

# INTERNATIONAL SYMPOSIUM ON

# LONGEVITY

**Traditional and innovative concepts in the atmosphere of a Blue Zone from 27.2. to 1.3.2025 at Puntarenas (Peninsula Nicoya, Costa Rica)**

## Stay healthy and young with holistic biological medicine

The successful Netflix series by Dan Buettner "How do you live to be 100? – The Secrets of the Blue Zones" took the viewer to five places on earth where the local population has a clear longevity. The factors highlighted are diverse and range from concepts of nutrition, physical and mental activity, social integration and religion to the use of special natural remedies. In the symposium, some of these points will be examined practically on site and linked to evidence-based concepts of bioregulatory medicine.

## Highlights



### Longevity & Anti-Aging Sessions

Covering natural medicine, hormone therapy, and bioenergetic approaches



### Expert Insights

Presentations from international specialists on diverse health topics.



### Therapies & Treatments:

Discussions on homeopathy, SANUM therapy, biomolecular therapy, and herbs for anti-aging.



### Immune Health & Cancer:

Focus on immunomodulation, DNA repair, and personalized cancer treatments.



### Relaxation & Wellness

Aqua jogging, Qi Gong, meditation, and nutritional detox strategies for well-being.

## Speakers



### Dr. med. Ralf Oettmeier

Gais, Switzerland



### Dr. med. Martin Landenberger

Munich, Germany



### Heinz Huber

Horb, Germany



### Andrea Klein-Huber

Horb, Germany



### Dr. Homer Lim

Manila, Philippines



### Dr. med. Gesine Petereit M.A.

Dresden, Germany



### Dr. David Contreras

Bogota, Columbia



### James PM Odell, OMD, ND, L.Ac.

Louisville, Kentucky, USA



### Thomas Aksnes

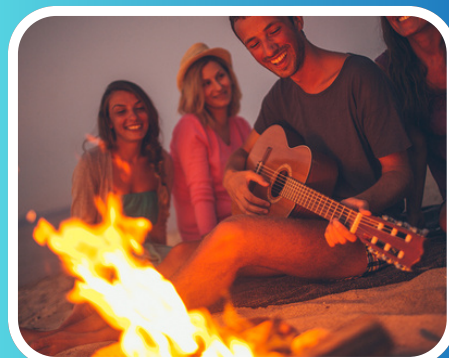
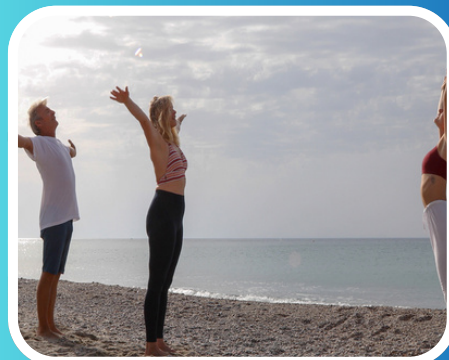
Bergen, Norway



### Dr. med. Kurt Mosetter

Konstanz, Germany





## Conference details:



### Venue

Barceló Tambor, Ruta Nacional Secundaria 160 771, Tambor, Playa, Pochote, Puntarenas 60101



### Accommodation

Barceló Tambor, Ruta Nacional Secundaria 160 771, Tambor, Playa, Pochote, Puntarenas 60101



### Conference fee

USD 1,200, including script, refreshments, lunch and a get-together party with music on the last evening  
Early bird registration by 15.12.24: USD 900



### Additional programme fee

USD 250  
Early bird registration by 15.12.24: USD 200



### Target audience

Doctors, alternative practitioners, and pharmacists  
(limited to 25 participants)



### Sponsors

Company materials will be presented for USD 500



### Language

English; slides in German and partially Spanish available



### Extra curricular activities

Visit to the waterfalls in Montezuma, breakfast at Amor di Mar, Zipline, visit at a seaside brewery, live music and dancing



### Organizer

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