



Longevity and self-regulation –

**Your scientifically based guide
to a longer, healthier life.**



sanza



Foreword

The future of health begins now!

We are on the threshold of a new era in health. Modern research and innovative technologies enable us not only **to live longer (life span), but above all to age more healthily (health span)**.

But how much influence do we actually have on our biological clock?

The fact is that **up to 80% of our health in old age depends on our lifestyle and targeted preventive measures** – and this is exactly where Longevity comes in.

Longevity is more than just a trend – it is a scientifically based discipline that develops strategies for **extending healthy life expectancy**. With **Sanza**, a technology based on **chronobiological and bipolar signals**, we can specifically support the body's own regulatory processes and thus slow down the ageing process.

This e-book gives you an in-depth insight into the latest scientific findings on longevity and shows you how you can **optimise** your personal **health span** with **Sanza**.



The healthcare system is facing profound change. **Overburdened health insurance funds**, rising costs and the increasing number of chronic diseases are putting the system under enormous pressure. Forecasts show that spending on healthcare services will rise exponentially in the coming years, inevitably leading to **higher insurance premiums and higher co-payments** for individuals.

This development highlights a crucial fact: **health is increasingly becoming an individual responsibility**. Those who invest in prevention and regeneration at an early stage can not only save costs, but also actively maintain their quality of life and performance.

Sanza – The answer to the challenges of modern healthcare

Sanza is more than just an application – it is a holistic concept based on scientifically proven, **chronobiological and bipolar Sanza signals**. This innovative technology supports the body's natural regulatory processes and helps to specifically counteract the increasing stresses caused by stress, lack of exercise and unhealthy lifestyle habits. With **Sanza Plus Pro**, we offer a solution that is **free of side effects**, efficient and user-friendly. The **combination of pulsating magnetic Sanza fields, microcurrent technology and magnet laser therapy** makes it possible to respond specifically to the body's needs – whether for pain reduction, regeneration or performance enhancement.



Chapter 1

Life span vs. health span – The decisive parameters of ageing

1. What does life span mean?

Life span describes the number of years a person lives – a measure that has steadily increased thanks to advances in medicine and better living conditions. But years of life alone do not guarantee health or quality of life.

2. Health span as a key factor

Health span refers to the number of years we live **free of chronic diseases and limitations**. Studies show that health span often lags 10–15 years behind average life expectancy.

3. The biological vs. chronological ageing process

Our chronological age (in years) cannot be changed – but our biological age can. Factors such as cell health, inflammation levels and metabolic efficiency determine our actual biological age.

Scientific background:

Research on epigenetics shows that we can positively influence our genes and slow down the ageing process through lifestyle, nutrition and targeted interventions such as **Sanza technology**.



Life span vs. health span – the crucial difference

How Sanza can specifically extend health span

This is precisely where **Sanza** comes in, aiming to **promote physical and mental vitality in a sustainable manner**. The targeted application of patented **Sanza signals** supports the body's natural regeneration processes. Benefits of **Sanza application** for a longer health span:

- ☑ **Increased energy production at the cellular level**
to better meet daily challenges.
- ☑ **Support for mobility**
especially in cases of age-related wear and tear of the musculoskeletal system.
- ☑ **Regulation of the autonomic nervous system**
to counteract stress and overload.
- ☑ **Improving regeneration and sleep quality**
which is essential for long-term health.

Optimising the balance between life span and health span

It is our responsibility not only to grow old, but also to remain healthy and full of energy. Sanza offers a forward-looking solution to prolonging years of vitality and ensuring a high quality of life into old age.

Because true longevity means not only living a long life, but living a healthy life.

Chapter 2

The 9 Hallmarks of Ageing – Understanding the Mechanisms of Ageing

1. Genomic instability

Damage to DNA caused by environmental toxins and oxidative stress.

2. Telomere shortening

Shortened cell division capacity due to shortened protective caps on the chromosomes.

3. Epigenetic changes

Unfavourable gene expression due to poor lifestyle habits.

4. Loss of protein homeostasis

Misfolded proteins lead to cell damage.

5. Deregulated nutrient perception

Insulin resistance and metabolic disorders accelerate ageing.

6. Mitochondrial dysfunction

Reduced energy production at the cellular level.

7. Cellular senescence

"Zombie cells" that no longer divide interfere with tissue regeneration.

8. Stem cell exhaustion

Loss of the body's ability to regenerate.

9. Altered cell communication:

Inflammatory processes take over.

How Sanza can influence these processes:

Sanza uses targeted frequencies to optimise cell communication, reduce inflammation and promote regeneration at the cellular level.



Chapter 3

Longevity strategies – scientifically based approaches to prolonging life

Longevity experts such as David Sinclair (Harvard University) and Peter Attia (longevity expert) rely on four main strategies:

1. Calorie restriction and fasting

Activation of autophagy processes for cell cleansing.

2. Exercise and muscle building

Protecting metabolic health and slowing down sarcopenia.

3. Nutrient optimisation

Use of senolytics, antioxidants and adaptogenic plant substances.

4. Technological support

Use of bioenergetic applications such as **Sanza** to stimulate regenerative processes.



Chapter 4

Sanza – How technology optimises your health span

How does Sanza work?

Sanza uses targeted **chronobiological and bipolar frequencies** that support the body's natural rhythms and positively influence key longevity factors:

✔ **Increase ATP production**

Improve energy production at the cellular level.

✔ **Strengthen mitochondria**

Regenerate cell powerhouses and slow down cell ageing.

✔ **Optimise blood circulation**

Improve the supply of nutrients to the cells.

✔ **Reduce inflammation**

Address chronic processes early on.

✔ **Promote sleep quality**

Influence circadian rhythms.

Scientific cooperation:

Sanza collaborates with **12 leading universities** to further research the effects of frequency technology and develop innovative solutions for longevity medicine.



Chapter 5

Your longevity plan with Sanza – A practical guide

1. Daily routine for maximum regeneration:

☑ Morning

Activate your body with **Sanza** to promote blood circulation and energy.

☑ At lunchtime

Gentle relaxation programmes to reduce stress.

☑ Evening

Sanza treatment to promote deep, restful sleep.

2. Combination with other longevity strategies:

- Supplement with intermittent fasting for cell repair.
- Adjusting your diet to include anti-inflammatory foods.
- Integrating exercise into everyday life to stimulate muscles



Chapter 6

Success stories – How Sanza changes lives

Reports from practice:

Dr Eva M., specialist in internal medicine:

*"Since we started using **Sanza** in our practice, patients have reported faster recovery and a noticeable improvement in their well-being. The positive effects on sleep and overall energy levels are particularly impressive."*

Peter K., 55, entrepreneur:

*"**Sanza** has helped me increase my energy levels and finally sleep better. I feel more mentally focused and physically resilient – a real game changer in my everyday life."*

Sabine R., 47, fitness trainer:

*"As a trainer, my physical condition is my capital. With **Sanza**, I am able to recover faster and prevent injuries. It has become an indispensable part of my health management."*

Thomas L., 63, retired:

*"I used to often feel tired and exhausted. With regular use of **Sanza**, I have regained more zest for life and strength in my everyday life. I never thought I could still feel so energetic at over 60."*

Chapter 7

Act now – your path to a longer, healthier life

Scientists agree: longevity can be shaped. The question is whether you are prepared to actively do something about it.

- ✓ Receive a free initial consultation
- ✓ Try **Sanza** and experience the effects for yourself
- ✓ Start your longevity journey now

Conclusion:

Longevity is a conscious decision – **Sanza** is your reliable partner for maintaining your health and vitality in the long term.

"The future of health begins with you."

Direct contact

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