

natureco *health centre*

natural medicine and healthcare clinic



Cellular Health Analysis

What is your biological age?

We all know that our chronological age (age in years) is irrelevant when it comes to our body's health. Some 40 year olds look as young as 20 but feel as old as 60. What is really going on in your body, are you ageing prematurely? Regardless of how old you are, how old you look or how old you feel, your cellular age is the most important number in regards to your health.

The Cellular Health Analysis (or Bio-Impedance Machine) gives you a glimpse of your biological age as well as analysing your body's ageing biomarkers –

- Fat mass
- Muscle mass
- Cellular toxicity
- Cell fluid levels
- Cellular function

The test is quick, painless, accurate and scientifically validated to measure these biomarkers of ageing. This allows you and your practitioner to target specific areas that need attention so you can slow down or even reverse the ageing process. This means better health, vitality, body shape and weight.

At Natureco, your practitioner may recommend a cell health analysis test during your Naturopathic consultation or you can phone up and ask for the test on its own. Ideal for athletes and people on weight loss programs.