



B o d y L a b

State-of-the-art bodyforming

The BodyLab is a body shaping system based on the innovative FMS technology (Focused Magnetic Stimulation). Weight loss and muscle building through neuromuscular stimulation for buttocks, abdomen, legs and arms. The optimal solution for every patient.



Overview

Product overview, features and market

Anatomy and physiology

Mechanism of Action (MoA)

Applications and protocols

Frequently Asked Questions (FAQs)





Technology
Electromagnetic field



Intensity
Up to 2.5 T



Modes
Aerobics, Shaping, Strength
with different levels



Pulse duration
200 to 300 μ s



Frequency
1 to 150 Hz



Size, weight
34 x 90 x 67 cm³, approx. 60 Kg



Handpieces
Two pads for small and large
areas

Innovation in design

Designed as a portable system, for easy transportation



High range during treatment due to long handpiece cable



Two handpiece ports for maximum flexibility and treatment areas of different sizes



Innovation in design

Innovative technology with integrated water cooling of the pads



Ergonomic pads for precise treatment of specific muscle groups



Hand release for convenient operation



Modern user interface

high resolution 10.4"
LCD with touch
screen

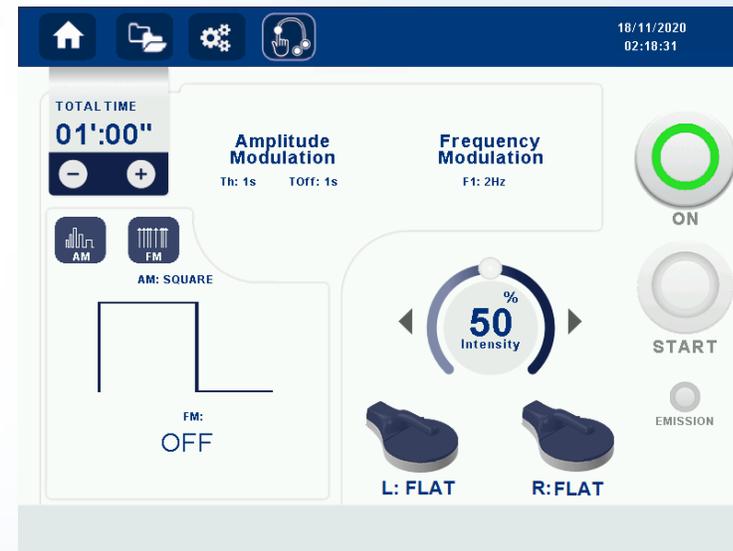
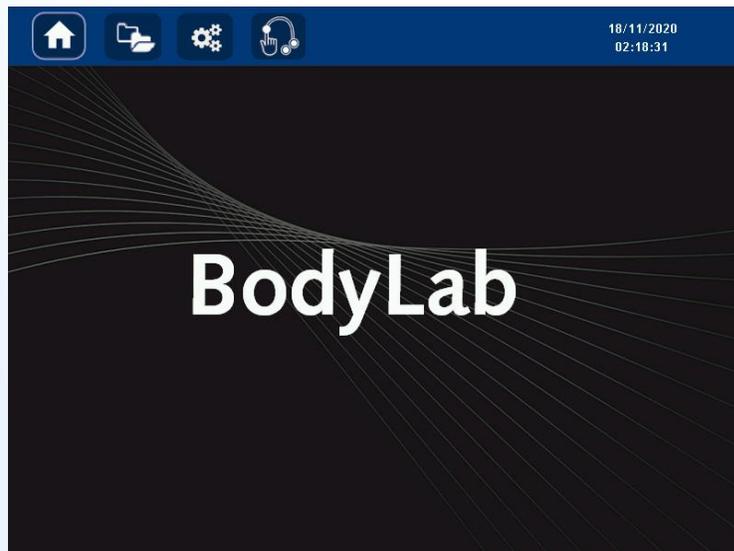
Intuitive menu for
beginners and
experts

Frequency and
amplitude
modulation
adjustable

Counter for
treatment time

Saving your own
programs

Clear highlighting of
active elements through
color changes



EXPERIENCE

Numerous studies prove the safety and effectiveness of devices based on electromagnetic fields



Magnetic field therapy has become in studies as ideal for the Muscle building proven



Best education and training opportunities for your practice with experienced trainers



More than 20 years experience on the laser and body market



FEATURES



High performance and speed



Intuitive operation @ 10.4" LCD



Preset programs



Ergonomic pads for every area



Low maintenance system



Easy application without a handler

FMS IN MEDICINE AND AESTHETICS

Long-standing use of EM therapy in neurology and physiotherapy. Electromagnetic field therapy has been used for over 60 years to treat soft tissue pain and edema. For the past 20 years it has also been used successfully for osteoarthritis, Alzheimer's stimulating hormones and growth factors, lowering inflammation, and stress urinary incontinence. Muscle building is the newest area of application for FMS.

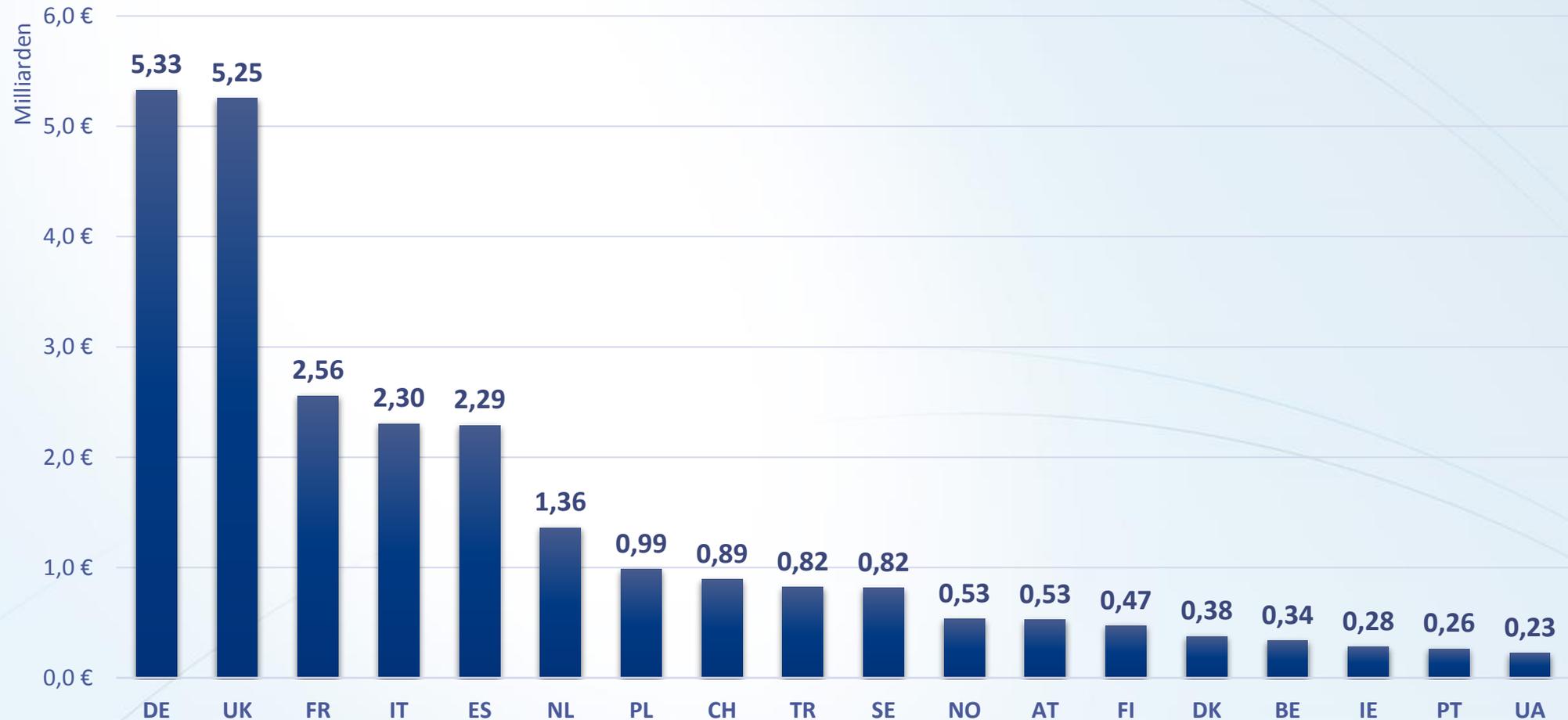


INDUSTRY SALES

FITNESS MARKET TOP5



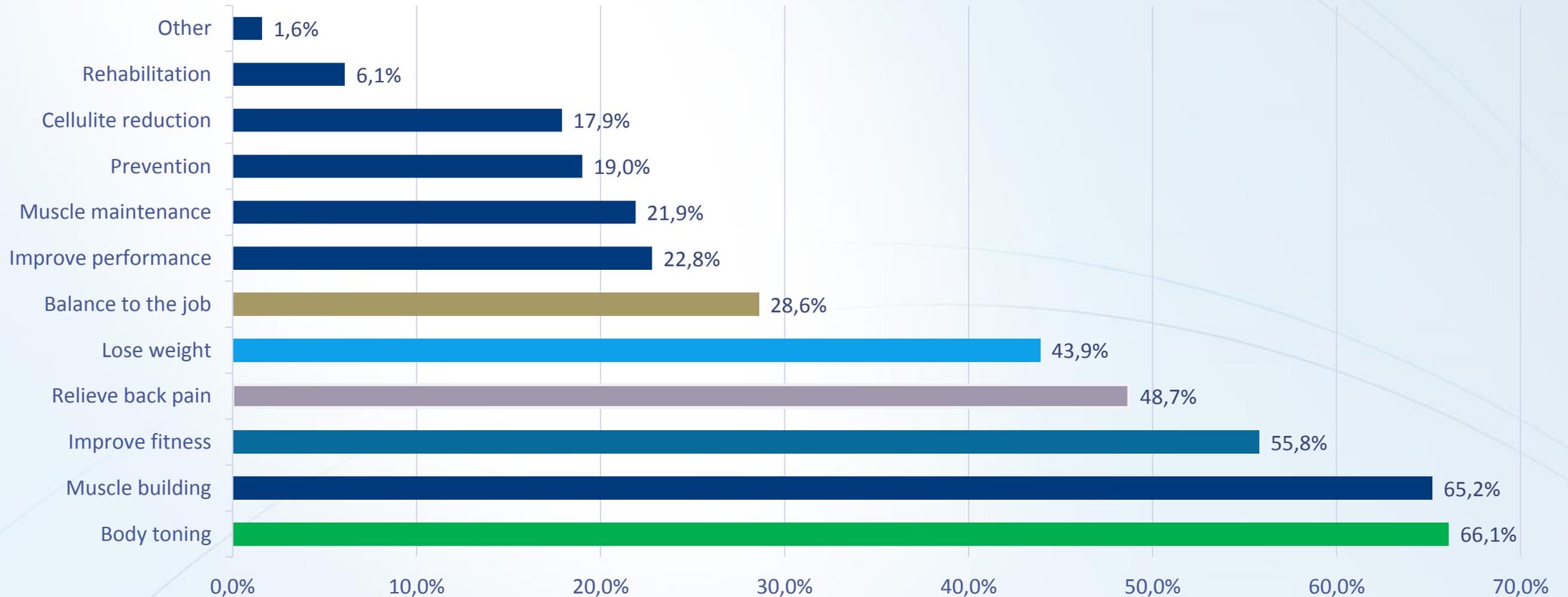
FITNESS MARKET EUROPE



MAIN OBJECTIVES OF EMS CUSTOMERS

EMS MARKET GERMANY

In Germany alone, there are over 1,000 EMS studios with over 100,000 customers. EMS customers use the technology for a variety of reasons (see chart). The more modern FMS technology offers even more effective treatment.





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Factors influencing bodyforming

Factors that we can influence with modern bodyforming methods

Subcutaneous fat, fat deposits

Sagging skin

Muscle tone and volume



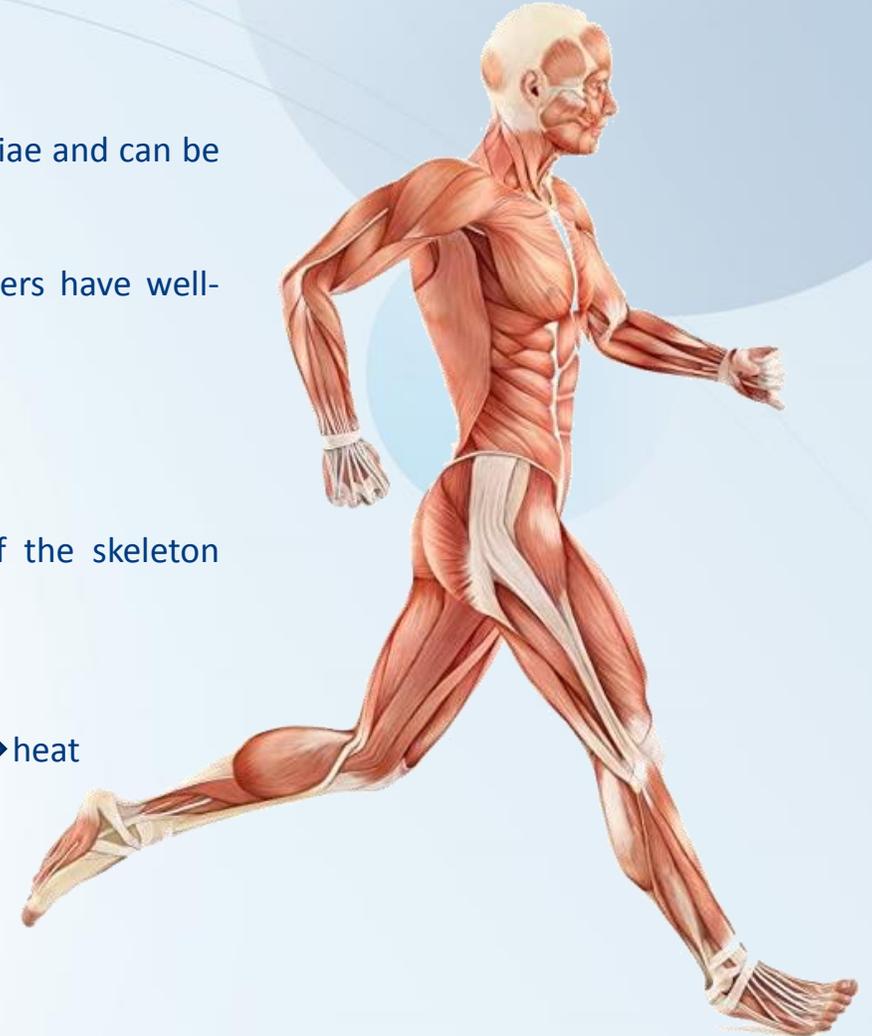
Skeletal Musculature

Are muscles that are directly and indirectly attached to the skeleton via tendons and fasciae and can be controlled voluntarily, i.e. actively.

Skeletal muscle is also referred to as "striated" because the interconnected muscle fibers have well-marked dark and light transverse bands under the microscope.

Functions of skeletal muscles:

- Fixation, stabilization (upright posture and muscle tone) and active movement of the skeleton through muscle contraction (upper, lower extremities, trunk).
- Movement of the tongue, mimic muscles and diaphragm
- Generation of body heat through high metabolic rate of contracting muscles Waste → heat
- Additional muscle contraction generates more waste heat → sweating



Building muscles and different muscle groups

3 types of muscles

Visceral - smooth, visceral muscles

Cardial - striated, heart muscle

Skeletal - striated, skeletal muscles

Skeletal muscle is the only **voluntary muscle** in the body that can be **consciously controlled**

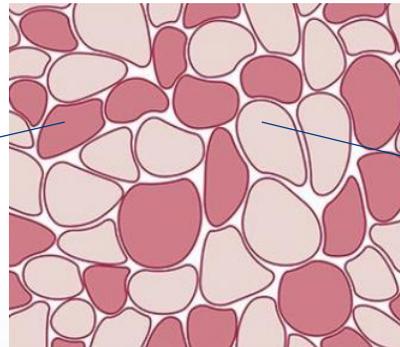
2 skeleton fiber types

Type 1 S Slow - Red Slow twitch fibers, aerobic, fatigue resistant.

Type 2 F Fast A and B white- Fast twitch fibers, anearobic

FF fatigue resistant FR resistant

Type 1



Type 2

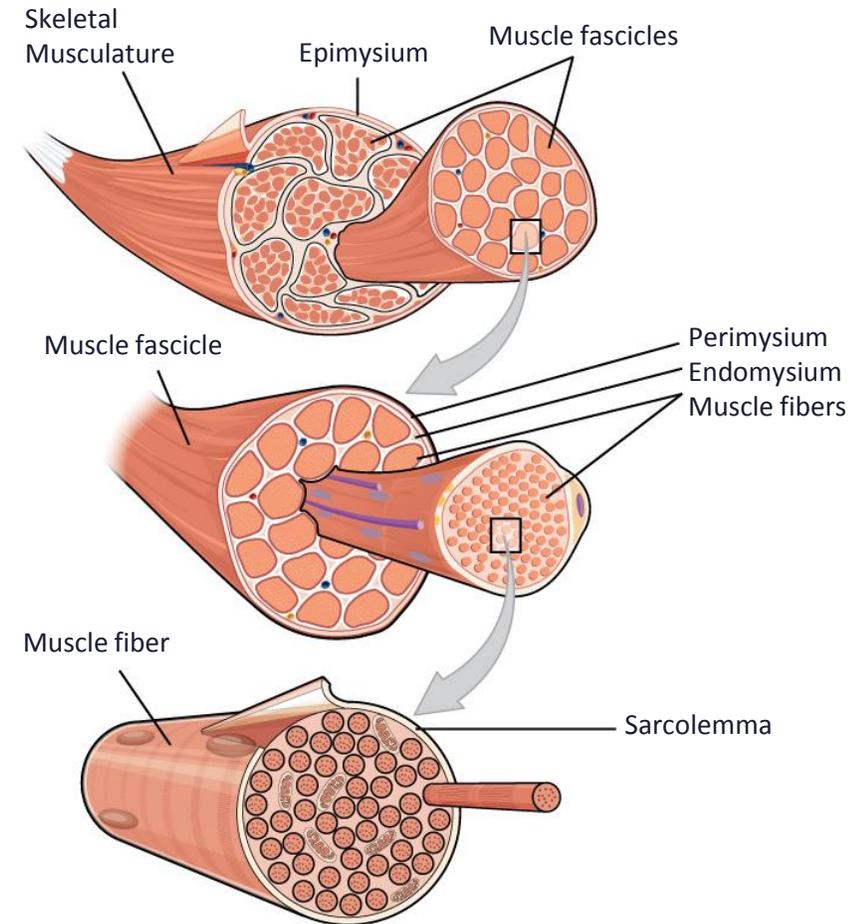
Muscle fibers

Muscle cells or fibers are roughly cylindrical and can be up to 35 cm long.

A muscle may consist of several bundles of these fibers.

Muscle fibers differ in 3 categories measured by the number of mitochondria (energy factories within cells that produce ATP) oxygen dependence and myoglobin content (muscle oxygen binding protein).

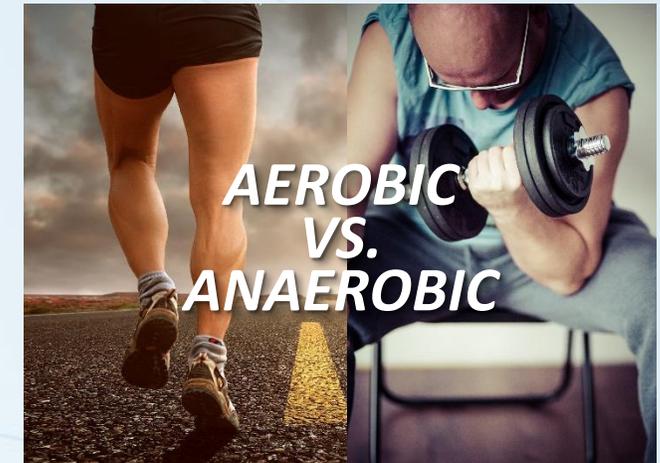
- **Type I or red fibers or type S (slow twitch slow)** - aerobic, slow twitch, fatigue resistant units with smallest force or twitch tension and slowest contraction; contain oxidative enzymes.
- **Type IIa or or white fibers Type FR (fast, resistant)** - anaerobic, fast-twitch, fatigue-resistant units with greater forces and faster contraction times; contain oxidative and glycolytic enzymes. They are intermediate fibers.
- **Type IIb or white fibers or type FF (fast, fatigable)** - anaerobic, fast-twitch, easily fatigable units with greatest force and fastest contraction; contain glycolytic enzymes.



Muscle metabolism and fatigue

Muscles get their energy from different sources, depending on the situation in which the muscle is working.

- **Aerobic respiration:** When we call on muscles to produce a **low to moderate level of force**. **Oxygen** is needed to produce about 36-38 ATP molecules from one molecule of glucose. Aerobic respiration is **very efficient** and can **continue as long** as a muscle receives sufficient amounts of oxygen and **glucose** to continue contracting.
- **Anaerobic respiration:** When we use muscles to generate a **high level of force**, they become so contracted that oxygenated blood cannot enter the muscle. This condition causes the muscle to produce energy through **lactic acid fermentation**, a form of anaerobic respiration. Anaerobic respiration is much **less efficient** than aerobic respiration - only 2 ATP are produced for every molecule of glucose. **Muscles fatigue quickly** because anaerobic respiration depletes their energy reserves.



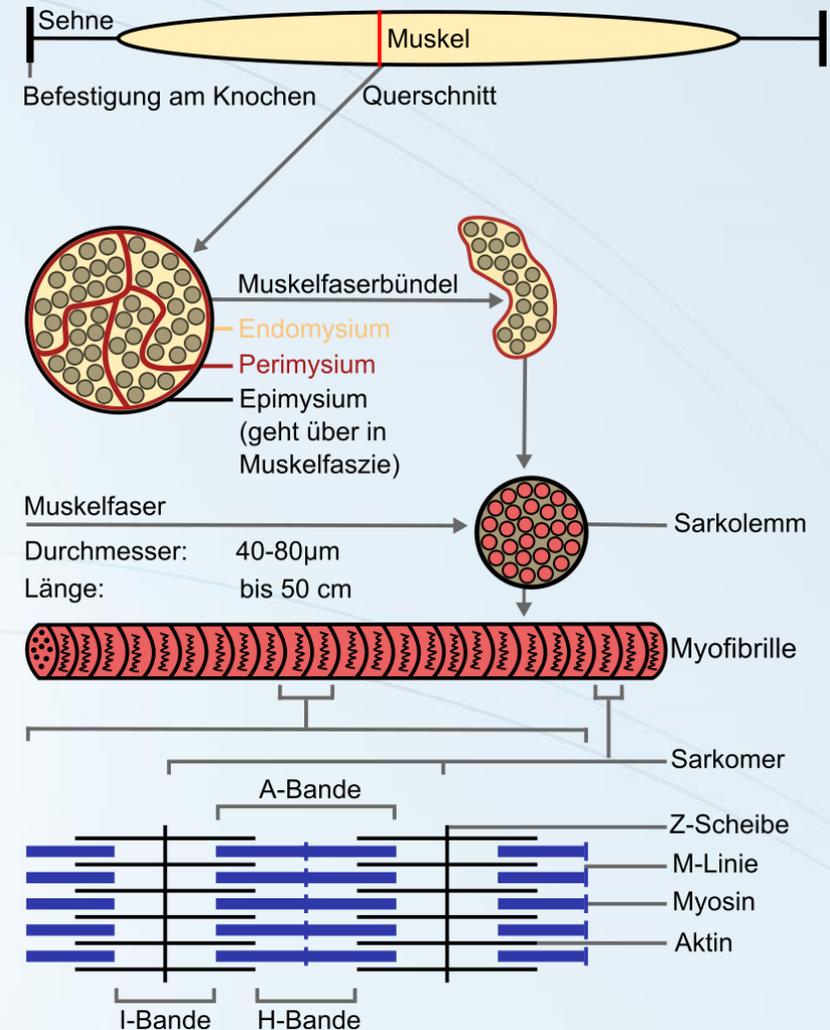
Aerobic	Anerobic
Swimming	Sprints
Race	Weightlifting
Cycling	Interval Training
Jumping rope	Bodyweight Training

Myofibrils

Each muscle fiber is surrounded by a cell membrane called the sarcomere, which is the smallest, functional unit of the muscle fibril. This unit consists of thin filaments of actin and thick filaments of myosin and acts as a conductor for electrochemical signals that stimulate muscle cells.

Muscle **contraction is based on the activity of myofibrils, which are composed of sacomers.**

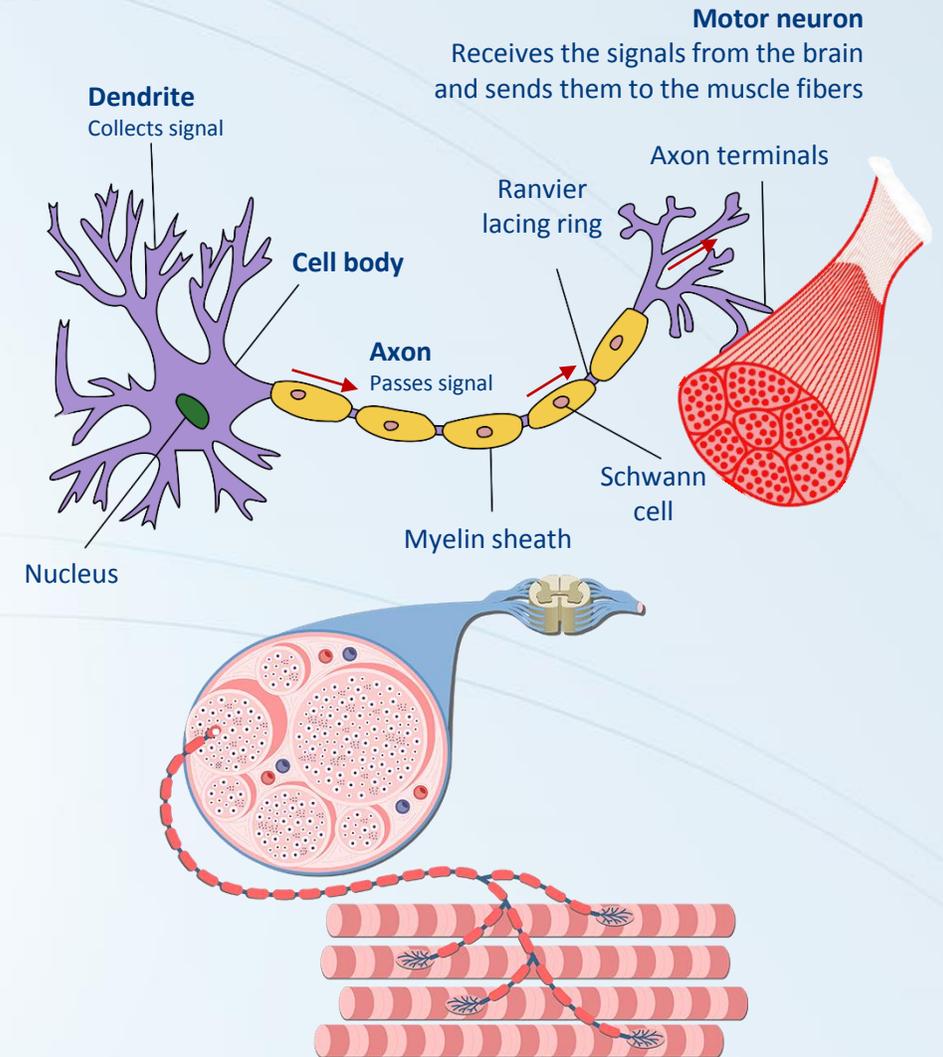
When the muscle contracts, the two different proteins myosin (contracted) and actin (junction for myosin) act.



Nerve cells and muscle contraction

Nerve cells called **motoneurons** control skeletal muscle. Each motoneuron controls several muscle cells (called **fibers**) in a group called a **motor unit**. When a motoneuron receives a signal from the brain, it stimulates all the muscle fibers in its motor unit at the same time (contraction).

The motor unit is the smallest amount of muscle tissue that can be controlled by the nervous system. The size of motor units varies throughout the body, depending on the function of a muscle. **Muscles that perform fine movements-such as those of the eyes or fingers-have very few muscle fibers** in each motor unit to improve the precision of the brain's control over these structures. **Muscles that require a lot of force to perform their function - like leg or arm muscles - have many muscle cells** in each motor unit.



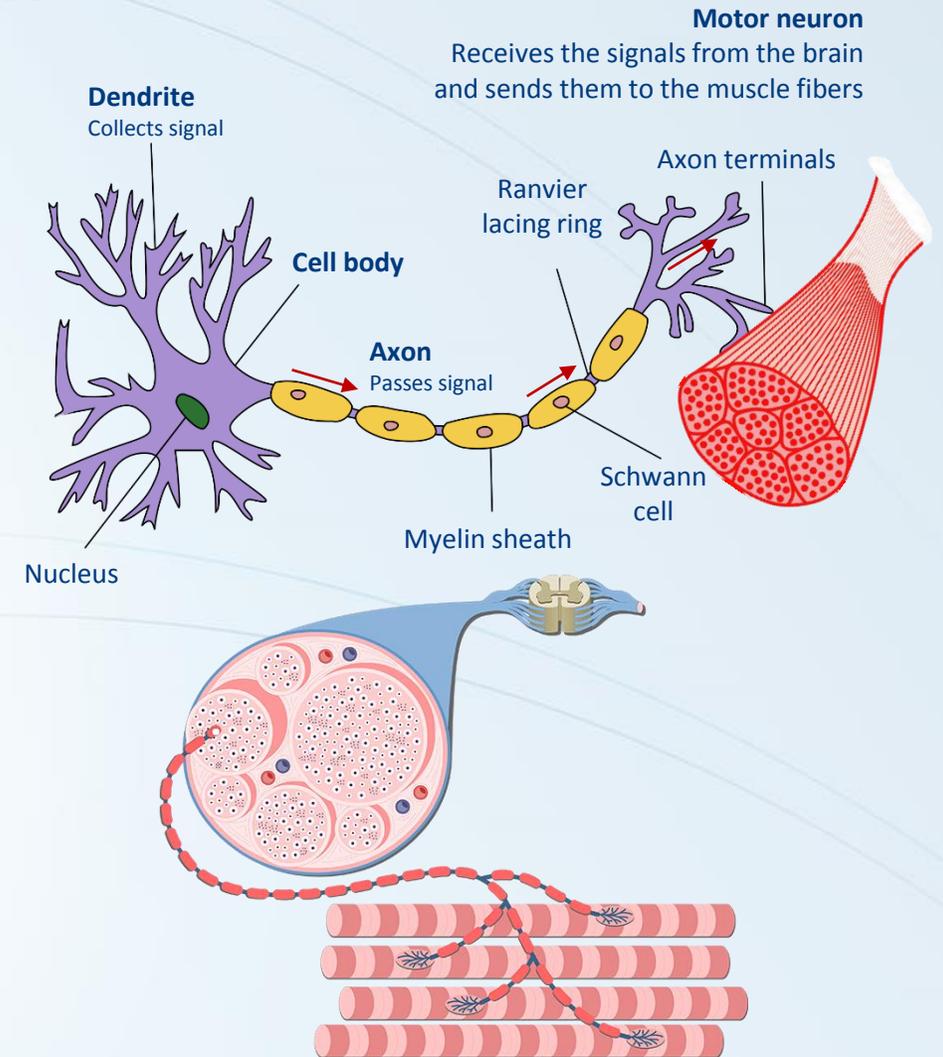
Nerve cells and muscle contraction

Myosin in the thick filaments bends and pulls on actin molecules in the thin filaments, much like oars on a boat pull the thin filaments closer to the center of the sarcomere - shortening it.

The muscle mass contracts with a force that is large in relation to its size.

This contraction continues as long as the stimulation continues.

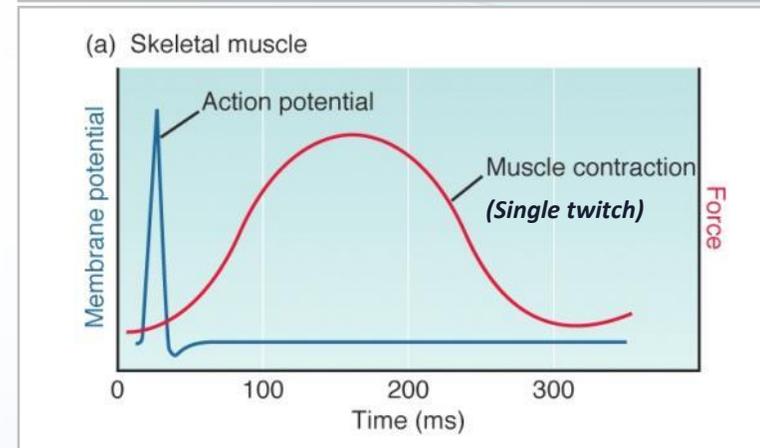
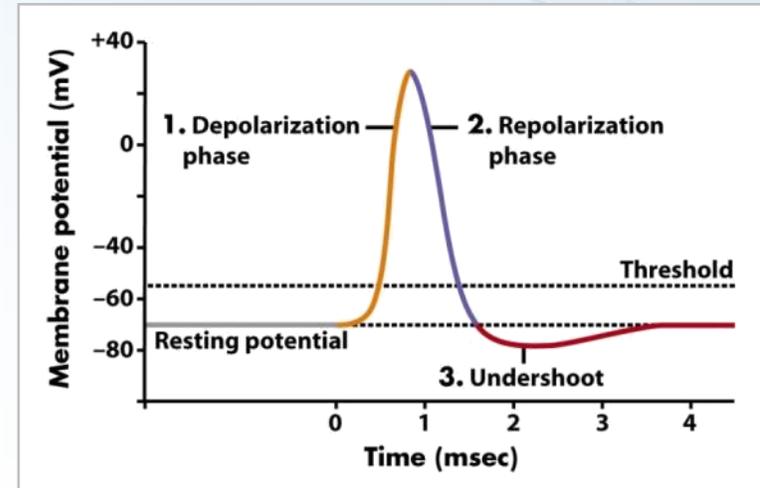
As soon as the motoneuron stops releasing the transmitter chemical, the contraction process reverses.



Action potential vs. muscle contraction

The **action potential** is an electrical signal that is used to trigger a specific set of chemical processes that result in the **contraction of muscles**. Although these two concepts are related, they are NOT the same!

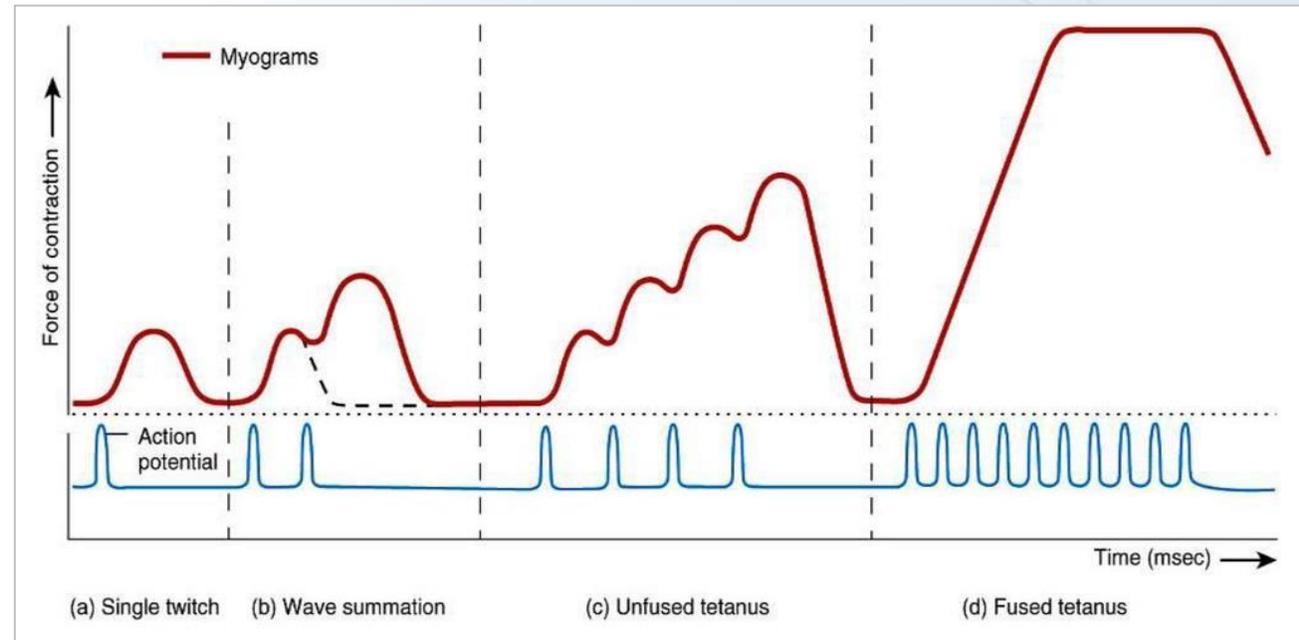
To contract a skeletal muscle, it is necessary for an action potential to be generated in the central nervous system. It must then travel to the cell membrane of that specific muscle fiber and depolarize the membrane. This generates an action potential within the muscle cell, which triggers a series of processes that lead to muscle contraction.



Deepening: twitching, summation and tetany

A tetanic contraction is a sustained muscle contraction caused when the motor nerve innervating a skeletal muscle **emits action potentials at a very high rate**. During this state, a motor unit has been maximally stimulated by its motor neuron and remains in this state for some time.

A fused tetanic contraction is the strongest unit motion in contraction.



Energy consumed during physical activity

Muscle energy expenditure accounts for only about 20% of total energy expenditure at rest, but can increase 50-fold or more during strenuous exercise.

Energy expended during exercise is the only form of energy consumption we can control.

However, estimating the energy expended during exercise is difficult because the actual value for each person will vary based on factors such as weight, age, health status, and the intensity with which the particular activity is performed.

TRAINING BENEFITS	
AEROBIC	ANAEROBIC
↑ Heart pump stronger	↑ Muscle stronger
↓ Pulse rate lower	↑ Muscle power higher
↓ Blood pressure lower	↓ Blood pressure lower
↑ Endurance with low intensity higher	↑ Endurance with high intensity higher
↑ Capillary density higher	↑ Muscle larger
↑ Pulmonary Muscle Endurance higher	↑ Connective tissue stronger
↓ Body fat lower	↓ Body fat lower

Did you know?

The weight gain corresponds to an average of 1.5 kg of fat-free mass, i.e. muscle determine:

- The 7 percent increase in BMR (basal metabolic rate), so you consume more calories even when you sleep.
- When performing physical activities, your calorie consumption increases by 15%.

From this we deduce:





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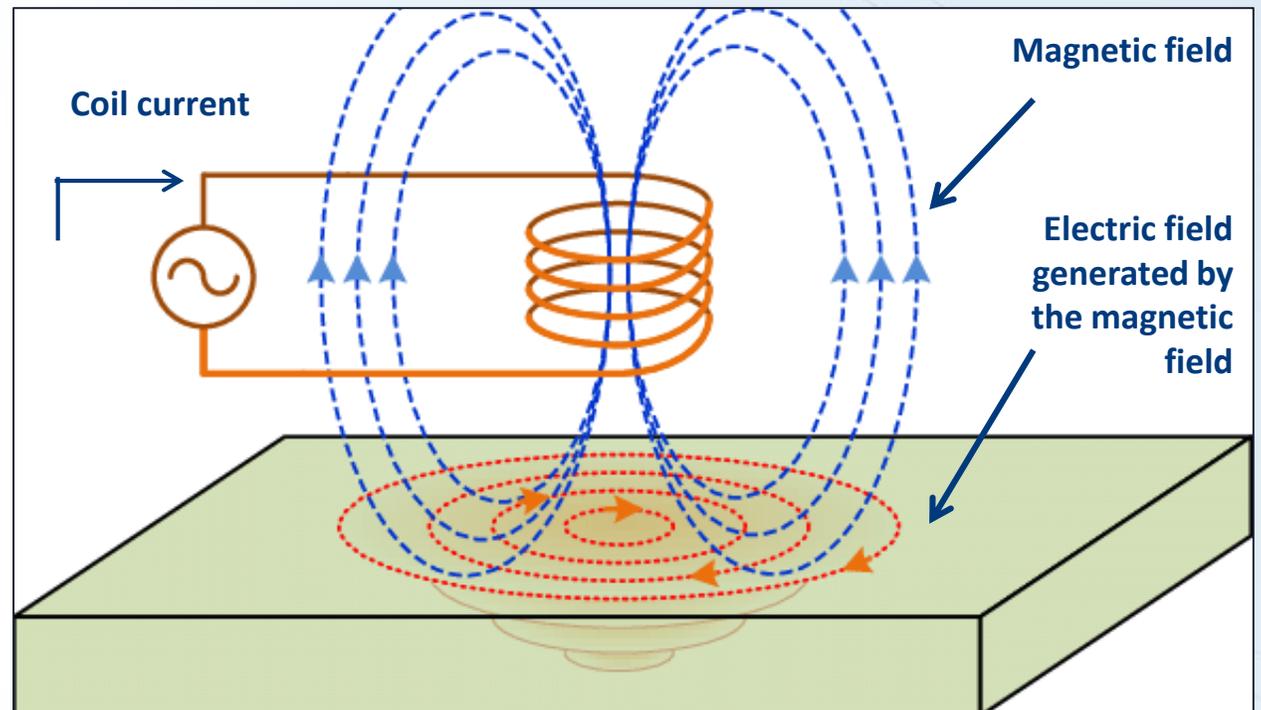
Applications and protocols

Frequently Asked Questions (FAQs)



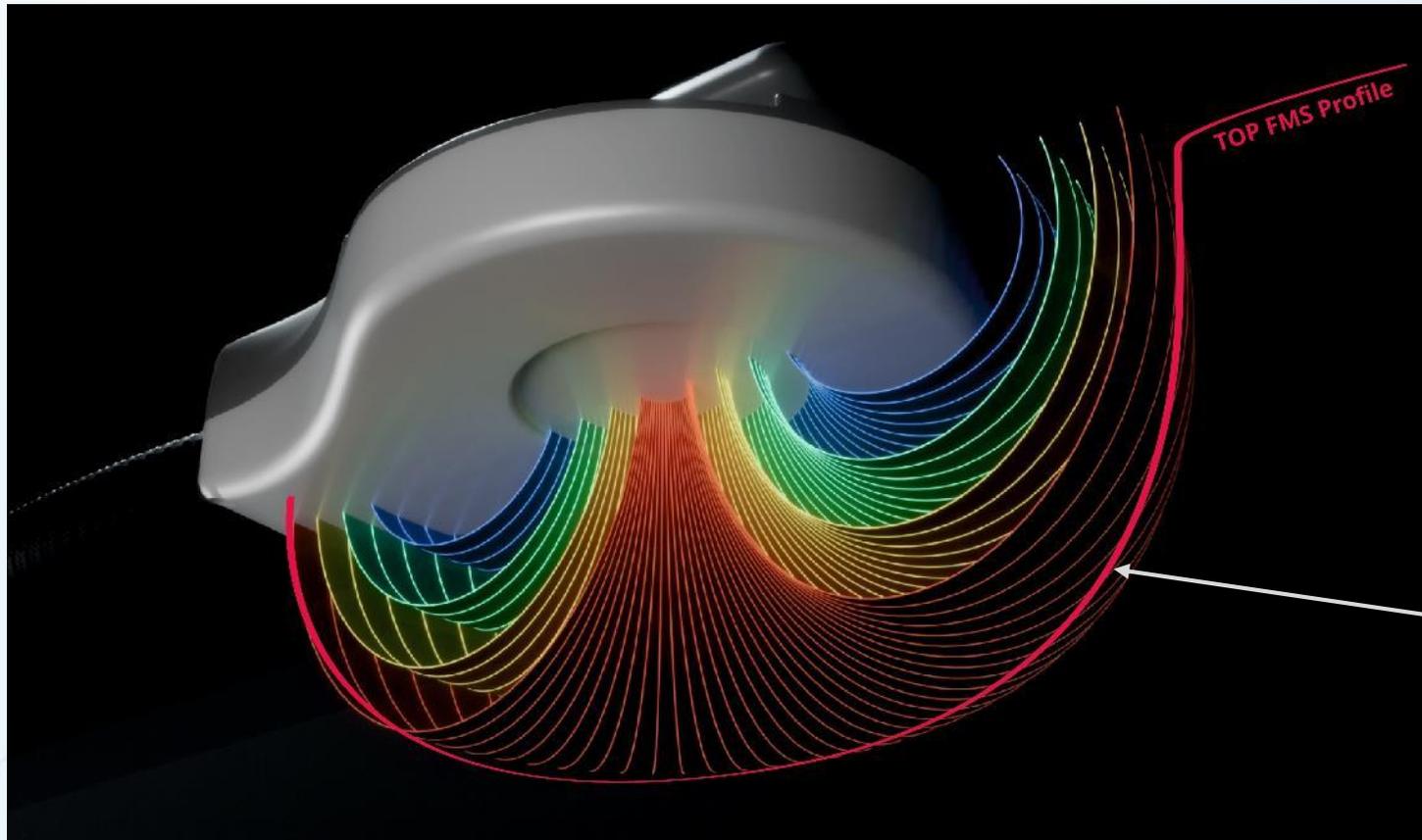
Mechanism of action

The BodyLab system uses a new technique for safe and effective stimulation of human muscles to generate muscle activity without physical effort and without pain. The **stimulation of the muscles is done by a rapidly changing magnetic field**. This magnetic field is generated by a pulse of current flowing through a stiff coil contained in each pad. Water cooling integrated into the handpieces ensures safe use with skin contact. **The magnetic field, in turn, generates a current in the body** that depolarizes the axons of the motor units, stimulating contraction of the muscle fibers.



TOP FMS (TOP Flat Magnetic Stimulation)

Uniqueness of the magnetic field



uniform field lines across the entire muscle fascia

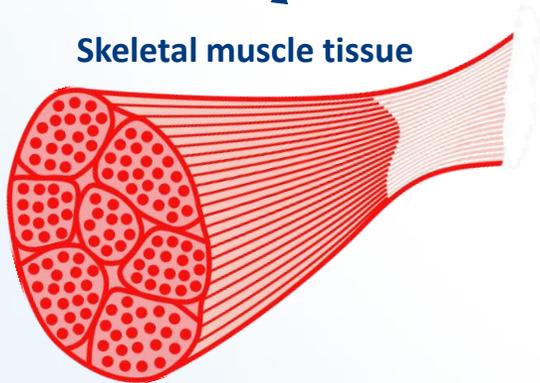
Magnetic stimulation

Muscle Building Workout

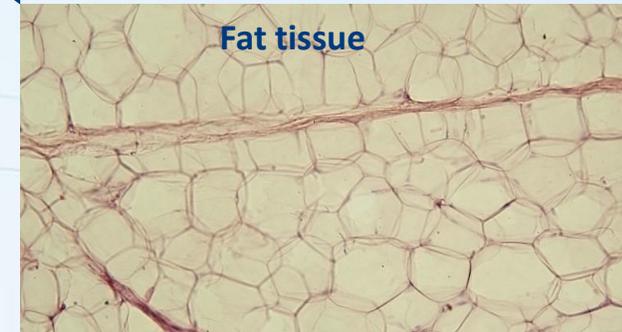
Electrical Stimulation

Magnetic stimulation triggers a cascade effect leading to FFA supersaturation. This rapid increase in FFA levels appears to lead to apoptosis* of adipocytes, mediated by a stress response of the endoplasmic reticulum (extreme energy demand).

Skeletal muscle tissue



Fat tissue



The increase in muscle mass leads to an increase in basal metabolic rate, higher calorie consumption with a simultaneous decrease in fat mass.

Muscle thickness

Fat reduction





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Indications

The BodyLab system is a *medical device* for **fat reduction through neuromuscular stimulation** (to reduce risk factors associated with pre-obesity or abdominal obesity).

BodyLab acts on different areas of **the** body, **tones and enlarges muscles, reduces localized fat and improves posture** in just a few sessions.



Target group

The BodyLab training program is a proposal for resuming or increasing physical activity, divided according to the level of physical conditioning:

- **sedentary people with reduced muscle tone**
- **moderately active people with normal muscle tone**
- **trained people** and therefore **accustomed to perform exercises** for increasing muscle strength and want to increase



Application areas

The pads can be used in the following areas:

Thigh

Lower leg

Buttocks

Abdomen

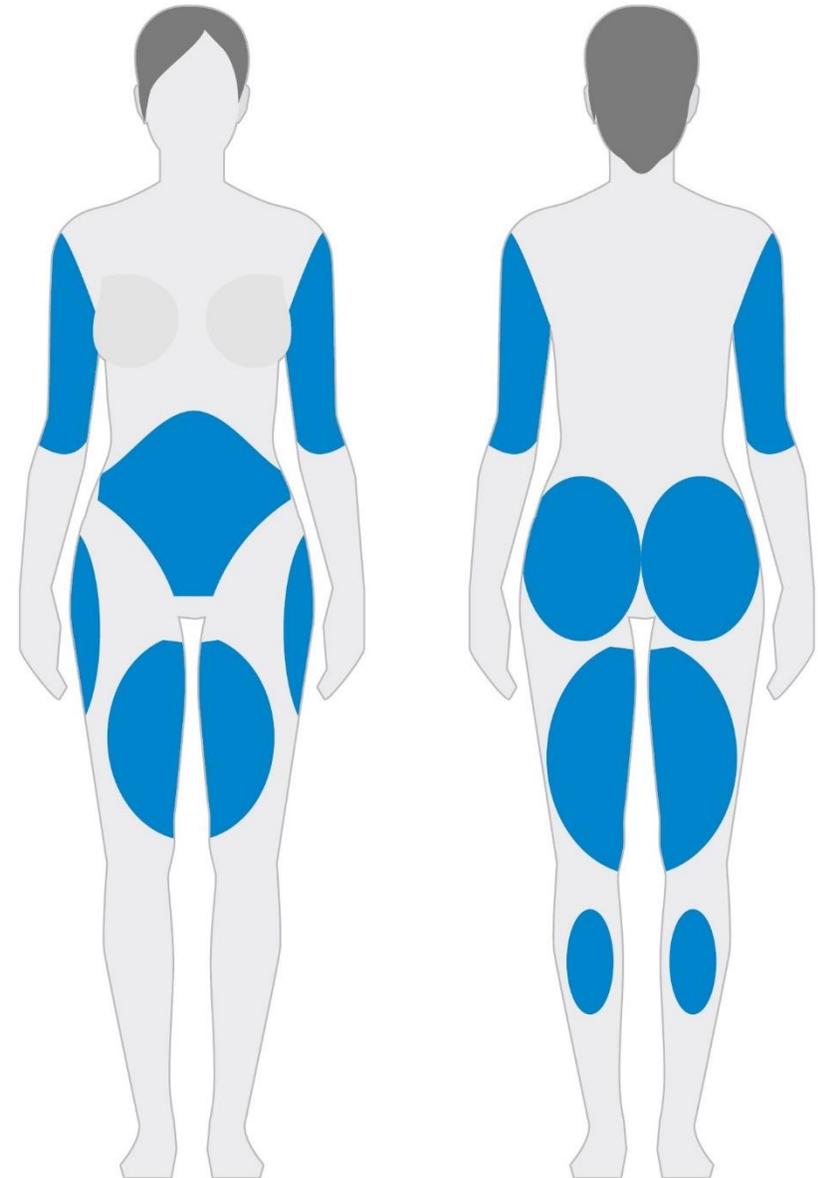
Upper and lower arm

The pads **cannot** be used in the following areas:

Header

Heart area

Growth plate areas



Positioning of the pads

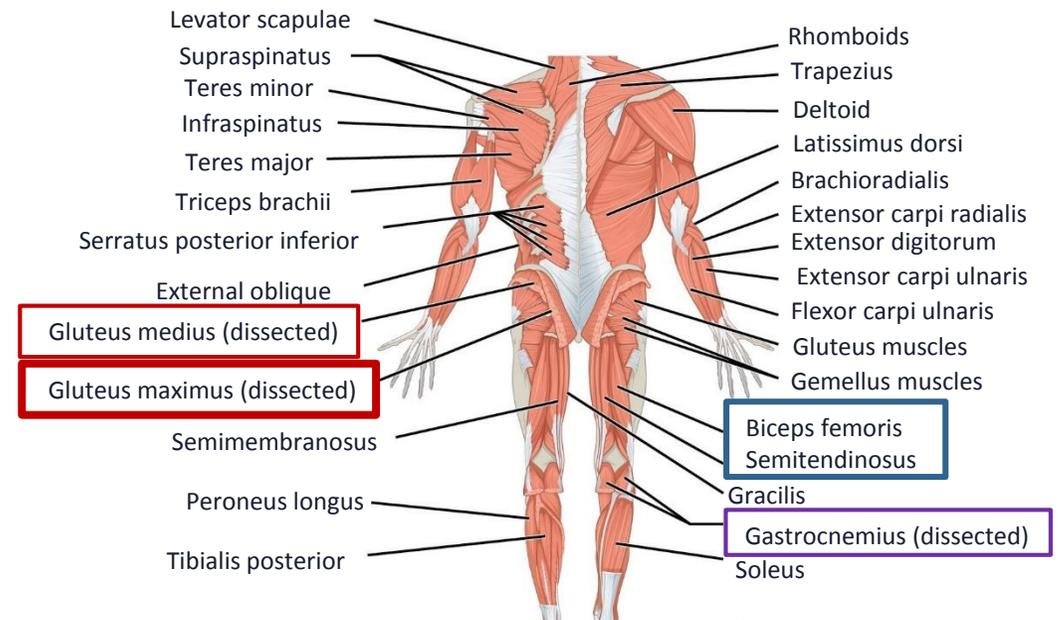
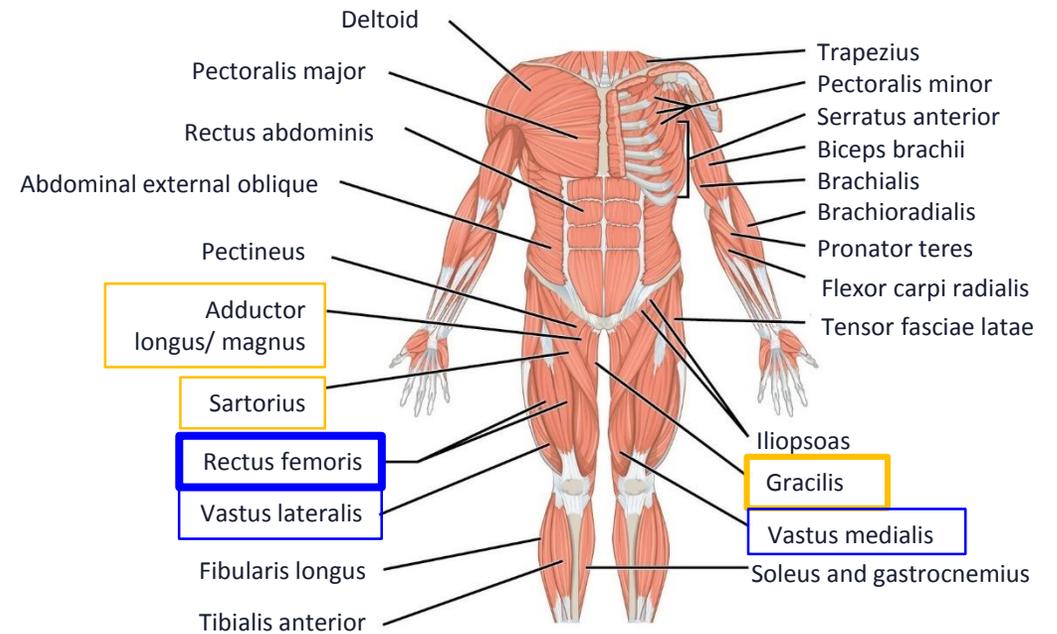
During the warm-up period (1 min), **move the pad(s)** on the area to be treated to **find the optimal position that maximizes muscle contraction** (ask for patient feedback to determine this).



Muscle involvement

Main muscles involved for:

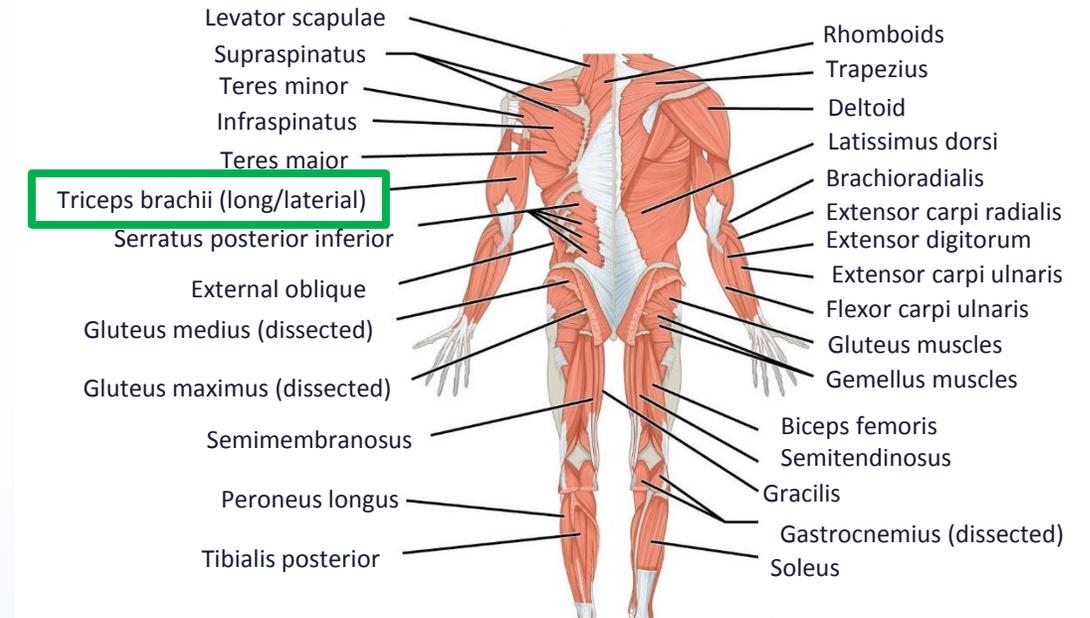
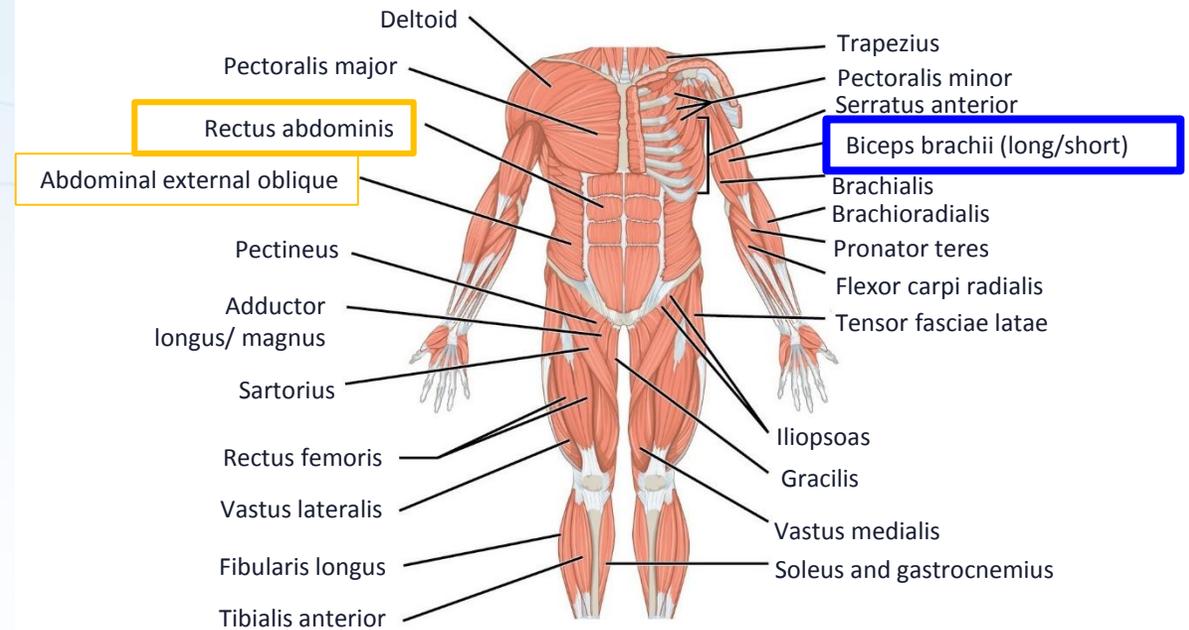
- Treatment of **the front of the thigh**
- Treatment of **the inner thigh**
- Treatment of the **back of the thigh**
- **Buttocks** treatment
- Calf treatment



Muscle involvement

Main muscles involved for:

- Abdominal treatment (for both lower and upper abdominal muscles)
- (Upper) Arm Treatment
- (Lower) Arm Treatment



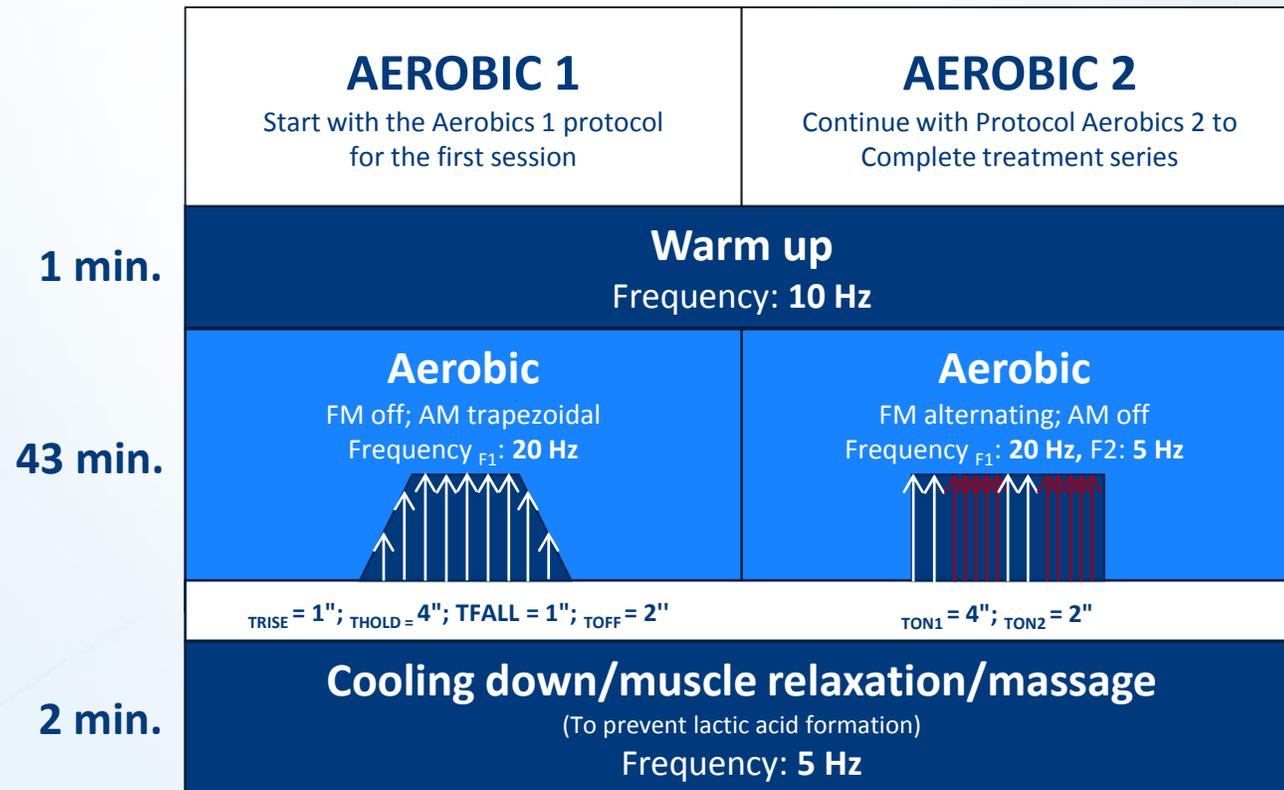
Treatment protocols

There are **3 different** protocols available based on the principles of "**overload**" & "progression":

- **Aerobics** - start training protocol for **untrained people**.
- **Shaping** - muscle training to restore muscle atrophy and tone. This is the recommended starting training protocol for **subjects who do not engage in regular physical activity**.
- **Strength** - muscle training to increase muscle strength and build muscle mass. This is the starting training protocol for **trained people**.
- Subdivision into **beginner and advanced levels**

Load	Progression
is the physical stress that acts on the body when the physical activity is greater in amount or intensity than usual	is closely related to overload. Once a person reaches a certain level of fitness, they are able to progress to higher levels of physical activity through continued overload and adaptation

Protocols AEROBIC for untrained people



Target:

- Slow red fibers
- (Re-)activation of muscle activity
- Light muscle contractions

Recommendation:

- Treatment series includes 8 sessions
- 46 minutes
- Sessions twice a week, not on consecutive days

Protocols SHAPING for flabby muscles

	SHAPING 1 Start with the Muscle Shaping 1 protocol for the first session	SHAPING 2 Continue with Muscle Shaping 2 protocol to complete treatment series
1 min.	Warm up Frequency: 10 Hz	
24 min.	Shape muscles FM off; AM trapezoidal Frequency F_1 : 25 Hz 	Shape muscles FM alternating; AM off Frequency F_1 : 25 Hz 
	$TRISE = 1''$; $THOLD = 4''$; $TFALL = 1''$; $TOFF = 4''$	$THOLD = 4''$; $TOFF = 4''$
2 min.	Cooling down/muscle relaxation/massage (To prevent lactic acid formation) Frequency: 5 Hz	



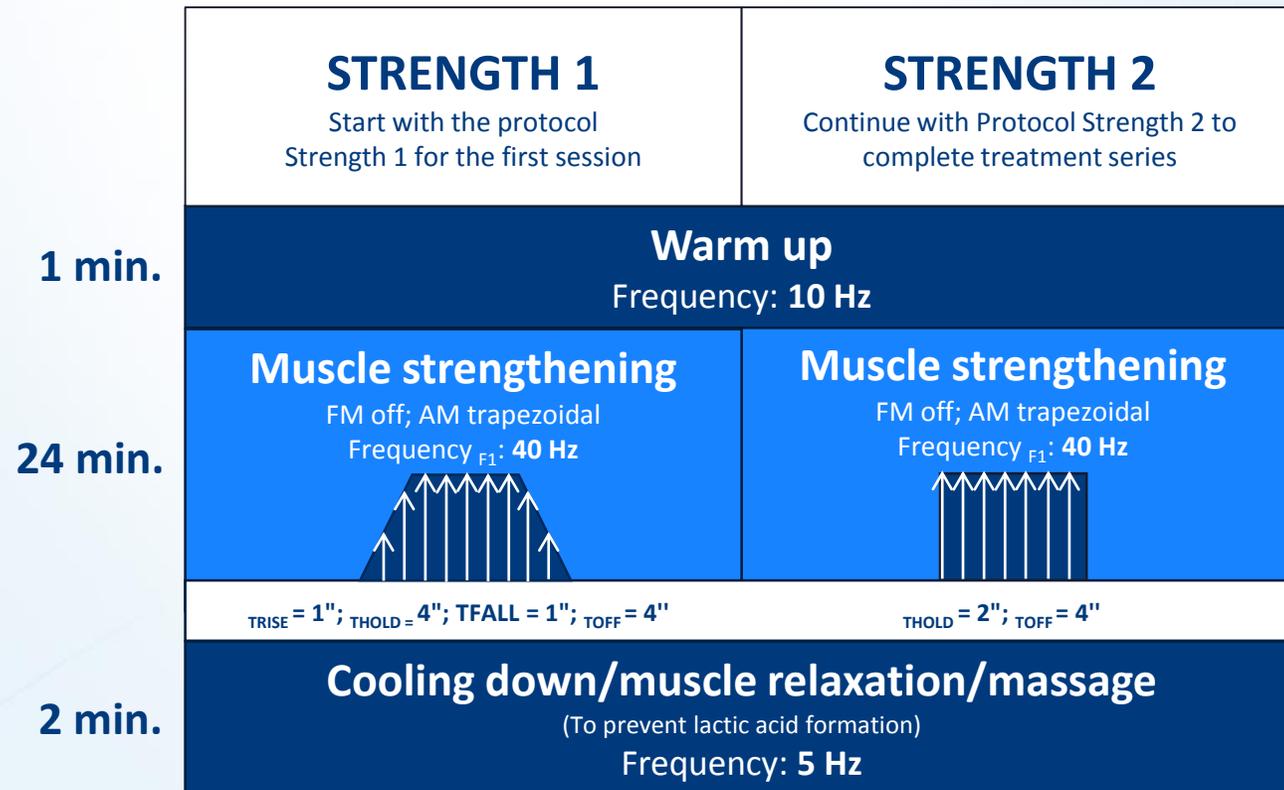
Target:

- **Slow red fibers**
- **Increase of muscle tone - muscle formation**
- **Light/intense muscle contractions**

Recommendation:

- Treatment series includes 8 sessions
- 27 minutes
- Sessions twice a week, not on consecutive days

Protocols STRENGTH for trained subjects



Target:

- **Fast white fibers**
- **Increase muscle strength - muscle building**
- **Intense muscle contractions**

Recommendation:

- Treatment series includes 8 sessions
- 27 minutes
- Sessions twice a week, not on consecutive days

Warm up and cool down

Like any good training program, with the BodyLab system each session includes an **initial warm-up** and a **final cool-down period**. During the warm-up and cool-down, exercises are performed at a lower intensity and slower pace, which improves athletic performance, prevents injuries and helps with recovery from training.

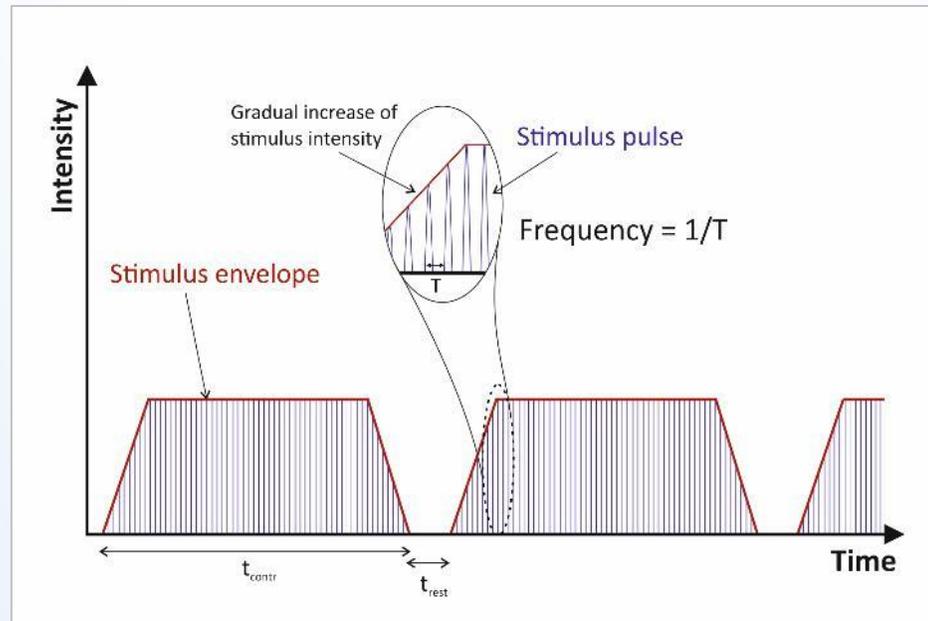
Warm up:
Frequency = 10 Hz
Time: 1 minute

Warming up allows for a gradual increase in local blood flow, which improves athletic performance and prevents injury.

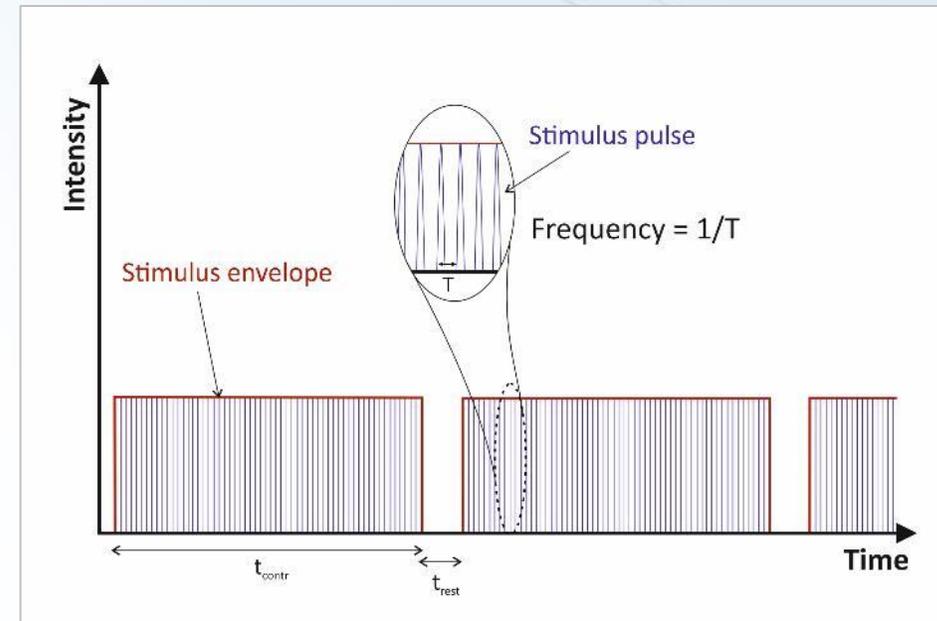
Cooling down / muscle relaxation:
Frequency = 5 Hz
Time: 2 minute

Cooling down prevents injury and helps recovery from exercise to prevent lactic acid buildup.

Pulse modulation forms - program differences

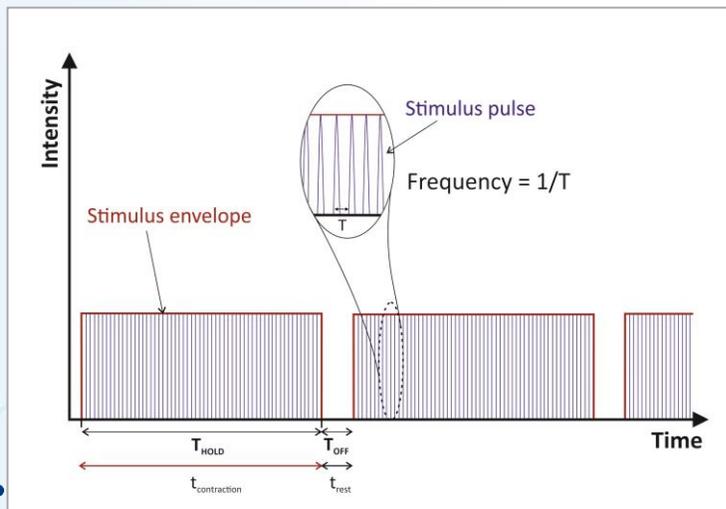
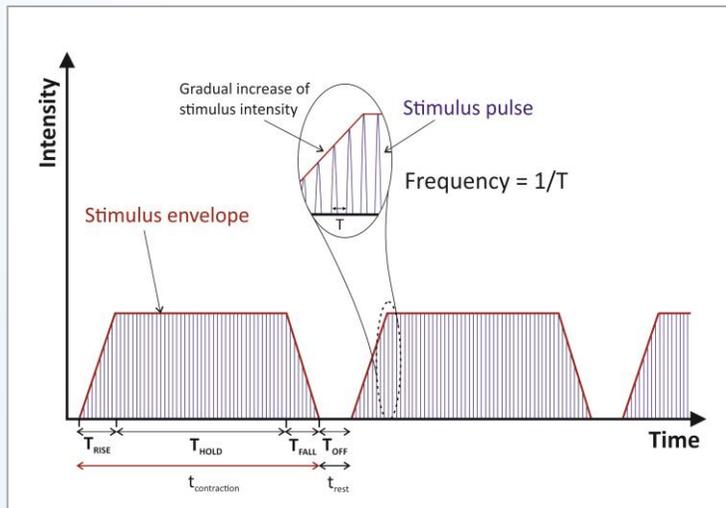


The envelope of the impulse shock in each module #1 is trapezoidal. This allows a gradual increase/decrease of the pulse intensity that produces a muscle contraction.



The envelope of the pulse burst in each module #2 is rectangular. No gradual increase/decrease in pulse intensity. The stimulus for muscle contraction is simply on or off.

AM & FM modulation in detail



To adjust the stimulation, the user can set both **FREQUENCY** and **AMPLITUDE MODULATION** according to the modalities explained in the following slides.



FREQUENCY MODULATION

(Setting available: OFF, Locked, Alternate)

Change the shape characteristic of the stimulus envelope. According to the selected modulation, it is possible to select the frequency value(s) "F" and/or the two time parameters "TONE" and "T_{OFF}".

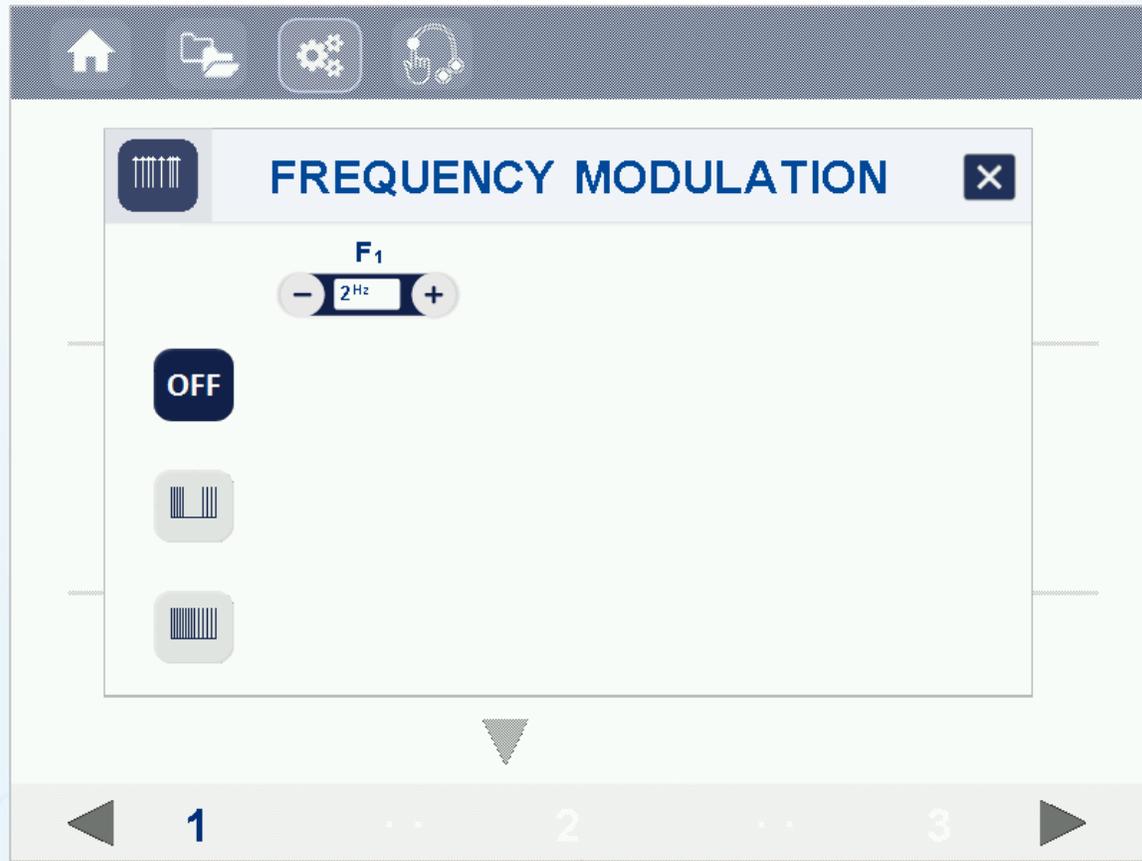


AMPLITUDE MODULATION

(Setting available: OFF, square wave, ladder, sine wave, trapezoidal wave).

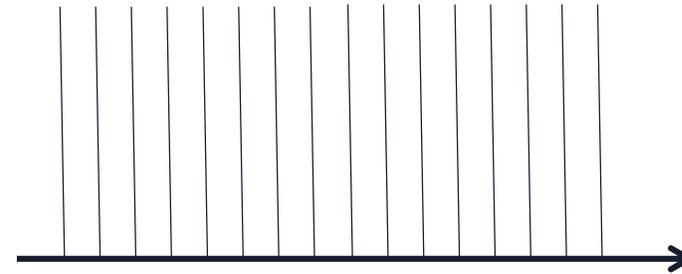
Change the frequency characteristic of the stimulus pulse. According to the selected modulation, it is possible to select the time parameters "T_{RAISE}", "T_{HOLD}", "T_{FALL}" and "T_{OFF}".

Frequency modulation - OFF



Only a constant frequency.

F_1 : selectable from 1 to 150 Hz



NOTE: The FM=OFF setting is available for both AM=OFF and AM=ON (i.e. one of square wave or ladder or sine wave or trapezoidal wave settings).

Frequency modulation - Locked

FREQUENCY MODULATION

F₁ - 2 Hz +

F₂ - 5 Hz +

TON₁ - 1 s +

TOFF₁ - 1 s +

TON₂ - 1 s +

TOFF₂ - 1 s +

TON₁ TOFF₁ TON₂ TOFF₂

1s 1s 1s 1s

Two different series of emissions with different frequencies (F_1 and F_2) separated by two different T_{OFF} (T_{OFF1} and T_{OFF2}).

F_1 : selectable from 1 to 150 Hz

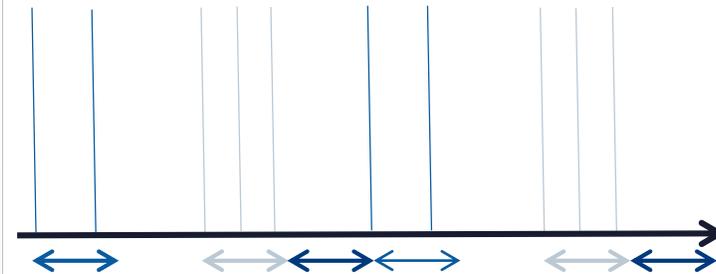
F_2 : selectable from 1 to 150 Hz

T_{ON1} : selectable from 1 to 4 s

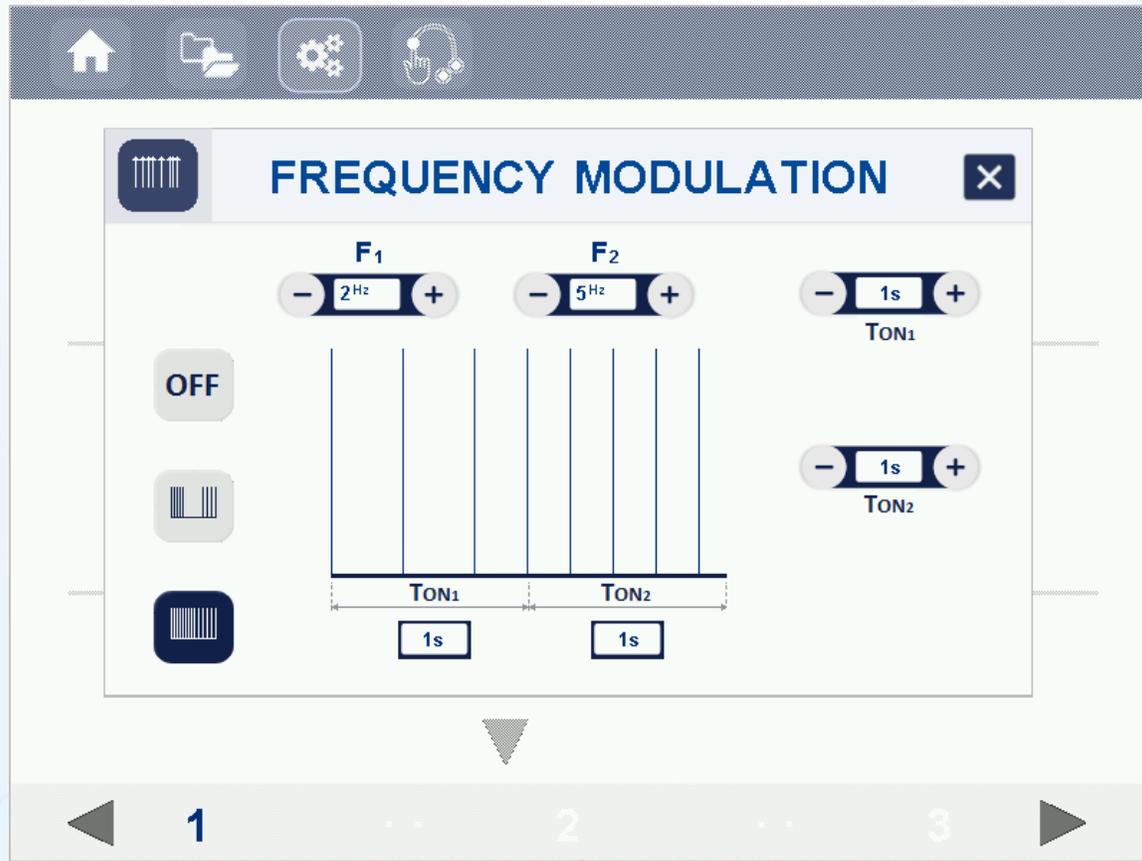
T_{ON2} : selectable from 1 to 4 s

T_{OFF1} : selectable from 1 to 4 s

T_{OFF2} : selectable from 1 to 4 s



Frequency modulation - Alternate



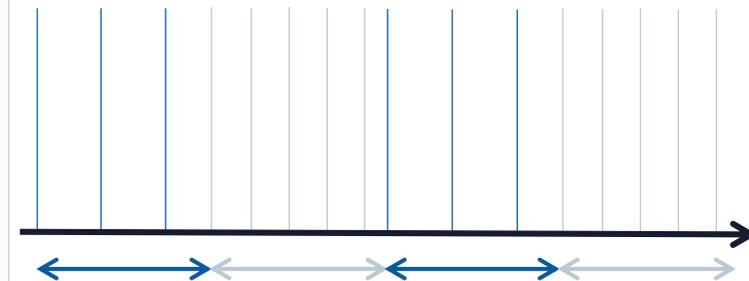
Two different series of emissions at different frequencies (F_1 and F_2), without spacing.

F_1 : selectable from 1 to 150 Hz

F_2 : selectable from 1 to 150 Hz

T_{ON1} : selectable from 1 to 4 s

T_{ON2} : selectable from 1 to 4 s





RESULTS

FMS TECHNOLOGY

The purpose of supramaximal muscle stimulation activity is to improve muscle tone and elicit a strong metabolic response, which in turn stimulates fat reduction. Fat reduction brings many benefits, including minimizing health risks such as type 2 diabetes, hypertension, heart disease, strokes and post-pregnancy discomfort.



Treatment buttocks - BodyLab and lymphatic drainage



before

7 Tx

Treatment buttocks - BodyLab



before

7 Tx

Treatment abdomen - BodyLab



before

5 Tx



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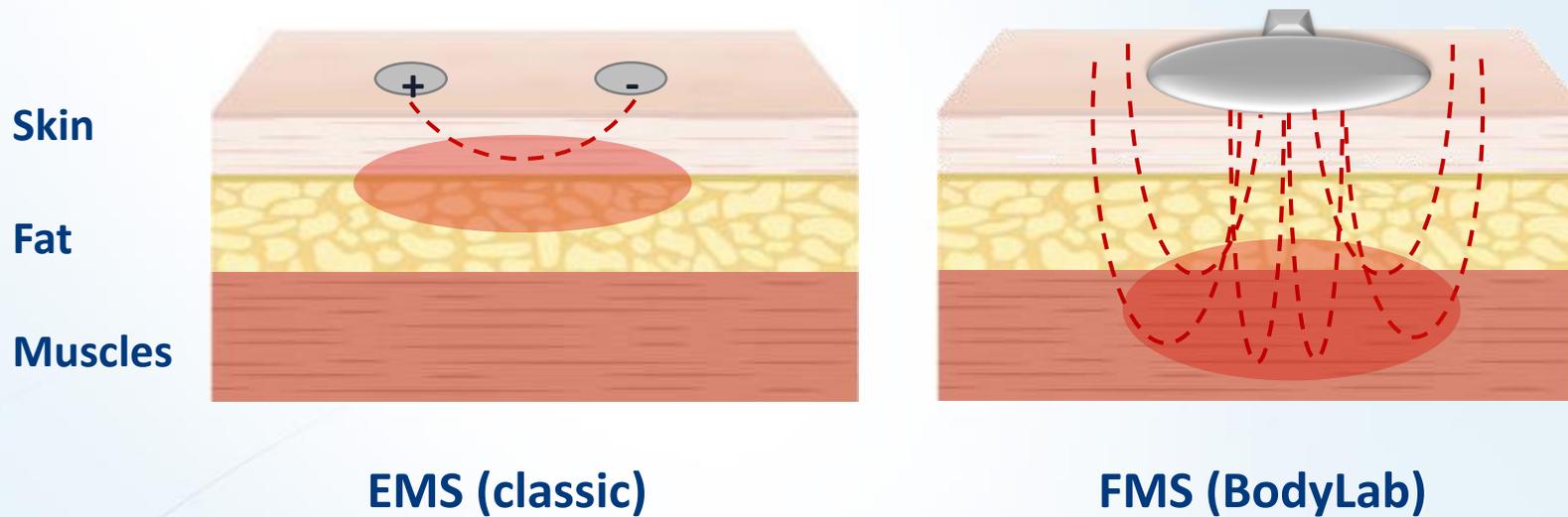
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EMS vs. FMS

Another advantage of FMS technology over traditional electrical stimulation (EMS) is the greater depth of penetration, which allows it to better reach the muscles to be treated.



Magnetic vs. electrical stimulation

Magnetic stimulation (FMS)	Electrical stimulation (EMS, TENS)
Varying magnetic field	Electrical impulses, stimulation of the PNS
Physical fitness irrelevant	Only for healthy athletes
Paddle	Current through electrodes
No pain, because no innervation of pain receptors	Painful (Gate Control) Nociceptors in skin and muscles are reached
No proven damage due to non-active stimulus transmission to the muscles	Damage to the kidney due to overload (CK values) - Rhabdomyolysis*.
Thin clothes enough	Special suit necessary as a leader
Supramaximal tetanic contraction	No tetanic contraction

Source: Speicher, U, Nowak, S, Schmithüsen, J, Kleinöder, H & Mester, J 2010, Short- and long-term training effects by mechanical and electrical stimulation on strength diagnostic parameters. in J Fischer (ed.), BISP-Jahrbuch Forschungsförderung 2008/2009. Bundesinstitut für Sportwissenschaft, Bonn, pp. 103-115. *Kästner et al 2014- Two Cases of Rhabdomyolysis After Training With Electromyostimulation by 2 Young Male Professional Soccer Players.

Summary of the main advantages

- ✓ **Non-invasive** system
- ✓ Greater penetration than EMS
- ✓ No dermo-epidermal involvement
- ✓ **Painless**
- ✓ **Tailored training for each patient** (with different pads specifically for the different areas of the body and the pre-installed Aerobic, Shaping and Strength modules, which can be edited by the user and upgraded via a USB stick).
- ✓ Trapezoidal and square envelope pulses for each shape
- ✓ Intense, focused magnetic field delivery for more consistent muscle action
- ✓ No consumables





FAQs

FMS TECHNOLOGY

Asclepion Laser Technologies works closely with physicians, clinics and universities to test technologies for efficacy and safety as well as to improve their application. In clinical studies, scientific questions are answered in a controlled environment. This ensures the best possible results for both users and patients.



FAQs

What does FMS mean?

This is a completely new, technical approach to body shaping. A current creates a magnetic field that acts on the muscles in a focused way. It is a technology that makes a muscle move independently of the brain's commands. In fact, motor neurons are stimulated, causing muscle contraction. For this reason, FMS is used either as a muscle trainer or in muscle rehabilitation medicine to increase muscle strength. FMS technology also bypasses the limitation of electrostimulation by activating motor neurons in depth. The skin receptors are affected to a limited extent by this type of stimulus and it is therefore possible to achieve broad and deep muscle contractions, avoiding the perceptible sensation of pain.

What results can the musculature achieve?

The technology acts on the trophism of muscle mass while reducing fat content. It allows for super-maximal muscle contractions (20,000 per session) that are not achievable through voluntary contractions, and it results in deep remodeling of the internal structure of the tissue while improving tone, muscle definition and localized fat reduction. These are working conditions that cannot be reproduced in the gym, neither in functional training nor in strength training.

What effect is developed at the level of muscles?

The effect at muscle level consists of the increase in the volume of muscle fibers (hypertrophy) and the increase in the number of muscle fibers (hyperplasia).

Which areas can be treated?

The device acts on different areas of the body thanks to its handpieces adapted to the abdomen, buttocks, arms and legs. It causes muscle contractions both for visible muscles and for those muscles that are difficult to reach through conventional exercises. At the abdominal level, all muscles are involved: the straight, oblique (which form the waist) and striated muscles. The latter are the deepest abdominal muscles, which are essential for stability, especially in the lumbar region.



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How does the energy generated by FMS affect adipose tissue?

During low-intensity aerobic exercise, muscles primarily use the free fatty acids (FFAs) available in the blood. However, during high-intensity aerobic exercise, blood lipid levels begin to decrease and the body begins to rely on lipids deposited in adipose tissue to support activity. Some substances (catecholamines, growth hormone, and glucagon) immediately activate lipase enzymes: catabolism of triglycerides begins and converts it into FAA and glycerol molecules, which are released into the blood and transported directly to active muscle cells. A small percentage of FAA, once produced instead, is retained by adipocytes to form new triglycerides in adipose tissue in a very well-known biochemical process called transesterification. It is precisely the intracellular accumulation of FFA in the cytoplasm of adipocytes (precisely induced by the intense and prolonged muscle contractile activity induced by the focused magnetic field) that causes tremendous stress at the level of the adipocyte endoplasmic reticulum and causes the adipocytes to die by apoptosis. This is where caspase "cleavage" begins and the cell dies.

What treatment results can be achieved?

The treated area becomes firmer. It is possible that tangible results are noticed immediately after the treatment. However, the best results are observed two to four weeks after the last session and continue to improve a few weeks after treatment. It is known that the increase in muscle leads to an increase in basal metabolic rate. FMS technology offers sculpting results in synergy with all non-invasive body sculpting therapies currently on the market and achieves great results in both men and women.

Are there any unpleasant side effects?

No, because there is no dermal-epidermal interaction with electromagnetic fields. In addition, the liquid-cooled paddle handpieces are a great advantage of the FMS technology, allowing high powers and avoiding heating of the treated area. At the deeper level, the energy is transmitted only to motor neurons, therefore there are no negative effects on internal organs and no damage to other tissues such as skin burns.



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How long does a session last and how often should it be repeated?

It is a fairly quick treatment, usually 6 to 8 sessions, which must be performed twice a week, are enough to achieve the expected results, i.e. like a normal physical training session. The duration of treatment varies from 25 to 45 minutes, depending on the patient. The technology is able to reproduce the same metabolic effects, reinforcing results, building muscle and sculpting treated areas. Generally, the effects last from 3 to 6 months after the completion of a treatment series.

For which patients and users is the FMS technology recommended?

With its preset programs (Aerobic, Shaping, Strength) and individual settings depending on the muscle condition, the technology is adaptable to the needs of each type of patient. Therefore, any patient can undergo treatment. Due to the simplicity of the treatment and the fact that this technology does not require consumables for proper use, it is also recommended for any user.

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