

| The method of Dr. Michel GOLAY:

lon[h]ea

longevity + health

# Salutogenesis

The term describes an approach focusing on factors that support human health and well-being, rather than on factors that cause disease. More specifically, the "salutogenic model" is concerned with the relationship between health, stress, and coping.



**The method deals mainly  
with Salutogenesis**

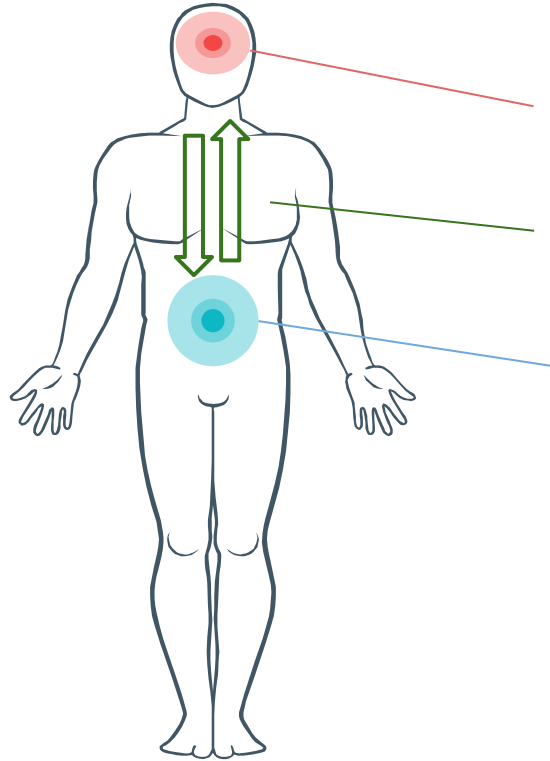


# Pathogenesis

The term describes the biological mechanism (or mechanisms) that leads to the diseased state. The term can also describe the origin and development of the disease, and whether it is acute, chronic, or recurrent.



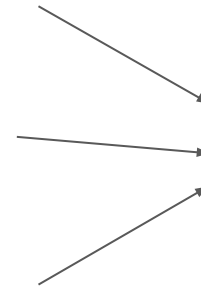
# Objective of the method



Activation of the  
reptilian brain

Activation of the  
enteric nervous  
system

Insure a good  
interaction between  
the intestinal flora,  
the intestinal wall as well  
as the enteric nervous  
system.



“Team Work” for optimal health

# The objective of the method:



## Immune system

Insure the optimal functioning of the different barriers ; intestinal mucosa, skin, nasal mucosa, and hemato-encephalic barrier.



## Nutrition

Insure the consumption of the good nutriments in appropriate quantity in order to obtain adequate nourishment of the intestinal flora to achieve optimal intestinal functioning.



## Reptilian brain

Insure the good functioning of the reptilian brain through proper activation in occurrences as well as stimuli.



## Central brain

Insure the functioning of the cerebral cortex which regulate the reptilian brain.

# Scorecard

☰ A health score deriving from the tests is attributed to each patient. The health score depends on an equation of 27 variables resulting from the various tests, in order to treat each case individually.

## Health Score Card:

Nom:	Prénom:	Date de naissance:				
		Stay 1	Stay 2	Stay 3	Stay 4	Stay 5
Date						
1) Stresse Oxydant:		47.50				
2) Inflammation digestive		47.27				
3) Fonction cerveau:		55.00				
4) Santé générale		73.24				
5) Score finale:		<b>58.97</b>				
Commentaire:						

# How to reach your objectives.

This method is based on the  
reptilian and digestive brain's  
needs.

## For the digestive brain:



Insure the activation of the nervous  
receptors of the intestinal barrier.



Physical activity → “Coherence and consistency”



Intestinal flora diversity



Integrity of the intestinal wall.



Quality and quantity of ingested nutrients.



Sleep quality



Therapeutic fasting

## For the reptilian brain:

- ✘ Correct the digestive inflammation.
- ✘ Physical activity
- ✘ Cardiovascular activity
- ✘ Postural sway
- ✘ Sensory Yoga/gym.

# How to reach your objectives.

This method is based on the reptilian and digestive brain's needs.

## Manual Therapies

The activation of the neurological receptors act directly on the reptilian brain.

# Basic Principles

Our intestinal flora brings up to 75% of our nutritional needs.

## Pleasure

Take time to cook some nice meals.

## Diversity

Fill your plate with color and diversity.

## Quality

Local and organic food have better nutritional value than non-local non-organic food.

## Quantity

Proportions of micro and macro nutrients that one eats is very important :





# For more information

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In Dr. Michel  
GOLAY's book:



## Creating Health

*Dr. Michel GOLAY*

Lon (h) ea Clinics' Program based on Dr. Golays' Method for Creating Optimal Health and Longevity.

On social media:



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