



## THE 'PYTHAGOREAN SELF-AWARENESS' METHOD WILL HELP YOU REDUCE STRESS



According to studies, stress is linked to approximately 80% of health problems as well as the adoption of an unhealthy lifestyle



## OUR SERVICES

### BIOLOGICAL AGE MEASUREMENT AND REVERSING



Know your true biological age with scientific aging biomarker measurements



### TRAINING IN PYTHAGOREAN SELF-AWARENESS

Learning scientifically based stress management techniques (individual and group holistic programs). Focus on Pythagorean Self-knowledge, a "cognitive reconstruction" technique (life style medicine-evidence-based medicine).

### SCIENTIFIC STRESS MEASUREMENTS



Measurement of stress levels through specific measurements of biological indicators and self-report, cognitive functions (memory, attention, etc.), body composition analysis, inflammation measurement, blood flow in the prefrontal cortex, heart rate variability, etc.



### ISSUE OF BIOLOGICAL AGE IDENTITY

Possibility of updating at regular intervals. Issue of a personalised certificate

## THE IDENTITY LIES

- For example, if someone is 40 years old and their biological age is 55 or the opposite, i.e. if his chronological age is 55 and his biological age is 40, we create a personal reversal program.
- Measurements before and after the program.
- Conservation research is put into practice of "youth" and slowing down the aging of cells

## SIGN UP

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"Pythagorean Academy of Sciences and Values" International Centre for Stress Science and Health Promotion."

The scientific leaders and the scientific team are Scientists belonging to the broader field of Health, such as Professors of the Faculty of Medicine, Physicians, Professors and Graduates of the Postgraduate Program of Studies (M.Sc.).

The professors and founders of the above postgraduate program with many International Awards are the scientific leaders of the above mentioned Master's program.

C. DARVIRI AND G. CHROUSOS.



## BENEFITS

### PHYSICAL

- Biological age reversal
- Self-regulation of blood pressure
- Strengthening of immune system, weight reduction, reduction of visceral fat
- Promotion of a healthy lifestyle (diet, exercise, sleep, stress management, reduction of alcohol, smoking, etc.)
- Reduction of hypercortisolaemia (Cortisol stress hormone), reduction of physical fatigue, reduction of pain, well-being
- Reduction of family, work, social, chronic stress, etc.

### PSYCHOLOGICAL

- Reduction of depression
- Reduction of panic attacks
- Improve anger, reduce guilt
- Increase self-confidence
- Increased self-esteem
- Satisfaction with life
- Better mental health
- Reduced stress

### RELATIONSHIPS

- Self-awareness, Self-control
- Consciousness
- Improving Relationships
- Building relationships with a new value system
- Removing toxic relationships

## Other scientific activities

Public services-Epidemiological surveys

Scientific research on the measurement and management of stress, the effect of Pythagorean Self-awareness .

Scientific Collaborations at National and International level.

Training programmes for doctors and health scientists

Collaboration with leading laboratories in the country for measurements of biomarkers of aging and other biological indicators of stress.

Organization of conferences, workshops and scientific events, public promotion of scientific positions on stress science, Pythagorean Self-awareness, health promotion through World Health Days.

Submitting proposals to the state for stress management.