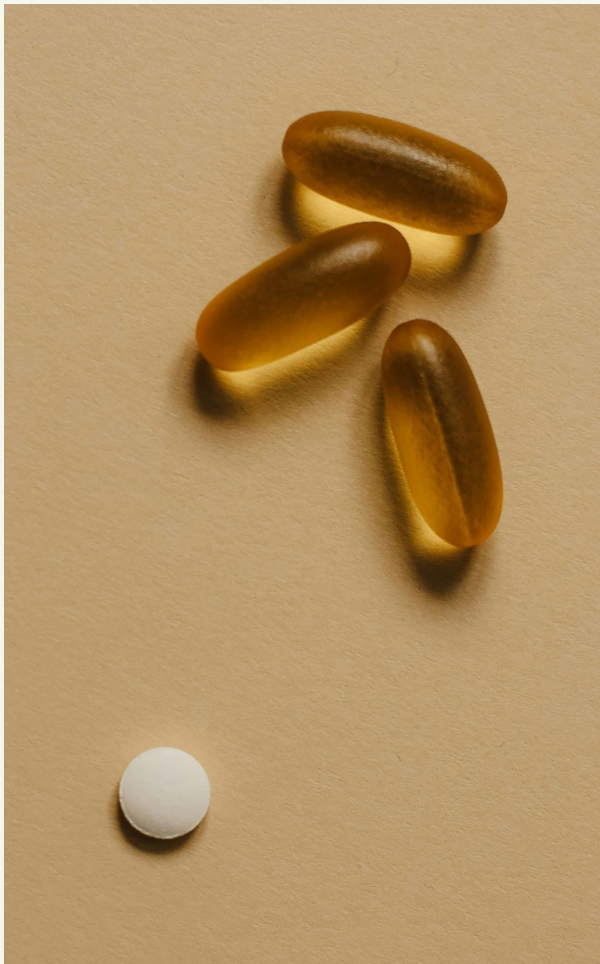
By combining selected genomics with analysis of 48 specialized bio-markers, Trifecta DNA+ reveals how your body is expressing your genes today, and uncovers the path to your longest, healthiest and best life.

Once we have analyzed your results, you will receive a private consultation and precision health plan, including details of your susceptibility to disease, prevention advice, personalized supplementation protocols, and lifestyle guidance.

COST: \$12,000 USD

to understand your biology and
change your trajectory





trifecta·rx

Precision Supplementation

Once you know what your body truly needs, Trifecta Rx helps you meet it. Custom compounding will be provided according to your own unique genetic and biomarker data, giving your body the exact supplements it requires to perform and recover.

Generic supplements can't do that. They're broad guesses that waste both time and money. Trifecta Rx makes every capsule count, giving you the confidence that your supplementation is working for your body.

COST: CUSTOM
according to your needs

À La Carte Services

Your Ongoing Path To *Lasting Vitality*

Following your initial testing, the Trifecta Health Clinic allows you to shape your long-term health journey with precision. Choose from an unparalleled roster of global experts across longevity medicine, biohacking and life fulfillment, and receive personalized coaching from leaders at the forefront of human optimization.

À LA CARTE SERVICES INCLUDE:

- Longevity Medicine
- Advanced diagnostics
- Individual organ-level insights via the Aycoutay Bioelectric Scan
- Customized Nutrition
- Personalized Naturopathy
- Psychotherapy
- Fulfilled Life Coaching to live with heightened meaning and purpose
- Trauma Release

This is the science of reconnection, designed for you. Scientifically rigorous, deeply personal, and world-class.

COST: CUSTOM
according to your needs

trifecta·age

See your future, *then rewrite it.*

Imagine being able to look into your future and see, with scientific precision, how many years you have left to live based on your current path. Now imagine being handed the power to change that story.

Your Trifecta Age™ is a revolutionary new lens into your life expectancy, combining elite medical expertise with proprietary AI technology and statistical modelling. Drawing from over 600 precision biomarkers, genomic insights, and proprietary life fulfillment metrics, it reveals your predicted lifespan, and provides you with a customized plan for extending it by years.



The program starts with precision diagnostics that will give an unparalleled view of your body at a biological, cellular and holistic level.

TESTS INCLUDE:

- 600+ Biomarkers
- Cellular Health testing (icNAD, Senescent cells, cytokines, Klotho, oxidative DNA damage)
- Genomics
- Biological age tests
- Gut microbiome analysis
- Specialized imaging (may include full body MRI and/or Coronary CT Angiogram)
- ElectroCardioGram (ECG)
- Aycoutay whole body electrophysiology scan
- Hormone and cortisol mapping
- Full physical examination
- Vo2 Max and advanced HRV analysis
- Functional Movement Assessment
- Fulfilled Life Assessment

You will then receive a comprehensive Blueprint Report that reveals exactly where you stand today, physically mentally and emotionally. For many, it is a moment of awakening, a glimpse into the years ahead and the path that has quietly been unfolding.

But that future is not fixed. The true power of TrifectaAge™ lies in showing you how to change it. Together, we take your results and turn them into a living strategy for transformation, combining advanced medical insight with the art of daily living.

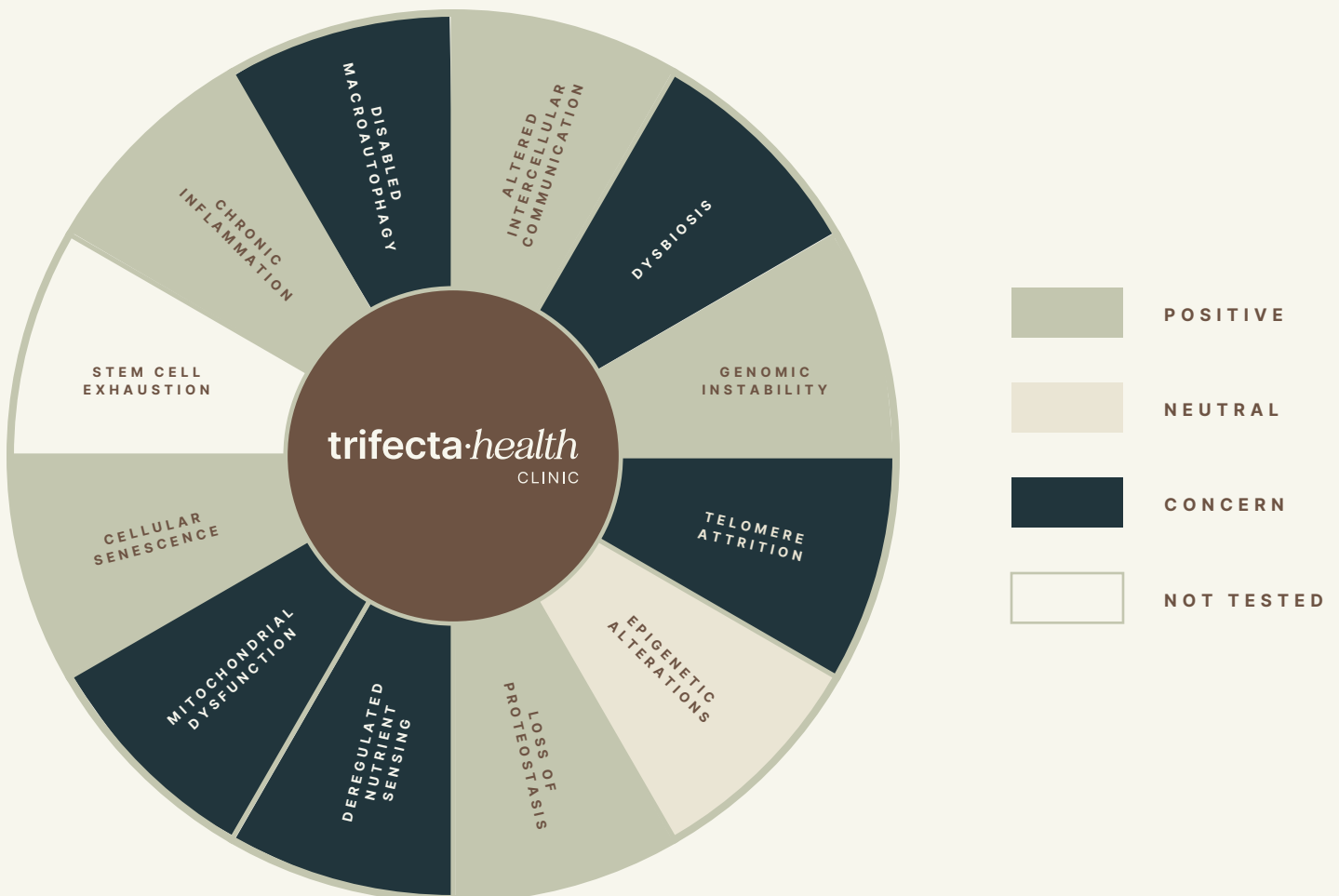
Through four private consultations with your Trifecta Clinic team, you will learn how to slow, and even reverse, the forces that once seemed inevitable. Every step, every choice, begins to shift the trajectory of your future toward greater health, energy and fulfillment.

COST: \$65,000 USD
to literally add years to your life

12 Hallmarks of Aging

As part of the Trifecta Age™ program, we analyze the 12 hallmarks of aging, developed by leading experts in aging research. We map your profile against these hallmarks to provide a comprehensive view of your biological age and highlight where targeted support may strengthen resilience and longevity.

- **Genomic Instability** – DNA damage builds up
- **Telomere Attrition** – Chromosome ends shorten
- **Epigenetic Alterations** – Gene regulation falters
- **Loss of Proteostasis** – Proteins misfold or clump
- **Deregulated Nutrient Sensing** – Energy signals go off balance
- **Mitochondrial Dysfunction** – Cells produce energy less efficiently
- **Cellular Senescence** – Old cells linger and disrupt tissues
- **Stem Cell Exhaustion** – Fewer repair and renewal cells remain
- **Altered Intercellular Communication** – Cells send mixed signals
- **Chronic Inflammation** – The immune system stays overactive
- **Dysbiosis** – Gut microbes fall out of balance
- **Compromised Autophagy** – Waste-clearing and recycling slow down





Your World-Class Trifecta Coaches

As a Trifecta Health Clinic client, you can access personal consultations with our world-leading team of specialists, available on an individual basis according to your unique needs.

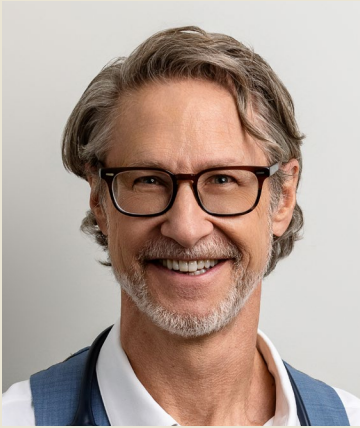
This is your chance to have an exceptional team by your side, one that understands you fully and guides you with science, care, and heart.

If you're ready to live your longest, healthiest and best life, we invite you to apply.

Clients are accepted by application only.



Longevity Medicine Team Leads



Dr. Tim Cook

MD, FRCPC, MPH, LCOL (RET'D), CD

Dr Cook is a global leader in longevity medicine. During a 20-year tenure in the Canadian Forces Medical Services, he trained in occupational, environmental health and tropical medicine and served as the personal physician to two Governors General of Canada.

Dr. Cook focuses on health promotion, disease prevention, and longevity through the lens of Integrative and Functional Health principles, with a particular specialization in treating long COVID and Lyme disease. His approach encompasses the identification and management of root causes of illness such as chronic inflammation, hormonal imbalance and microbiome dysfunction.

Dr. Cook graduated from Queen's University medical school in 1986 as a Gold Medalist and completed a General Internal Medicine specialty fellowship at the University of Toronto in 1995. He holds a Masters degree in Public Health from the University of London (UK), 2006.



Dr. Dmitri Polityko

ROOT CAUSE MEDICINE

A medical doctor with 30+ years in electrophysiology, research and innovation, Dr. Polityko is internationally recognized for his pioneering contributions to advance new ways of unlocking human potential. He is the inventor of the Aycoutay technology, a revolutionary whole-body electrophysiology scanner that accurately predicts a person's longevity. Dr. Polityko's career includes consulting at the highest levels such as the Red Bull Human Performance Center, where he helped prepare Olympic athletes for competition.

Biohacking Team Leads



Dr. Caroline Farrow

NATUROPATHIC DOCTOR

With a “test, don’t guess” approach, Dr Farrow combines functional medicine, biohacking, and lifestyle genetics to uncover root causes.



Andie Kalifer

HOLISTIC NUTRITIONIST

Specialist in gut health, weight management, and longevity, blending functional medicine with a holistic, whole-body approach.

Fulfilled Life Team Leads



Aaron Bukhari

PSYCHOTHERAPIST & EXECUTIVE COACH

A leader in mental health and performance coaching, Aaron Bukhari blends clinical expertise with business acumen to help individuals unlock their full potential.



Dr. David Baum

EXECUTIVE COACH AND
CONVERSATION ARCHITECT

Holder of two doctorates, with thirty years of experience as an internationally respected expert in deep and sustainable change.

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www.trifecta.health

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DISCLAIMER

The services described in this brochure are provided for informational and educational purposes only and are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider before beginning any new treatment, program, or regimen. Outcomes may vary and are not guaranteed.

Some of the therapies and protocols described may be experimental or investigational in nature. They might not have been reviewed or approved by the Food & Drug Administration (FDA) for the purpose described and are not intended to diagnose, treat, cure, or prevent any disease.

Individual results depend on many factors including age, physical condition, genetics, lifestyle, and medical history. Past performance of any therapy or protocol does not ensure future results.

If you have a known medical condition or are taking prescription medications, please discuss the suitability of any services with your physician.

This material may contain forward-looking statements and should not be relied upon as a promise or guarantee of future performance or health outcomes.