

## Clinique La Prairie, a leader in anti-aging medicine, selects Genknowme for its epigenetic testing

*Founded in 1931 by Professor Paul Niehans, a pioneer in longevity and cell therapy, Clinique La Prairie is the leading destination for people seeking profound changes in their health and well-being.*

### **A new epigenetic test for Clinique La Prairie clients**

Since 2018, Clinique La Prairie, an international leader in longevity and well-being, has taken into consideration the importance of genetic capital and environmental factors on wellness, by integrating genetic testing into its one-week Revitalization and Master Detox programs. In keeping with its desire to constantly innovate, since February 2021 it introduced a new epigenetic assessment into its range of diagnostics and personalized medicine, to add a measure of the influence of the environment and lifestyle on gene expression.

The assessment is based on blood tests and is the result of a collaboration between Clinique La Prairie and Genknowme, a swiss company specializing in the analysis of the influence of lifestyle on genes. An analysis of DNA methylation then measures the biological age (as opposed to chronological age) and shows how quickly the body ages as a result of lifestyle choices. This unique reading promotes an accurate diagnosis and provides the clinic's doctors with all the information they need to recommend changes in nutrition, environment, anti-stress approach and sport for a healthy lifestyle adapted to each DNA profile.

### **Youth capital, the difference between biological age and chronological age**

Epigenetic biological age is a scientific estimate of the physiological state of an individual. It encompasses longevity and the ability to function (healthy ageing) and takes into account many factors, such as the passage of time, genetics, but also lifestyle. Recent research has highlighted gene regulation mechanisms linked to external factors such as the environment and lifestyle. These are called 'epigenetic' markers that can be combined to form age estimates called 'epigenetic age'. The difference between epigenetic age and chronological age is called 'youth capital', with negative values indicating that a person is biologically older than their years.

While scientific research has confirmed that our daily choices can influence the epigenetic signatures of our DNA and influence our health, it also shows that we can reverse this impact by changing our habits through a healthier lifestyle. This will increase our youth capital, and therefore our longevity. We could thus have a younger biological age than our chronological age.

## **Genknowme, the Lausanne-based company specializing in epigenetics**

Founded in 2019 by a team of dedicated scientists, Genknowme is an innovative Swiss company operating in the field of life sciences. This startup, a spin-off of the University of Lausanne located at the Biopôle, offers a new DNA reading to support health professionals by measuring the reversible impacts of behavior on genes. This test helps to develop and maintain a healthy lifestyle and contributes to the preservation of the youth capital of each individual.

## **Clinique La Prairie**

Founded in 1931 by Professor Niehans, a pioneer in longevity, Clinique La Prairie offers week-long health, regeneration and wellness programs based on a unique holistic approach. A philosophy that rests on four pillars: Medical, Wellness, Nutrition and Movement.

With 90 years of expertise, more than 50 specialist doctors and state-of-the-art equipment, Clinique La Prairie is the prestigious destination for stays that provide the keys to a healthier, more intense and longer life.

Clinique La Prairie has earned an international reputation for its scientific research, particularly in the fields of preventive medicine, genetics, nutrition and life sciences. Its renowned Revitalization program is designed to promote vitality, strengthen the immune system and slow the aging process. The Master Detox program is the most exclusive body cleansing program available. The range of programs also includes sleep management, emotional rebalancing, weight loss, aesthetics and advanced check-ups.

Located in the town of Clarens-Montreux, on the shores of Lake Lemman, Clinique La Prairie offers an exceptional environment that calls for serenity. The multi-award-winning complex features a medical center, a 1600 m<sup>2</sup> wellness center and a high-level hotel infrastructure. Guests stay in one of the 38 luxurious rooms and suites with a breathtaking view of the Alps.

## **Contacts**

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