

VOLUME 1
ISSUE 1



THE JOURNAL OF
PRECISION LIVING

A REATHA BEYOND WELLNESS NEWSLETTER

A LIFE WELL LIVED

DESIGNING HEALTH. ELEVATING LIFE. CREATING LEGACY.

PRECISION LIVING

*When science meets
your unique biology.*

CONSCIOUS AGING

*Redefining longevity with
energy, purpose & vitality.*

REGENERATE

*Heal deeper. Restore smarter.
Live stronger.*

DESIGNED FOR YOU

*Because no two bodies.
No two lives. No two plans.*

“

*The greatest investment
you can make is in your
health. It is the foundation
of every dream, every
moment and every legacy.*



GENETIC INSIGHTS



FUNCTIONAL MEDICINE



REGENERATIVE HEALTH



HOLISTIC WELLNESS



LIVING IN HARMONY
WITH NATURE

REATHA BEYOND WELLNESS

Intentional Biological Design for a Life Beyond Ordinary

A LETTER FROM THE FOUNDERS

Dear Reader,

There comes a moment in all our lives when we begin to ask different questions.

*Not "How do I treat this symptom?" but "How do I live well?"
Not "How long will I live?" but "How well can I live?"*

These questions are at the heart of why Reatha Beyond Wellness exists.

For generations, healthcare has achieved remarkable things. It has helped us diagnose disease, treat illness, and extend life. Yet somewhere along the way, healthcare became increasingly focused on managing what had already gone wrong, rather than understanding the extraordinary uniqueness of the person standing in front of us.

We believe there is a different way.

Every person carries a biological story unlike any other. Your genetics, your metabolism, your environment, your experiences, and your lifestyle all shape how your body functions. No two people are the same, so why should the path to health ever be identical?

At Reatha Beyond Wellness, we believe that true wellness begins with understanding—not assumptions. It begins by listening to the body before it whispers through symptoms, and by making informed, intentional choices that support vitality long before illness has the opportunity to take hold.

This journal was created as an invitation. An invitation to explore the science of longevity without complexity. To discover the beauty of precision living. To become curious about your own biology. And above all, to recognise that health is not simply the absence of disease—it is the foundation upon which every meaningful moment of life is built.

Whether you are taking your first step towards better health or continuing a lifelong journey of wellbeing, we are honoured to walk alongside you.

Welcome to a different conversation about health.
Welcome to a life designed with intention.
Welcome to A Life Well Lived.

With warmth,

Mary Setati

Dr Mary Setati
Co-Founder | Reatha Beyond Wellness

Khutso Setati

Dr Khutso Setati
Co-Founder | Reatha Beyond Wellness



What Does It Mean To Live Well?

Living well isn't the absence of illness. It's the presence of purpose.

For too long, we've been taught to chase health only when something goes wrong.
To react. To manage. To survive.

But true wellness begins when we stop asking, "How do I avoid illness?" and start asking,

"How do I create a life worth feeling well for?"

It's a shift from fear to intention.
From quick fixes to deep understanding.
From being a patient to becoming the CEO of your own biology.

LIVING WELL IS...



UNDERSTANDING YOUR UNIQUE BIOLOGY
Honouring your genetics, hormones, microbiome and metabolism.



NOURISHING WITH INTENTION
Fueling your body with what it truly needs to thrive today and in the future.



RESTORING BALANCE
Supporting your body's natural rhythms, reducing inflammation and rebuilding resilience.



LIVING IN ALIGNMENT
Making choices that reflect your values, purpose and the life you want to create.



AGING CONSCIOUSLY
Embracing every stage with vitality, grace and confidence.

Wellness is not a destination. It's a daily commitment to understanding, supporting and expressing the best version of you.



LIVE INTENTIONALLY.

EXPERIENCE FULLY.

AGE CONSCIOUSLY.

The Future of Health Starts Before You Need It.

For generations, healthcare
has been built around a
simple idea:

*Wait until something
goes wrong.*

Then treat it.

But what if we asked
a different question?

What if health wasn't
something we fought
to regain...

but something we
*intentionally designed
every single day?*



We Believe...

Healthcare shouldn't begin
when disease appears.

It should begin
decades earlier.

Long before symptoms.
Long before prescriptions.
Long before limitations.

Because every decision you make today
quietly shapes the person you'll become
tomorrow.

01

Precision Living

Health designed around
your biology—not averages.

02

Biological Design

Working with your body's
natural intelligence rather
than against it.

03

Functional Medicine

Looking beyond symptoms
to discover why the body
behaves the way it does.

04

Regenerative Medicine

Supporting the body's
remarkable ability to
repair, restore and renew.

05

Genetics

Because your DNA isn't
your destiny—
it's your blueprint.

06

Lifestyle Medicine

Small intentional choices.
Repeated daily. Creating
extraordinary outcomes
over time.

*Every person is unique.
Their healthcare should be too.*



Why One Size Never Fits All

For decades, healthcare has been built around averages.

Average patients. Average recommendations. Average outcomes.

But you have never been average.

Your biology is shaped by your genetics, your hormones, your environment, your nutrition, your experiences and even the microorganisms that live within you.

No one else has lived your life.

No one else has your biology.

Which is why no two wellness journeys should ever look the same.

DIFFERENT GENETICS

Every person is born with a unique genetic blueprint. Your genes influence how you process nutrients, respond to exercise, manage stress, metabolise medication, and even your predisposition to certain health conditions. While your DNA provides valuable insight, it is not a prediction of your future—it is a guide that helps you make more informed decisions about your health.

DIFFERENT HORMONES

Hormones quietly regulate nearly every function within the body. They influence energy, mood, sleep, metabolism, appetite, fertility and healthy ageing. Because hormonal balance differs from person to person, two individuals can experience entirely different responses to the same lifestyle or treatment.

DIFFERENT INFLAMMATION

Inflammation is one of the body's natural defence mechanisms, but when it becomes chronic it can contribute to fatigue, joint discomfort, metabolic dysfunction and accelerated ageing. Understanding your individual inflammatory profile allows us to support the body before symptoms become disease.

DIFFERENT MICROBIOMES

Trillions of microorganisms live within the human gut, influencing digestion, immunity, brain health and overall wellbeing. Every microbiome is as unique as a fingerprint, shaped by diet, environment, lifestyle and life experiences. Supporting a healthy microbiome is fundamental to long-term health.

DIFFERENT NUTRITIONAL NEEDS

Food nourishes more than hunger—it provides information that guides how the body functions. Nutritional requirements vary according to genetics, metabolism, activity levels, age and health goals. What supports one person may not be the right choice for another.

PRECISION LIVING

At Reatha Beyond Wellness, we believe understanding your biology is the first step towards making intentional decisions that support a longer, healthier and more vibrant life. Precision Living is not about following trends—it is about discovering what is right for you.

Understanding your biology is the first step towards designing your future.



The Science of You.

Your body is an intricate ecosystem influenced by many interconnected factors. When we understand each layer, we unlock the ability to make choices that support energy, resilience and long-term vitality.

This is the foundation of Precision Living.



*Different Biology.
Different Needs.
Different Future.*

*Precision Living is not about changing who you are.
It's about understanding who you are—so you can live
the healthiest, most vibrant version of your life.*

01 | GENETICS

Your genes influence how your body responds to food, stress, exercise, toxins and even medications. Two people can eat the exact same meal and experience completely different outcomes because their genetic blueprints are different. Understanding your genetics gives you clarity. Not labels.

02 | HORMONES

Hormones are your body's messengers. They influence energy, mood, sleep, metabolism, fertility, muscle mass and ageing. Levels, sensitivities and rhythms vary greatly from person to person and shift throughout life. Balance is personal, not one-size-fits-all.

03 | INFLAMMATION

Inflammation is essential for healing and protection, but when it becomes chronic and low-grade, it can silently drive fatigue, pain, weight gain, insulin resistance, autoimmunity and accelerated ageing. Identifying your unique inflammatory patterns changes everything.

04 | MICROBIOME

Trillions of microorganisms live in your gut, mouth, skin and beyond. They influence digestion, immunity, brain health, mood, hormones and even how you respond to stress. No two microbiomes are the same. Yours is shaped by your environment, diet, genes, medications and lifestyle.

05 | NUTRITION

Food is not just fuel. It is information your body reads and responds to. Your nutritional needs are influenced by your genetics, metabolism, activity levels, age and health goals. What nourishes one person may harm another. Precision nutrition honours your individuality.

06 | LIFESTYLE

Sleep, movement, stress, relationships, purpose and recovery all interact with your genetics and environment to influence your long-term health. These daily choices become the biology of your future.



Inside The Reatha Beyond Wellness Ecosystem

Health isn't a destination.
It's an ecosystem of
interconnected choices,
insights and experiences
that evolve throughout
your life.

The Reatha Beyond Wellness Ecosystem is our living framework for Precision Living. It guides every step of your wellness journey—helping you make informed decisions, personalised to your biology, environment and life goals. Each stage builds on the last, creating sustainable transformation that supports you today and empowers you for the future.



01 | ASSESS

We begin with a deep assessment of your biology, lifestyle, environment and health history to establish your unique starting point.



02 | UNDERSTAND

We decode the data to understand how your body functions, identifying imbalances, risks and opportunities unique to you.



03 | RESTORE

We target the root causes, reducing inflammation, rebalancing systems and restoring your body's natural intelligence.



04 | OPTIMISE

We personalise strategies to enhance performance, energy, longevity and vitality—helping you function at your highest potential.



05 | MAINTAIN

We build sustainable habits and provide ongoing support to help you maintain balance, resilience and long-term wellbeing.



06 | THRIVE

You don't just live well—you thrive. With clarity, confidence and purpose, you create a life of meaning and impact.



Meet Your Biology

One of our favourite ideas.

There is no 'average' biology.

Your body has a unique voice.

The key is learning to listen.



Precision Living begins with understanding what's driving your symptoms, shaping your health and holding you back from feeling your best.

Readers discover.



THIS IS WHERE PRECISION BEGINS

When you understand your dominant pattern, you can finally create a plan that works with your biology, not against it.

*It's not about doing more.
It's about doing what's right
for you.*

ARE YOU...



INFLAMMATION DOMINANT?

You may experience bloating, joint pain, skin issues, fatigue or brain fog.

Do you often feel puffy, sore or "not like yourself"?



STRESS DOMINANT?

You may feel wired but tired, overwhelmed, anxious or stuck in survival mode.

Does your body feel tense even when you rest?



HORMONE DOMINANT?

You may experience mood swings, weight changes, low libido, irregular cycles.

Do your hormones feel like they're running the show?



GUT DOMINANT?

You may struggle with bloating, food sensitivities, constipation, diarrhoea or poor digestion.

Do you notice your gut affects your whole day?



RECOVERY DOMINANT?

You may find it hard to recover from workouts, illness or stress, and feel run down.

Does your body need more time to bounce back?



ENERGY DOMINANT?

You may feel drained, mentally foggy or lack motivation no matter how much you rest.

Do you wake up tired or hit an energy crash daily?



LIVE INTENTIONALLY.

EXPERIENCE FULLY.

AGE CONSCIOUSLY.

The Science of Conscious Aging

Science meets intention.
Biology meets a better you.

Conscious aging isn't about fighting time.
It's about working with your biology
to stay strong, clear, vibrant and
fully alive—at every age.
Here's what the science tells us.



01



COLLAGEN

Collagen is the foundation of youthful skin, strong joints and resilient tissues. As we age, collagen production slows, leading to wrinkles, sagging skin and stiffness.

Support it. Protect it. Rebuild it.



02



MUSCLE

Muscle is more than strength—it's metabolic health, balance, and independence. After age 30, we naturally lose muscle unless we build and maintain it.

Use it. Challenge it.
Preserve it.



03



BRAIN

Your brain thrives on connection, curiosity and care. Inflammation, stress and poor sleep accelerate decline—while purpose, learning and nutrition protect it.

Stimulate it. Nourish it.
Protect it.



04



HEART

A healthy heart is the engine of longevity. Good circulation, balanced blood pressure, and strong vessels reduce the risk of disease and keep energy flowing.

Move it. Love it.
Keep it strong.



05



LONGEVITY

Longevity isn't just living longer—it's living better for longer. It's the result of daily choices that support your body, mind and environment.

Design it. Live it.
Make it yours.



06



STEM CELLS

Stem cells are your body's master repair system. They help regenerate tissues, reduce inflammation and support healing from within.

Activate them.
Support them. Let them work.



07



REGENERATION

Your body is designed to heal and renew—constantly. With the right inputs, it can repair cells, rebuild tissues and restore balance.

Fuel it. Support it.
Trust it.



08



THE WHOLE YOU

Conscious aging is the integration of all the pieces. When science, self-awareness and daily intention come together, your best life is not only possible—it's natural.

Live intentionally.
Age consciously.



LIVE INTENTIONALLY.

EXPERIENCE FULLY.

AGE CONSCIOUSLY.

The Future Is Regenerative

Your body was designed
to heal. We help it thrive.

Long before modern medicine, your body
had the incredible ability to repair, renew
and restore itself.

Regenerative medicine works with your
biology to enhance these natural
processes—helping you look, feel and
perform at your absolute best.



REGENERATION IS ALREADY HAPPENING.



REGENERATIVE MEDICINE

A modern approach
that activates the
body's own healing
intelligence to
repair, restore and
rejuvenate.



PRP THERAPY

Platelet-Rich Plasma
is derived from
your own blood
to accelerate
healing, reduce
inflammation and
stimulate tissue repair.



EXOSOME THERAPY

Exosomes are
powerful messengers
that support cell
communication,
regeneration and
optimal cellular
function.



COLLAGEN STIMULATION

We stimulate your
body's natural
collagen production
for firmer skin,
elasticity and a
youthful glow that
comes from within.



CELLULAR REPAIR

Targeted therapies
that promote
cell renewal and
strengthen your
body's foundation
for long-term
vitality.

We don't replace what's natural.
We restore what's possible.



The Pillars of Reatha Beyond Wellness



Our approach is built on ten interconnected pillars that support your biology, elevate your daily life and help you thrive—today and for years to come.



01

PRECISION ASSESSMENTS

A comprehensive evaluation of your unique biology, lifestyle and goals to create a personalised roadmap for lasting wellbeing.



02

GENETIC INSIGHTS

Advanced genomic analysis to uncover your predispositions, strengths and opportunities—empowering truly personalised health strategies.



03

FUNCTIONAL MEDICINE

We look deeper to find and address root causes, not just manage symptoms—restoring balance and long-term health.



04

REGENERATIVE MEDICINE

Evidence-based therapies that activate your body's natural healing, repair tissues and promote cellular renewal.



05

HORMONAL OPTIMISATION

Restoring hormonal harmony to improve energy, mood, metabolism, sleep and overall vitality at every stage of life.



06

CARDIOVASCULAR WELLNESS

Proactive strategies to support heart health, circulation, healthy blood pressure and optimal cardiovascular function.



07

NUTRITION

Personalised nutrition that nourishes your cells, supports your metabolism and fuels your life with intention.



08

MOVEMENT & HIKING

Movement is medicine. We encourage strength, mobility and adventure to build resilience and a deeper connection to self and nature.



09

STRESS & MINDFULNESS

Supporting your mental, emotional and spiritual wellbeing through mindfulness, stress management and restorative practices.



10

CONSCIOUS AGING

A holistic approach to aging well—supporting vitality, longevity and a life of purpose, clarity and joy.

These pillars work together as one integrated ecosystem.

Your biology. Your plan. Your life—designed with precision, supported with care, and elevated beyond wellness.

Supporting Your Body's Innate Intelligence

Regenerative medicine is not about changing who you are.
It's about creating the optimal environment for your body
to do what it was always designed to do—only better.

NATURAL. PRECISE. PERSONAL.
THAT IS THE REATHA WAY.



THE BENEFITS OF REGENERATION



REJUVENATE

Improve skin
quality, texture
and elasticity
for a naturally
youthful
appearance.



RESTORE

Accelerate healing,
reduce inflammation
and relieve pain
so you can move
freely and live
fully.



REVITALISE

Boost energy,
stamina and
mental clarity
by supporting
cellular health
and function.



REBUILD

Strengthen your
body from the
inside out for
lasting resilience
and long-term
wellbeing.



REDEFINE

Feel confident in
your skin, your
strength and
your future—at
every stage of
life.



Begin Your Journey

Your best life is waiting for you.

At Reatha Beyond Wellness, we don't believe in one-size-fits-all solutions. We believe in you.

Your biology is unique. Your story matters. And your future can be designed with precision, purpose and care.

It all begins with one intentional step.



BOOK A PRECISION ASSESSMENT

Take the first step toward your best life.



SCAN TO BOOK YOUR ASSESSMENT

A personalised roadmap starts with understanding you.



LET'S CONNECT



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REATHA
BEYOND WELLNESS

PRECISION LIVING. CONSCIOUS AGING.



“

'I created Reatha Beyond Wellness because I believe that everyone deserves to live a long, vibrant and purposeful life.'

We combine science, compassion and personalisation to help you age consciously and live fully—on your terms.

— Dr Mary Setati
Co-founder & Medical Director

Your health is your greatest asset. Let's design a future you'll love waking up to.

