

Tolenia

Immunity and inflammation · 5 days · 8 consultations · 8 tests · 10 treatments · Program Immune Reset

MEASURE FIRST, THEN TREAT.

1. **At home:** Online consultation with Dr. Ana (licence no. 41132)
2. **Before you travel:** Sample kits and tests in your country
3. **In Porto:** 5 days at the clinic
4. **Back home:** A plan to continue at home

Flights and accommodation not included. Therapies are decided by the doctor after an individual assessment.

INCLUDED

8 consultations

8 tests

10 treatments

Objective Support the regulation of the immune system, reduce the inflammatory load and balance the relationship between gut and immunity.

Patient journey

1. Contact through the website, chat or email
2. Online consultation with Dr. Ana Moreira (licence no. 41132) and online dental consultation
3. Proposal and booking
4. Collection kits at home and tests in your home country
5. Arrival in Porto
6. Day 1: welcome and full assessment at the clinic
7. Days 2 to 4: therapies of the personalised plan
8. Day 5: last therapies and plan for home
9. Return home and 1-month medical follow-up

Before the trip

TREATMENT	SESSIONS	INCLUSION	MODALITY
Online medical consultation Before you travel, Dr. Ana Moreira (licence no. 41132) meets you by video call: she reviews your clinical history, previous tests and goals, and prepares your stay in Porto so that every day at the clinic is put to good use.	1	Included	Online
Online dental consultation A dental medicine consultation by video call before the trip, to see whether there is already a problem to address during your stay.	1	Included	Online
Immunophenotyping and hormone panel (home country) Immunophenotyping and hormone tests done in your home country before the trip, so that the medical team knows your immune and hormonal status on arrival.	1	Included	Home country
Home sample collection kits After the online consultations, you receive collection kits at home, such as saliva and stool, so that the results arrive before the trip.	1	Included	At home

During your stay · Consultations

TREATMENT	SESSIONS	INCLUSION	MODALITY
In person medical consultation An in-depth, in-person medical consultation with an overall view of your health. It includes a detailed clinical history, a physical exam and a review of all the tests you bring. It is the starting point of your personalised plan.	1	Included	In person
Consultation with darkfield microscopy A consultation in which the doctor looks at a drop of fresh, unstained blood under the microscope and discusses the result with you on the spot.	1	Included	In person
Dietetics consultation An in-person dietetics consultation to adjust your diet to the assessment results and the goals of the program.	1	Included	In person
Dental consultation with ozone cleaning An in-person dental medicine consultation with oral hygiene and ozone therapy. If needed, the dentist may propose an additional dental plan, paid separately.	1	Included	In person

During your stay · Tests

TREATMENT	SESSIONS	INCLUSION	MODALITY
Basic blood panel Routine blood tests done at the clinic: blood count, urea, creatinine and liver function. They confirm that the therapies are safe.	1	Included	In person
Iridology assessment test An iris assessment with an iridology device, which records high-resolution images for the doctor to analyse.	1	Included	In person
Immune profile and gut barrier test Tests that show the state of the immune system and of the gut barrier, including markers of permeability and gut inflammation. The relationship between gut and immunity is central in inflammatory and autoimmune diseases.	1	Included	In person
Heart rate variability test A non-invasive recording of heart rate variability, which shows the balance of the autonomic nervous system and how the body reacts to stress.	1	Included	In person
Oxidative stress test An analysis that measures the damage caused by free radicals and the body's antioxidant capacity, two factors linked to cellular ageing and inflammation.	1	Included	In person
Gut metagenomics and permeability test A stool sample test that identifies, by genetic sequencing, the bacteria of the gut flora and measures markers of gut barrier permeability.	1	Included	In person
Heavy metals test (hair mineralogram) A mineralogram from a small hair sample, which measures the heavy metals and minerals accumulated over the past months, information that blood tests do not show.	1	Included	In person

During your stay · Treatments

TREATMENT	SESSIONS	INCLUSION	MODALITY
Therapeutic apheresis A treatment in which the blood passes through an external circuit that filters the plasma, removing lipids and inflammatory mediators, and returns to the body. It is carried out by a doctor and nurse with continuous monitoring.	1	Included	In person

Colon hydrotherapy + probiotic A gentle wash of the colon with filtered warm water, followed by probiotics to support a balanced gut flora.	1	Included	In person
Endovenous laser, Immune Low-intensity laser light applied directly to the blood through a thin venous catheter. The protocol is adjusted to the goal of each program.	1	Included	In person
Daily detox IV A daily intravenous infusion with vitamins, minerals and antioxidants, which supports the body during the detox process.	1	Included	In person
High-dose vitamin C IV Intravenous vitamin C at doses that cannot be reached by mouth, with an antioxidant action and support for the immune system.	3	Included	In person
Ozone (ten-pass hyperbaric) Blood is withdrawn, enriched with ozone under pressure and reinfused; the cycle is repeated ten times in the same session, under medical and nursing supervision.	3	Included	In person
Immunity IV An intravenous infusion that supports the immune system, using the protocol chosen by the doctor according to each patient's immune profile.	3	According to assessment	In person
Autologous exosomes and secretomes Administration of exosomes and secretomes obtained from the patient's own body: vesicles and bioactive factors that carry repair signals to the body's cells.	1	Included	In person
Osteopathic physiotherapy Manual therapy sessions that combine osteopathy and physiotherapy to restore mobility, ease tension and support the recovery of the body as a whole.	1	Included	In person
Breathwork & guided relaxation Guided sessions of breathing techniques and relaxation, which teach you to lower stress activation and can be repeated at home.	1	Included	In person

After the trip

TREATMENT	SESSIONS	INCLUSION	MODALITY
Medical follow up consultations (1 month) Remote medical consultations during the first month after you return home, to review progress, explain the results that arrive later and adjust the plan.	1	Included	Remote
Personalised orthomolecular supplementation A supplement plan (vitamins, minerals and amino acids) defined by Dr. Ana Moreira (licence no. 41132) from each patient's results, to continue at home.	1	Included	At home
Immune-regulation nutrition e-book A digital guide with dietary guidance and recipes designed for the balance of the immune system.	1	Included	Digital

THE DOCTOR

Dr. Ana Moreira (licence no. 41132) is a medical doctor and the clinical director of OneLife Clinic, in Porto.

PRICE

From

15 000 €

The price covers the clinical component and the coordination. Accommodation and transfers are paid by the patient directly to the hotel and to the transport provider, at the OneLife rate.

*** Conditions**

Accommodation, flights and transfers are not included. The clinic advises and helps you organise your stay (hotels at the OneLife rate, transfers and restaurants).

The plan may change for medical reasons: if, at the assessment, Dr. Ana Moreira considers that you need a different treatment, the protocol is adjusted and extras may apply.

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General information, does not replace a medical consultation. The plan is defined by the doctor after assessment.