

A PRIVATE WELLNESS RETREAT SANCTUARY

Discover A New You

REBORN
RECHARGE
REJUVENATE

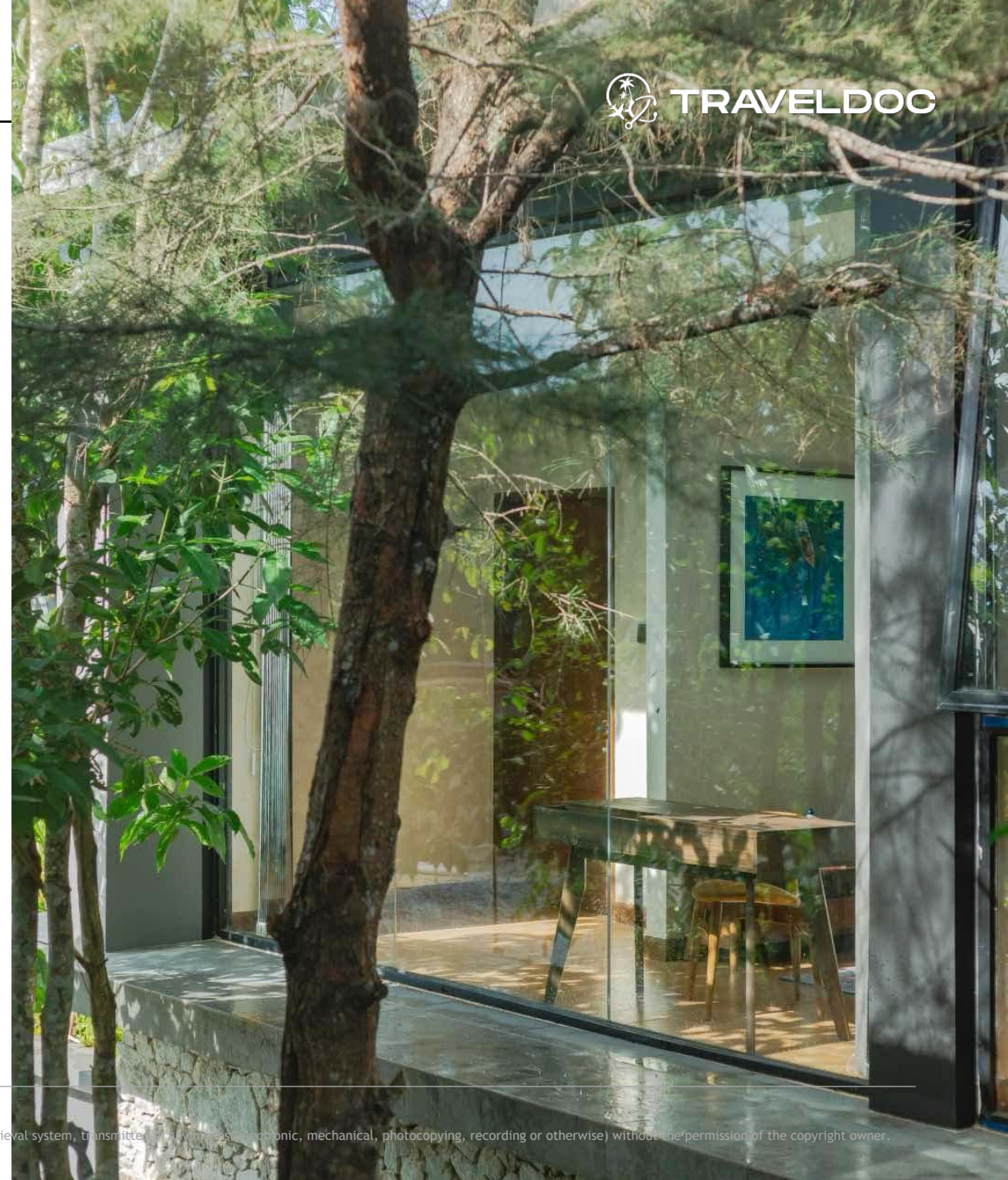
OUR WELLNESS RETREAT PROGRAM

Overview

Your Private Wellness Retreat Begins Here

We invite you to the ultimate wellness retreat program that offers a holistic scientific approach to optimize your health. Hosted in a modern luxe beach villas with modern amenities, our wellness program is conducted and supervised by healthcare professionals and wellness coaches that brings a holistic functional medicine approach to wellness. Gain more knowledge, tools to unlock your health potential and achieve more health goals with us.

R E B O R N . R E C H A R G E . R E J U V E N T A T E



WHAT WILL YOU EXPERIENCE?



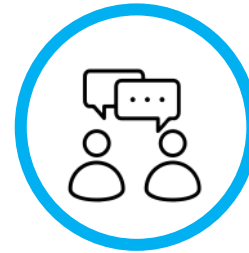
BLOOD TEST
& ANALYSIS



MASTERCLASS HEALTH
WORKSHOP



DOCTOR CONSULTATION &
ADVISORY



1-ON-1
HEALTH
COACHING



WELLNESS
ACTIVITIES



HEALTHY
WHOLEFOODS
MEALS

Holistic wellness tools & methodologies

KEY FEATURES OF OUR WELLNESS RETREAT

- ✓ Blood Test Analysis
- ✓ 1-on-1 Personalized Doctor Consultation
- ✓ 1-on-1 Personalized Coaching Session
- ✓ Data-Driven Health Diagnostic tools
- ✓ Breathwork Technique
- ✓ Forest Bathing / Hiking
- ✓ Grounding / Natural Healing
- ✓ Cold Plunge / Ice Bath
- ✓ Health Workshops
- ✓ Custom Healthy Meals (with Private Chef)
- ✓ Nursing Support
- ✓ Free medical advice
- ✓ Networking opportunities



REBORN . RECHARGE . REJUVENTATE

A private & bespoke wellness experience supervised by healthcare professional & coaches. Designed for you.

Nestled across a quiet 5km beach stretch at Pantai Bari Besar in Setiu Terengganu, our wellness retreat program at Katsetiu Villas offers the best wellness sanctuary experience for our discerning guests that will reinvigorate your mind, body and soul. Begin a new health journey guided and supervised by certified healthcare professionals and health coaches during your stay.



WHO SHOULD ATTEND OUR WELLNESS RETREAT?

OBESITY / OVERWEIGHT



At our wellness retreat, an obese or overweight individual can experience transformative benefits. Through personalized assessments of your current conditions from bloodwork analysis, you will uncover underlying factors contributing to weight gain, such as hormonal imbalances or gut health issues. Tailored nutrition plans, emphasizing whole foods and addressing food sensitivities, may aid weight management.

Experience holistic interventions, including stress reduction techniques and movement therapies tailored to your fitness levels to promote a sustainable lifestyle changes. Our approach in addressing root causes rather than merely symptoms, foster long-lasting and sustainable weight loss.

Ideally suited if you :

- ✓ Unable to lose weight
- ✓ Unable to maintain your weight
- ✓ Stress Eating / Overeating
- ✓ Healthy weight management
- ✓ Overweight or obese
- ✓ Fear of growing fat as you age
- ✓ Wanting to achieve your ideal weight goals
- ✓ History of obesity

WHO SHOULD ATTEND OUR WELLNESS RETREAT?

DIABETIC PATIENTS



A diabetic patient attending our retreat program may experience significant improvements in their conditions. Through comprehensive assessments, including detailed analysis of blood sugar levels, insulin sensitivity, and lifestyle factors, you will gain deeper insights into the root causes of your diabetes.

Our 1-on-1 consultation and personalized nutrition plans focus on low glycemic foods, balanced macronutrients, and targeted supplementation to stabilize blood sugar levels naturally. Holistic interventions such as stress management techniques, regular physical activity, and adequate sleep support overall health and improve insulin sensitivity.

With our medical supervision, consultation and education, you will acquire new tools and knowledge to manage your diabetes effectively, fostering long-term wellness and reducing reliance on medication.

Ideally suited if you :

- ✓ Diagnosed with Type-2 diabetic
- ✓ Existing diabetic patient
- ✓ History of diabetes
- ✓ Insulin resistant
- ✓ Have symptoms related diabetes

WHO SHOULD ATTEND OUR WELLNESS RETREAT?

PREMATURE AGING



Metabolic health plays a crucial role in preventing premature aging by ensuring that the body's processes function optimally and efficiently.

Good metabolic health prevents premature aging by regulating blood sugar levels for optimal energy balance, lowering oxidative stress to promote optimal weight, efficient nutrient utilization and maintaining a healthy lipid metabolism.

Our wellness retreat program offers strategic interventions and protocols comprising of autophagy, circadian rhythm and others to reduce signs of premature aging. Our method helps you to feel rejuvenated, whilst reducing your biological age with measurable results.

Ideally suited if you :

- ✓ Have metabolic-related issues
- ✓ Work in a highly-stressful environment
- ✓ Lethargic and demotivated
- ✓ Experience rapid weight gain
- ✓ Lack of energy, stamina and strength

OUR WELLNESS EXPERIENCE

A holistic and tailored wellness using data-driven methodologies to optimize your health

We bring the best functional health and wellness practices, methodologies and tools

WHAT IS FUNCTIONAL MEDICINE?

Functional medicine focuses on addressing the root cause of illness by looking at the interconnectedness of bodily systems and the influences of lifestyle, environment, and genetics. It emphasizes personalized, holistic treatments tailored to individual needs. In contrast, conventional medicine typically treats symptoms with standardized protocols and medications, often overlooking underlying causes and broader health factors.

OUR APPROACH & BENEFITS

Our data-driven, bespoke and holistic approach to functional medicine emphasizes preventive measures, lifestyle modifications, and targeted interventions tailored to your unique needs, fostering long-term health and vitality. This rigorous backed by 1-on-1 consultative approach empowers you to take an active role in their well-being, leading to more effective and sustainable outcomes.

Principles behind our functional health protocols

We adopt Nobel-prized, clinically and scientifically proven functional health protocols to optimize your health.

Autophagy

Autophagy is a natural and highly regulated process that the body uses to remove unnecessary or dysfunctional components within cells. This can be achieved through lifestyle changes and selected practices.

Circadian Rhythm

Circadian rhythms play a fundamental role in functional health by regulating various physiological processes. Maintaining synchronized circadian rhythms through lifestyle choices is essential for optimal health and well-being.

BlueZone

The Blue Zone health protocol is based on the lifestyle habits of people living in regions known as "Blue Zones," where individuals tend to live longer and healthier lives. Founded by researcher Dan Buettner, Blue Zone helps longevity, cardiovascular health and a stronger immune system.

Telomeres

Telomeres are vital for protecting chromosomal DNA and ensuring cellular longevity. By maintaining healthy telomeres you can optimize your health, reduce the risk of chronic diseases, and promote healthy aging.

OUR WELLNESS EXPERIENCE

Functional Blood Chemistry Analysis (Blood Test)

We provide a comprehensive functional health report and analysis to understand the biomarkers that defines your current health status. Using AI-enabled tools, your blood test report will be analyzed by our team of medical professionals will help you to identify your current health status, nutrient deficiencies, underlying symptoms or clinical dysfunctions that limits your potential to achieve your health goals.

ASSESSMENT Functional Body Systems Accessory Systems Nutrient Status Nutrient Deficiencies Clinical Dysfunctions

Functional Body Systems

The Functional Body System results represent an algorithmic analysis of this blood test. These results have been derived from your client's individual Functional Body Systems Report based on our latest research. This report gives you an indication of the level of dysfunction that exists in the various physiological systems in the body. Please use this report in conjunction with the "Practitioner's Only Clinical Dysfunctions Report" to identify which dysfunctions and conditions are causing changes in the Functional Body Systems. Each Body System that has a probability of dysfunction above 50% is included in the section that follows so you can read a detailed description and individual explanation of the results shown in this report.

PROBABILITY OF DYSFUNCTION

System	Possible (50-70%)	Likely (70-90%)	Highly Likely (90-100%)
GI Function	85%		
Blood Sugar Regulation	79%		
Cardiovascular Function	58%		
Sex Hormone Function	58%		
Adrenal Function	56%		
Immune Function	56%		
Bone Health	55%		
Liver Function	28%		
Gallbladder Function	20%		
Red Blood Cell Function	19%		
Prostate Function	9%		
Thyroid Function	0%		
Kidney Function	0%		

Functional Body Systems Details

This section contains detailed descriptions and explanations of the results presented in this Body Systems Report including all the biomarkers considered in the algorithmic analysis and the rationale behind the interpretation.

GI FUNCTION

85%
Dysfunction Likely Improvement required.

Rationale
BUN ↓, Prot Globulin ↓, Total Phosphorus ↓, MCV ↑, Eosinophil ↑, Serum Anion Gap ↑, Total WBCs ↓

Biomarkers c
BUN, Protein, Total, Albumin, Phos, MCV, E, Basophil, % Creatinine, Cr Calcium, Total

Blood Sugar Regulation

79%
Dysfunction Likely Improvement required.

Rationale
Glucose - Fasting Insulin - Fasting - Total ↑, LDH DHEA-S - Male

Biomarkers c
Glucose - Fasting Hemoglobin A1c Fasting, Cholesterol, HDL, Cholesterol Male, Leptin - Fructosamine

CARBOHYDRATE STATUS

75%
Dysfunction Likely Improvement required.

Rationale
Phosphorus ↓, LDH ↓, Creatinine - Total ↑, LDH Creatinine ↑, Total WBCs ↓

Biomarkers considered
Glucose - Fasting, Phosphorus, LDH, Creatinine - Total, Triglycerides, LDL, Cholesterol, HDL, Creatinine, Total WBCs

PROTEIN STATUS

58%
Dysfunction Possible. There may be improvement needed in certain areas.

Rationale
Protein - Total ↓, BUN ↓, Albumin ↓, Creatinine ↓, BUN/Creatinine ↓, Total WBCs ↓

Biomarkers considered
Protein - Total, BUN, Albumin, Calcium - Albumin, Creatinine, BUN, Creatinine, C-Reactive Protein, hs-CRP - Male, ALT, AST, GGT, total WBCs, TIBC

MINERAL STATUS

56%
Dysfunction Possible. There may be improvement needed in certain areas.

Rationale
Magnesium - Serum ↓, Zinc - Serum ↓, Calcium ↓, Phosphorus ↓, KSI Phos ↓, Iron - Serum ↓

Biomarkers considered
Magnesium - Serum, Copper - Serum, Zinc - Serum, Potassium

ASSESSMENT Functional Body Systems Accessory Systems Nutrient Status Nutrient Deficiencies Clinical Dysfunctions

Individual Nutrient Deficiencies

The values represent the degree of deficiency for individual nutrients based on your patient's blood results. The status of an individual nutrient is based on a number of factors such as actual dietary intake, digestion, absorption, assimilation and cellular uptake of the nutrients themselves. All of these factors must be taken into consideration before determining whether or not your patient actually needs an individual nutrient. Each individual Nutrient Deficiency that has a probability of dysfunction above 50% is included in the section that follows so you can read a detailed description and individual explanation of the results shown in this report.

PROBABILITY OF DEFICIENCY

Nutrient	Possible (50-70%)	Likely (70-90%)	Highly Likely (90-100%)
DHEA-S Need			100%
Vitamin B12/Folate Need			100%
Zinc Need		79%	
Magnesium Need		58%	
Thiamine Need		56%	
Vitamin C Need	55%		
Calcium Need	28%		
Glutathione Need	0%		
Iodine Need	0%		
Vitamin B6 Need	0%		
Molybdenum Need	0%		
Selenium Need	0%		

OUR WELLNESS EXPERIENCE

30+ Wellness Biomarkers & Health Predictors

- ✓ Metabolic Syndrome
- ✓ Testosterone Deficiency
- ✓ Immune Insufficiency
- ✓ Hypoglycemia
- ✓ Adrenal Insufficiency
- ✓ Intestinal Parasites
- ✓ **Insulin Resistance**
- ✓ Metabolic Acidosis
- ✓ Nutrient Deficiencies
- ✓ Hormonal Imbalance
- ✓ Gout
- ✓ Liver Dysfunction
- ✓ Bacterial Infection
- ✓ Liver Cell Damage
- ✓ Viral Infection
- ✓ Liver Cirrhosis
- ✓ GI Function
- ✓ Blood Sugar Function
- ✓ Cardiovascular Function
- ✓ Sex Hormone Function
- ✓ Adrenal Function
- ✓ Immune Function
- ✓ Bone Health
- ✓ Liver Function
- ✓ Gallbladder Function
- ✓ Red Blood Cell Function
- ✓ **Thyroid Function**
- ✓ **Kidney Function**

ASSESSMENT



Functional Body Systems

Accessory Systems

Nutrient Status

Nutrient Deficiencies

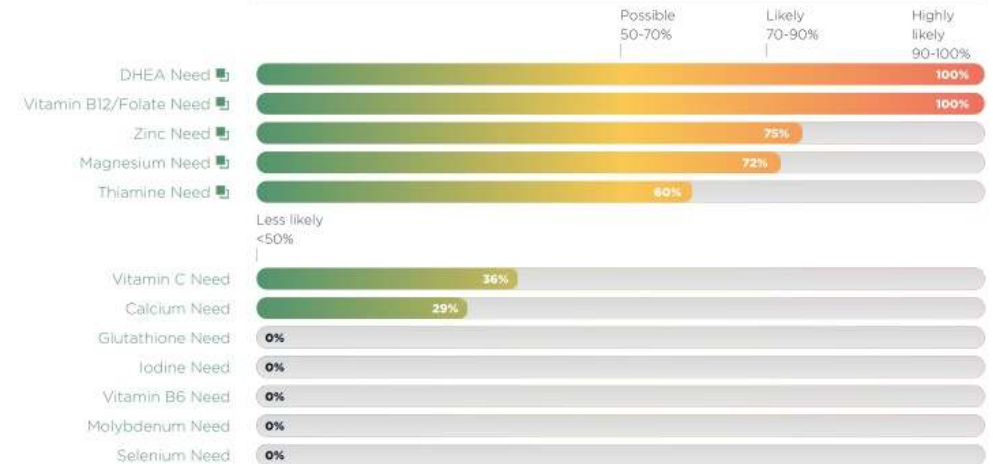
Clinical Dysfunctions

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Each individual Nutrient Deficiency that has a probability of dysfunction above 50% is included in the section that follows so you can read a detailed description and individual explanation of the results shown in this report.

PROBABILITY OF DEFICIENCY



OUR WELLNESS EXPERIENCE

Body Composition Analysis

You shall receive a comprehensive report of comprising a body composition analysis that enable you to optimize your health and areas of improvements, or areas that limits your potential to achieve your health goals. Our program includes before and after analysis so that you can monitor your health regularly.

- ✓ Muscle fat analysis
- ✓ Obesity Analysis
- ✓ Body type assessment
- ✓ Biological age
- ✓ Visceral Fat analysis

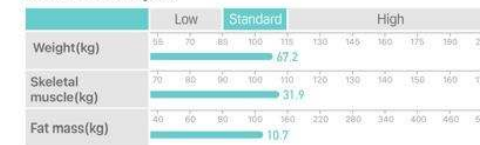
Body composition analysis report

ID:Shahid Gender:Male Age:46 Height:168cm Testing time:May.23,2024 17:21:44

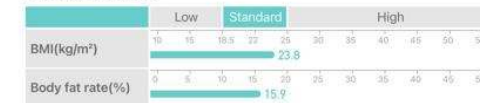
Body composition analysis

	Measurement(kg)	Proportion of weight(%)	Evaluation
Weight	67.2 (52.8-71.4)	100.0	Standard
Fat mass	10.7 (7.4-14.9)	15.9	Standard
Bone Mass	3.9 (3.0-3.9)	5.7	Excellent
Protein mass	11.3 (9.1-11.3)	16.8	Excellent
Water weight	41.4 (33.2-41.4)	61.6	Excellent
Muscle mass	52.7 (42.3-52.7)	78.4	Excellent
Skeletal muscle	31.9 (26.7-32.7)	47.5	Standard

Muscle fat analysis



Obesity analysis



Segmental fat analysis



Muscle balance



Standard range: 80%-160% segmental fat analysis is an inferred value

Standard range: Left and right upper limbs (80%-115%) Trunk, left and right lower limbs (90%-110%)

Bioelectrical impedance

Z(Ω)	Right Arm	Left Arm	Trunk	Right Leg	Left Leg
20(kHz)	298	303.6	17.3	252.5	252
100(kHz)	263.4	267	11.6	225.4	225.9

Body score

82 /100Points

*The total score reflects the evaluated value of body composition. A muscular person may get more than 100 points.

Weight control

Target weight	65.9kg
Weight control	-1.3kg
Fat control	-1.2kg
Muscle control	0.0kg

Obesity assessment



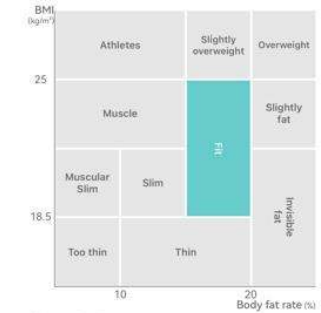
Body fat rate



Obesity (current weight/target weight)



Body type assessment



Other indicators

Visceral fat grade	3
Basal metabolic rate	1590kcal
Fat-free body weight	56.6kg
Subcutaneous fat	11.4%
SMI	8.8kg/m²
Body age	44
WHR	0.83

OUR WELLNESS EXPERIENCE

One-on-One Doctor Consultation

Our wellness program offers 1-on-1 personal consultation with our certified medical doctors to optimize your health based on your blood test reports, address symptoms or health challenges that you may have to achieve those goals. Go deep into understanding potential the root-causes that limit your health potential and possible solutions / protocols that may optimize your health.



OUR WELLNESS EXPERIENCE

Masterclass Health Workshops

Our Masterclass health workshops is designed by doctors, nutritionists and functional health coaches to bring you the best knowledge to optimize your health and achieve your health goals. We bring you a holistic approach to improve your wellness, fitness and achieve your health goals by managing symptoms or addressing root-causes that you may have.



OUR WELLNESS EXPERIENCE

One-on-One Health Coaching

Designed for individuals who prefer to have a more in-depth review of their metabolic health status or for those who are ready for a more in-depth behavioral and mindset approach. Your coach will help customize a fasting and nutritional plan, mindset strategies and provide accountability and support in an intimate setting.



OUR WELLNESS EXPERIENCE

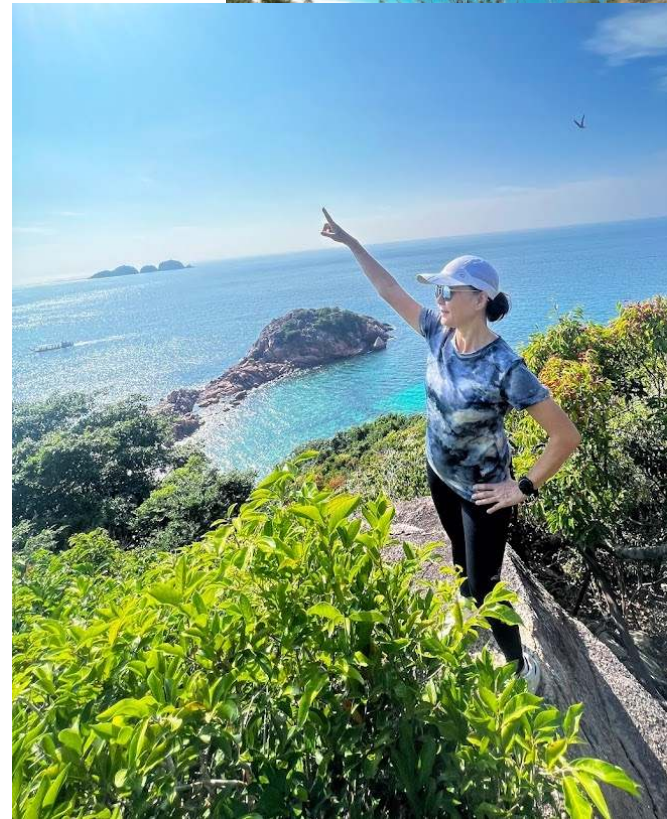
Curated activities designed
to elevate your wellness and
optimize your health goals



OUR WELLNESS EXPERIENCE

Forest Bathing

The Japanese practice of *shinrin yoku*, or Forest Bathing, is good for both physical and mental wellbeing. It is proven to reduce stress hormone production, improve feelings of happiness and free up creativity, as well as lower heart rate and blood pressure, boost the immune system and accelerate recovery from illness. We bring you to the best forest bathing places and hilltops in Terengganu with breathtaking views of the South China Sea and surrounding islands.



OUR WELLNESS EXPERIENCE

Natural Cold Bath

Taking cues from the benefits of ice-bathing, experience natural cold bathing at *Lata Ulu Kasar*, a hidden gem located in the deep rainforest of Terengganu. Experience hiking, waterfalls and fresh natural water filled with crystal clear waters. Our excursion involve 40 minute trail hiking as part of our forestbathing activity as we take you into the beautiful million year old tropical rainforests of Malaysia



OUR WELLNESS EXPERIENCE

Grounding (Beach Walk)

Grounding, also called earthing, is a therapeutic technique that involves doing activities that “ground” or electrically reconnect you to the earth. Studies show that grounding have positive effects on inflammation, mood, muscle repair and other parameters in your body as we take you through the grounding experience through our morning ritual beach walks.



OUR WELLNESS EXPERIENCE

Breathing Technique

Shamanic breathing, often derived from indigenous practices, involves rhythmic, deep breathing to induce altered states of consciousness. This technique can enhance spiritual connection, promote relaxation, and facilitate self-exploration. By oxygenating the body and quieting the mind, it fosters introspection and can lead to profound insights and healing. Experience the right breathing techniques with our health coach and discover how it can your body, mind and soul.



OUR VILLAS & AMENITIES

A luxury tailored wellness experience awaits you

Nestled amidst lush greenery and natural elements, our villas offer modern amenities designed for ultimate relaxation and rejuvenation.



OUR VILLAS & AMENITIES

Imagine waking up with a view of the beach, breathing in the crisp, fresh air as you open your door to your private terrace overlooking the South China Sea. Inside, you'll find luxurious accommodations with spacious rooms, plush bedding, and contemporary furnishings. With ample opportunities for outdoor activities like beach walks, water sports, and nature hikes, you can immerse in the healing power of nature, revitalizing both body and mind.

OUR VILLAS & AMENITIES



Ensuite rooms with a view of the beach and lush greenery



Fully functional kitchen in each villa



An open view of lush greenery with high ceilings



Breathtaking view of the beach directly from the villas

YOUR HEALTH IS THE NEW WEALTH

Retreat Packages & Price List



Price Packages

ESSENTIAL
30 days

ULTIMATE
60 days

Key Features

Wellness Retreat Accommodation & On-Site Support

3 days

5 days

Comprehensive Blood Test & Analysis



Hormone Test & Analysis

-



Body Composition Test & Analysis



1-on-1 Doctor Consultation



1-on-1 Health Coaching

6 sessions

12 sessions

Breathwork Technique



Forest Bathing / Hiking



Grounding



Masterclass Health Workshop (4 hours)

-



Healthy Meals (2 meals a day)



Snorkeling Trip to Redang Island

-



Nursing Support

-



Airport Transfer

-



Price

RM 3,888 per pax

RM 5,788 per pax

A WELLNESS EXPERIENCE CONDUCTED BY TEAM OF EXPERTS

Dr. Zamir Hillman

As a board-certified medical doctor and founder of Careinja PLT, Dr. Zamir Hilman stands at the forefront of a revolutionary approach to healthcare. Drawing from his extensive experience as a healthcare professional, Dr. Zamir has witnessed the limitations of conventional medical treatments. Often, these treatments merely manage symptoms rather than addressing the fundamental issues at hand. Recognizing this critical gap, he believes that true healing begins with identifying and comprehending the root cause. By delving into the underlying factors driving chronic diseases, Dr. Zamir empowers individuals to unlock the potential for lasting improvement in their health.



A WELLNESS EXPERIENCE CONDUCTED BY TEAM OF EXPERTS

Marwan Faiz

Marwan, a certified Clinical Weight-Loss Coach and Forest Bathing guide, pioneers a holistic approach to health through functional medicine. Utilizing clinically proven methods, he specializes in reversing Obesity, Type 2 Diabetes, and Pre-mature aging. As the founder of Theunion Healthcare, a collaborative effort with various health-focused entities, Marwan offers online coaching, meal packages, and wellness retreats. Central to his practice is "The ESESE Protocol," integrating Nobel Prize-winning theories and the Blue Zones concept into daily routines of Eat, Sleep, Exercise, Stress, and Environment Management. With a background in chartered accounting and over a decade of coaching experience, Marwan ensures each client's transformation journey is both achievable and sustainable. Passionate about sports and wellness, he leads trail running races and sports clinics, fostering a vibrant community of health enthusiasts in Malaysia.



Frequently Asked Questions (FAQ)

FAQ: For Participants

1. Is the program medically supervised?

Our wellness retreat program is overseen by qualified healthcare professionals trained in functional medicine. While our approach is holistic and focuses on preventive care, we ensure that medical supervision is available if needed throughout your retreat experience.

2. Are there any risks associated with the activities offered?

While we strive to create a safe environment for all participants, it's important to recognize that any physical or wellness activity carries inherent risks. Prior to participating, you'll be required to sign a waiver acknowledging these risks. We recommend consulting with your healthcare provider before engaging in any new activities, especially if you have pre-existing health conditions.

FAQ: For Participants

3. Is the program compliant with regulatory standards?

Yes, our wellness retreat program adheres to all relevant legal and regulatory standards. We prioritize the safety and well-being of our participants and ensure that our practices are in line with industry guidelines and best practices.

4. What if I have dietary restrictions or allergies?

We accommodate dietary restrictions and allergies to the best of our ability. Prior to your arrival, you'll have the opportunity to inform us of any specific dietary needs or allergies you may have. Our culinary team will work with you to ensure that your dietary requirements are met during your stay.

FAQ: For Participants

5. What happens in case of a medical emergency?

In the event of a medical emergency, we have protocols in place to ensure a swift and appropriate response. Our staff are trained in first aid and CPR, and we have established relationships with local medical facilities for more serious situations. We also require all participants to provide emergency contact information upon registration.

6. Are there any legal considerations I should be aware of before participating?

Before participating in our program, we recommend reviewing our terms and conditions, including our cancellation policy and liability waiver. By registering for the retreat, you agree to abide by these terms and accept any associated legal responsibilities.



YOUR HEALTH IS THE NEW WEALTH

Stay in Touch

ENQUIRIES & BOOKINGS

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