



HEALTH CONCEPT

**MUNICH**



# 3 DAY RESET

TRANSFORM YOUR BODY, CHANGE YOUR MIND,  
HEAL YOUR SOUL.

- Do you want restful sleep?
- Do you want to become more productive?
- Do you feel unmotivated or even burned out?
- Do you want to be inspired and recharge your energy?
- Do you simply want to feel good again?
- Do you want to strengthen your immune system?
- Do you want to lose weight more easily?



# ENHANCE QUALITY OF LIFE. PROMOTE HEALTH. IMPROVE PERFORMANCE.

The Holiphsix Health Concept is based on the principles of autophagy and hormesis. Autophagy is essentially the body's mechanism for getting rid of damaged, old cellular machinery when there isn't enough energy to sustain it.

We can induce autophagy through fasting and, in turn, increase our metabolic flexibility through this and other interventions. Fasting can be described as a process that, in a way, reverses aging by removing old cellular waste and replacing it with new components. Not only does fasting promote autophagy, but it also stimulates the release of growth hormones that further rejuvenate the body.

Hormesis, simply put, is a tolerable level of environmental „stress“ that can offer significant benefits for your health and growth.

We achieve this through cutting-edge biohacking methods, as well as through ancient knowledge about the body's self-healing power. Combined with a unique nutrition concept, this reset is the starting point for a balanced life and supporting the body's self-healing abilities.



# 3 DAY RESET MUNICH



Dates: available dates on request

Limited spots available (max. 8 people per group)

## COACHING DETAILS

**Day 1:** 3:00 PM - approx. 7:00 PM (last - vegetarian - meal before 2:00 PM)

**Day 2-3:** 9:00 AM - approx. 6:00 PM

## **IMPORTANT NOTES:**

- A portion of the cost (approx. €260) may be covered by your private health insurance, depending on your plan.
- A portion of the cost may be tax-deductible as health coaching. Please consult your tax advisor for confirmation.
- The schedule and individual treatments may vary slightly depending on the client's response.
- Optional: Intermittent fasting is available in addition to the 70-hour fasting reset.
- For more information, feel free to contact us by phone or email.

# VITAL AGING



Flexible and with absolute openness, the therapy team at the Holiphsix Health Concept defines the path to healing and prevention together with each client. The key factor here is the interdisciplinary approach. The applied therapeutic versatility, combined with the privilege of Andreas Stollreiter's unique experiences with monks in Tibet and shamans in the Amazon, who shared their healing arts, reveals entirely new methods and activates the body's regenerative powers.

Just as important as the collaboration on a medical and therapeutic level is the client's commitment. Health only works when it is understood and acted upon as the result of a holistic approach. The therapeutic intervention is merely a building block in a holistic health philosophy. Health awareness and self-mindfulness must become second nature to everyone in their daily lives. Sustainable well-being depends on how we handle routines and daily challenges.

These tools will be introduced to you over the weekend. Below, we would like to present the central focus areas of our concept. We see health as the result of these "determinants" - each component equally contributes to the overall well-being of body, mind, and soul.



# WHAT YOU GET



3-Day Fasting Reset in Munich

**Comprehensive Assessment: Detailed anamnesis, BIA measurement, HRV measurement (resting and biofeedback analysis)**

**Functional Training**

**Yoga**

**Breathwork**

**Meditation**

**Individual Coaching**



Osteopathy:	2 sessions
Interval Hypoxia Training:	3 sessions
Red Light Infrared Therapy:	2 sessions
Lymphatic Drainage:	3 sessions
Pelvic Floor ExMi Therapy:	3 sessions
Ice Bath:	2 sessions
Sauna:	2 sessions
Magnetic Field and Sound Therapy:	3 sessions
Supplements:	trad. Indigene & Biohacking Supplements

**Exclusive Coaching Price:**

**899,00€**



# DETAILED SCHEDULE

## 3 Day Fasting-Reset Munich

<b>10 Days Prior:</b>	Delivery and Start of the 3-Phase Gut Cleanse
<b>1 Week Prior:</b> 20.00 Uhr	Thursday, 8:00 PM: Zoom call with an introduction to the program topics.
<b>Day 1</b> 2:00 PM - 7:00 PM	<b>Assessment:</b> Completion of anamnesis form, HRV resting and biofeedback analysis.  <b>Biohacking:</b> Hypoxia-Hyperoxia training, mechanical lymphatic drainage, pelvic floor ExMi training, magnetic field and sound therapy.  <b>Therapy &amp; Training:</b> Tummo breathing + Yoga (Magic 10). Keynote on „Fasting“ + Optional: Detox (Epsom salt + lemon). Breathwork session: „A Journey Through Breath & Sound.“
<b>Day 2</b> 9:00 AM - 5:00 PM	<b>Assessment:</b> BIA measurement.  <b>Therapy &amp; Training:</b> Yoga (Magic 10), Pranayama, manifestations meditation, alkaline citrate drink, keynote. Tummo breathing + ice bath + 7-minute workout. Osteopathic treatment.  <b>Biohacking:</b> Hypoxia-Hyperoxia training, mechanical lymphatic drainage, red light and infrared therapy, magnetic field and sound therapy, ExMi pelvic floor training, sauna.



# DETAILED SCHEDULE



3 Day Fasting-Reset Munich

## Day 3

9:00 AM - 5:00 PM

### Therapy & Training:

Yoga (Magic 10) / Pranayama / Manifestation meditation  
Alkaline citrate drink / Keynote / Tummo breathing + ice bath +  
7-minute workout

### Biohacking:

Hypoxia-Hyperoxia training / Mechanical lymphatic drainage  
Red light and infrared therapy / Magnetic field and sound therapy  
ExMi pelvic floor training / Sauna

### Closing:

Final manifestation meditation  
Independent breaking of the fast

## Day 4

12:00 PM

Independent breaking of the fast

This life-changing program harnesses the power of genetics, cellular science, and nutrition. Combined with the latest medical technologies, the program is tailored to your DNA and health profile. Experience profound well-being that comes with a thoroughly cleansed and detoxified body, a well-rested physique, and perfect mental balance.



# WHAT CUSTOMERS ARE SAYING



Google reviews (extract)

★★★★★ **Maximilian G.**

„I've been into fitness for a long time, but the comprehensive package offered by Andi Stollreiter is on a completely different level. We had the opportunity to experience the Biohacking program together, and it's by far the most well-tuned and personalized system I've seen on the market. Different methods to give your body a complete reboot in just 3 days and boost motivation—it's truly unique. Highly recommended! Thanks, Andi.“

★★★★★ **L. v.B.**

„Great concept, holistic, broad, and comprehensive. Excellent osteopathy combined with fantastic Biohacking methods, yoga, breathing techniques, and more. Absolutely and wholeheartedly recommend!“

★★★★★ **Franziska Wagenpfeil**

„Retreat takes on a whole new meaning here. Not only do I have a new sense of physical well-being, but my understanding of the connections between body, mind, and soul makes much more sense now! Simply thank you.“

★★★★★ **Herzstück - Eure Kinderarztpraxis**

„Lower your stress levels, discover exciting therapies, have a professionally competent and empathetic conversation with Andreas, and feel five years younger when you leave the studio. The results are noticeable and beautifully documented digitally. We come regularly and look forward to lymphatic drainage, training, sweat, and happiness. Superb concept! Highly recommend.“

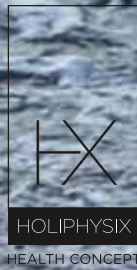
★★★★★ **Julia H.**

„The positive reviews fully reflect my experiences. What I would add is the outstanding osteopathic work from Andreas that we experienced during these days. Body, mind, and soul are so grateful...the best investment ever!“

★★★★★ **Fabian Z.**

„Inspiring, holistic, and personalized program to improve physical and mental health. The Holiphysix team did a phenomenal job in guiding us. I will definitely do it again!“





# BIA MEASUREMENT & ANAMNESIS

A comprehensive analysis of body composition and functional tests to help you understand exactly how to take care of yourself—your body's manual. This analysis supports us in creating a personalized treatment plan tailored to your needs.

## FASTING

Discover the fascinating benefits and transformative effects of the 70-hour fast!

- Deep cleansing & detoxification of the body
- Effective and sustainable weight loss
- Regeneration and a more youthful appearance through cell renewal
- Improved insulin sensitivity and blood sugar stabilization
- Enhanced mental clarity and focus

## OSTEOPATHY

Using a unique combination of techniques to mobilize joints, organs, muscles, and fascia, we bring your entire system into alignment. This ensures that the metabolic processes stimulated by fasting and therapies are maximized, allowing your body to move better than ever before.

## BREATHWORK

Breathwork is a practice focused on the conscious control and manipulation of breathing to achieve various physical, emotional, and spiritual benefits. There are different breathwork techniques, but generally, they involve consciously inhaling and exhaling in specific patterns and rhythms. This practice can reduce stress, promote relaxation, enhance emotional well-being, and expand consciousness. Some forms of breathwork are also used in therapeutic contexts to release emotional blockages and process traumatic experiences.



## INTERVAL HYPOXIA-HYPEROXIA TRAINING

Healing through oxygen. Increase and decrease your oxygen intake to accelerate every biochemical healing process in your body and reverse the effects of aging. Utilize this medical breakthrough, awarded the Nobel Prize in 2019, to enhance your performance and boost your stress resilience.

## MAGNETIC FIELD AND SOUND THERAPY

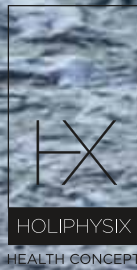
Magnetic field therapy uses magnetic fields to relieve pain, reduce inflammation, improve circulation, and promote relaxation. Sound therapy uses sounds and tones to reduce stress, enhance concentration, and create a positive mood. Experience the healing power of magnetic fields and the calming effect of sounds for your physical and mental well-being.

## MECHANICAL LYMPHATIC DRAINAGE

Flush out toxins released through fasting and therapy, accelerate your recovery, and reduce additional fluid accumulation with our medically approved compression suit that optimizes lymphatic drainage.

## RED LIGHT AND INFRARED THERAPY

Stimulates the production of collagen, elastin, and adenosine triphosphate (ATP) to generate more energy for your cells, support gut microbiome health, improve circulation, repair damaged tissue, and reduce inflammation.



## ICE BATH

An ice bath is a form of cold therapy where you immerse yourself in cold water for a short period. The effect is based on the principle of cryotherapy, meaning that the cold stimulates various physiological responses in the body. Potential benefits include improved circulation, reduced inflammation and muscle soreness, strengthened immune system, and increased energy and mental alertness. An ice bath can also help reduce stress and enhance stress resilience.

## SAUNA

Relax, detoxify your body, and soothe tense muscles while simultaneously improving your skin health, boosting circulation, and giving your metabolism a boost.

## EXMI PELVIC FLOOR CHAIR

The ExMi pelvic floor training is a non-invasive method to strengthen the pelvic floor muscles through electromagnetic stimulation. The treatment is performed while sitting on a special chair that emits high-intensity electromagnetic pulses to contract the muscles. This method promotes lymphatic drainage and improves posture, contributing to an enhanced overall sense of well-being.



## NOTES & QUESTIONS ABOUT THE RESET

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Unlock your potential step by step. Slow down, recharge, and preserve youth. Our holistic approach to health and well-being combines evidence-based medicine and technologies with unique health traditions from millennia-old cultures. United in a unique health concept that has emerged from personal experiences.



# THE ALCHEMIST'S KITCHEN



YOU CAN'T SOLVE A PROBLEM  
WITH THE SAME WAY OF  
THINKING YOU CREATED THEM.

The Holiphsix Health Concept is also available as a 7-day and 10-week program.  
For more information, visit:

[HOLIPHSIX.COM](http://HOLIPHSIX.COM)