EVER

EVER PRECISION · BOOKLET

What your body really needs

Why 90% of supplements don’t work for you and how to get it right

EVER Precision Booklet

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everhealth.ai

This booklet does not replace medical advice. EVER is designed as an advisory infrastructure.

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Foreword

by Reiner Kraft, Ph.D. · Co-founder of EVER

When I look at how health has developed today, what I see above all is a contradiction: we have never had so much knowledge, so much data and so many possibilities, and yet it has rarely been so hard for each of us to understand what really matters and what actually helps our own body.

My own journey did not begin out of academic interest. It began during a phase in which I noticed that something was out of balance, even though on the outside much seemed to be working. It was in exactly this tension that I started to look deeper, to understand connections, to analyse data and, above all, to ask why so many approaches seem logical yet often fail to deliver the desired effect in practice.

The problem is rarely a lack of knowledge. It is a lack of structure.

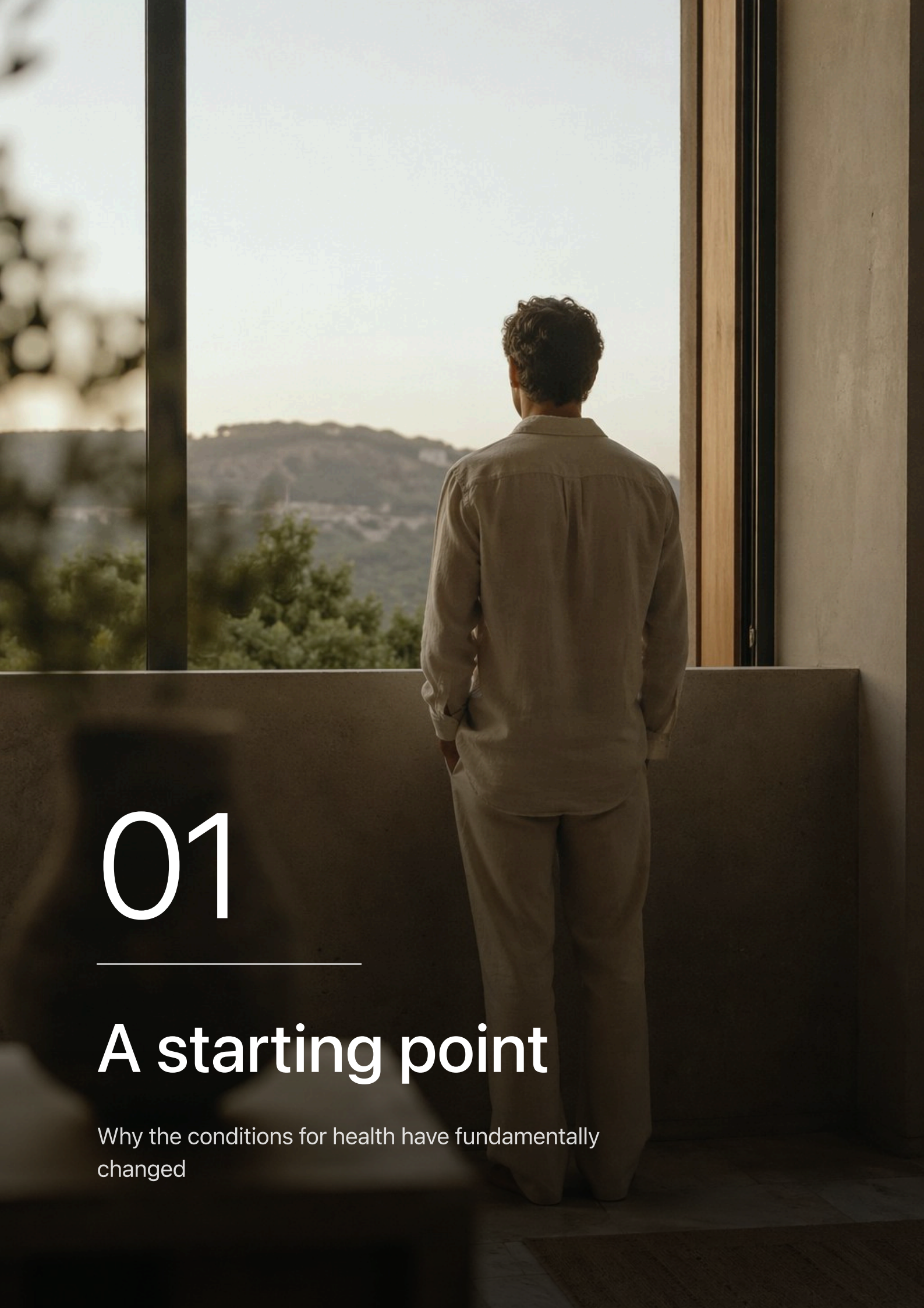
Over time it became clear to me that there is too much isolated information and too little understanding of how the systems that actually govern our body work together.

Today we have reached a point where, for the first time, it is possible to understand health not just intuitively but on the basis of data. That is a huge opportunity: if we learn to interpret this data correctly and translate it into sensible decisions, we can create a completely new approach to prevention, one that is individual, transparent and, above all, effective.

That is exactly what we are trying to do with EVER: to develop a path that does not reduce this complexity but structures it, so that you can gain clarity within a manageable time and derive concrete steps that suit your own system.

Because in the end, it is not about doing more. It is about doing the right thing, at the right time, in the right context.

And if we succeed, something emerges that goes far beyond optimisation: a new understanding of health that is not reactive but forward-looking, and that can become accessible to many people.



01

A starting point

Why the conditions for health have fundamentally changed

It is an observation that many people share.

Looking back a generation, to our parents or grandparents, we often notice a certain contradiction. Many of them reached old age with comparatively simple means. There were no personalised supplement plans, no continuous health data, no optimised routines.

And yet a large part of that generation lived to an old age, often with a stability that seems increasingly rare today. This observation raises a fair question: why does it seem to have become harder today?

A quiet shift

A look at the data shows a nuanced picture. Average life expectancy has risen over decades in many industrialised countries. At the same time, however, an opposing trend can be observed: people are living longer, but they spend a larger part of their lives in reduced health.

Large European cohort studies show that a considerable share of the population develops the first chronic changes as early as young to middle adulthood. By their early 60s, most people are no longer free of at least one relevant condition. Often there are several at once.

The key point is not only *whether*, but *when*. Many of these processes begin considerably earlier than they did only a few decades ago.

The changed conditions

This development cannot be traced back to a single factor. Rather, the environment in which the human body functions has fundamentally changed.

1. Chronic stress as the default state

Modern life is shaped by constant availability, high cognitive load and few clear phases of recovery. Stress is not just a subjective feeling but a measurable physiological state. Persistently elevated stress levels affect, among other things:

- hormonal regulation
- immune function
- inflammatory processes
- cellular energy production

What is a sensible adaptation in the short term becomes a burden on the system in the long term.

2. Declining nutrient density

At the same time, the quality of our food supply has changed. Analyses of agricultural produce over recent decades show a significant decline in key micronutrients. Various studies have documented that levels of minerals and vitamins, including magnesium, potassium, iron and certain B vitamins, have in some cases fallen by 30 to 70 per cent.

- intensive agricultural use of soils
- faster growth cycles
- reduced soil mineralisation

For the body, this means it has to make do with fewer available cofactors, even though the demands on it are rising.

3. Increasing environmental burden

At the same time, exposure to external stressors has risen considerably. These include, among others:

- environmental toxins and pollutants
- pesticides and industrial residues
- electromagnetic fields
- air pollution

Many of these influences act subtly and cumulatively. They increase the demands on detoxification systems, immune regulation and cellular repair mechanisms.

A system under changed conditions

Put these factors together and a clear picture emerges: the human body today operates under conditions that differ fundamentally from those of earlier generations.

- higher strain
- lower nutrient availability
- more complex environmental factors

Meanwhile, the biological foundation remains unchanged.

The central consequence

What used to work “well enough” for many people is often no longer enough under today’s conditions.

Not because people have become weaker, but because the demands have increased.

And yet: no two systems are alike

Whatever these broader developments, one crucial point remains: every body responds differently.

- genetic differences
- individual life histories
- specific stressors
- different capacity to adapt

This variability means that, even under identical external conditions, no two people have the same needs.

A necessary change of perspective

The consequence is fundamental: following general recommendations is no longer enough. If you want to understand what your body really needs, you have to look at it in the context of your individual starting point and its current state. Only there does an approach begin that does justice to the complexity of modern health.



02

Individual differences and the role of nutrients

Why no two bodies are alike, and why micronutrients matter

When external conditions change, another question inevitably arises: why do people respond so differently to the same measures?

While some experience clear improvements with simple adjustments, for others even a structured approach has little effect. The explanation lies not in discipline or knowledge, but in the individual starting point.

A simple picture makes this clear. Two people take the same supplement. One reports noticeable improvements, the other no change at all. The explanation rarely lies in the product itself, but in the context in which it is used: is there an actual deficiency? Is there a functional disturbance? Are there broader stressors such as stress or inflammation? Without this context, every measure remains unspecific. Health is not a static goal, after all, but a dynamic state that can only be understood in context.

No two bodies are alike

Each of us brings our own combination of:

- genetic predispositions
- biochemical processes
- lifetime stressors
- the body's adaptive mechanisms

These factors determine how efficiently the body works and where its limits lie. Even under similar living conditions, they give rise to different needs.

A recurring pattern

In practical work with people, a remarkably consistent picture emerges over time. Regardless of age, lifestyle or goals, similar patterns appear again and again:

- latent micronutrient deficits
- suboptimal metabolic processes
- functional imbalances that often go unnoticed in everyday life

These deficits are rarely dramatic in a clinical sense. But they are enough to limit the system's performance.

The role of nutrients as cofactors

A central and often underestimated aspect is the function of micronutrients as cofactors. Vitamins, minerals and trace elements are not isolated "add-ons". They are an integral part of almost all biological processes:

- energy production in the mitochondria
- detoxification mechanisms
- hormone regulation
- immune function
- neural signalling

If just one of these building blocks is missing, an entire process can slow down or become inefficient.

Why standard solutions reach their limits here

Against this background, it becomes clear why general recommendations are often not enough. A one-size-fits-all approach, such as taking a standard set of supplements, ignores the central question: where is there actually a need?

Two problems often arise:

- **Undersupply persists,** because relevant deficits go unrecognised
- **Oversupply develops,** because substances are added without a clear need

Neither leads to real improvement in the long term.

The problem of the “scattergun approach”

A common approach is to use as many potentially helpful substances as possible at the same time. In the short term, this may feel sensible. In the long term, however, it lacks precision. Without clear differentiation, you get:

- no prioritisation
- no traceability
- no real control

The body is treated without being truly understood.

The importance of measurement

At this point, a crucial aspect becomes visible: health cannot be reliably optimised without making it measurable. Measurement means more than individual lab values. It means making connections visible:

- Where are there actual deficits?
- Which systems are under strain?
- Which interventions are having an effect?

Only this clarity makes targeted action possible.

Precision instead of guesswork

The move from a general to an individual approach is not a gradual difference but a fundamental one.

- Instead of making assumptions, you check.
- Instead of intervening broadly, you prioritise.
- Instead of reacting, you steer.

A necessary step

If the demands on the human body have increased while individual differences remain, a logical consequence follows: an effective approach must take both into account.

- the changed external conditions
- the individual internal starting point

Only when these two levels are considered together does a picture emerge that is precise enough to base sensible decisions on.



03

From single values to the system

Why isolated data is not enough, and how connections become visible

When you start to look more closely at your own health, the obvious next step is often the same: you start to measure.

Blood markers are analysed. Individual markers are tracked. Perhaps a genetic test is added. I took this path myself.

A personal starting point

More than ten years ago, I was going through a phase of increased strain myself. Stress was a dominant factor, and although much seemed to be working on the outside, my inner balance was noticeably affected.

I began to look more closely at the underlying mechanisms. To build knowledge. To understand connections. The next step was lab analyses. A large number of values were measured, some in great detail. And at first glance, much of it looked unremarkable. Most parameters were within the reference range.

And yet one central question remained unanswered: what do these values actually mean in context?

The limits of looking in isolation

Looking back, a problem became clear that affects many people. Medical diagnostics often follow clear structures. For every single value, there are reference ranges, thresholds and interpretations.

What is often missing, however, is the connection between these values.

- Which markers influence each other?
- Which processes underlie them?
- What is the cause, and what is merely a consequence?

A single value can appear unremarkable and still be part of a system that, as a whole, has lost its balance.

The key question

Not: *Is a value within the normal range?*
But: *What does it say in the context of the whole system?*

This perspective fundamentally changes how we look at things. It shifts the focus from individual numbers to functional connections.

An example

A seemingly simple marker, such as a mineral level, can mean different things:

- insufficient intake
- increased consumption due to chronic stress
- impaired absorption in the gut
- altered regulation at a cellular level

The value alone tells you that something is not optimal. But it does not explain why.

From fragments to structure

Over time, this experience gave rise to a need for a clearer model. An approach that does not just look at individual parameters but captures their connections in a structured way. From this, a system developed that links different levels of human vitality: from mental processes and basic biological functions through to the cellular and systemic level.

Put simply, this model can be understood as a taxonomy of vitality factors:

- the mental and cognitive level
- basic physiological stability (the “foundation”)
- cellular processes
- overarching body systems

Each of these levels is relevant in its own right. What matters, however, is that they are closely interlinked.

Measurement within a system

A key aspect of this approach is that each of these levels can, in principle, be measured. Not always through a single value, but through a combination of indicators that together form a picture.

This creates a new quality of understanding:

- not isolated data points
- but patterns that can be interpreted

Why complexity is necessary

This is where a misunderstanding often arises: the wish for simple solutions. A single value. A clear marker. A direct recommendation.

But the reality of biological systems is more complex. This complexity is not an obstacle. It is the prerequisite for precision.

A transition

What all this adds up to is a change of perspective: health cannot be adequately captured through individual values or isolated measures. It emerges from the interplay of several levels that interact with and influence one another.

To understand what your own body actually needs, you therefore need an approach that makes these levels visible and interpretable.



04

The layers of biological reality

How DNA, proteomics, functional markers and the microbiome work together

Once you start to understand health as a system, it becomes clear that no single perspective is enough.

To get a reliable picture, you need several layers that complement each other. Each of these layers offers its own perspective. Only together do they create an understanding you can act on.

DNA: the functional foundation

The term “genetic analysis” is often associated with searching for disease risks. For many people, this is linked to uncertainty or even worry.

In a functional context, however, it is about something else. It is not primarily about diseases, but about variations within genes, known as single nucleotide polymorphisms (SNPs). These small differences in the genetic code influence how efficiently certain biological processes run.

Over recent decades, our understanding of these connections has grown considerably. Today, for many of these variants, we can describe what functional effects they may have.

A clear pattern emerges: genes rarely act in isolation. They influence entire systems.

Examples include:

- **Detoxification systems:** How efficiently can the body process and eliminate harmful substances?
- **Methylation:** A central process for cell regulation, DNA repair and neurotransmitter balance
- **Redox systems:** The balance between oxidative stress and antioxidant capacity
- **Fat metabolism:** How fats are processed and used
- **Vitamin D metabolism:** Uptake, activation and use of a central regulatory hormone

These genetic variants do not set fixed limits. But they define where the body works efficiently and where it may need more support.

> FROM MY OWN ANALYSIS
>
> I had been taking vitamin D for years, and yet my level was **35 ng/ml**, well below what I would have expected. The blood marker alone only told me that something was off. It was the genetic layer that provided the explanation: a variant in the vitamin D receptor (VDR) that means my body needs more than average.
>
> This is not a diagnosis and not a fixed fate, but a point of orientation. It explains why a standard dose was not enough for me, and shows where I can take more targeted action.

Proteomics: the current functional state

While DNA describes what is possible, proteomics shows what is actually happening. The term “proteome” refers to the entirety of proteins in the body at a given point in time. These proteins are built from amino acids and carry out almost all functional tasks in the body.

You can think of the proteome as a kind of “snapshot of activity”. Changes in the proteome provide indications of:

- inflammatory processes
- stress load
- metabolic activity
- cell function and cell communication

Certain patterns, such as altered concentrations of individual protein building blocks or amino acids, can indicate that processes are running at an increased or reduced rate.

Proteomics thus provides a layer that goes beyond conventional lab values: it shows not only what is present, but how active systems actually are.



Extended blood markers: functional markers

Blood tests have long been a central part of medical diagnostics. Most people are familiar with the standard basic or full blood count. These baseline values are important, but they are often not enough to understand functional connections.

In recent years, diagnostics have advanced considerably. In addition to the standard values, there is now a wide range of targeted biomarkers that offer deeper insights:

- micronutrient status
- hormone regulation
- inflammation markers
- metabolic parameters

These extended analyses do not necessarily have to be comprehensive and expensive. Rather, it is about selecting the parameters that are relevant to the question at hand. The difference lies not in the amount of data, but in how it is selected.

Microbiome: the underestimated system

One area that was long underestimated and is now increasingly coming into focus is the microbiome. The community of microorganisms in the gut influences a wide range of central processes:

- the immune system and regulation of inflammation
- digestion and nutrient absorption
- metabolic processes
- neural signalling via the gut-brain axis

An important factor is not only the presence of certain bacteria, but their balance and diversity. Reduced diversity or an imbalance can go hand in hand with functional disturbances.

A frequently discussed example is so-called “leaky gut syndrome”, in which the barrier function of the gut is impaired. This can allow substances to enter the bloodstream and trigger inflammatory reactions there.

Modern analyses now allow not only direct insights via stool samples, but also indirect conclusions via blood markers and metabolites.

The connecting principle: epigenetics

What connects all these layers is a dynamic principle: epigenetics. It describes how external and internal influences determine which genetic information is actually used.

Factors such as diet, stress, sleep, exercise and environmental exposures continuously act on the activity of genes. This means the genetic foundation is not rigid. It is constantly modulated by lifestyle and environment.

An integrated understanding

When you bring these layers together, a picture emerges that goes well beyond conventional health models.

- DNA shows the foundation
- Proteomics shows the current state
- Blood markers provide functional markers
- The microbiome influences central systems
- Epigenetics connects everything

Health is then no longer understood as a static state, but as a dynamic system.

A crucial thought

Even if this model seems complex, it leads to a clear insight: the state of the body is not random. It is the result of:

- biological predispositions
- current stressors
- and the decisions made every day

And that is exactly where the opportunity lies

Once these connections are understood, something crucial emerges: a sense of being able to steer. Not in the sense of complete control, but in the sense of targeted influence.

Health is then not just observed. It can be actively shaped.



05

From insight to action

How knowledge becomes concrete, individual strategies

Understanding the biological connections opens up a new perspective.

Many of the aspects previously considered in isolation, such as genes, nutrients, stress and the microbiome, come together to form an overall picture. But it is precisely at this point that the real challenge appears: how does this understanding turn into concrete, effective action?

The decisive moment

For many people, this is a turning point. It becomes clear that it is not about doing more. Not about taking more supplements or adding further measures. But about understanding what is actually relevant.

A path over years

This step was decisive in my own development, too. Over the years, I explored these questions in depth:

- Which biomarkers provide truly reliable indications?
- Which genetic variations have practical relevance?
- How can concrete measures that fit into everyday life be derived from them?

One thing became increasingly clear: the knowledge exists, but it is rarely structured. A lot of information exists side by side. But only connecting it creates clarity.

The role of experience and interpretation

A functional approach to health optimisation is not a purely technical process. Data provides indications. But meaning only emerges through interpretation.

Recognising:

- which patterns are truly relevant
- which factors take priority
- which interventions fit together sensibly

requires experience. This experience grows from repeatedly working with complex systems and from understanding that not every value can be given the same weight.

> FROM MY OWN MEASUREMENT
>
> My omega-3 index was **below 7 per cent**, even though a range of around 9 to 11 per cent is considered sensible. This time, the cause was not my body but the product: the oil I was taking had been heavily diluted with olive oil, so its actual omega-3 content was low.
>
> Without measuring, I would never have noticed. And without knowing which product quality is any good, I would have kept taking the wrong thing. That is exactly why it is not the amount of data that matters, but its interpretation, and choosing the right products. Cases like this are one reason EVER developed a clear quality standard for supplements.

A growing medical approach

In parallel, medical thinking has shifted in recent years. More and more specialist fields are turning to a functional, preventive approach.

Orthomolecular medicine in particular, the targeted use of micronutrients to support biological processes, is becoming increasingly important. The focus is not on treating individual symptoms, but on stabilising fundamental functions:

- energy production
- cell protection
- metabolic regulation
- stress processing

The foundation stays the same

Despite all the possibilities of modern diagnostics, one principle remains central: the basics decide. Diet, sleep, exercise and stress regulation form the foundation of every further measure. Without this foundation, even the most precise approach loses its effect.

Precision instead of a scattergun approach

On this basis, a differentiated approach emerges. Nutrients are not used across the board, but specifically where they are needed. This is not only about filling gaps, but about functional support:

- compensating for genetic weak points
- stabilising overloaded systems
- supporting specific metabolic processes

This approach differs fundamentally from general recommendations. It is based on:

- your individual starting point
- your current state
- clear prioritisation

Genetics as orientation

Your genetic make-up provides important orientation. It shows in which areas the body works efficiently and where additional support may be useful. But it is not a fixed fate. Through targeted measures, especially diet and micronutrients, many of these processes can be actively influenced.

Your state as a dynamic variable

Alongside the genetic foundation, your current state plays a central role. Two people with similar genetic predispositions can have different needs, depending on:

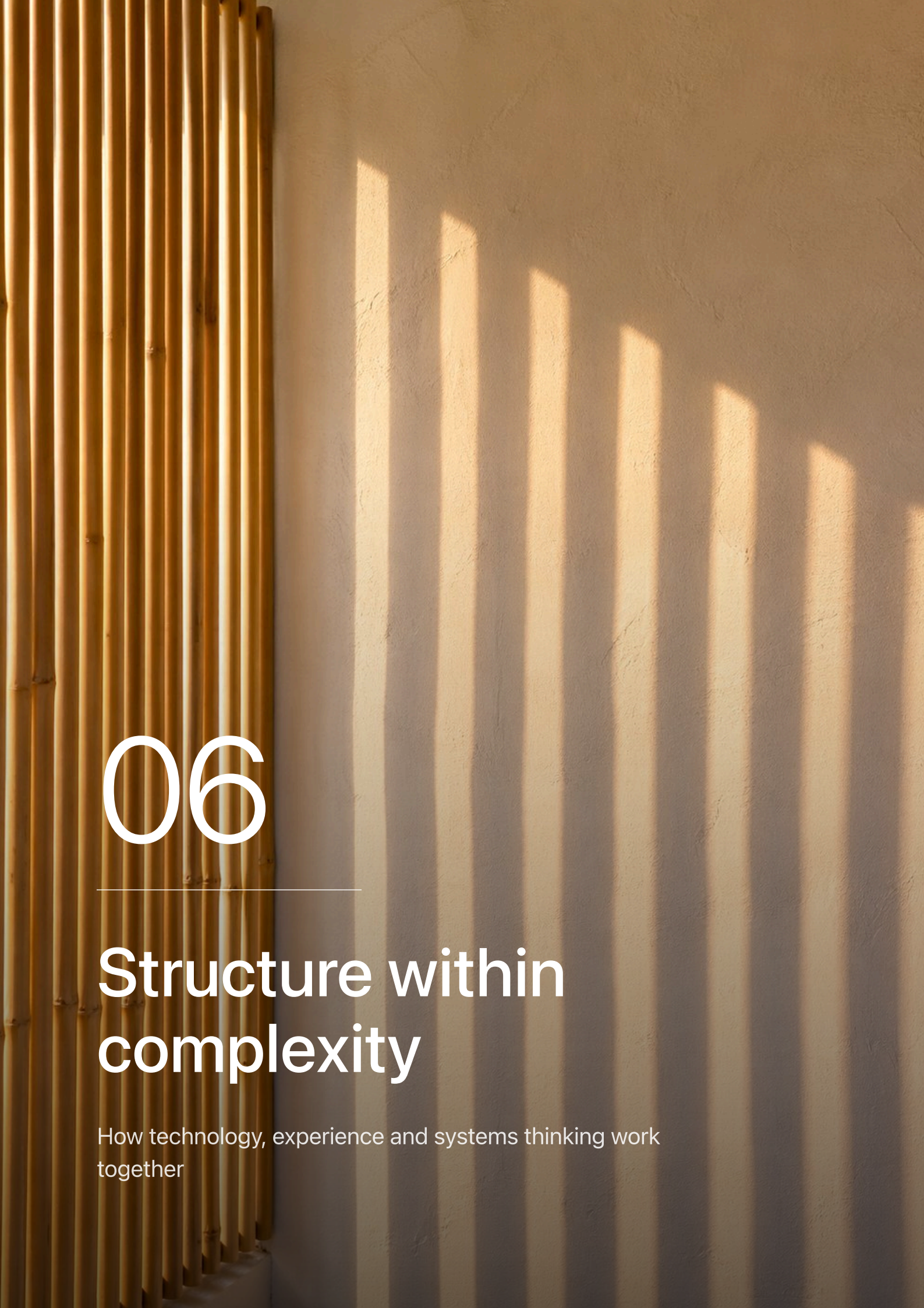
- how much strain their systems are under
- how well they can regulate
- which phase of life they are in

An effective approach therefore always takes both into account: the long-term foundation and the current state.

The result: an individual plan

This combination produces a structured approach, often referred to as a longevity plan. It is not a rigid list of measures, but a dynamic system that is prioritised, adjusted and continuously developed.

With the aim of bringing the body into a state in which it can work in a stable and efficient way.



06

Structure within complexity

How technology, experience and systems thinking work together

As understanding grows, another question arises: how can such an approach be put into practice without getting lost in complexity?

The challenge

The combination of genetic data, functional biomarkers and lifestyle factors leads to a large number of possible connections. It is almost impossible for one person to keep track of them all. Without structure, this quickly leads to overload, uncertainty and inconsistent decisions.

New possibilities through technology

In recent years, new tools have emerged that address exactly this. Artificial intelligence makes it possible to analyse complex data sets and make patterns visible. It can:

- recognise connections
- suggest priorities
- create structure

For the first time, this makes it possible to capture biological complexity systematically.

The human role remains central

Despite these advances, one crucial point remains: data analysis is not the same as understanding. AI can support, structure and accelerate. But the final interpretation requires experience.

Understanding what makes sense for a specific person means taking context into account, weighting connections correctly and deriving decisions responsibly. This quality comes from combining technology and expertise.

From fragments to structure

A working approach therefore needs both:

- a system that integrates data
- and experience that interprets this data

Only then does clarity emerge.

A structured process

From this perspective, a clear sequence can be derived:

01 **Taking stock**
Where do I stand right now?

02 **Analysing the foundation**
What genetic predispositions are there?

03 **Capturing the current state**
How are the relevant systems working right now?

04 **Integrating the data**
Which patterns can be recognised?

05 **Deriving a plan**
Which measures make sense, and in what order of priority?

A new quality of understanding

You can also describe this process as a transition: from a collection of individual measures to an integrated system. As in an orchestra, different elements work together: diet, nutrients, lifestyle, recovery. Only in combination does a stable overall picture emerge.

A modern approach

It is precisely this challenge that is giving rise to new approaches that try to make this process accessible without losing its depth. Systems such as EVER Precision aim to structure this path:

- a clear assessment of where you stand
- an individual analysis
- the integration of relevant data
- and a plan you can actually put into practice

An essential component

Despite all the technological support, one element remains central: interpretation by experienced experts. Technology can support. But the quality of what is put into practice comes from combining:

- data
- system
- and human experience

The practical benefit

The aim of such an approach is to create a clear, structured path: within a few weeks, you can gain a sound understanding of your own situation and derive concrete, actionable steps from it.

What emerges is more than a process. It is a new approach to health.



07

A new standard

The future of personalised, preventive health

For decades, health was mainly a matter of reaction. You waited until something stopped working, and then started treatment.

This model has helped many people and will continue to be needed. But it reaches a limit as soon as the question is no longer about acute illness, but the subtler one: how well does a system function over the years, long before anything becomes visible?

This is exactly where a new standard is emerging.

From reactive to forward-looking

The shift is fundamental. Away from waiting for symptoms, towards a continuous, data-based understanding of your own body. Away from general recommendations, towards decisions that fit your individual starting point. Away from guessing, towards measuring.

This does not contradict conventional medicine. It complements it. One takes care of what has already developed. The other asks how stability and performance can be maintained over time.

What was long a theory can now be put into practice. Diagnostics have become more accessible, analysis faster, and the combination of data and experience makes it possible, for the first time, to follow this path in a structured way.



What this means in practice: EVER Precision

This is exactly why we developed EVER Precision. Not as yet another supplement and not as just an app, but as a structured path from measurement to action. The idea behind this booklet, measuring instead of guessing, is applied to your own body.

The process follows a clear logic:

01 **Taking stock**

A questionnaire on your lifestyle, current situation and goals is the starting point.

02 **Measurement**

Extended blood markers show your functional state. For more depth, DNA and microbiome can be added where they bring extra clarity.

03 **Integration**

AI-supported analysis puts the individual values in context and reveals patterns that would not be visible in isolation.

04 **Expert interpretation**

Certified professionals interpret, weight and prioritise the data. This is the real core, not the technology.

05 **Your individual plan**

The result is a prioritised, practical plan for nutrients, diet, recovery and lifestyle.

06 **Putting it into practice with the app**

Routines, reminders and a supplement pack tailored to you turn the plan into everyday practice.

07 **Review**

A 6-month retest shows what is working, and the plan is adjusted accordingly.

Within a few weeks, you get a sound picture of your own situation, and from it a path that evolves over time.

The difference that remains: a human in the loop

Technology can analyse data, make connections visible and structure suggestions. What it cannot do is take responsibility for the final interpretation.

Understanding what makes sense for a specific person requires context, weighting and experience. That is why EVER keeps a human in the loop: AI speeds things up and organises, an experienced expert decides and takes responsibility. This combination of data, system and human experience is why numbers actually turn into clarity.

Some feedback

The response to one of the first reports sums up how this feels:

> *"I've just read my report, and I have to say I'm really thrilled! Thank you so much for putting it all into context!"*
>
> FEEDBACK FROM A CLIENT AFTER THEIR FIRST REPORT

What stands out is what is being praised: not the test, but the interpretation. That is exactly where the value lies.

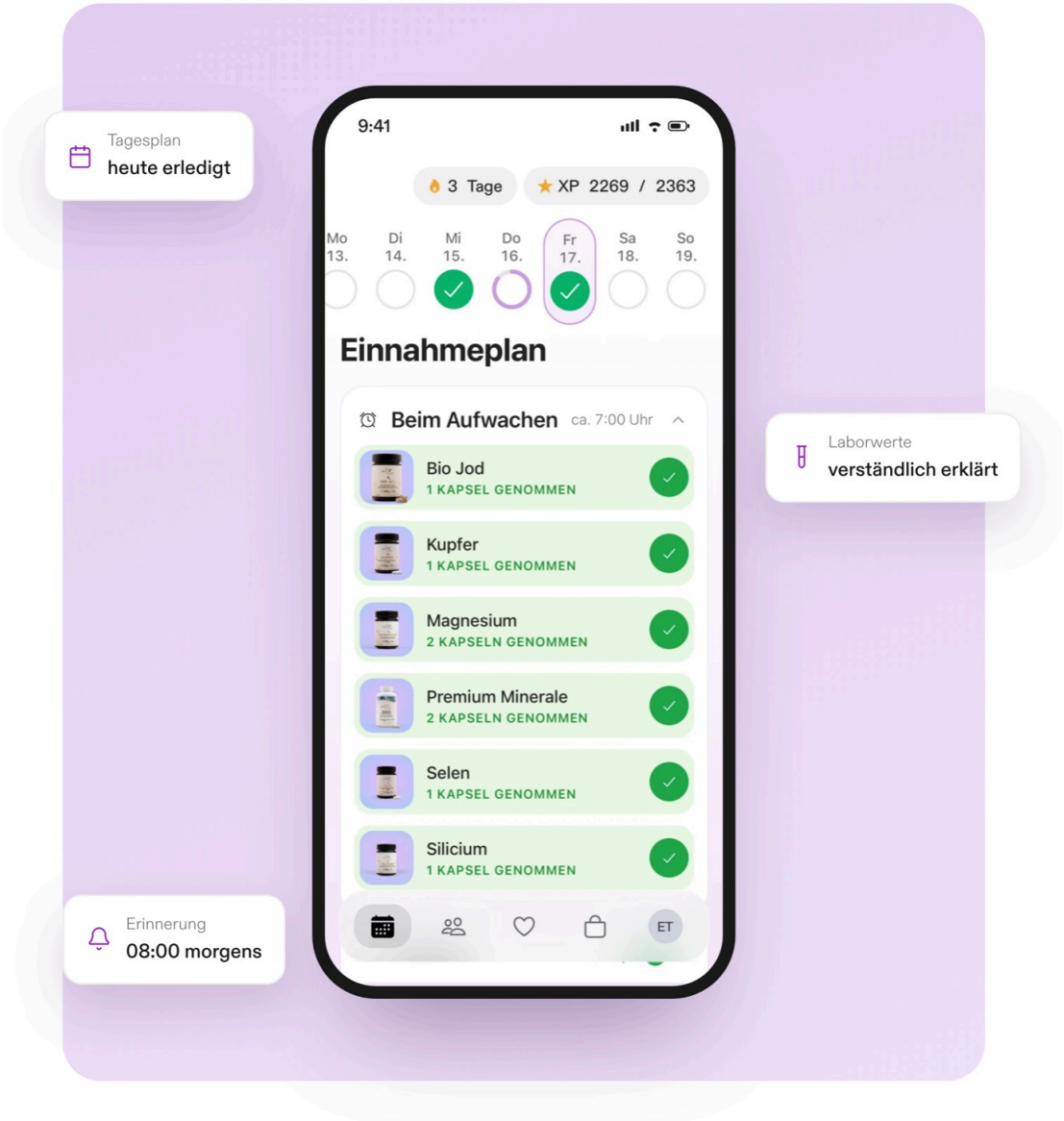
Your next step

In this booklet, you have encountered the central idea: the state of your body is not random, and it can be understood rather than guessed.

The next step is to apply this idea to yourself. To see where your system works efficiently, where it needs support, and which few, right measures actually make a difference for you.

This is exactly where EVER Precision supports you. If you want to know what your body really needs, you can get started at precision.everhealth.ai/en.

Because in the end, it is not about doing more. It is about doing the right thing, at the right time, in the right context.



Ready for your individual path?

EVER Precision is your annual membership for a clear health plan: 30 curated blood markers, interpreted and personally approved by an expert. The result is your report and a concrete plan in the EVER app. A 6-month retest shows what is working. The DNA + microbiome add-on can be added.

Scan the code or open the link to get started.

precision.everhealth.ai/en

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