



“If you don't have time for your health today, you won't have health for your time tomorrow”

# DR ALKA PATEL

## Media Pack

---

[www.dralkapatel.com](http://www.dralkapatel.com)  
[dralka@dralkapatel.com](mailto:dralka@dralkapatel.com)



## ALKA'S BIO

---

Meet the doctor leading a strategic self-care revolution. A lifestyle medical physician, GP and longevity expert, Dr Alka Patel is here to help her clients live longer, more successful lives. But her interests don't just lie in the length of people's lives. As much as anything else, Alka wants the entrepreneurs, executives and experts she works with to experience exceptional health and the many benefits that come with it.

With a mission to help one million people reach their potential for a one-million-hour life, her practice is grounded in the principles of Longevity, Impact, Vitality and Energy. In other words, it's time to L.I.V.E!

Alka is also an author, podcaster and multi-award-winning international speaker, who is taking her message to the masses. The message? That, by blending innate intuition with transformative technology, we can hack our health.

The result is age reversal and an optimised lifestyle, led by cutting-edge, data-driven health and bio hacks. With her personalised, precise and proactive support and insights, Alka's clients and her tens of thousands of followers can achieve healthier lives that create wealthier businesses. Lasting habits, elevated productivity, enriched sleep and rest, and better emotional regulation are just some of the means by which she ensures people reach this optimised work-life synergy.

This emphasis on synergy is at the very core of the treatment and personalised care she offers through her longevity concierge. As a result, she has proved to countless impact-driven people that no system in the body works alone, hurts alone, or heals alone. When Alka works with people, she uses data and devices to make precise health decisions using a unique method she calls unlocking your Health Hacking Code.

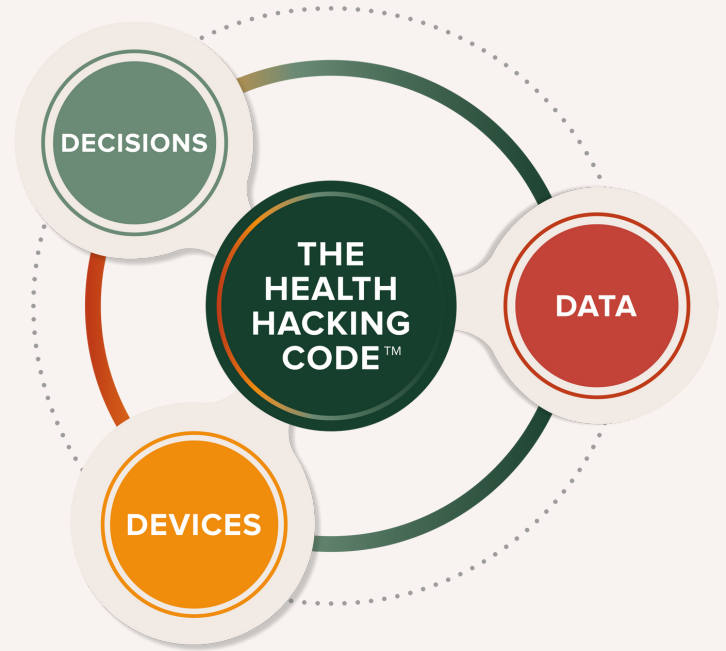
This includes analysing bio-data unique to her client's personal biology, physiology and neurology as well as using cutting-edge health technology. By helping people reverse their biological age, Alka can help them look, feel and become 10 years younger in just 10 weeks.

**YOUR HEALTH, YOUR WEALTH**



# INTERVIEW TOPICS

- Longevity
- Biohacking/Health Hacking
- Age reversal
- Sugar
- Stress
- Sleep
- Success
- Habits
- Strategic self-care
- Data-Driven Health
- Personalised Medicine



Feel free to use the following description for the publicity of your interview.

Healthy habits lead to wealthy businesses – a fact that Dr Alka Patel knows from experience.

A lifestyle medical physician, GP and longevity expert, Alka supports driven people in their pursuit of optimal health. She tackles everything from sugar to stress and sleep in her work, and has already helped countless clients achieve longer, more fulfilling professional and personal lives.



dr alka patel *longevity* concierge

INTERVIEW

INTRODUCTION

---

Spreading a powerful message that if you don't have time for your health today, you won't have health for your time tomorrow, Dr Alka Patel helps high-powered individuals optimise their lifestyles.

Through her expert insights and data-driven bio-hacks, her clients achieve not just healthier lives, but wealthier businesses.

# SUGGESTED INTERVIEW QUESTIONS

What is health hacking?

Is it really possible to reverse ageing?

How long do you want to stay alive?

Why do you say health is a verb, not a noun?

Tell me about your time as a drug pusher doctor?

What part does lifestyle play in health?

10 years younger in 10 weeks - how is that possible?

Why do you love stress?

Give me three tips for reducing sugar cravings.

Give me three tips for sleeping faster and deeper.

What health/lifestyle tests do you think are important?

What are your favourite health devices?

# TESTIMONIALS

---



Alka is an inspiring speaker who brings through her passion for her topic, helping empower women with their wellbeing.

Alka is like a breath of fresh air, breathing new life into old life.

An expert with integrity. A leader in business, and always happy to share knowledge and skills to help others advance.

Personable and passionate. She speaks with such clarity and care for the audience.



# PUBLIC SPEAKING

---

[www.dralkapatel.com/speaking](http://www.dralkapatel.com/speaking)

Dr Alka is an experienced public speaker. She has won several awards including Female Speaker Of The Year. She is confident and engaging in her delivery of keynote speeches at events, conferences and summits.

Her keynote topics include:

- Hack Your Health to Stack Your Wealth: A mind-opening talk for every business owner who wants to be healthier, wealthier and wiser!
- Your million-hour life. Alka shares practical health hacks to help you live longer and become younger.
- Success Habits - how to create habits that work for you rather than habits you have to work for.
- 3 steps to unleashing longevity and prosperity through sugar, sleep and stress mastery.
- Strategic Self Care - how to use data and devices to make decisions with precision.
- Shh... Silence, Happiness and Humour: the forgotten medicines.

Longevity is your path to prosperity

## SPEAKER SHOWREEL

---



## PAST MEDIA

---

[Click here to view Dr. Alka's most recent coverage](#)

# PROMO IMAGES

Please click [download](#) for images



[DOWNLOAD](#)

# QUOTES

---

“Lead a healthier life for a wealthier business.”



“Lifespan counts the moments, Healthspan makes the moments count, Wealthspan amplifies the richness of each moment.”



“My approach to your health is like your approach to your business - focused, data-informed, innovative.”



“Health is a verb, not a noun. It’s being proactive, not reactive”

# CONTACT



[www.dralkapatel.com](http://www.dralkapatel.com)



[dralka@dralkapatel.com](mailto:dralka@dralkapatel.com)



[facebook](#)



[instagram](#)



[linkedin](#)



[x](#)



[07457402947](tel:07457402947)

Click the links above to  
follow Dr. Alka

