

A portrait of Karim Chubin, a man with a shaved head and a light beard, wearing a white button-down shirt. He is looking directly at the camera with a slight smile. The background is plain white.

KARIM CHUBIN

Aging is optional.

Karim Chubin is a Swiss naturopath and nutritionist with 16 years of clinical experience. He has professional certifications and memberships in Switzerland (RME and Asca), the United States, Germany, and Russia.

Karim specializes in mind-body nutrition and functional medicine, with a particular emphasis on high-potency Siberian adaptogens and advanced diagnostic and therapeutic technologies stemming from previously classified Russian technology.

During the past 2 decades, Karim has empowered hundreds of people to discover their hidden health potential. By removing the physiological and emotional “rust” that drains energy and feeds disease, Karim helps his clients fortify their immune systems while developing robust vitality.

With a team of world-class medical specialists, Swiss pharmacists, Russian scientists, American integrative doctors, and accomplished wellness chefs, Karim guides his clients on co-participatory journeys towards radiant health and transformational wellness.

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Karim's Approach

As an expert on emotional and constitutional mapping, Karim deeply understands the mechanisms by which metabolic, psycho-emotional, and energetic blockages undermine the body's constant efforts to maintain homeostasis. These blockages contribute to cellular stress, which in turn contributes to chronic inflammation, disease progression, and accelerated aging.

Karim's [Diamond](#) and [Platinum](#) Level Nutrition Program are 100% customized, 360-degree lifestyle journeys, which feature elite, practitioner-grade nutrition formulas, advanced functional diagnostic tests, breakthrough therapeutic technologies, customized dietary guidance, and much more. The Diamond and Platinum programs unfold during three phases: Foundation (8 weeks), Consolidation (8 weeks), and Maintenance (8 months).

These programs begin with state-of-the-art functional testing, such as

metabolic, hormonal, environmental toxicity, immunology, proteomics, and bioresonance (based on declassified Russian space, military, and sports science). Combined with his proprietary emotional and constitutional mapping techniques, these tests enable Karim to create each client's unique nutrition and lifestyle protocol.

Karim's programs also include one-on-one consultations, personalized Nutritional, Emotional, and Lifestyle Counseling, educational support, unique customized recipes, and much more. Clients receive bundles of the world's highest quality, practitioner-grade nutrition formulas, which are manufactured according to the industry's highest purity and potency standards and are only available through practitioners. Your product bundle, designed solely for you, consists of formulas that interact synergistically to dramatically boost anti-aging beauty, brain health, immunity, vitality, and more.

Karim believes that your health is your creation and that every day brings new opportunities to develop, refine, and beautify this creation.



Who Karim Works With

Karim Chubin is a results-oriented practitioner. When he takes on a new client, he fully invests in their success. However, his programs are co-participatory journeys, which also require the client's complete commitment. Accordingly, Karim is very selective, choosing only to work with a handful of families and individuals who are fully dedicated to the creative health-building process.

Karim has worked with people from all walks of life, including athletes, bankers, musicians, young couples starting families, elderly people seeking to prolong their golden years, and even a female astronaut. All these people have two things in common: (1) they know a stronger, healthier, more vibrant version of themselves is possible, and (2) they are fully committed to bringing this version into existence.

Swiss Nutrition Research (B2B wellness)

Karim is the founder of [Swiss Nutrition Research](#) (SNR), a company that provides high-end nutrition products and premiere wellness services to businesses and related organizations. Founded in Geneva, Switzerland, in 2011, SNR's activities include the following, and more:

- Developing wellness programs aimed at increasing productivity, enhancing cognitive performance, and decreasing employee sick leave
- Working directly with individuals, such as managers and executives, and/or small groups, such as management teams and Boards of Directors, to develop customized nutrition protocols addressing your specific goals
- Delivering Educational Seminars on a wide variety of relevant topics, such as the role of targeted nutrition and botanicals for brain health, stress support, and optimal vitality enhancement

Credentials

- **Founder of Swiss Nutrition Research LLC (SNR)**, a Geneva-based company that provides high-end nutrition products and premiere wellness services to businesses and related organizations.
- **Private Practice:** Karim's boutique naturopathy practice is based in Geneva, with a satellite presence in Moscow. He develops customized lifestyle programs for clients, based on their unique metabolic and emotional blueprints.
- **Founder of karimchubin.com**, an online platform that empowers people around the world to thrive, while reminding them that "aging is optional." The website provides invaluable information on a wide variety of topics, including Siberian adaptogens and their anti-aging properties. The website also offers practitioner-grade nutraceuticals and state-of-the-art functional laboratory testing.
- **Founder of Harmonic Vibrational Healing (HVH)**, a private events concept featuring Belgian virtuoso classical violinist, Leonard Schreiber. These soirees merge therapeutic music with mind-body nutrition discussions to create spectacularly uplifting "edu-tainment."
- **Visiting Naturopathic / Nutritional Specialist** (current) for "Cabinet de Psychiatrie et Psychothérapie Collaborative SA."
- **Visiting Naturopathic Specialist** (current) for The Platinental Medical Clinic, Moscow, Russia.
- **Visiting Naturopathic Specialist** (former) for The Rita Rakus Clinic, Knightsbridge, London.
- **Private Nutritionist** (former) for Anastasiya Stepanova, a Mars One finalist poised to voyage to Mars in 2026 to help establish the planet's first human colony.
- **Private Nutritionist** (former) for HRH Prince Abdul Aziz Ben Fahd of Saudi Arabia and his royal entourage.
- **Lecturer** (former) at Les Grandes Ecoles (Paris), LaClinic (Montreux), and The Rita Rakus Clinic (London)
- **Lecturer** (current) for various events catering to business elites and the medical communities of Moscow, London, and Geneva.
- Fluent in **English, French and Russian.**

Memberships & Certifications

- **Certified Naturopath** and Nutritionist, Switzerland
- **Certified Heilpraktiker** / Health Care Practitioner, Germany
- **Board Certified Diplomate of Anti-Aging Medicine**, A4M, USA
- **Certified by RME**, Switzerland
- **Certified by Asca**, Switzerland
- Member of the Scientific Society of the Professional Association of Natural Therapists (**"NatueroProf"**), Russia
- Member of the **"Union of Europäischer Heilpraktiker"**

Specializations

- Nutrition of emotions
- Individualized Nutritional Solutions
- Nutrition and Immune Support
- Advanced anti-aging therapy
- Beauty from within (sustainable beauty)
- Brain Nutrition and cognitive enhancement (ADD/ADHD, Mood Balancing, Anxiety Support, Memory Support, Mental Sharpness Enhancement, Prevention of Cognitive Decline)
- Hormonal balancing
- Stress management
- Intelligent detox
- Digestive wellness

Testimonials

- *"Karim's amazing system made me not only physically healthy, but also emotionally. Irritation, stress and overreactions are gone. Karim helped me achieve my big dream of becoming an astronaut."* — Anastasiya Stepanova, Mars One Finalist
- *"Seeing is believing and with Karim you will see the results."* — Annabelle Bond, Elite Athlete
- *"Karim Chubin introduced me to berberine, the phenomenal anti-aging adaptogen, and for this I am eternally grateful."* — Chris Clark, Author of Nutritional Grail