



健康風險評估中心
HEALTH RISK ASSESSMENT CENTRE



INSTITUTE FOR
FUNCTIONAL
NUTRITION®
功能營養學學院



ReNuStem
Biotech Limited
睿新達生物科技有限公司

首席執行官的話

Words from CEO

相信大家同意「健康是無價的」！若要得到最佳的健康水平，必須要做好PHRM「個人健康風險管理」。正因如此，我們HRA健康風險評估中心多年來一直積極推動及教育大眾「個人健康風險管理」的概念。

我們中心的專業團隊，包括營養學專家和認可專業營養師會透過多項高端的評估儀，作全面的健康風險評估，幫助客人找出身體先天特質及後天健康狀況，亦本著愛心和關懷的態度，為客人訂製獨特而個人化的「全面解決方案」，最終達到「既治標又治本」的健康管理方針，維護自己和家人的健康。

今年為HRA健康風險評估中心成立七週年。在過去七年，本中心已為近萬位客人提供全方位服務，令他們的健康大大提升及改善。

在未來，我們會繼續堅持以「非創傷性，非侵入性，無輻射傷害和無不良反應」為理念，使我們的客人真正達致「預防勝於治療」。

I believe everyone agrees on "health is priceless"! To achieve a better health status, we all must do well in PHRM "Personal Health Risk Management". For this reason, our HRA Health Risk Assessment Centre has been actively promoting and educating the public on the concept of "Personal Health Risk Management" for many years.

Our professional team, including nutrition expert and nutritionists, by conducting comprehensive health risk assessments through a number of leading assessment machines, are helping clients to identify personal innate characteristics and actual body functional status. With the spirit of loving and caring, we have created an unique personalized "holistic solution" for our clients, to eventually achieve the status of health management of "addressing the symptoms as well as the root causes", and safeguarding the health of ourselves and our families.

In the past seven years, almost nearly 10 thousand clients have been able to enhance and improve their health through a full range of services provided by the HRA centre.

In the future, we will continue to adhere to the concept of "non-traumatic, non-invasive, no radiocontrast agent and no side effects", so that our clients can truly achieve the saying "prevention is better than cure".



簡張玉霞女士
Mrs. Harina Khan
CEO 首席執行官



PHRM

個人健康風險管理
Personalized Health Risk Management



「個人健康風險管理」的概念

想要卓越投資回報，就要懂得做好個人投資風險管理；
想要最佳健康水平，就要懂得做好個人健康風險管理。

社會經濟發展與都市化，加上人口增加，密度又高，緊接帶來的就是空氣、水、土壤及食物污染，重金屬、寄生蟲、食品添加劑等問題，加上不良生活方式、情緒及壓力等問題，以致人們的健康大大透支，毛病頻生。

雖然，使用傳統西醫藥治療已紓緩水平性（傳染性、急性炎症等）疾病的問題，但可惜治標不治本。更令各種垂直性（退化性）疾病日益增多，長期病患不斷增加，更有年輕化的趨勢。這樣不僅影響個人的健康和家庭的生活品質，更勢必成為社會的沉重經濟負擔，實在刻不容緩，應盡快找出正確的解決方法。

眾所周知，無論是國家、家庭還是個人的資源都需要好好管理，積極面對每日的挑戰，運用專業知識，調整運作方式，社會才能持續發展，享有高品質的生活。當然，我們的健康也不例外，必須要做好「個人健康風險管理」，所以預防和治療同樣重要。俗語說：要身體好，就要「病向淺中醫」，更好能做到「預防勝於治療」。

個人健康風險管理是透過全面的風險評估，找出身體先天特質及後天功能狀況，再由一班專業團隊進行報告解說及諮詢。根據個人情況度身訂製全面的個人健康解決方案，推廣健康知識與環保身體的概念，最終達到「既治標又治本」的健康管理方針，維護自己和家人的健康。



認識都市生活的健康風險及知識

為了達致三層次的健康，我們需要學習運用功能醫學概念。著重預防觀念，針對根源提供促進身體系統機能所需，讓身體發揮自癒能力去改善並維護健康，達致更長壽、更健康及更快樂的效果。

特質及風險檢測

以精準基因檢測找出個人先天特質，再而運用綜合高端科技及各項精準儀器，以無傷害方法尋找出後天身體功能問題之根源。



專業解說及評估

由專業功能醫學團隊的專家進行各報告綜合分析，並提供個人化的健康諮詢及跟進。

個人化全面解決方案

根據個人的先天特質及後天身體功能狀況，針對全面解決根源問題，度身定制全面的解決方案。

Concept of Personalized Health Risk Management

In order to gain excellent return on investment, you need to understand Personalized Investment Risk Management.

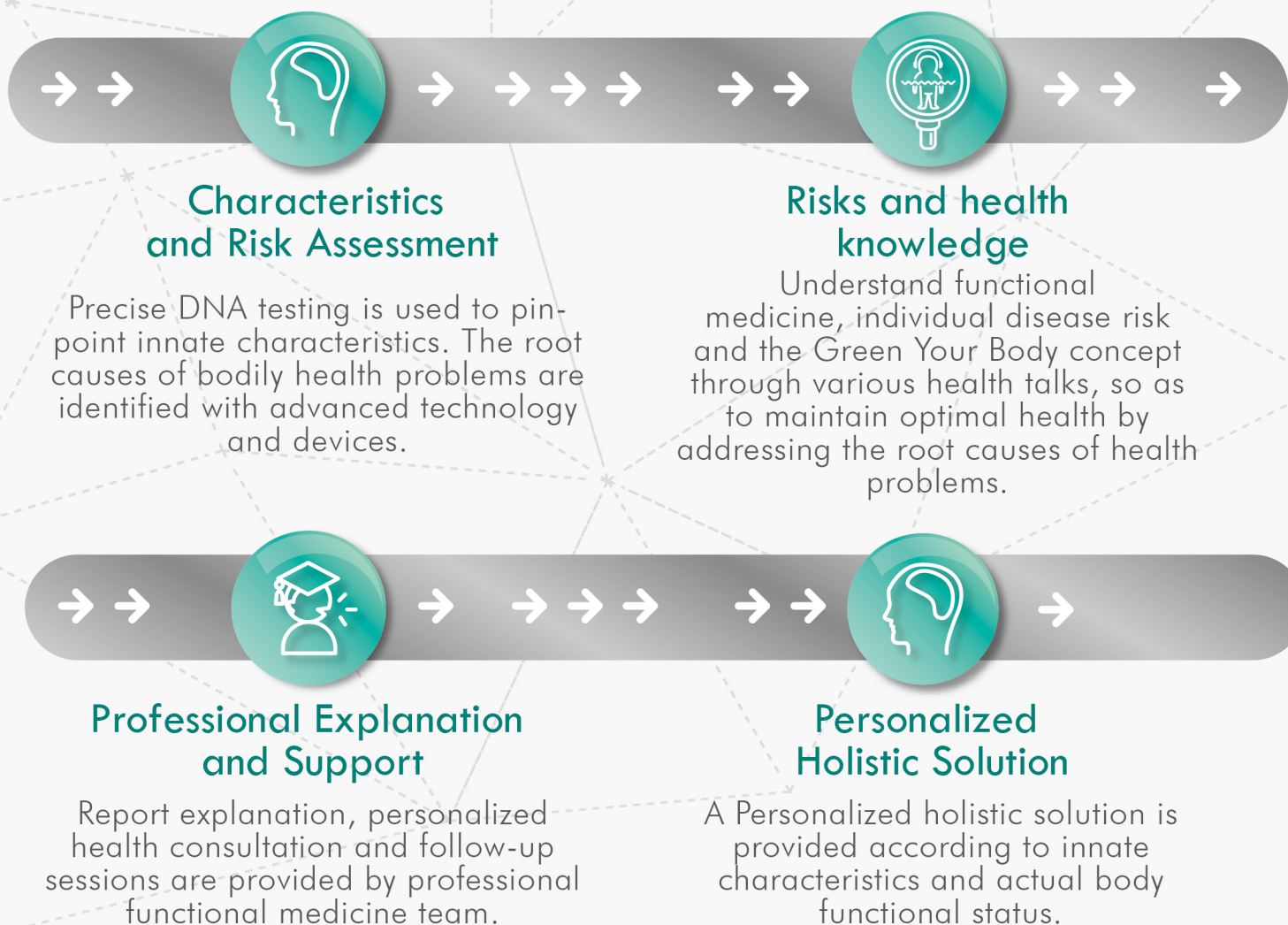
In order to gain the best health level, you need to understand Personalized Health Risk Management.

Social development, economic development, urbanization, together with an increase in population has brought us problems. These include air, water, soil, and food contamination, as well as heavy metals, parasites and additive overuse in foods. In addition, unhealthy lifestyles, emotion and stress issues also pose harm to people's health, causing numerous diseases.

Although traditional Western medicine can relieve problems such as infections, acute inflammations, it is only palliative. Meanwhile, it leads to an increased number of vertical (degenerative) diseases and long-term illnesses. People are starting to suffer at a younger age. This does not only affect personal health and quality of life, but also increases socio-economic burden. These are all urgent issues, and the right solution is needed as soon as possible.

In order for society to be developed sustainably, the resources of the country and family should be well managed and utilized, to face our daily challenges with professional knowledge and flexible adaptation, so as to enjoy a better quality of life. Of course, there is no exception to our health, we must apply Personalized Health Risk Management, because prevention is as important as curing. As the old saying goes, "to obtain good health, it is best to treat the disease early before it takes a hold".

Personalized Health Risk Management uses a comprehensive risk assessment to ascertain innate health characteristics and bodily functional status. Our professional team then provides report explanations and a health consultations, along with a personalized holistic solution according to the client's report. Lastly, health knowledge and the concept of Green Your Body are promoted. All together, these aim to achieve the health management policy of "addressing the symptoms as well as the root causes", helping and protecting the health of oneself and family.



專業團隊

PROFESSIONAL TEAM



專業服務
Professional Service



簡志偉博士是國際享負盛名的人類生化學及營養學專家白蘭特博士的門生。多年來，他參與於美國舉行的國際功能性醫學研討會，務求汲取最先進的健康醫學知識，令先進的醫學知識平民化。

簡博士屢次接受香港(TVB)、中國、台灣、汶萊、馬來西亞及泰國的電視台、電台、報章及權威健康雜誌訪問，分析各種與健康、保健有關的課題。此外，由簡博士主講的健康講座數以萬計，他更成立「健康推廣計劃」，讓無數人受惠。

現時，簡博士擔任HRA健康風險評估中心營養學專家，與專業營養師團隊實踐健康風險評估中心堅守的宗旨，幫助客人重拾健康。

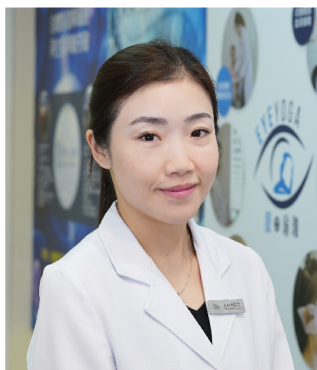
Dr. Jawid Khan, Ph.D, is a devoted student of Dr. Jeffrey S. Bland, Ph.D, a world famous American human biochemical and nutrition expert. Despite his substantial knowledge of functional medicine, Dr. Jawid Khan continuously strives to keep up with advances in this field by participating in various international conferences. He is dedicated to bring his health knowledge to the general public aiming to help them to improve their health.

Dr. Khan has been interviewed by a number of TV channels in HK (TVB), China, Taiwan, Brunei, Malaysia and Thailand, as well as newspapers and renowned health magazines analyzing and sharing all kinds of health related topics. In addition, he has hosted tens of thousands of lectures and established his own 'Health Promotion Program', which have benefited innumerable people.

Dr. Khan is the main nutrition expert stationed in the HRA Centre, leading a team of professional nutritionists on the mission of helping people optimize their health.



簡志偉博士
Dr. Jawid Khan
Specialist - HRA Centre
健康風險評估中心營養學專家



黃懷淳 Ada Wong

HRA Nutritionist

認可營養師

黃懷淳小姐(Ms Ada Wong)，畢業於英國諾定咸大學，為營養學系學士，主修人類營養學。亦是香港營養學會認可營養師（註冊RN01588）。

Miss Ada Wong, a Nutritionist of our HRA centre, graduated and obtained a Bachelor Degree in Human Nutrition from the University of Nottingham, UK. Ada is certified as Registered Nutritionist (RNutr) by Hong Kong Nutrition Association (HKNA). (Reg. no. RN01588).

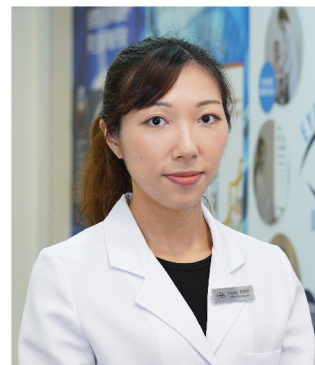
黃嘉妍 Candy Wong

HRA Nutritionist

認可營養師

HRA認可營養師黃嘉妍小姐(Miss Candy Wong)，畢業於台灣靜宜大學，為食物營養學系學士，主修營養與保健。

Miss Candy Wong, a Nutritionist of our HRA centre, has a Bachelor Degree of Food Nutrition, majoring in Nutrition and Health from Providence University, Taiwan.



吳曉華 Rana Ng

HRA Nutritionist

認可營養師

HRA 認可營養師吳曉華小姐(Miss Rana Ng)，畢業於英國北愛爾蘭阿爾斯特大學，修讀食物營養（榮譽）學士。並擁有美國國家運動醫學學會發出的國際健身教練證書。

Miss Rana Ng, a nutritionist of our HRA centre, has a Bachelor of Science degree with Honors in Food and Nutrition. Rana is also an international certified personal trainer from National Academy of Sports Medicine (NASM).

黃穎瑜 Janice Wong

HRA Nutritionist

認可營養師

HRA認可營養師黃穎瑜小姐(Miss Janice Wong)，畢業於香港高等教育科技學院，修讀醫療護理榮譽理學士，主修營養健康。亦是香港營養學會會員之一。

Miss Janice Wong, a Nutritionist of our HRA Centre, has a Bachelor Degree of Science (Hons) in Health Care, majoring in Nutrition and Health from the Technological and Higher Education Institute of Hong Kong. Janice is also a member of Hong Kong Nutrition Association(HKNA).



駱嘉怡 Kristen Lok

HRA Nutritionist

認可營養師

HRA認可營養師駱嘉怡小姐(Miss Kristen Lok)，畢業於香港高等教育科技學院，修讀醫療護理榮譽理學士，主修營養健康。亦是香港營養學會會員之一。

Miss Kristen Lok, a Nutritionist of our HRA Centre, has a Bachelor Degree of Science (Hons) in Health Care, majoring in Nutrition and Health from the Technological and Higher Education Institute of Hong Kong and a member of Hong Kong. Kristen is also a member of Hong Kong Nutrition Association(HKNA).

程美娟 Sally Cheng
HRA Senior Nutritionist
認可高級營養師

HRA認可營養師程美娟小姐(Miss Sally Cheng)，畢業於華南師範大學，先後從事營養培訓工作，在公共營養師領域曾培訓過千學員拿到證書，曾受邀珠海電台先鋒951食話食說欄目講解飲食營養等話題。

Miss Sally Cheng, a Senior Nutritionist of HRA Centre, graduated from South China University, China. Sally has been providing nutrition training and has trained over 1000 public nutritionists and has been invited to Zhuhai Radio for nutrition sharing.



鄭演紅 Nicole Zheng
HRA Senior Nutritionist
認可高級營養師

HRA認可營養師鄭演紅小姐(Miss Nicole Zheng)畢業於廣州城市職業學院，就讀於食品系，主修專業為食品營養與保健，擁有國家三級營養師以及中級檢驗工資格證。

Miss Nicole Zheng, a Senior Nutritionist of HRA Centre, graduated from Guangzhou City Polytechnic, China, majoring in Food Nutrition and Healthcare. Nicole holds a Public Nutritionist (Level 3) qualification and Certificate of Inspection (Intermediate).



HRA101 全套 8 項評估服務

COMPLETE 8 ASSESSMENT SERVICES



創傷性



侵入性



輻射
傷害



副作用

安全可靠・準確度高

SAFE AND RELIABLE • HIGH ACCURACY

為甚麼我們需要使用HRA101全套評估服務

慢性病已成為當今世界的頭號殺手。據統計，2020年慢性病佔全球所有死亡人數的近四分三。發展中國家的糖尿病患者數量更會上升2.5倍以上，從1995年的8400萬增加到2025年的2.28億。

隨著現代人生活急促、緊張、壓力、飲食及休息不定時等因素增長，為健康埋下了不少隱憂。許多人也因為害怕健康檢測所帶來的不適和恐懼感而沒有定期做身體檢查的習慣，往往因此而錯過了可改善健康的最佳時機。也讓很多人處於「亞健康」的狀態。所以，及早了解自己的個人健康風險，才能充分發揮「預防勝於治療」之目的。

因此，HRA健康風險評估中心秉持著愛心、關懷、誠信的態度服務大家，也致力引進外國的高端科技評估儀器，為中心的客人提供一系列的「非創傷性、非侵入性、無輻射傷害和無副作用」的HRA101全套評估服務。中心的評估服務無需住院，亦不需脫去身上衣物，大幅免去客人對傳統身體檢測時的擔憂感及尷尬感。更重要的是，我們的營養學專家以及由認可營養師組成的專業團隊，可為客人提供個人化的「全面解決方案」，從根源改善身體問題，促進整體健康。

Why we need to use HRA101 complete assessment service

Nowadays, chronic disease has become the top factor threatening our health and life. In 2020, chronic disease account for almost three quaters of all deaths world wide. And the number of people in the developing countries with diabetes will increase by more than 2.5 fold, from 84million in 1995 to 228 million in 2025.

With the hustle and bustle environment, increased tension and stress, as well as poor diet and insufficient rest, hidden concerns for health mass arise. Many people do not have the habit of regularly performing a physical health check due to the fear of the discomfort caused by health tests, often missing the best time to prevent and improve their health conditions. This put many people into a "sub-health" state. Therefore, understanding your personal health risks as early as possible can help you achieve the goal of "prevention is better than cure."

Therefore, the Health Risk Assessment Centre serves everyone with love, care and integrity. We strive to introduce foreign high-end technology and assessment instruments inorder to provide a series of non-traumatic, non-invasive services with no radio contrasting agents and side effects to our clients -the HRA101 Complete Assessment Service. The centre's assessment service does not require clients to stay overnight and does not require the removal of clothing, which greatly eliminates the worries and feelings from a traditional body test. Most importantly, our nutrition specialist and the team of qualified nutritionists will provide personalized holistic solutions that improve health by solving the root causes, promoting overall wellness.

1. 身高體重指標



過重及肥胖是現代人的常見問題，而肥胖亦會令患病風險倍增，例如：高血壓、糖尿病、痛風症等，所以應定期評估並確保體重保持在一個健康的水準。身高及體重指標為目前國際最常用來量度客人體形的指標，基於客人的性別、高度和重量來計算出體重狀況是否恰當。

2. BCA精準身體組成分析評估

精準身體組成分析評估能為您評估多項精準的指標：

- 身體成分及脂肪分析
- 內臟脂肪面積
- 腰臀比例和身高及體重指標 (BMI)
- 浮腫指數一如身體水分及體液平衡等
- 骨骼肌的重量
- 正常值範圍
- 身體的基礎代謝率



3. 血壓指數



血壓是現代人較難控制的指數，倘若控制不好便會引致其他健康問題。低血壓（血壓低於90／60mmHg）雖然不算是一種疾病，但可能是由其他疾病所致。高血壓（血壓高於140／90mmHg）因沒有明顯病症而且不容易察覺，所以我們更需要定時評估血壓的指數，以便及早進行健康管理。

4. CRA心臟血管風險評估

透過採集手指末端的脈搏訊號，便能簡易評估出以下項目，以預測心血管系統的健康：

- 自主神經系統的平衡程度
- 身體壓力指數、精神壓力指數、抗壓能力
- 平均心跳率、心臟穩定性、會否有異常的心跳率
- 血管老化程度、血液循環狀態
- 動脈硬化的早期預測以及演變程度
- 整體評估及改善建議



5. 血液含氧量測試



現代人經常感到容易疲倦或有黑眼圈問題，有可能是因為血液含氧量不足所致。客人只需把血氧機的感應器夾在指尖便可以準確評估血液含氧量以及脈搏率。一個健康正常的成年人體內之血氧飽和度應在95%~99%之間。

6. 呼氣流量測試

現代人普遍缺少運動和長期受空氣污染影響，容易影響肺部功能或引發哮喘問題。呼氣流量測試是依據客人的身高、年齡、性別，來評估肺部推動空氣進出的能力。此數值的高低與氣道的寬窄有密切關係，特別適合患有哮喘的人士使用。



7. CHRA全面健康風險評估



全面健康風險評估儀是透過大腦與身體器官之間的電波掃描人體全身器官，能評估出身體現時的健康狀況、過去的舊患，以及未來潛在的健康風險。全面健康風險評估儀屬於非侵入性評估（如：抽血、抽骨髓、抽淋巴等）、非電壓電流刺激、不接觸肌膚、免打顯影劑、對人體絕無創傷；也無任何輻射傷害、免脫衣褲、免等待、免禁食。客人不會有任何不適感，更無任何副作用，比一般入侵性的評估儀器更安全更可靠。

8. RES身體系統活能支援

健康風險評估中心所提供的「全面健康風險評估儀」除了可評估體內是否有健康問題外，亦可按照客人當時的個人健康狀況，透過附帶的「身體系統活能支援服務」，發放正面的頻率以中和細胞的負能量，幫助調整細胞異變情況以及平衡當時的身體健康狀況。



1. Body Mass Index



Being overweight and obese are very common in an affluent city like Hong Kong. It can lead to many health consequences such as hypertension, diabetes and gout. Therefore, it is extremely essential for one to have a regular body check up and maintain a healthy weight range. Body mass index is the most widely used measure in the world for testing one's height and body shape. This index utilises one's gender, height and weight to calculate the appropriate weight status.

2. BCA Precision Body Composition Assessment

BCA provides you with a number of indicators with accuracy:

- Analysis of body composition and fatness
- Visceral fat area
- Waist to hip ratio and Body Mass Index (BMI)
- Edema index, such as body water level and body fluid balance etc
- Weight of skeletal muscle
- The normal range
- The body's Basal Metabolic Rate (BMR)



3. Blood Pressure Index

Controlling blood pressure has always been a problem for people today and it can lead to other health issues when it is kept within an unhealthy range. If your blood pressure reading is 90/60 mmHg or below, it indicates you are having a low blood pressure; if your blood pressure reading is 140/90 mmHg or higher, it indicates you are having a high blood pressure. Individuals with blood pressure issues usually do not have any obvious symptoms in their daily life. Therefore, we need to take regular blood pressure test for a first line health management.



4. CRA Cardiovascular Risk Assessment

Through the use of a finger probe, the CRA utilizes the pulse signal gathered from the finger tip to assess the following items in order to predict the health of the cardiovascular system:

- The balance of the autonomic nervous system
- Physical stress index, mental stress index and stress resistance
- Average heart beat, cardiac stability and abnormal heart rate
- Aging vascular health and blood circulation status
- Early prediction and evolution of atherosclerosis
- Overall assessment and recommendations for improvement



5. Blood-Oxygen level Check



Low blood-oxygen level can be one of the reasons for people always experiencing fatigue or having dark circles under eyes. You can get an accurate measure of blood-oxygen level and pulse rate by simply clipping your finger tip on the Oximeter sensor. A healthy adult with normal oxygen saturation of the body should have a reading between 95-99%.

6. Expiratory Flow Check

People nowadays are generally lacking movements and keep inhaling polluted air. These factors will easily affect their lung function and may easily trigger asthma problems. Based on the patient's height, age and gender, the Expiratory Flow Check could measure the lung's ability to push air out, which is closely correlated with the width of the airway. Also, it is a good device for measuring one's asthma status.



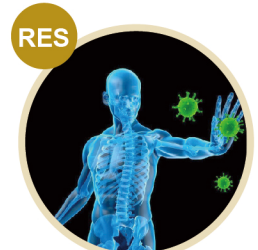
7. CHRA Comprehensive Health Risk Assessment



The Comprehensive Health Risk Analyzer scans through the human body organs and cells with the use of trigger sensors to transmit signals between the brain and the body. It can be used to detect the client's current health condition, past sufferings and potential future health risks. The CHRA is a non-traumatic and non-invasive assessment when comparing with phlebotomy, bone marrow or lymph aspiration etc. Also, it is not an electrical stimulator, which does not contact directly with the skin and is free from all radioactive substance. CHRA clients do not need to remove any clothing, prolong waiting and fasting. Clients will not feel any discomfort and will not have any side-effects. It is much safer and more reliable than other invasive health analysis.

8. RES Rejuvenative Energy Support

The Comprehensive Health Risk Analyzer provided by the Health Risk Assessment Centre not only gives a thorough assessment on energy imbalance in our body, but also provides Rejuvenative Energy Support based on the client's current health condition. It emits positive energy to neutralize the negative energy of the cells and helps adjust any cell mutation, balancing the health condition of the client.



DNA TEST 基因檢測



您的基因
健康嗎?

IS YOUR DNA
HEALTHY?

無創傷
NON-TRAUMATIC



準確度高
HIGH ACCURACY

專業報告分析
PROFESSIONAL
REPORT ANALYSIS



為甚麼我們需要使用DNA TEST基因檢測

DNA基因檢測透過每個客人獨一無二的基因，了解他們先天身體的特點，包括優勢以及不足之處，從而幫助客人訂立更個人化的全面健康解決方案。

檢測方法十分簡單：利用採樣棉棒，提取客人口腔內的細胞，再送到歐洲的實驗室作分析。整個過程同樣是無侵入性、無創傷性、無輻射傷害及無副作用，安全可靠。

HRA健康風險評估中心提供四種DNA基因檢測服務：分別是基因健康檢測、體重管理基因檢測、雌激素基因檢測及運動表現基因檢測。不同的基因檢測針對不同客人的需要。基因健康檢測的覆蓋範圍較全面。這個檢測可以了解到客人先天的疾病風險，例如癌症、心血管疾病、糖尿病等，以及對一些食物的敏感反應，例如，牛奶、咖啡等。中心營養師會為客人提供必須營養素、維生素、礦物質及營養補充品等個人化飲食以及其他生活習慣的建議，讓客人從基因的層面改善健康。

體重管理基因檢測主要分析客人與新陳代謝及運動相關的基因，幫助客人進行體重管理時，配合更個人化的飲食、運動及日常生活建議，令體重管理更有效率。

雌激素基因檢測主要讓客人了解體內雌激素和毒素的代謝功能，與女士患上子宮內膜異位、更年期綜合症和子宮纖維瘤，甚至男士的前列腺問題有關。這個檢測可以幫助客人訂立個人化的飲食方案、生活習慣和選擇適當營養補充品，減低後天的患病風險。

運動表現基因檢測可以了解客人先天的體質及受傷風險，幫助客人從基因的層面發掘運動潛能，讓他們選取最合適的運動、預防受傷，以及促進運動後的復原，提升他們的運動表現。

Why we need to use DNA test

DNA Tests help our clients develop a more personal and comprehensive health solution by understanding their unique genes, which show the characteristics of their innate body, including strengths and weaknesses.

The method is very simple: a cotton swab will be used to extract the cells in the client's mouth, and sent to a European laboratory for analysis. The whole process is also non-traumatic, non-invasive, with no radio-contrast agent used and side effects.

The HRA Health Risk Assessment Centre provides four DNA genetic testing services: Health, Weight Management, Oestrogen, and Sport. Different DNA genetic tests are tailored to the needs of different guests. The coverage of the DNA Health test is more comprehensive. This test can be used to understand the innate risk of disease, such as cancer, cardiovascular disease, diabetes as well as sensitive reactions to some foods, such as milk, coffee and so on. Our nutritionists will advise clients on personalized diets that incorporate essential nutrients, vitamins, minerals and nutritional supplements, as well as other lifestyle habits to help them improve their health at the genetic level.

The DNA Weight Management analyzes clients' genes related to metabolism and exercise, helping them to manage their weight with a personalized diet, exercise and lifestyle recommendations, making weight management more efficient.

The DNA Oestrogen mainly allows clients to understand the metabolic function of oestrogen and toxins in the body, which is associated with endometriosis, menopausal syndrome and uterine fibroids in women, and even prostate problems in men. This test can help clients to develop personalized diet plans, lifestyle habits and choose appropriate nutritional supplements to reduce the risk of these diseases.

DNA Sport can help determine physical health risks and injury risks of clients, helping them explore their potential in sports from the genetic level, and letting them choose the most appropriate exercise, preventing injuries and promoting post-exercise recovery, thus improving their athletic performance.

DNA HEALTH

基因健康檢測

基因健康檢測能為客人提供與他們的基因相關之個人營養方案。檢測範圍中涵蓋40組代表7項生理過程的基因。檢測結果亦提供了以客人獨特的基因為基礎的健康飲食建議，如：維生素、礦物質、必需營養素和和營養補充品使用建議量等。營養師可以根據測試結果，為客人訂立一個更個人化的飲食和生活習慣建議。此外，客人亦可進一步參考營養師建議，從基因的層面改善健康。

能檢測與47種基因相關的：

- 心血管疾病：對膽固醇和三酸甘油酯的吸收和代謝
- 維生素B群：維生素B6、B12和葉酸，對基因和細胞更新工序的影響
- 排毒功能：肝臟的第一和第二階段的排毒酵素之功能
- 炎症：對損傷、感染和過敏的反應
- 氧化壓力：游離基和抗氧化水平
- 骨骼健康：分析鈣質和維生素D的代謝過程
- 胰島素阻抗性：細胞對胰島素的敏感性，評估糖尿病的風險
- 對食物的反應：對牛奶和咖啡因的敏感程度、多元不飽和脂肪酸的轉化、鐵質和鹽分的控制、酒精的代謝及味覺的敏銳程度

此檢測分析對任何以遺傳基因作基礎，以尋求健康和治療的客人及營養師都是非常有用和寶貴的。非常全面，能涵蓋多種健康隱患和提供清晰的生活習慣建議。

DNA Health grounds patient treatment in gene-based personalised nutrition. 40 tested genes mark for seven key biological processes. Results offer a unique health profile analysis, a gene-based healthy eating plan; dietary goals for relevant vitamins, minerals, phytochemicals, and foods; and nutritional supplement recommendations. With this genetic knowledge, practitioners can provide specific diet and lifestyle recommendations. As importantly, patients themselves can get further involved in their health, taking the necessary steps to lead a life most favorable to their genes.

47 gene variants related to:

- Heart and cardiovascular disease: absorption and metabolism of cholesterol and triglyceride
- B Vitamins: vitamins B-6, B-12 and folate, all involved in DNA and cell renewal
- Detoxification: phase 1 and phase 2 liver detoxification enzyme's function
- Inflammation – response to injury, infection and allergies
- Oxidative stress – free radical and antioxidant production levels
- Bone Health – identifies calcium and vitamin D metabolism processes
- Insulin resistance – cell insulin sensitivity and assess the risk of type-2 diabetes
- Food responsiveness: lactose intolerance, caffeine sensitivity, PUFA metabolism, iron overloaded and salt sensitivity, alcohol metabolism and bitter taste

DNA Health is valuable to any patient and practitioner looking for a genetic basis for health and treatment. The analysis is comprehensive enough to cover many health risks, providing clear interpretations for lifestyle response.

DNA HEALTH 基因健康檢測



DNA WEIGHT MANAGEMENT

體重管理基因檢測

體重管理基因檢測能幫助從遺傳基因裡分析客人的肥胖基因及身體對飲食和運動的影響或需求，使體重管理計劃及預防肥胖的效果更事半功倍。檢測結果能幫助讓檢測者及營養師訂立最個人化的飲食、運動及日常生活建議。

從20組與飲食及肥胖相關的基因組合以作檢測，檢測範圍包括：

- 脂肪的吸收與代謝功能
- 對碳水化合物的處理
- 新陳代謝調控和飲食行為
- 能量攝取的調控
- 對不同運動的反應
- 生理時鐘
- 發炎反應

體重管理基因檢測能提供最個人化的健康飲食建議，無論是健康體重、希望減重、需要體重控制的人士亦可適用。

DNA Weight Management helps optimize diet and exercise interventions in order to treat and

20 gene variants that mark for individual disposition to:

- Lipid absorption and metabolism
- Carbohydrate responsiveness
- Regulation of metabolism and feeding behavior
- Regulation of energy intake
- Exercise responsiveness
- Circadian rhythms
- Inflammation

DNA Weight Management is intended for clients with weight loss or weight management issues. However, the healthy-weighted individual can likewise benefit from the nutritive profile and dietary recommendations.



DNA OESTROGEN

雌激素基因檢測

雌激素基因檢測可以讓你了解體內雌激素和毒素的代謝功能，從而幫助改善因雌激素過高而引起的問題，如：子宮內膜異位、更年期綜合症和子宮纖維瘤等。基因檢測結果能夠幫助訂立個人化的飲食方案、生活習慣和幫助選擇適當營養補充品。

檢測範圍包括：

- 雌激素代謝功能
- 肝臟階段1和2的排毒功能

雌激素基因檢測適合所有女性特別是雌激素失衡或家族成員中曾患過乳癌、子宮癌和卵巢癌的女性。男士亦非常適合進行雌激素基因檢測。男士體內也存在著一定程度的雌激素，如肝臟的雌激素代謝能力不佳，會導致脂肪堆積，亦會影響男性的性功能。

The DNA Oestrogen test can help you understand your oestrogen and carcinogen metabolism, improving oestrogen-dominant situations such as endometriosis, premenstrual syndrome and uterine fibroid tumours. The results provide unique information on personalised diet, lifestyle and nutra-ceutical recommendations.

- - Oestrogen metabolism
 - Phase I & phase II detoxification

DNA Oestrogen is valuable for all females especially those with a family history of breast, uterine and ovarian cancer. Men are also very suitable for DNA Oestrogen test. There is also a certain degree of oestrogen in men's body. For example, poor metabolism of estrogen in the liver can cause fat accumulation and affect men's sexual function.

DNA OESTROGEN 雌激素基因檢測



DNA SPORT

運動表現基因檢測

運動表現基因檢測能為專業和業餘的運動員從基因層面發掘運動潛能。這檢測的重點是要幫助運動員從運動訓練中取得最好的運動表現或成績。運動表現基因檢測能評估受傷的機會、復原能力和運動表現，從而找出最適合的運動，復原的方法和減少受傷的機會。運用基因檢測能夠制定個人化的運動訓練計劃以幫助一些運動表現未如理想的人士，從基因層面有效地發揮最佳的運動潛能和提升運動表現。

檢測22組基因，可分為兩個範圍：

- 受傷和復原能力：容易受傷的程度、發炎反應、氧化壓力
- 運動表現：血液循環和呼吸能力、能量的運用和燃燒能力、骨骼肌的特性

運動表現基因檢測之目的是為了讓專業和業餘的運動員於最短的訓練時間內提升運動表現。無論你是專業運動員、運動愛好者或是有志成為運動員的人士都適合做這項檢測，從而幫助你從最根本的基因層面發揮運動潛能。

DNA Sport uncover the genetic basis for performance potential in both the elite and the recreational athlete. The focus is on maximum gain from training. Related genes are tested for 2 key categories: Injury / recovery and performance. The result is a specific profile on exercise selection, recovery methods, and injury avoidance. Of particular interest are athletes who've responded below expectations, as the key to their performance lies within their genes.

22 gene variants for 2 key categories:

- Injury and recovery: injury susceptibility, inflammation and oxidative stress
- Performance: blood flow and respiration, energy mobilization, fuel metabolism and musculoskeletal properties

DNA Sport is aimed at both the elite and the recreational athlete looking to gain maximum return from training time. No matter whether you are elite, sport amateur or aim to become an athlete, this test is suitable for you to develop your potential within the genes.





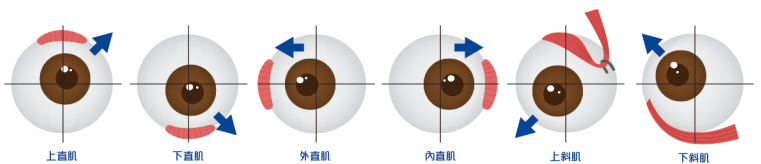
眼瑜珈 EyeYoga

眼瑜珈EyeYoga 是一套專為兒童及青少年而設的眼部的瑜珈。IFN於全亞洲首創眼部瑜珈，與HRA中心配合推出服務。沒有年齡的限制、方便、非侵入性、不限時地、而且效果顯著。青少年在學期間，眼睛的健康尤其重要，因為他們的眼球未發育完全，若果經常接觸電子產品和有不安的姿勢去閱讀，會較成人較易患上眼部的問題，例如：近視和散光。所以，透過拉伸眼部的六條肌肉，可以令平日過於繃緊的眼部肌肉得以放鬆。



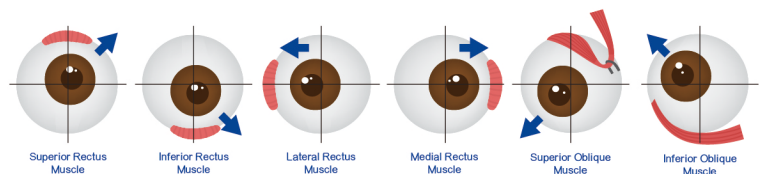
EyeYoga的好處：

- 放鬆連接眼睛的肌肉
- 或有助改善眼睛屈光不正 (聚焦) 的問題
- 有助改善眼部血液循環
- 或有助舒緩眼睛疲勞



EyeYoga is a set of eye yoga specially designed for youth. IFN created the first eye yoga in Asia and launched services in cooperation with HRA centers. There is no age limit, convenient, non invasive, unlimited time, and the effect is remarkable. The health of the eyes of young people is especially important during school, because children's eyeballs are not fully developed. If they are often exposed to electronic products and have abnormal postures to read, they are more likely to suffer from eye problems than adults, such as myopia and myopia. astigmatism. Therefore, by stretching the six eye muscles, the eye muscles that are usually too tight can be relaxed.

DNA Sport is aimed at both the elite and the recreational athlete looking to gain maximum return from training time. No matter whether you are elite, sport amateur or aim to become an athlete, this test is suitable for you to develop your potential within the genes.





自體脂肪幹細胞

Autologous Adipose Stem Cells



ReNuStem
Biotech Limited
睿新達生物科技股份有限公司

再生醫學新突破

A breakthrough in regenerative medicine.

青春、健康是你更值得投資的保險！

The most valuable insurance is “YOUR HEALTH AND YOUTH” !

為自己 • 為父母 • 為感恩

EXPRESS YOUR GRATITUDE, TO YOURSELF AND YOUR FAMILY!

獲諾貝爾生理醫學獎

THE NOBEL PRIZE IN PHYSIOLOGY



近年的諾貝爾生理醫學獎均頒發予細胞學領域！
幹細胞於1999年和2000年美國著名期刊「SCIENCE」
將幹細胞和幹細胞生物工程評為世界十大科學成就之首

瑞思坦自體脂肪幹細胞專業研究團隊



焦陽
Benno Jiao
RE-Stem 創辦人及總裁
RE-Stem Founder & CEO



焦守恕
Ray Jiao M.D.
RE-Stem 首席科學家
RE-Stem Chief Scientist



王鐵
Wang Tie M.D.
RE-Stem 首席醫療總監
RE-Stem Chief Medical Director



吳武田
Prof. Wu Wutian
RE-Stem 首席技術總監
RE-Stem Chief Technical Director



蘇國輝
Prof. So Kwok-Fai
RE-Stem 首席科學顧問
RE-Stem Chief Science Adviser

發現了端粒和
端粒酶保護染色體的機理

2009年

Discovered the mechanism of
telomere and telomerase
protecting chromosome

發現樹突細胞及
在後天免疫系統中的作用

2011年

Discovery of dendritic cells and
their role in acquired
immune systems

重新編程細胞核，
誘導多能幹細胞（IPS細胞）

2012年

Reprogrammed the nucleus,
induce pluripotent
stem cells (IPS cells)

發現了細胞系統中
囊泡運輸的作用方式

2013年

Discovered the role of
vesicular transport in the
cell system

發現大腦細胞級別基礎的
"GPS"系統，為精準抗衰
生物技術開闢新途徑

2014年

Discovery of brain cell-level
"GPS" systems to open up
new ways for precision
anti-aging biotechnology

獲諾貝爾生理醫學獎

THE NOBEL PRIZE IN PHYSIOLOGY



The Nobel Prize in Physiology for recent years has been presented in the field of cytology!

The 1999 and 2000 edition of the world famous American Journal of Science named Stem Cells as one of the world's "TOP TEN SCIENTIFIC ACHIEVEMENTS".

RE-STEM AUTOLOGOUS ADIPOSE STEM CELLS PROFESSIONAL TEAM



Jyothi Devakumar
RE-Stem 首席科學總監
RE-Stem Chief Science Director



Steven Alan Schweller
RE-Stem 副總裁
RE-Stem Vice CEO



徐群淵
Qunyu Xu M.D.
RE-Stem 醫學顧問
RE-Stem Medical Adviser



陳明哲
Prof. Mingzhe Chen
RE-Stem 醫學技術顧問
RE-Stem Medical Technical Adviser



David A. Howe M.D.
RE-Stem 首席醫學顧問
RE-Stem Chief Medical Adviser

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2014年

Discovery of brain cell-level
"GPS" systems to open up
new ways for precision
anti-aging biotechnology

自體脂肪幹細胞抗衰老服務

自體脂肪幹細胞抗衰老服務被喻為再生醫學的新突破，並且是安全、有效的。

只需抽取身體少量脂肪組織，利用分化技術，把脂肪中最佳的幹細胞萃取出來，然後將幹細胞回輸給自己使用，有助促進細胞復原及更新速度、加速細胞代謝、補充及替代受損和遭到破壞的組織、器官細胞等，有助全面改善身體機能。

而自體脂肪幹細胞針對性抗衰老修復回輸項目，可以針對性修復已受損及老化的指定器官。因此，對於退化性疾病特別有效。

更有研究指出，從脂肪提取的幹細胞比骨髓提取的幹細胞數量高達約2500倍，而且沒有排斥反應，亦沒有感染傳染病的風險。

未來，脂肪幹細胞在醫療領域將發揮愈來愈重要的作用！

通過自體脂肪幹細胞抗衰老服務，不但自己能青春健康，你的父母、祖父母也能享用此服務而重拾健康。

青春、健康是你最值得投資的保險！

AUTOLOGOUS ADIPOSE STEM CELLS ANTI-AGING SERVICE

Autologous Adipose Stem Cells Anti-Aging Service was renowned as a safe and effective breakthrough in regenerative medicine.

Only little amount of adipose tissue from body is required. Using differentiation technology, only stem cells with good quality are extracted from the adipose tissue, and then transfuse to one's body. It helps to boost the speed of cell recover and renew, promote the cells' metabolic rate, repair the damaged and aging tissues and cells, and finally improve general health of one's body.

Autologous Adipose Stem Cells Specialized Anti-Aging Transfusion Service can specifically repair the damaged and aging of specific organs, especially aging diseases.

Some researches suggested that the quantity of stem cells extracted from adipose tissue is generally 2500 times higher than that from bone marrow. Also, the adipose stem cells do not generate any rejection and do not have any risks of infectious diseases.

In the future, adipose stem cells will play a more and more important role in medical industry.

Through Autologous Adipose Stem Cells Anti-Aging Service, not only do you regain youth and sustainable health, so do your parents and grandparents.

The most valuable insurance is "Your Health and Youth" !

幹細胞健康實證

STEM CELLS TESTIMONIALS



Judy Hung 媽媽，64歲

職業：退休護士

- 二型糖尿病患者，33度（正常 4 – 7 度）
- 需要早晚靠注射胰島素控制血糖度數的水平
- 關節疼痛、膝蓋無力；曾經生骨刺
- 經過CHRA檢測後發現，身體有多個 5、6 號
- 經過幹細胞回輸後，身體已康復七成
- 血糖度數已經回復到 5 – 7 度
- 感覺猶如重生

使用服務前身體問題：

在 2009 年，我的身體出現了很多病徵，例如：口乾、無力、經常標冷汗、呼吸不順、氣力不足、瘦了 20 磅，又經常暈。後來得知自己原來患上了糖尿病二型，血糖度數達到 33 度（正常 4 – 7 度），每天都要食糖尿病藥以及早晚打胰島素，控制血糖度數的水平。

後來，我雙腳越來越無力，發現腳脛生骨刺，因此我女兒Judy帶我去見簡博士，在他的專業建議下，我做了一個基因健康檢測（DNA HEALTH），發現我缺乏了兩種因子，令我身體難以分解有化學成份的毒素及進行排毒，重金屬和寄生蟲都不能排出，導致骨質疏鬆，令到身體比較衰弱。

使用服務後有甚麼改善：

我女兒Judy 知道公司推出了自體脂肪幹細胞抗衰老計劃後，她成為了公司第一個客人，購買了鑽石家族套裝，並提供了她自己的幹細胞給我。進行第一次綜合回輸後，我覺得好精神，身體慢慢好轉，之後我再接受了七次不同針對性功能的回輸，分別是心血管、肝腎、胰臟等，我現在身體已經康復了七成，不用再食糖尿病藥，而且我的血糖度數已經回復到 5 – 7 度。

感想：

我好感謝我女兒Judy，令我重燃希望，回復健康的生命。另外，我要多謝簡生、簡太、簡博士、Tina以及HRA健康風險評估中心所有營養師。

Judy Hungs' Mother, 64 years old

Career: Retired Nurse

- Type 2 diabetes, blood glucose level: 33 (normal level: 4 – 7)
- Need to inject insulin in the morning and evening to control the glucose level,
- Joint pain, knee weakness; has the history of bone spur
- After CHRA testing, found out that there are a lot of numbers 5 and 6 signals in her body.
- After the stem cells infusion , the body has recovered 70%.
- The blood sugar level has lowered to 5 – 7 glucose level
- Feeling like reborn

Problems before using the service:

In 2009, my body occurred a lot of symptoms, such as: mouth dryness, muscle weakness, frequent cold sweats, poor breathing, lack of strength, lost 20 pounds and often feel dizzy. After that, I diagnosed with type 2 diabetes, and my blood sugar level reached 33 (normal 4-7). I had to take diabetes medicine every day and insulin injection in the morning and evening to control the level of blood glucose.

Then, my feet became weaker and I found my ankles spurting, so my daughter Judy took me to see Dr. Jawid. Under his professional advice, I did a DNA Health test and found that I lacked two factors to help me break down chemical toxins and progress the detoxification. Heavy metals and parasites are also hard to be excreted, leading to osteoporosis and weakening of the body.

Improvements after using the service:

My daughter Judy knew that HRA centre launched the autologous adipose stem cell anti-aging program, and she became first client of the programme, bought a diamond family suit and provided her own stem cells to me. After the first infusion, I feel good and the body has slowly improved. After wards I accepted seven infusion with different targeted functions , including cardiovascular, liver and kidney, pancreas, etc., And now , my body has recovered 70%, I do not need to take anti-diabetic medication , and my blood sugar level has returned to 5-7 .

Feelings:

I am so grateful to my daughter, Judy, for rekindling my hopes and restoring a healthy life. Also, I want to thank Mr Khan, Mrs Khan, Dr Jawid , Tina and all nutritionists at the HRA Health Risk Assessment Center.

幹細胞健康實證

STEM CELLS TESTIMONIALS



Tina Wong 爸爸，85歲

職業：退休人士

- 二十多年心臟病問題，只依靠藥物治療
- 血液中的酵素過高引致心絞痛
- 由Tina提供幹細胞，做了心臟、血管及腦神經回輸
- 經過幹細胞回輸後，血液裡面的酵素回復正常
- 不再有心絞痛
- 覆診期由三個月轉為半年，完全解決了心臟病的問題

使用服務前身體問題：

我叫黃衛國，今年 85 歲，患有心臟病多年，需要持續覆診以及服用心臟病藥物。在 2016 年更因心臟持續疼痛，需要召救護車進醫院。當時醫院的療程只能令情況暫時稍為好轉，可是出院後心絞痛仍然持續影響我的生活。

使用服務後有甚麼改善：

在進院的事件之後，我女兒了解到幹細胞總共有 9 種靶向性的作用。合作機構的醫生了解我的情況後，他認為幹細胞絕對可以幫助我改善心臟的情況。在三月份，我進行了第一次幹細胞回輸，四月份已明顯感受到心絞痛問題好轉。在五月份，當我再次完成幹細胞回輸後到醫院覆診時，醫生愕然說「哎？怎麼血液裡面的酵素正常了？恢復的這麼快！」懷疑可能化驗出現問題，所以替我連續作血液測試，希望找到酵素這麼快回復正常的原因。我明白幹細胞真的讓我重生了！今年 4 月份覆診的時候，醫生將我轉到內科去，覆診期亦由三個月轉為半年，完全解決了心臟病的問題。

感想：

吃藥 20 多年也沒有甚麼好轉，做了這個幹細胞回輸以後，兩個月之後就讓我不再心痛了，我也感到很榮幸！我十分感謝女兒以及公司讓我有這個機會認識到幹細胞再生醫療科技。這麼好的一個服務及技術，讓我們全部都改善了健康，謝謝大家。

Tina Wongs' Father, 85 years old

Occupation: Retired

- More than 20 years of heart disease, relying only on medication.
- Experienced angina due to excessive cardiac enzymes in blood.
- Received heart, blood vessels and cranial nerve stem cells infusions, which are provided by Tina.
- After the stem cell infusions, the cardiac enzyme level in blood returned to normal.
- Does not experience angina ever since.
- The review period by doctor changed from three months to six months. Heart disease problem completely solved.

Problems before using the service:

My name is Wong Wai-Kwok. I am 85 years old. I have been suffering from heart disease for many years and need continuous follow-up and taking heart disease drugs. In 2016, due to persistent heart pain, I was sent to hospital by ambulance emergency service. At that time, the hospital's treatment only made the situation slightly better, but the angina after discharge still continued to affect my life.

Improvements after using the service:

After the incident, my daughter learned that stem cells can have nine different targeted effects on the body. After the doctors of the partnered company understood my situation, they thought that stem cells could definitely help me improve my heart. In March, I had the first stem cell infusion, and in April I was clearly aware of the improvement in angina. In May, when I went to the hospital for follow-up after the stem cell infusion, the doctor was so surprised and asked why my cardiac enzyme level in blood recovered to normal so quickly. The doctor even suspected that there might be errors in the blood tests, and did a few more tests for me, hoping to find out the reason behind. I understand that stem cells really make me reborn! During the follow-up visit in April this year, the doctor transferred me to the department of internal medicine. The review period was also changed from three months to six months. The problem of heart disease is completely solved.

Feelings:

Taking medicine for more than 20 years gave me no improvement. Two months after receiving the stem cell infusions, I no longer experience angina. I am so glad.

I am very grateful to my daughter and the company for giving me the opportunity to experience stem cell regenerative medicine technology. It is such a good service and technology, which help us all improve our health. Thank you very much.

全面解決方案

HOLISTIC SOLUTION



HRA中心的專家或營養師會根據客人的評估報告，對他們健康上的風險狀況作出專業的分析，從而提供個人化和全面性的解決方案，從「環保身體」的角度，包括：飲食方式、生活習慣、心理調整和功能營養等各方面提供專業的建議。

The specialist and nutritionists in HRA Centre will analyze customers' health risk conditions professionally according to their assessment reports. Based on the analysis, they will provide a personalized and comprehensive solution in accordance with the concept of "Green Your Body", which includes healthy diet and lifestyle, which includes healthy diet and lifestyle, emotion management, functional nutrition and so on.



隨著時代的變遷，幾十年前認為是理所當然的事物，例如：健康的食物、潔淨的食水、清新的空氣等，到現在已變得是很奢侈的事。現在的都市人除了背負沉重壓力還要面對急促的生活節奏，加上環境污染嚴重、不良的生活及飲食習慣等，都令我們的身心健康大受影響。

面對這些文明帶來的種種威脅，我們必須從個人體內開始著手，增強身體各個系統的運作、提升身體機能及盡量減低外來因素對身體的傷害，「環保身體」的概念正是我們所需的解決方法。

As time goes by, our surrounding, environment, lifestyles have been changing. It seems having good quality, clean food and water have not been getting easier. It is not surprising that our bodies are facing lots of challenges nowadays. Not only our bodies need to tolerate the great working stress, our bodies are also suffering from our environments and our living and eating habits, such as severe air and water pollutions, imbalanced diet as well as unhealthy living styles.

As we are facing more health challenges, we must start from ourselves to strengthen our body systems, to enhance our body functioning as well as to avoid external factors that affect our health. "Green Your Body" is the concept we need to apply in order to achieve better quality of life.



FUNCTIONAL FOOD CONCENTRATES SERIES
功能性濃縮食品

FFC是功能性濃縮食品(Functional Food Concentrates)，始創於九十年代初期，透過營養科學的突破性研究而發展出來。它品質卓越，合符經濟原則，是有臨床實驗支持的天然食物。

功能性濃縮食品提煉自陸地及海洋中的天然食物，包括蔬菜、水果、穀物、深海植物和植物營養素，為身體在功能及基因層面上提供全面的營養，達至修護細胞功能及健康的最佳效果。



FUNCTIONAL FOOD CONCENTRATES SUPREME SERIES
功能性濃縮食品至尊系列

FFC is Functional Food Concentrates, a superior and affordable means of health preservation based on nutritional science breakthrough in the late 1990s.

They are concentrates derived from natural foods from land and sea including vegetables, fruits, grains, deep sea vegetables and phytonutrients to support optimal nutrition at a functional and genetic level to regenerate and optimize cellular health and function.



PNO 系列產品，是涵蓋功能性濃縮食品 (FFC) 的所有獨特性，也是市場上罕有的「針對性功能營養配方」。專門針對改善健康問題的根源。

PNO product series covered all uniqueness of Functional Food Concentrates (FFC); it is also one of the few "Precision Nutrition Supplements" in the market, specifically aim to improve the root causes of the health problems.



ReNuStem 睿新達代理了「自體脂肪幹細胞抗衰老服務」，並成為了HRA中心第10項服務，讓中心客人與我們一同進入幹細胞新時代。亦為我們提供最優質的幹細胞抗衰老服務，幫助更多人士達至「預防勝於治療」，為他們的健康把關，延續幸福的基礎。

ReNuStem has disturbed the "Autologous Fat stem cell anti-aging service" and has become the 10th service of the HRA Center, allowing the center clients to join us in the new era of stem cells. It also provides us with the best quality stem cell anti-aging services to help more people achieve "prevention is better than cure", to ensure their health and to continue the foundation of happiness.

2323

DETOX BURN FAT
WEIGHT LOSS PROGRAM
排毒 消脂 瘦身法

「2323 排毒•消脂•瘦身計劃」，是一個以 10 天為一個週期的瘦身程序，除了是一個體重控制計劃，還結合了多個有效元素，有助徹底清潔及排走身體毒素、啟動身體的燒脂運作機能、全面提供身體所需營養，並且有助降低生理年齡 (Biological Age)，令您更輕型、更健康、更有活力。

"2323 Detox.Weight Loss. Burn Fat" is a slimming programme base on a 10 days cycle. It is not only a weight control programme, but it also combines with several effective elements which helps to facilitate detoxification from the body, stimulate your fat burning mechanism, provide a full spectrum of nutrients for the body and to help reduce biological age. Helping you to achieve a lighter weight, to be healthier and to feel more energetic.

HRA 101評估及基因健康檢測經驗分享

HRA 101 COMPLETE ASSESSMENT & DNA TEST TESTIMONIALS



健康風險評估中心由成立以來，滿意用家無數。他們都是通過我們專業的服務，使用全面的解決方案以及實踐「環保身體」而得以改善身體健康根源問題，重拾健康。

Since HRA Centre has started providing services to our customers, many of them are satisfied with our services. With our professional services, following the holistic solution and the concept of “Green Your Body”, they have successfully recovered from their health root causes and regained their health!

陳宛沁 Jessica Chan



之前我也曾做過不同的身體檢查，當HRA中心服務推出的時候，我就嘗試使用CHRA和RES服務。沒想到這個健康風險評估真的使我喜出望外。因為在十多年前我的右腳因交通意外而受傷，所以一直以來我都有腳痛的症狀。通過

使用CHRA檢測，評估報告顯示出連我自己都快遺忘的創傷。結果發現，我右腳的軟骨有退化，所以我需要處理。並且，這個測試連指甲、頭髮、寄生蟲和重金屬都能檢測到，實在是很神奇！我是一位室內設計師，經常要出入地盤，所以會因工作而吸入不同的重金屬而積聚體內。但經過營養師提供全面的解決方案，包括環保身體、使用PNO系列的去除重金屬產品和FFC功能性健康產品後，體內的重金屬逐步排出，我的身體感覺更加健康了。所以，我也推薦了很多身邊的朋友使用這個健康風險評估服務，而且他們的用後感也非常好！

I have gone through different kinds of body check-ups before. When HRA Centre was established, I tried to use CHRA and RES service which is above my expectation. Actually my right leg got hurt in an accident like more than 10 years ago, so I always feel a pain in my leg. However, I didn't pay much attention to it. But after I took CHRA service, it turns out that the cartilage of my right leg is degenerating. I have to take care of it now. In addition, I think this assessment is amazing because it can test your nails, hair, parasites and even heavy metal! As I am an interior designer, I need to visit construction sites and there is heavy metal accumulating in my body that I didn't know of. However, after the nutritionist in HRA Centre offered me a holistic solution, which includes teaching me how to "Green Your Body", using PNO products to remove heavy metal and taking Functional Food Concentrates (FFC), I feel much healthier now. Accordingly, I have recommended a few of my friends to do this health risk assessment and they all feel the benefits!

周金偉 Chow Kam Wai



我以前沒有做過任何的身體檢查，亦沒有定期做全身檢查。因為自覺沒有任何身體問題。做過CHRA全面健康風險評估之後，發現長期影響我肩部的酸軟及疼痛問題原來是骨質疏鬆導致的，以前還以為只是疲勞。CHRA還幫助我找到其他我沒有為意的身體問題，營養師告知我一些潛在疾病的風

險，讓我可以及早預防疾病。我覺得CHRA評估儀器非常先進，對我而言我覺得準確度高達8成以上，加上營養師的講解，服務非常專業。我對CHRA評估前後的看法大有改變，評估前未相信有這簡單而準確的評估，評估後我會用「神奇」來形容這檢測。

I have never done any health check before and I do not go regularly for any health check-up. That is because I feel good about my health and I rarely get any symptom from illnesses. After experiencing the Comprehensive Health Risk Assessment (CHRA), I found out that the soreness and pain on my shoulder area is actually caused by Osteoporosis, not just from fatigue. Moreover, CHRA helped finding out other health problems that I had never noticed before. Nutritionist told me the risk of having other illnesses so that I am aware of the risk factors in order to prevent the onset of the health problem. I think the CHRA is a machine with very advanced technology. In my opinion, I think its accuracy gets up to 80%. In addition with the detailed explanation by the nutritionist, I think the overall service is very professional. My feeling towards the CHRA has changed so much after the use of it. Before the assessment, I have never thought of it to be as convenient and accurate, instead I would now describe this assessment as 'magical'.

杜志鴻 Alex Doo



爸爸今年83歲，兩年前發現腳痛，去看醫院做了檢查。幸好腳問題不大，但卻發現血小板量過低(40粒)，比正常數值(100粒至160粒)低出好多。家人非常擔心爸爸情況，因為若持續再低(20粒)便會引致內出血及血流不止的現象，嚴重更可導致死亡。雖然爸爸跟醫

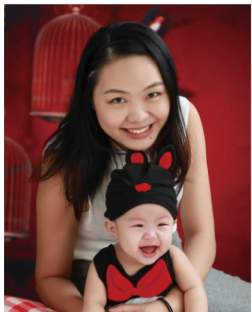
生建議做了骨髓檢驗，但因為檢驗找不到任何問題，醫生建議替爸爸每星期打針改善。但打針療程不單只能令問題斷尾，而且每月在政府醫院的打針費用已高達兩萬元。打針療程進行了一個多月後，血小板慢慢回升至60幾粒。之後醫生建議一個比較便宜的療程，用藥物代替，但每月費用也要一萬六千元。可是吃完藥後血小板數值降回50多粒，醫生再建議爸爸增加藥的份量。直至服用藥物半年後，爸爸來HRA健康風險評估中心作全面健康風險評估，簡博士發現他的脊椎受感染（之前在醫院是檢查不出有問題的）及胰臟內有很多重金屬和寄生蟲。簡博士建議他要服用重金清及清蟲素一年。所以爸爸一直服用產品及藥物大約半年。當再去醫院檢查的時候醫生驚訝地發現爸爸的血小板從向來的50幾粒回升到116粒。爸爸現在除了刷牙沒有流牙血的問題外，藥物服食份量亦可以逐漸減少。我們對這個高端科技十分滿意，相比起外面其他的醫療科技，CHRA全面風險評估比較實惠，可以更加準確地找出根源問題及提供全面解決方案。

My dad is 83 years old, one and a half year ago; he visited the hospital due to pain on his leg. Luckily, his leg was not a big problem, but to our surprise, the doctor found out that his blood platelet level is very low. Knowing that the normal level is about 100 - 160, his level of 40 worries me very much; and the result of low blood platelet level can lead to internal bleeding or death!

At first, doctor advised my Dad to do a bone marrow test, from which did not find any abnormality, so the doctor suggested my Dad to have injection to improve his platelet level. The treatment needs to be continuously taken once a week, and his blood platelet level was gradually increasing. However, the cost of the injection treatment (\$20,000 each month) was very high. For a lower price option, my dad switched to take medicine that costs about \$16,000, but his level of the platelet started to drop again. To keep his platelet level under control, my Dad needed to increase the medicine amounts.

Until taking the medication for about half a year, I brought my dad to see Dr. Jawid at the HRA Centre for a CHRA. Not only did we found out that his spine got infected (which did not get diagnosed in previous health check-up done in the hospital); we also found out he had accumulated high amount of heavy metals and parasites in his body. Dr. Khan then suggested my Dad to take Clear Parasite and Clear HTML for about a year. Meanwhile, my dad keeps checking his platelet level at the hospital; after half a year of taking the nutrition supplement, the doctor was so amazed that his platelet level has increased back to over 100. One of the obvious improvements was that his gum bleeding problem was gone; he can lower the medicine amount as well. I was so impressed with the CHRA technology, this advanced technology is very economical and yet accurate in finding the root causes of the health problems.

陳銀鵬 Penny Chen



本人已育有三個小孩，當第三個小孩出世後，即大約一年多前，我的身體無故地開始出現關節疼痛和腫大，本來要照顧三個孩子的我，竟然需要長期臥床不能起來，有時甚至腳腫脹到鞋也穿不了！無力照顧自己和小孩的感受，真的很難堪，只能不斷尋求各種方法醫治，希望可以盡快根治疾病。

I am a mother of three children. After my 3rd child has born, which was a year ago, I started to feel pain at my joints and it was swollen for no reasons. It was starting to get on my nerves as I always have to lay down in bed for rest and it was swollen to a point that I could not even wear my shoes. I felt devastated as it was affecting my daily life and my care to all of my children, therefore, I went off to search for medical help and hoping that could cure my situations.

期間尋訪多位港、深、廣名醫治療，判斷為類風濕性關節炎及紅斑狼瘡因子，手尾長之餘，一直以來的治療方法效果並不明顯。同時我亦好明白西醫開的藥物副作用極其之大，所以我當時不敢服用。而至於中醫的效果亦不太明顯，針灸亦只能舒緩一時三刻！當時感覺非常徬徨，真的感到束手無策，不知如何是好!!

My previous visits to search for medical support in Hong Kong, Shenzhen and Guangzhou, diagnosed me with Rheumatoid Arthritis and Lupus erythematosus. Not just it will be a long curing time and the treatment may not give a positive healing results, I also understand that medicines may create a lot of side effects, so I don't want to take it. The healing result from Traditional Chinese Medicine were not obvious and Chinese Acupuncture treatment could only resolved my situation for a short period of time too. Not just hopeless, but I also felt loss without a proper solution.

在今年五月份透過朋友Judy轉介HRA Centre檢測，終於替我找出患類風濕性關節炎的根源問題，發現包括全身無處不在的寄生蟲及甚至累積在腦幹位置的重金屬!!因失去了工作能力及需照顧三個小孩開支，開初階段唯有有限度地服用顧問朋友Rickey建議的FFC(排毒孖寶)及水棒，只用了短短三個月，關節已減輕了九成的痛楚，也不再腫了。

In May 2017, a friend of mine introduced me to Judy and she encourages me to visit HRA Centre for assessment services. Finally, the root causes of my Rheumatoid Arthritis and Lupus erythematosus were found, they were due to various parasites and heavy metals that have been accumulated in all different parts of my body, even in the brain stem!! Since I lost my working ability and the expenses to take care of my 3 children, I can only take FFC detox set and Longevity Stick as Rickey, my NL consultant friend suggested, and it does help me to relieve 90% of the joint pain, as well as the swelling in 3 month's time!

恢復了健康，令我對生活重拾信心，還可以重拾工作及照顧小孩的能力，真的很感激檢測中心的服務、營養師團隊、簡博士及於NL的顧問及朋友！效果卓越！

Retrieved in my health not only helps me in gaining more faith in life but to rebuild my career as well as to take care my kids. I do very appreciate for all the services of the Centre's, the nutritionists team, NL consultant and my friends as this is truly amazing!

鄧素媚 Amy Tang



經朋友介紹下在2015年2月開始使用HRA健康風險評估中心的檢測服務，包括心臟血管風險評估、精準身體組成評估、心肺及血氧初步評估及全面健康風險評估。檢測前，自覺整個人的身體狀況到達了一個極限的狀態，甚至連行樓梯都會容易喘氣和心跳加速，身體亦處於3高一高血壓、高血糖及高膽固醇狀態。醫生發現我有心律不正問題，並且指出我的健康狀況沒有什麼方法可處理，更說「只能等猝死」。完成HRA中心的所有檢測後，覺得CHRA跟其他主流醫療檢測非常不同，CHRA能找出影響我健康的問題根源所在，例如能找出哪種重金屬和寄生蟲積聚在身體裡，及也能找出我身體特別需要補充的營養素，再針對問題給予我個人的「全面解決方案」！

另外每月都會定時約見營養師使用身體系統活能支援(RES)，RES可以讓自己跟進身體的進步程度。現在身體狀況改善樂觀，RES由開始的每星期兩次改為每星期一次。跟從簡博士及營養師給予的建議「環保身體」及使用了功能營養食品後，感覺自己身體健康狀況漸漸進步，血糖指數可以保持平穩水平，容易喘氣和心跳加速的情況大有改善，現在行山都沒有問題！回想剛剛開始時改善生活習慣及要定時餐前餐後食用功能營養食品，感覺的確不容易實行，但為了自己的健康而繼續堅持，我覺得是非常值得。

In February 2015, my friend introduced me to Health Risk Assessment Centre and used the services of Cardiovascular Risk Assessment, Precision Body Composition Assessment, Basic Assessment and Comprehensive Health Risk Assessment (CHRA). Before using these services, I was feeling awful; my doctor told me that my blood sugar, cholesterol and blood pressure were high and diagnosed me with arrhythmia. I can feel that my body was under a lot of pressure as if it is about to exceed its limit. I was getting out of breath when even walking stairs, and my heart was bumping irregularly fast. Doctor advised me that I have a risk of having sudden death but yet there was no solution to help.

Until I used the services at the HRA centre, I found that CHRA is very different from other mainstream health assessments; CHRA is able to pinpoint what exactly is affecting my body, such as heavy metals and parasites. Dr. Jawid was able to tell me what specific nutrients I was lacking. I think that what sets CHRA apart from other health assessments is that, CHRA can help find the root causes of my health problems, and give me a personalized holistic solution.

Also, I have been coming to meet nutritionist every month to use Rejuvenative Energy Support (RES) service to help follow-up my improvement process. Now that, my health status has been getting better, I was advised to come only once a month instead of every two weeks. Following the recommendation advised by Dr. Jawid and nutritionist to "Green Your Body", I feel that my health is gradually improving. My blood sugar level now is under control, I can go hiking without feeling short of breath and racing heartbeat! It was not easy when I first committed to adopt a healthy eating and living style; I felt overwhelm to take many nutrition supplements regularly. However, for my own goods, I finally can overcome all difficulties and struggles to restore my health!

曾昭杉 Tsang Chiu Pun



我一直都有運動的習慣，但突然有一段時間突然經常感到疲累，就在2014年1月約見了簡博士並使用全面健康風險中心的檢測服務，發現我體內許多器官(例如：胰臟)都積聚了重金屬和寄生蟲影響著我的身體健康，因此我開始跟建議堅持使用中心的功能營養食品。在

2015年4月約見了HRA中心的高級營養師覆檢，發現我骨頭裡積聚的重金屬幾乎完全排走了，而CHRA檢測可令我更詳細地知道了自己其他的身體問題，並跟從營養師的建議在服用產品和生活習慣方面都做出了一些調整，令身體狀況不斷改善，現在精神已經大有好轉，皮膚沒有以前那麼容易出現敏感癢狀，在半年內也減少了10磅多餘的脂肪。

另外我每隔兩個星期都會到中心約見營養師使用身體系統活能支援(RES)服務，讓自己可以跟進身體的健康狀況。2015年5月左右我的額頭被蟲子叮咬後出現紅腫，去看醫生後只是塗了一些藥膏來消除紅腫，其後做RES發現身體內的白血球數目異常增多，經過仔細檢查後才知道自己因蚊蟲叮咬而感染了萊姆病。營養師告訴我這個問題不可輕視，如果萊姆病的細菌在體內不斷繁衍，可能會令身體出現嚴重的問題。當時根據營養師的建議增加了功能營養食品的份量，大概五個月後白血球的數目回復了正常，身體也沒有出現異常情況。真的很感恩因為使用中心的RES服務使自己及早發現問題的存在並得以解決，否則看似小事的蚊叮蟲咬就會成為健康的隱患。

我覺得HRA中心的認可營養師很專業，能夠給予清晰的建議幫助我「環保身體」去改善健康，而定期使用RES也能不斷看到自己的健康進展。我會繼續堅持令自己的身體狀況越來越好，因為身體健康才可以讓我擁有好的生活質素！

For a period of time, I always felt exhausted, despite the fact that I exercise regularly. Therefore, I made an appointment to see Dr. Jawid and used the assessment services at the Health Risk Assessment Centre in January 2014. Since CHRA found out there were lots of heavy metals and parasites accumulated in many organs, such as pancreas, I started to follow health advices and to take nutrition supplements. In April 2015, I came back for a follow-up health assessment with the HRA senior nutritionist, I was glad to know that almost all heavy metals had been removed from my bones. CHRA can let me further understand my health condition in details. By following nutritionist's suggestion on adjusting my living and eating habits, my health has been progressively improved! I feel more energetic now, skin allergy problem is getting better and meanwhile, I was able to lose 10 lbs of excess body fat in half year!

After using CHRA, I started to visit HRA centre every two weeks for the rejuvenative energy support (RES) service, which can help me keep track of my health status over the time of my visit. In May 2015, I got a bug bite on my forehead. When I went to the doctor, I was given a cream to smoothen the swelling and redness on my wound. When I come back for a RES again, I was told that my white blood cells level increased abnormally; after a detailed check up, nutritionist found out that I have a high risk of getting Lyme disease which is an infection caused by bug bite. Nutritionist advised me that this disease cannot be overlooked, since it can cause serious health problem if left untreated. Luckily, my white blood cells level got under control in five months after increasing doses of nutrition supplement as advised. Little did I know that a little bug bite can pose a harm on my health. I am so blessed that having to come for RES can help me to figure out and recover my health risk before it is too late.

HRA Centre's nutritionists are very professional in giving us health advices on "Green Your Body". I will continue to improve and maintain my health because, to have a good quality of life, is to have a healthy body.

黃燕筠 Lana Wong



去年夏天因一次感冒，引致右邊下顎位置出現間歇性神經痛。期間看過了家庭科醫生、牙科、腦外科、骨科、中醫、針灸、物理治療、嘗試瑜伽拉筋、普拉提等方法，病情都沒有根治，心情十分沮喪。照了磁力共振後，三個腦外科醫生中，兩位更斷定是三叉神經痛，需要做一個腦部手術來減輕痛楚。

直至通過朋友介紹使用CHRA檢測，發現原來右邊下顎位置的神經痛原來是一種反射，原因是背部的尾椎位置及頸部肩膀位置有重金屬影響。可能因為脊骨內的骨質和鈣質流失，取而代之的是重金屬，所以影響了神經系統。

經過營養師提供的全面解決方案，使用PNO系列去除重金屬及服用FFC功能性濃縮食品後，大概經過六個月之後，我的神經痛已經完全康復。

我於是積極推薦身邊的朋友使用全面健康風險評估服務，希望他們也能解決身體上的問題，重拾健康。

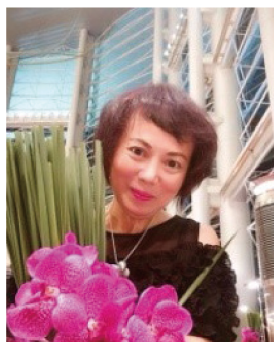
I was suffering from intermittent neuralgia in my lower right jaw position after I caught a cold last summer. I consulted family doctor, dentist, brain surgeons, orthopedics, Chinese doctors and tried acupuncture, physiotherapy, yoga as well as pilates. However, the root cause was not treated and I felt very depressed. After having the MRI check, among three brain specialists, two determined the symptom to be trigeminal neuralgia and suggested me to have a surgery to stop the pain.

I then had the CHRA test through the recommendation from a friend. The result showed that the pain was actually the reflection of the heavy metals found in the spine and the shoulder position. When calcium in bone were lost in the spine, heavy metal was replaced therefore the nervous system would be affected.

The Nutritionist suggested me to take PNO products and Functional Food Concentrates (FFC) to tackle the problem. My pain was then totally gone in six months.

I eagerly recommend my friends to try CHRA service, as I hope they can have their medical problems solved and regain their health.

曾美玲 Tsang Mei Ling



其實當初過來做檢測是因為好奇自己為什麼每晚只睡兩小時，但還可以這麼精神，又可以不停地跳舞45分鐘，認為自己可能有問題；可能因為這廿年來，一路有進食脂肪酸、清毒素和疲樂振以作保健用途。但發現每天進食午餐後都要立即睡半小時才可繼續工作。

於是透過HRA101全套8項檢測服務後，發現到很多問題以前是不知道的，甚至原來與食物很有關係。後來經過3個月的RES身體系統活能支援，再加上PO1的產品幫助後令我有所改變；尤其是營養師的建議，令我更清楚自己應有的飲食方法。

另外，我還覺得DNA基因健康檢測服務不錯，因為可以知道自己先天有什麼問題，後天要吃什麼食物才可令自己有效地復原，同時令身體變回年輕。我覺得最大得着是自己精神了，以前吃完澱粉質或喝啤酒後便會特別眼瞓。現在便好了很多，覺得自己的血比以前清，因皮膚好了，頭髮多了，看來年輕了。

The reason I came to do the assessment is because I suspected I may have unknown health problems, as I felt energetic with only two hours of sleep every night and could even dance for 45 minutes without rest, the reason might be I have taken FFC's EFA, GreenDetox and Pycnophy for over two decades for health maintaining purposes. However, I needed half an hour of sleep right after lunch every day.

After I experienced the HRA 101 service, I have discovered some health problems that I never knew, and they are even related to my diet. After three months of RES, as well as taking the products from PO1 package, it really makes a difference in me. Especially suggestions by the nutritionist, letting me understand more about my own specific eating and living habit.

Besides, I think DNA health test is pretty good, because you are able to know what your inborn problem is, providing the effective ways of preventing some diseases which may occurred and ways to look younger. Obviously, I am glad that I am getting more energetic, since I was always sleepy once I took carbs and alcohol. But now it is much better, I can feel that my blood is much healthier than before, because my skin looks finer, my hair grows denser and overall I look younger.

王世匡 Danny Wong



我平常會定期到公立醫院覆檢，以前除了醫生之外都沒有用其他的醫療服務來改善我的健康問題。CHRA能夠幫助我尋找我之前未發現的潛在疾病風險。過去曾經使用過的檢測，測試者必須飲顯影劑，飲後想嘔，又要打針好痛，植入手的靜脈，好可怕。然後要接受院方講明的副作檢測，周身不自然

才可做到院方要求的效果。而CHRA評估，我只需要舒舒服服坐在椅子上，無需恐懼下進行，而且我們的營養師遠比醫護人員更親切，更人性化。我給準確度75分，專業性整體70分。評估前，初初用患得患失的嘗試心態去認識評估，未能想像儀器的能力，只是用姑且一信的心情去試；評估後，發現自己的關鍵問題，及早發現，令自己安心又放心，解除自己的疑慮。尤其HRA中心成立後，同事優質的服務，舒適的環境，完善的配套，令我們樂意帶朋友嘗試中心各項服務。

I visit public hospital for health check up regularly. Apart from the contemporary western medical treatment I have never tried any other medical related service to try to solve my health problem. CHRA helps me with finding out my health risk factors. I used to do health check-ups that required the use of radioactive substances. It made me feel nausea by drinking them. Apart from that, it was so painful getting an injection to my veins. It was a very scary experience. And patients are required to accept all the side-effects that caused by the medical check-ups. It was very inconvenient and difficult to fulfil the requirement by the doctors in order to undergo the health checks. In contrast, I only need to sit comfortably for the CHRA. There was no fear involved in the assessment. Also, the nutritionists are really nice and kind. I rate the assessment 75 points, and overall professionalism with 70 points. Before doing the CHRA, I would describe my feeling towards this technology as 'doubtful'. I never would think this sort of technology would actually exist. I decided to give it a try out of curiosity. After the assessment, I found out the key to my health problem. Luckily that it had been discovered at an early stage. Since the assessment, it makes me less worry about my own health. Especially after the establishment of HRA Centre, with the great services, nice environment and the perfect set up of the centre, I am now more willing to invite my friends to experience the services at HRA Centre.

經驗分享

Testimonial Sharing

李賢哲 Lee Yin Chit



本人Alex Lee，想分享我兒子用完CHRA後的經驗。我的兒子經常打噴嚏及流鼻水，睡覺的時候因以上的問題導致睡眠質素變差。以前沒有做過任何其他的身體檢查，因為他只有5歲，年紀還小。以前曾經見過醫生，醫生只會給一些消炎藥給我兒子服用。服食藥物的時候會有改善，但是停藥後打噴嚏及流鼻水

就會再度發生，影響我兒子的日常生活。使用過CHRA之後，營養師利用儀器幫我的兒子找出鼻腔相關問題的根源。我覺得CHRA這儀器能準確地評估到器官或細胞會出現的問題和根源起因。中心的評估令我的兒子不需要接受一般有侵入性的評估，大大減低對身體的傷害，他只需要舒服地坐大約兩小時便能做到全面的健康評估，同時能夠一次性評估得到平日不會在西醫檢測的項目，例如：鼻腔細胞、荷爾蒙、染色體、遺傳基因和幹細胞等。CHRA是一部非常全面的評估儀器，能夠準確地評估到器官以及細胞出現的問題，我會把這個又全面又方便的評估推介給身邊的親人和朋友。

I am Alex Lee, I would like to share the experience of my son after using the Comprehensive Health Risk Assessment (CHRA). My son used to sneeze and get running nose very often. The above nasal problem leads to his poor sleeping quality. My son has never done any other health check-up because he is only 5 years old. After every consultation with doctors, they just prescribed some anti-inflammatory drugs to my son. During the use of the medication, indeed it relieved the condition. However, once he stops using the medication, the sneeze and runny nose will emerge again. After using CHRA, nutritionist helped my son find out the root cause of the nasal problem. I think CHRA can accurately assess the problem of the organs and cells and find out the root cause of the problem accordingly. The services of HRA Centre allow my son to undergo a comprehensive health risk assessment without any invasive health check-up procedures. This can reduce all the harmful effects that may caused by the contemporary health checks. All he needed to do was just sitting there with a headphone on and staying relax for about 2 hours. Moreover, the CHRA can assess a wide aspect of items, such as nasal cells, hormone, chromosomes, DNA and stem cells etc. CHRA is a very comprehensive analyzer that can accurately assess the problem of the organs and cells. I would definitely recommend this assessment to my relatives and friends.



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Tsim Sha Tsui, Kowloon

熱線電話：(852) 3462 6633

Hotline: (852) 3462 6633

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