



BIEVO SUMMIT

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The main topics of this year

- 1. Longevity:** its origins and history, illustrated through real-life examples, experiments and comparisons.
- 2. Youthfulness:** reversal of aging. A comparison between science and lived experience.
- 3. Fertility:** healthy pregnancy and its importance.
- 4. Lifestyle:** the connection between physical and mental well-being.
- 5. What does our body tell us?** The direct link between the psyche and external manifestations.
- 6. Working with harmful habits:** personal experiences of overcoming them.
- 7. Self-healing and self-prevention.**
- 8. Modern medicine and the beauty industry:** business, major discoveries and science.
- 9. Medicine today:** care or imposed dependency?
- 10. Pharmaceutical drugs versus alternative methods.**
- 11. The power of God, with a Pastor.**
- 12. Is it possible to change one's genetic code?**
- 13. Men's health:** sensitive and fragile issues for men.
- 14. Children: nutrition, vaccinations and education as an investment in their adult life.**
- 15. The brain and mental clarity:** mechanisms that help preserve a clear mind.