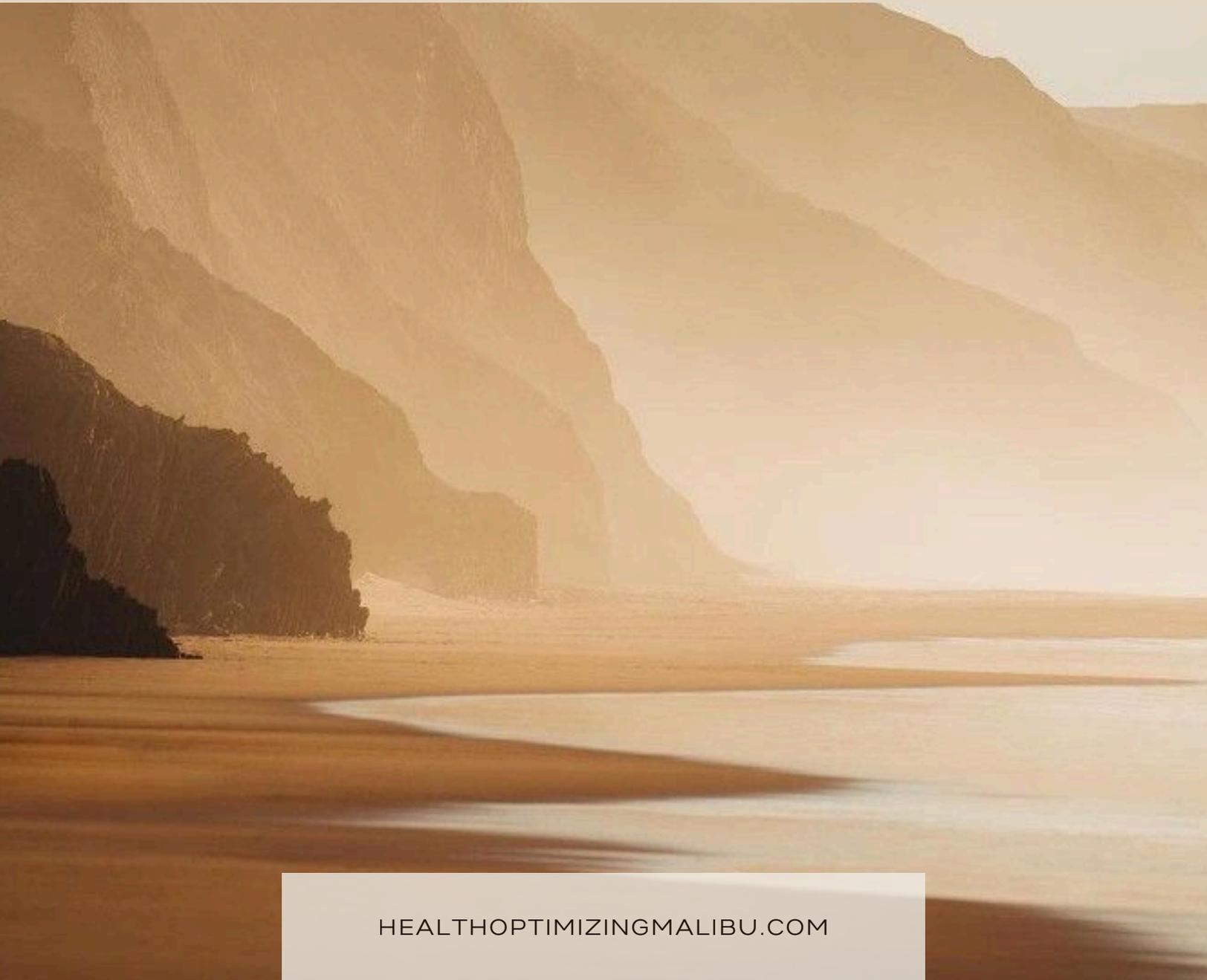


CLIENT INFORMATION BOOKLET

---

# HEALTH OPTIMIZING MALIBU

REDEFINING WHAT'S POSSIBLE IN HUMAN HEALTH



[HEALTHOPTIMIZINGMALIBU.COM](https://HEALTHOPTIMIZINGMALIBU.COM)

OVER 700,000 CLIENTS TREATED ACROSS 5 CONTINENTS

## TRUSTED EXPERIENCE

For the past 22 years, Health Optimizing has been building the future of health, utilising a vast combination of high-tech methodologies to resolve the causative factors and stimulate the body's own intrinsic self-healing and self-regulating mechanisms.

Health Optimizing Malibu brings this technology to the modern world with the mission to help clients identify and solve health challenges, from the root level. Our clientele ranges from those facing serious illnesses with no other options, to those already in great health seeking peak performance and their most optimal state.





---

*"If the human organism is supplied with everything it needs, and is not influenced by any stress factors, it is theoretically impossible to develop diseases."*

---

CHIEF SCIENCE OFFICER

# THOMAS AKSNES

Thomas Aksnes is the Founder & Head of Innovation at Health Optimizing. He is the father of the Health Optimizing concept and methodologies, and has led their amazing team of scientists and medical specialists over two decades with a commitment to evolving the concept, technologies, and clinics.

He is largely considered one of the world authorities in technology-based medicine (seen as the future of medicine among many specialists) and has been a frontier in the development of this emerging field. His expertise is widely sought-after and he has been the featured keynote speaker at more than 100 health conferences globally.

Thomas has dedicated his life to redefining the medical paradigm. With proof of concept from hundreds of thousands of clients globally having achieved invaluable help with their health through his innovative methodologies, his main priority is now creating global accessibility to leading-edge health solutions. He is an idealist on a mission!

# NOT ALTERNATIVE. NOT CONVENTIONAL. THE SCIENTIFIC PATH TO A NEW HEALTH PARADIGM.

## SCIENTIFIC FOUNDATION

At the core of Health Optimizing Malibu is a guiding principle: health is inherently restorative. The body is a self-regulating, self-repairing system. When all contributing factors behind dysfunction are properly identified and addressed, most conditions once deemed irreversible can resolve. This is not idealism; it is systems biology applied with scientific rigour.

Every chronic dysfunction is multifactorial. It is never a single cause. That is why no single modality works universally. Instead, we use precision mapping to decode the unique set of root-level disruptions in each person and guide a targeted strategy to restore homeostasis; the body's natural and most optimal state of being.



## THE METHODOLOGY

Over the past 25 years, we have developed and refined a methodology that has already helped more than 700,000 people across Europe—many of them considered untreatable by conventional standards.

Using a set of assessment tools powered by breakthrough, non-invasive technologies, we capture 20,000 physiological data points—mapping the body cell by cell, system by system, function by function. From cellular voltage to organ stress, microcirculation, autonomic nervous system regulation, and toxicity load—we reveal the invisible architecture behind chronic illness.

What makes this methodology revolutionary is not just the proprietary tools we use—but how we use and sequence them. Our protocols are designed not for data collection, but for biological precision. Every insight leads directly to a targeted, personalized intervention. We speak the body's own regulatory language—using advanced signaling technologies and modulation tools to help restore intrinsic foundational factors, providing coordination and stability.

Once the full map of regulatory dysfunctions and multifactorial root causes is revealed, we design a customized sequence of interventions. Using our suite of sophisticated technologies, we address each core imbalance in the correct order—building the body's capacity step by step until its internal systems can once again sustain regulation on their own.

At the final stage, we trigger the body's natural state of homeostasis and reinforce its ability to maintain it—reminding both body and mind how to operate correctly and at full capacity.

*Instead of managing decline, we activate repair.*

*Instead of suppressing, we synchronize.*

*Instead of replacing, we restore.*

---

## HIGH RESOLUTION ASSESSMENT. MAPPING TRUE FUNCTION.

To arm us with a 360° profile—from cellular charge to microvascular flow and biochemical load— Health Optimizing Malibu examines 20,000 data points during the initial assessment — data points crucial to each system’s functioning capacity within the body, all conducted to accomplish a single goal: to build a complete, system-wide picture of how the body is functioning. We capture real-time data from cells, tissues, organs, and regulatory systems to understand their performance and interactions in detail.

Unlike conventional diagnostics, which often rely heavily on blood and biological sample analysis, we do not assume that blood or static biological markers alone reflect systemic function. These metrics describe responses and consequences, not the performance of the machinery. Similarly, genetic testing may provide information about predispositions or inherited tendencies, but it does not measure how the body is currently functioning. Genes are blueprints, not current performance indicators, and rarely the primary cause of dysfunction.

Our scientific assessment framework spans the entire physiological landscape —structured to follow the body’s hierarchy from cellular mechanics to complex system integration. This approach allows us to analyze not only isolated functions - but see the interdependency between them.

## THE RESULT: REACTIVATING BIOLOGICAL INTELLIGENCE.

Health is not a fixed state—it is a dynamic process of regulation, adaptation, and repair. At the center of this process is homeostasis: the body's innate ability to maintain internal balance despite changing conditions.

Our role is not to impose symptom based intervention, but to remove the obstacles that disrupt this natural self regulating capacity. Once the relevant sequence of imbalances is addressed and functional signaling is restored, the body no longer needs to be forced—it resumes its natural rhythm of restoration and functioning. It reactivates its own internal blueprint for recovery.

When homeostasis is re-established, regulation becomes automatic. What often appears chronic or irreversible is, in many cases, the result of disrupted signaling, not structural damage.

This is where biology meets engineering, where data drives decisions, and where restoration becomes replicable.



---

# SEQUENCED INTERVENTIONS. ENHANCED RESTORATION.

With the full functional map now in hand, we initiate a sequenced protocol of interventions using our proprietary technology suite. The goal is not to override symptoms but to restore the body's innate ability to regulate and repair.

Restoring health cannot be achieved through any single product, protocol, or device. True restoration requires a complete biological methodology—one that identifies, prioritizes, and resolves the multi-layered causes of dysfunction, so the body can resume its natural rhythm of restoration.

While our full suite includes over 30 technologies, the following represent several of the core modalities frequently applied within the program:

**Ultra-High Voltage Electromagnetic Cellular Stimulation** - Delivers precise nano pulses to restore optimal cellular voltage (-70 to -90mV). This enables the necessary conditions for mitochondrial ATP production and regenerative function in damaged or energetically collapsed tissue.

**Magnetic-Induced Ion Transport Modulation** - Technology that utilizes low-frequency pulsed magnetic fields to modulate transmembrane ion fluxes. Such modulation can improve cellular signaling pathways, Na<sup>+</sup>/K<sup>+</sup> exchange, ATP production and vascular responsiveness. By preconditioning tissues, it optimizes their responsiveness to subsequent therapeutic interventions.

**Resonant Pathogen Nucleic Disruption** - Combines radiofrequency and photonic emissions to selectively target and destabilize the nuclei of pathogens. By interfering with DNA/RNA replication processes through resonant frequency entrainment, it aids in pathogen elimination while sparing host tissue.

**Nascent Nitric Oxide Infusion** - Delivers on-demand nitric oxide gas directly through the skin, generated from a unique high voltage process in a 7350F chamber. This modality rapidly replenishes depleted.

**Nitric Oxide levels** —critical for vascular tone, microcirculation, endothelial function, tissue oxygenation, and wound healing. Particularly indicated in cases of cardiovascular risk, insulin resistance, or impaired tissue regeneration, it supports restoration of nitric oxide- dependent signalling pathways essential for circulatory and metabolic homeostasis.

**Bio-identical Intrinsic Regulation Signals Modulation** - Used as the culmination of a multi- phase therapeutic sequence, this modality delivers signals that mirror the brain's own regulatory code. Once pathogenic burden and other causative or trigger factors are cleared and cellular function is restored, these signals retrain central control systems—rewriting dysfunctional patterns to re-establish coherent, self-regulating homeostasis.

Each intervention is **precisely** timed and layered based on diagnostic findings. Nothing is off-the-shelf. Nothing is generalized. No two treatment programs are the same—because no two individuals have the same constellation of underlying causes and triggers.



---

# REACTIVATING BIOLOGICAL INTELLIGENCE.

Health is not a fixed state—it is a dynamic process of regulation, adaptation, and repair. At the center of this process is homeostasis: the body's innate ability to maintain internal balance despite changing conditions.

Our role is not to impose symptom based intervention, but to remove the obstacles that disrupt this natural self regulating capacity. Once the relevant sequence of imbalances is addressed and functional signaling is restored, the body no longer needs to be forced—it resumes its natural rhythm of restoration and functioning. It reactivates its own internal blueprint for recovery.

When homeostasis is re-established, regulation becomes automatic. What often appears chronic or irreversible is, in many cases, the result of disrupted signaling, not structural damage. This is where biology meets engineering, where data drives decisions, and where restoration becomes replicable.



---

# THE HOMEOSTASIS EXPERIENCE

The Homeostasis Experience is a science-based therapeutic protocol designed to bring the body back into its natural state of balance. Through advanced technology, biometric feedback, and targeted frequency-based interventions, we assess and support the body's regulatory systems—helping clients restore the internal equilibrium that governs physical, mental, and emotional health.

In modern life, the body is constantly pushed out of balance by stress, environmental toxins, poor sleep, emotional overload, and lifestyle habits. When homeostasis is disrupted, the body loses efficiency and compensates, often resulting in fatigue, inflammation, anxiety, lowered performance, and slower recovery. The Homeostasis Experience identifies where these internal imbalances originate and gently guides the body back toward harmony.

## WHAT THE EXPERIENCE INVOLVES

### **Comprehensive Regulatory Scan:**

- Measures over thousands of variables to detect disturbances in the autonomic nervous system, stress response, organ regulation, metabolic efficiency, and energetic balance.

### **Targeted Optimization Session:**

- Using advanced non-invasive medical technology, the system delivers micro-frequencies that help restore coherence to the body's regulatory networks—supporting improved communication between cells, systems, and organs.

### **Neuro-Emotional Rebalancing:**

- Addresses stress signatures, emotional blockages, and neurological overwhelm, encouraging a calmer and more centered mental state.

'HOMEOSTASIS IS WHERE THE BODY RETURNS TO ITS NATURAL STATE OF BALANCE, ALIGNMENT, AND PEAK FUNCTION'.

## BENEFITS

- Restores the body's natural regulatory capacity
- Reduces stress, tension, and emotional overload
- Supports faster recovery and improved energy levels
- Sharpens mental clarity, focus, and decision-making
- Enhances sleep quality and nervous system resilience
- Improves athletic performance and physical endurance
- Promotes long-term wellness and preventative health
- Helps break cycles of imbalance at their root cause
- Access higher frequency exchanges for optimizing

## WHY IT MATTERS

Homeostasis is the foundation of human health. When the body is balanced, every system performs more efficiently: immunity strengthens, inflammation lowers, the mind calms, and the body becomes more adaptable to stress. The Homeostasis Experience is not a treatment—it is a deep recalibration, allowing clients to access higher levels of wellness, vitality, and peak performance.

Clients leave the session feeling grounded, clearer, and more regulated, as the body begins re-aligning toward its optimal baseline. We continue to monitor clients post-treatment to assist with the guidance and integration of their growth.

---

# ELEVATING ATHLETIC PERFORMANCE.

Health Optimizing is built on one central idea: the body can reach extraordinary levels of performance when its underlying systems are measured with precision, corrected at the root cause, and optimized to operate in perfect balance.

For athletes, this approach becomes a competitive advantage—because it reveals what traditional training and medical systems cannot see. The main areas we are able to assist athletic performance:

## **Precision Diagnostics & Root-Cause Analysis**

We evaluate over 20,000 biomarkers using advanced non-invasive technology to uncover inflammation, stress patterns, energetic blockages, organ inefficiencies, and neurological imbalances—factors that directly affect endurance, strength, and consistency.

## **Enhanced Cellular Energy & Oxygen Utilization**

Technologies that strengthen ATP production, mitochondrial function, and microcirculation allow athletes to generate more power, sustain output longer, and access higher performance levels.

## **Nervous System Optimization & Stress Resilience**

By rebalancing the autonomic nervous system, athletes gain sharper focus, improved emotional regulation, faster reaction time, and deeper recovery between training blocks.

## **Injury Prevention Through Neuromuscular Alignment**

We detect structural imbalances, compensation patterns, and neurological disconnects and correct them before they develop into injuries, supporting long-term performance.

## **Accelerated Recovery & Regeneration**

Recovery systems reduce inflammation, accelerate tissue regeneration, enhance detox pathways, and improve sleep quality—allowing athletes to train more consistently.

## **High-Performance Mindset & Emotional Mastery**

Technology combined with integrative coaching creates clarity, confidence, presence, and emotional resilience—core attributes of elite performers.

## **Fully Personalized Optimization Protocols**

Athletes receive individualized blueprints covering nutrition, supplementation, recovery, training balance, and lifestyle—all driven by real precision data.

Health Optimizing Malibu helps athletes become stronger, faster, more focused, harder to injure, quicker to recover, and more mentally aligned. This is the future of **peak performance**—built on precision medicine and human potential.



# OVERVIEW OF ASSESSMENT PROTOCOLS

## Cellular and Sub-cellular Performance

We begin with the foundational units of life: assessing ATP production, ionic exchange, mitochondrial efficiency, transmembrane voltage, oxidative stress, interstitial pH balance, hydration status, and electrolyte gradients across multiple body zones.

These markers reflect the real-time energetic state and viability of tissues at a cellular level.

## Tissue Environment & Inflammatory State

We evaluate extracellular matrix acidity, immune signaling, local and systemic inflammatory patterns, and the redox environment—identifying the metabolic terrain in which all cells operate.

## Cardiovascular Integrity

Including heart strength, workload balance, arterial elasticity, plaque formation, vascular tone, and nitric oxide levels.

## Oxygen Transport & Respiratory Efficiency

Measuring blood oxygen saturation, microcirculatory perfusion, and tissue oxygenation.

## Metabolic-Endocrine Function

Tracking insulin sensitivity, glucose utilization, beta-cell workload, thyroid performance, metabolic syndrome, and overall metabolic coordination.

## Digestive and Gastrointestinal Performance

Evaluating stomach and intestinal function, food tolerance, microbiome-host interface, gut barrier integrity, and development of digestive diseases.

## Functional Output & Recovery Capacity

Measuring total stress load, restitution capacity, parasympathetic re-engagement, and adaptability under exertion, and overall capacity for self healing & auto-regulation.

## Detoxification & Elimination

Measuring liver, gallbladder, kidney and lymphatic dynamics involved in metabolic clearance and biotransformation.

## Autonomic Nervous System & Neurotransmitter Balance

Mapping sympathetic and parasympathetic tone, vagal resilience, adrenal performance, and neurotransmitter signaling patterns.

## Immune System Dynamics

Assessing systemic immune reactivity, local infection/inflammation control, and immune regulation under load.

## Psychophysiological & Emotional Transformation

Monitoring unresolved emotional stressors, subconscious programming, and breaking free of limitation and fear based realities.

# YOUR HEALTH. OUR PROGRAMS.

From now on, we take care of you. As long as you are ready to participate, we will be providing you all needed support until you reach the optimal version of yourself. You choose how much you want to know and change. It could be as little as fixing your health challenges at our Malibu clinic, or helping organize your lifestyle with our guidance to reach your maximum capacity potential.

Programs at Health Optimizing Malibu are designed to provide you with not only the treatment needed, but also a foundation of health knowledge, so you never regress back to the health challenges you are experiencing today-- living aware and without fear of your health. After your program, we will continue providing you with all the necessary tools to continue and enhance your transformation.

## CORE ONE WEEK

Concentrated, proprietary protocols designed to initiate significant progress in your healing and health optimization journey. This foundational program requires a 5 day commitment, and requires between 3 - 4 hours each day. Additional days can be added or retracted based on the recommended initial program.

- 2 Assessment sessions\*
- 5 Program days\*

## EXTENSIVE TWO WEEK

The advanced protocol is designed to facilitate deeper systemic changes through sustained interventions. It is highly recommended for those seeking profound health transformation and can dedicate two uninterrupted weeks to their journey. More challenges can be resolved in two weeks than in one, while also allowing health optimization beyond problem-solving.

- 2 Assessment sessions\*
- 10 Program days\*

## COMPREHENSIVE THREE WEEK

This program is designed for complex, chronic health challenges requiring extended intervention. This program maximizes impact through carefully structured program phases, allowing for deeper impact and complete systemic rebalancing. While essential for certain complex challenges, this comprehensive program also enables the achievement of more extraordinary levels of health optimization.

- 2 Assessment sessions\*
- 15 Program days\*

# CLIENT ONBOARDING PROCESS



## SCHEDULE ASSESSMENT / INFO CALL

After reading info booklet, clients are ready to book their assessment or schedule call for more info.

## INVOICE & PAYMENT

After your assessment is scheduled an invoice will be sent but must be filled to hold booking (48hrs).



## CLIENT SURVEY & WELCOME PACK

Clients will be asked to complete survey for health overview and receive preparation material.

## 3-4HR ASSESSMENT WITH THOMAS

Thomas Aksnes will personally conduct your assessment and provide a detailed health analysis.



## RECOMMENDED TREATMENT PLAN

Based on your assessment, Thomas will be able to create a specific protocol to treat any anomalies.

# PRICING STRUCTURE

## PRECISION TREATMENT PLANS

Every client is unique and will have a personalized treatment plan created by Thomas to optimize their health condition.

Assessment

3-4 hours

**\$3,000**

USD

One  
week

5 days

**\$20,000**

\*\$17,000 with the  
assessment credit

Two  
weeks

10 days

**\$35,000**

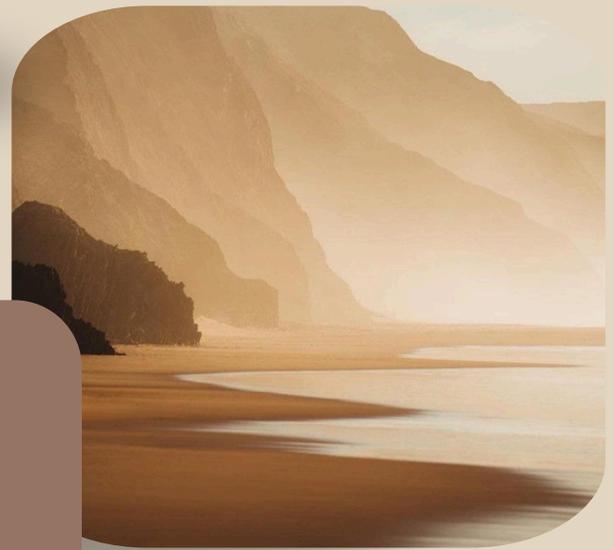
USD

Three  
weeks

15 days

**\$45,000**

USD



---

# PROGRAMING AND SCHEDULING

## PROGRAMING

After the initial assessment, we design a unique program plan for your individual challenges and needs, utilizing our methodology that encompasses thousands of protocols to serve each possible case.

For out-of-town guests looking to arrange travel plans, program duration could be initially estimated based on the intake form sent before your assessment. However, the final individual program plan is determined at the initial assessment, with a clear outline of the days required to achieve optimal results.

For specific time challenges, the program can be split into multiple phases. The feasibility of this approach and intervals between phases are determined during the initial assessment.

## SCHEDULING

Assessments: Monday - Friday at 11 AM and 2PM.

Program Therapies: Monday - Sunday between 8 AM and 10 PM.

Generally, each plan requires 2 - 6 hours of service per day, in rare cases it may require more.

When we build your personal program plan after the initial assessment, we will offer you scheduling options for your program. Prior to or during your first day with us, please inform our team if you have any preferences regarding times and we will do our best to match your schedule.

# HEALTH OPTIMIZING MALIBU

LOS ANGELES, CALIFORNIA



## NEXT STEPS

*Please contact us to begin your journey and answer any questions regarding your health.*

## CONTACT

-  22917 Pacific Coast Hwy Ste 220, Malibu CA 90265
-  [admin@healthoptimizingmalibu.com](mailto:admin@healthoptimizingmalibu.com)
-  +1 (424) 484-1579