Examples of specialized experience programs / in Japan

■ Theme of EPs  wellness field
■ Name of business: "Longevity Health Dock"  3 nights 4 days course
■ Purpose: Aim for good health and create a health standard that suits you
■ Definition of health:
  In order to sustain life, it is important that 60 trillion cells in the body cooperate with each other to smoothly digest, absorb, immunize, and metabolize.
  This condition is called "health".
  And in order to maintain this condition, it is important to keep clean blood at all times.
  Because this blood circulates throughout the body.
■ Operating company:
  This company specializing in wellness EPs is affiliated with local accommodation and wellness human resources.
■ Business start: June 2021 First trial / September start
About "Longevity Health Dock"

4 days in a natural environment

- Fasting with enzyme drink
- Adjustment of autonomic nerve balance

With the support of a professional instructor
Overall view

**Day 1**
- **Health check**
  - Check blood flow, intestines, intestinal bacteria, and brain connections

**Day 2**
- Start of 34h fasting
- Homemade enzyme class
- Mountain stream walking
- Experience injecting natural energy

**Day 3**
- 34h fasting
- Experience injecting natural energy
- 34h fasting
- 34h fasting

**Day 4**
- Orientation
- Internal organs/circulatory check
  - (Check sheet created by the hospital)
- Autonomic balance check
  - (Peripheral blood circulation check)
- Checking the range of motion

**Fasting recovery**
- Meditation
- Supper immediately after the fasting
- Second supper after fasting
- Third supper after fasting

**Fasting**
- 7:00PM Supper just before fasting
- 8:00AM Start of 34h fasting
- 34h fasting
- 8:00AM
- 34h fasting
- 7:00PM 34h fasting

**Measurement after fasting**
- Report of fasting effect

**Supper**
- 7:00PM
- 8:00PM
- 12 NOON
- 8:00PM

**Preparation for fasting**
- 7:00PM
- 8:00PM
- 12 NOON
- 8:00PM

**Longevity Gene Intestinal flora balance**

**Intake of natural energy**
- 7:00PM
- 8:00PM
- 12 NOON
Structure of many experience programs

Fasting

Experience program to get synergistic effect

Adjustment of autonomic nerve balance

EPs
Grasp the status
Improved literacy
Encollage

"Longevity Health Dock" note
EPs for making notes
Providing individual “Longevity Health Dock” notes

Measurement data
before and after fasting

Report of fasting effect

Adjustment of autonomic nerve balance
Effect measurement

“Longevity Health Dock” stay memories
Expectations for SIT (Special Interest Tourism) aiming for health

Go relax

Strengthen immunity

Longevity Health Dock

Go relax