




Steve McCurry – Shaolin Monks Training, 2004

# OPTIMIZE YOUR DNA, MINDSET + RESILIENCE

A UNIQUE FOUR-WEEK EPIGENETIC  
ASSESSMENT and (re)-PROGRAM

 **GENOME  
ADVISORY**




A blue-painted wooden door with a rounded top, set in a white wall. The door has two horizontal metal hinges on the left side and a metal handle on the right side. The wood grain is visible through the blue paint.

You can't rush the science,  
but when the science points  
you in the right direction,  
then you can start rushing.  
- Anthony Fauci

Understand epigenetics, the  
key to slowing your rate of aging.





**"With every thought, emotion and experience, you act as the epigenetic engineer of your cells, your body and your life."**


– Ronnie S. Stangler, M.D.  
(Founder, Genome Advisory)

Epigenetics is the unseen biological process by which our genes, carriers of our DNA, are turned “on” and “off”. This cutting-edge science presents new tools and strategies to optimize health and well-being from the inside out. We can **strengthen resilience at the level of our cells**, the building blocks of our body, and **slow our rate of aging**.

This program by Genome Advisory uniquely introduces epigenetic science and individualized epigenetic interventions, informed by deep medical and psychological knowledge of you, to **support the healthiest expression of your genes**.

Epigenetics is a powerful new lens, a force multiplier of positive change, and a source of agency when it is most needed.



A close-up photograph of a dark green wooden door. The paint is heavily peeling and cracked, revealing the underlying wood. The door is divided into vertical panels by dark metal hinges and cross-braces. The lighting is dramatic, highlighting the textures of the wood and the damage to the paint.

“You cannot solve a problem from the  
same consciousness that created it.  
You must learn to see the world anew.”  
– Albert Einstein

GENOME ADVISORY  
is your trusted expert, partner and guide  
on this transformative journey.



Tumultuous times of the past year imposed a constant backdrop of anxiety and uncertainty, punctuated by bursts of acute micro and macro stressors. Such external environmental factors likely altered the expression of your DNA to negatively impact health and well-being.

To thrive within our world of continued unpredictability, profound change and intense digital influence requires **optimal psychological and cellular health**.

Imagine your **personal transformation into a state of calm and control** as you enhance agency over your life.

In an environment full of competing and contradictory distractions, we establish a foundation of receptivity through **highly personalized psychological support and new epigenetic awareness**, both essential ingredients to drive powerful and enduring change.

**"Psychotherapy has always been a powerful epigenetic intervention. Only now do we understand it as definitive, actionable science."**

– Ronnie S. Stangler, M.D.  
(Founder, Genome Advisory)





# Four-Part Epigenetic Assessment and (re)-Program

Together with Dr. Stangler, you will develop a multidimensional strategy to optimize your neuroplasticity, psychological and cellular resilience. Implement a systematic, personalized program of epigenetic and neurobiologic interventions to enhance your health and longevity.

## Part I: Introduction

- Welcome – Meet Dr. Stangler
- Epigenetic test by Elysium Health® to determine your baseline biologic age and rate of aging

## Part II: Medical/Psychosocial Discovery

- Dr. Stangler will explore your current world and past history, including personal and family health, relationships, professional life, stressors, medications and supplements
- External laboratory tests will be ordered as indicated

## Part III: Customized Epigenetic Interventions

Integrating medical, neuroscience and psychosocial prescriptions from Dr. Stangler, we will identify:

- techniques to strengthen your psychological resilience and neuroplasticity to take control over all aspects of your health
- a personally actionable epigenetic program to optimize gene expression and well-being

## Part IV: Return of Results and Future Recommendations

- Interpretation and analysis of epigenetic age test results
- Determine timeline for possible re-test of biologic age to assess altered rate of aging
- Establish roadmap for ongoing success





## ABOUT RONNIE S. STANGLER, M.D.

**Genome Advisory** is led by its founder, Ronnie S. Stangler, M.D., a physician and psychiatrist with unique experience at the intersection of medicine, behavioral health, and genetics.

**Ronnie S. Stangler, M.D.** is an internationally recognized physician, board-certified psychiatrist, medical thought leader and innovator, currently based in New York City.

In 2020, Dr. Stangler established a small specialized virtual consultancy to assist individuals facing a broad spectrum of psychological distress during unprecedented challenging times. She brings decades of expertise developed in her distinguished medical practice in Seattle, consulting with prominent executives, entrepreneurs, professional athletes, medical and legal professionals.

Founder of Genome Advisory, Dr. Stangler also assists global families and their advisors in translation of the new DNA sciences of genomics and epigenetics to enhance health and longevity, mitigate risk and promote enduring family legacy. She served for over a decade as chief health and well-being officer to international families and family offices in London, Switzerland, Liechtenstein and the Middle East.

Clinical Professor Emeritus at the Department of Psychiatry and Behavioral Sciences and former Sports Medicine Faculty at the University of Washington, Dr. Stangler collaborates with Harvard Business School's Family Office Executive Education Program, co-authoring their first case study on "Genomics in the Family Office" which she helped present in Winter 2020 and will repeat in Spring 2021. She has served as Advisor to Harvard Medical School, Department of Genetics, Personal Genetics Education Project, where she co-created a unique series of symposia: "Genes, Technology and Incalculable Ethics: The Family Office of the Future".

Dr. Stangler chairs the Aspen Brain Institute Scientific Advisory Council and Expert Series Committee. She is a Founding Member of AccessCircles, a by-invitation network of global women leaders.

She is a certified consultant in the 21/64 network of the Andrea and Charles Bronfman Philanthropies. Senior member of the examining committee of the American Board of Psychiatry and Neurology, she was elected to the American College of Psychiatrists. Dr. Stangler was also named a Distinguished Fellow of the American Psychiatric Association, where she has held many national offices, including critical technology-related positions.

Dr. Stangler has contributed to multiple major media outlets, including The New York Times, Seattle Times, Seattle Post-Intelligencer, National Public Radio, Forbes, Tharawat Magazine, Ageist, SuperAge: Live Better Podcast, Medium OneZero, Simple and Horizons Family Office and Investor Magazine.



Nurture your genes for a lifetime of greater health.

Exceptional well-being begins with a conversation.

We invite you to learn more:

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## AFFILIATIONS

