

Xanya Sofra, Ph.D Neurophysiology / Ph.D Clinical Psychology

IELLIOS, LTD: Inventor of IELLIOS, IREVIVE, IREPAIR SKIN, Health Builder, Virtual Gym Unique; International Director of Research and Training / CEO
Anti-aging Medicine World Congress Speaker
International Professor for Master Courses in Anti-aging Medicine
Psychological & Neurological Assessment, Testing, & Diagnosis
Clinical Psychology License #520

Professional Experience:

- 2013 to present: Director of Research and Training and founder of IELLIOS LTD. Responsible for organizing and conducting clinical and laboratory research on Complex Signaling Technology. Research on specific signaling configurations that enhance skin repair, hair growth, rejuvenation, detoxification and hormonal balance for aging prevention & improved health and fitness
- 2016-2017: Co-founder of Health Builder Technologies, LTD. Filed for patent owned by Dr Polyxeni Sofra for her proprietary formula composing an interactive matrix or resonant signaling complex waveforms delivered at discrete cellular circadian times for the Revive / IREPAIR SKIN, Health Builder, Health Genius, Ion Magnum and Virtual Gym technologies. Provisional US patent 62351296
- 2009-present: Director of Research and Training at IELLIOS LTD UK. Conducts clinical experimental and Lab research studies. Develops and supervises all theoretical and practicum trainings. Responsible for integrating research from a number of different modalities and for developing a sequential matrix of signaling waveforms delivered in specific alternate increments of time designed as blueprints of biological activity. Specific research on signaling constellations that enhance resonance and form connections with interrupted biological signaling pathways to reinstate cellular communications. Oversees the Software development and Electronic Manufacturing of innovative equipment for repair, health and fitness
- 2013 Wrote the Applications that successfully fulfilled all the FDA requirements for the FDA clearance of Arasys Genius K 132179 and the Ion Magnum Genius K 123158
- 2007 to Present: Faculty Speaker and Professor on several Anti-aging, Regenerative and Preventive Medicine International Master Courses including American Society of Antiaging, Euromedicom, Minimally Invasive Plastic Surgery, A4M, MIPS, ICAD, IDJI, AMWC, AMC, EMMA, IMCAS, PAAAMMI and other international Medical conferences. Has received the Excellence of Speakers Award from the Minimally Invasive Plastic Surgery Association.
- 2000 to Present: Researched and Developed resonant waveforms for the Perfector, iPico IELLIOS, IREVIVE, IREPAIR SKIN, Ion Magnum and Virtual Gym technologies. Invented a mathematical formula to develop sequential matrices of multi-layered resonant signaling composites delivered within sequential matrices of circadian timings.

- 2000 to 2013: Director of Research and Training, Ion Magnum LTD, UK and Ion Genius, Inc. Conducts clinical, experimental and Lab research studies. Develops and supervises all theoretical and practicum trainings. Responsible for integrating research from a number of different modalities and for overseeing the electronic research and manufacturing of innovative technologies and the research and development of software programming required to upgrade and produce next generation. technology.
- 1999 to 2013: Creative Director, Creative Arts Center, Inc. A non-profit corporation that offers Neurological and psychodynamic psychotherapy to children & adults. Unique techniques feature a combination of psychodynamics, personality analysis, music, art and dance therapies that reinforces creative expression & sublimation to turn aggression and destructive impulses into driven productive self enhancement, acceptance and self-awareness.
- 1997-1999: Clinical Director, Mental Fitness Center, Inc. Supervised and performed clinical assessments of psychiatric & neurologically impaired patients.
- 1994-1997: Clinical Director, Department of Public Safety. In charge of developing and supervising clinical treatment and rehabilitation programs for incarcerated mentally ill and neurologically impaired inmates. In charge of the Special Education program, teacher education geared to enhancing students' productivity and coping skills
- 1993-1994: Clinical Internship. Lincoln Hospital, Bronx, NY. Psychiatry, Adult Psychotherapy, Adolescent Psychotherapy, Child Play Therapy. Babies assessment with the Baileys Scales and other testing instruments. Clinical and psychological testing of children, adolescents and adults with the WAIS, Roscharch, MMPI, TAT, Bender Gestalt, Matrices and other psychological Instruments
- 1992-1993:
- 1991-1992: Clinical Internship. Queens Hospital, Honolulu, HI. Clinical assessment with the Luria-Nebraska Neuropsychological battery, the Rorschach, TAT, MMPI, Bender Gertalt, WAIS and Matrices Intelligent Testing
- 1986-1991: Clinical Internship. Harlem Hospital, New York, NY. Experience with Wilson's 5 levels of personality organization based on a clinical analysis of verbiage on the basis of standarised personality principles
- 1980-1986: Psychotherapist. Individual and Group Clinical Therapy. Postgraduate Center for Mental Health, New York, NY.
- 1979-1983: Research Assistant. City University, London, England. Laboratory experimental, statistical, and histological research exploring Signaling Pathways, Glial Cells, Neuronal Cellular Regeneration and Recovery after Brain Damage. Experimentation with the Nerve Growth Factor (NGF) and Catecholamine Pathways.

1978 – 1982: Research Assistant. Royal Free Hospital, Neurology Department, London, England. Clinical research on recovery of neurological function after trauma. Neurological Testing techniques, Testing with the Luria Nebraska Neurophysiological battery of tests, CT scan and MRI results evaluation.

Education:

1986-1992: Ph.D in Clinical Psychology. New School for Social Research, New York, NY. Studied with renown Psychologists, Clinicians & Psychoanalysts such as David Shapiro, Herbert Schlesinger, Arnold Wilson, Leon Festinger, Otto Kernberg, B.F. Skinner, Roy Schafer, Eric Gunderson

1984 -1986: Masters in Gestalt Psychology of Memory, Perception and the subjective organization of wholes to form more than the sum of their parts, mental constructs & illusion. New School for Social Research, New York, NY.

1977 – 1984: Ph.D in Neurophysiology (Research Department supervised by Charles Legg, Ph.D). City University, London, England. Research with single cell recording techniques, Statistical analysis with specific focus on Validity and Reliability principles. Power analysis. Tissue histology and staining

1976 – 1977: Advanced Level Degrees in Pure Mathematics, Applied Mathematics and English Literature. Kingsway College, London, England.

1976 – 1978: Royal Academy of Music. London, England. Classical Piano with focus on Chopin and Beethoven. Musical Composition.

1964 - 1976: National Odeon. Athens, Greece. Classical Piano. First Prize Winner, Athens Greece. Second Prize Winner, Rome Italy. Competitions for Young Pianists.

1960 - 1968: Russian Ballet Academy. Athens, Greece. Classical Ballet

Experimental and Clinical Presentations

- 2019:
 1. The Importance of Gene Expression in Anti-aging Medicine.
 2. The Importance of the Immune System in Aging and Disease.
 3. Why Nobel Prize studies focus on the Anti-aging Properties of Proteins and other cellular molecular mechanisms.
- 2018:
 4. Proof that Aging is not programmed We are not destined to die.
 5. The Importance of the Immune System in Aging and Disease.
 6. Proof that Aging is not programmed We are not destined to die.
 7. Sexual Anti-aging. How to Boost Energy and Sexual Performance
- 2017:
 8. Molecular Dynamics of Skin Disorders
 9. Beyond Sport
 10. Circadian Skin
- 2016:
 11. Clinical and Biological Evaluation of Stem Cell Therapies
 12. String Theory, Signaling Pathways, Proteins and Signaling bio-communications
 13. More is not Better. The Blind Pursue for Youth and Beauty

- 2016: Signaling on Wound Healing and Rejuvenation
- 2016: Gain without Pain. Signaling and the Motor Nerve
- 2016: The Role of Signaling Pathways in Wound Healing
- 2015: NFS targeting the Body's Self Repair Mechanisms
- 2015: Biological Time Reversal Mechanisms
- 2014: Health is Anti-aging
- 2014: Signaling Pathways are Crucial in Stem Cell Differentiation
- 2014: The life and Fate of the Cell
- 2013: Aging Deteriorated Protein to Protein Communications
- 2013: A Dynamic View of Aging
- 2013: Stem Cells Current Clinical Applications
- 2012: Stem Cells: Advantages, Disadvantages and Ethical issues
- 2012: Introduction to Molecular Biology
- 2012: The ATP Dynamic Process and Anti-aging
- 2011: Signaling Technology introduces Nanotechnology to Anti-aging
For totally non invasive procedures with Permanent Results
- 2011: Stem Cells Controversy
- 2011: The Effects of Signaling Technology on Bone Density and Osteoporosis
- 2010: Signalling Pathways and Protein Communications
- 2010: Signaling Technology Increases T3, Muscle Mass and DHEA in
Human Subjects with a significant decrease in Body Fat.

- 2010: Signaling Technology Revolutionizes Anti-Aging
- 2010: Replication of Signaling Technology Results of T3, DHEA and Muscle Mass increase with a significant increase in Body Fat
- 2005 -2010: Signaling Tecnology: Specific Frequencies Increasing Protein Production in Stem Cells
- 2009: Metabolic Syndrome, Causes and Solutions
- 2009: Rapid and Efficient Erythrocyte Separation and Blood Flow Increase
- 2009: Signaling Technology Increases Erythrocyte Separation
- 2008: Meta-analysis of Research: A Dynamic Model of Anti-Aging
- 2008: Meta-analysis of Research: Advances in Electromedicine
- 2008: Meta-analysis of Research: Advances in Nanomedicine
- 2008: Ionic Currents: the Spark of Life and Orientation Force to Potentially Enhance Longevity
- 2008: Signaling Technology and Obesity
- 2008: Signaling Technology and Diabetes
- 2007: Cell Repair Devices
- 2007: Neuronal Intelligence Sports and Fitness
- 2007: The Effects of Nano current on Cellular Life
- 2006: Clinical Research: Effects of nanoamperers on skin and facial muscles of human subjects.

- 2019: Cellulite Reduction and Metabolic Profile improvement as a result of Virtual Gym Treatments
- 2018: Neuropathic Pain Relief and Increased Mobility in Diabetic Patients (Research with Nuris Lampe, MD)
- 2017: Clinical Research: Wound Healing of Diabetic wounds after 6 IREVIVE Treatments (Research with Nuris Lampe, MD)
- 2013: Clinical Research: Increased Hormonal Balance and Sexuality after Fat Burning, Muscle Building and Detoxification with the Ion Magnum
- 2012: Clinical Research: Increased Hormonal Balance with specific increases in T3 and DHEA after 12 Ion Magnum Treatments
- 2012: Clinical Research: MRI Evaluation of Visceral & subcutaneous Fat Reduction and increased Muscle Mass after 12 Ion Magnum Treatment
- 2011: The Effects of IELLIOS on Acne and Rosacea
- 2010: Clinical Research: Effects of square and rectangular waveforms on skin and facial muscles of human subjects.
- 2006: Experimental Research: Experimental study comparing the effects of Arasys on Sports Injury
- 2005: Clinical Research: Motor Nerve Signaling on increasing mobility
- 2004: Clinical Research: Effects of microcurrent specific frequencies combination on pigmentations and melasma of human subjects.
- 2002: Experimental Research: Experimental study comparing the effects of specific microcurrent frequencies on Rosacea with three patient samples: Experimental group Microcurrent only, control group Microcurrent and meds, control group meds only.
- 1992: Clinical Psychology Doctoral Dissertation. Experimental Research: "Narcissistic Personality Disorder at two levels of Adaptation."
- 1988: Clinical Neuropsychology Masters Dissertation. Experimental Clinical Research: "Emotion and Physical Illness. Anger Enhances Longevity. The Pathological Effect of Shame."
- 1983: Neurophysiology Doctoral Dissertation: "Nerve Growth Factor and Recovery of Neurological Function after Brain Trauma."
- 1980: Neurophysiology Masters Dissertation "Hemispheric Dominance and Emotion."

Teaching Experience

- Faculty EuroMedicom 2009 to Present
- Faculty IMCAS 2009 to Present
- Anti-Aging Medicine 2009 to Present
- Aesthetic and Anti-Aging Medicine 2009 to Present
- Faculty Jeddah Derma 2008 – 2009
- American Board of Anti-Aging 2008-2009
- Faculty A4M 2006 to Present
- Minimally Invasive Plastic Surgery 2006 to Present
- Chaminade University Honolulu 1994-1996
- City University London 1981-1983

Creative Writing Accomplishments:

- 2005: Self Help: How to be Free Yourself from a Neurotic Society. Published Online under the pen name Xanya Sazz
- 2004: Novel: "Never Let a Man Lead" Published Online under the pen name Xanya Sazz
- 2003: Novel: "Death by Marriage." Published Online under the pen name Xanya Sazz
- 2001: Novel: "Venus on Prozac." Published Online under the pen name Xanya Sazz
- 2000: Novel: "Marital Combat." Published Online under the pen name Xanya Sazz

Awards:

- 2010: International Speaker's Award. Minimally Invasive Plastic Surgery
- 2009: International Speaker's Award. American Academy of Anti-aging, Thailand
- 1970: Young Pianists International Competition, Second Place Winner, Rome Italy
- 1969: Young Pianists International Competition, Second Place Winner, Athens Greece
- 1964: Young Poets National Poetry Award, Athens, Greece

Languages:

Fluent in English, Greek, Knowledge of French.

References:

Available upon request.

Publications 2020

[HTML] [scirp.org](#)

[HTML] Adverse Effects of Sedentary Lifestyles: Inflammation, and High-Glucose Induced Oxidative

Stress—A Double Blind Randomized Clinical Trial on Diabetic ...

X Sofra, S Badami - Health, 2020 - [scirp.org](#)

Sedentary lifestyles promote adipose tissue accumulation that generates systemic inflammation and oxidative damage. Physical activity induces cardiovascular fitness, increases muscle mass, and healthy blood glucose regulation, while reducing visceral fat ...

Cited by 2All 2 versions

[HTML] [scirp.org](#)

[HTML] The Importance of Systemic Balance in Safeguarding Health: A Randomized Double-Blind

Clinical Trial on VLDL, Triglycerides, Free T3, Leptin, Ghrelin ...

X Sofra - Health, 2020 - [scirp.org](#)

The purpose of this clinical trial was to delineate some of the negative consequences of high BMI on health and explore the possibility of a solution. We analysed the blood test results of nine overweight adults with sedentary lifestyles, and an average BMI of 32.23. Results ...

Cited by 2All 2 versions

How to get rid of visceral fat: a randomised double-blind clinical trial

Cited by 2

[HTML] [scirp.org](#)

[HTML] The Dark Reflection of Sadism within the Brilliance of the Narcissistic Persona

X Sofra - Health, 2020 - [scirp.org](#)

This double blind randomized clinical trial with 84 participants, revealed that mental patients diagnosed with narcissism, and narcissistic celebrities mirror each other's paranoid, obsessive and histrionic symptomatology, grandiosity, manipulative charm, and inner ...

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[HTML] [scirp.org](#)

[HTML] Technological Advances in Accelerated Wound Repair and Regeneration

X Sofra, N Lampe - Health, 2020 - [scirp.org](#)

We reviewed a number of wound repair, keloid and hypertrophic scar research methods that included lasers, microcurrent and ultra-low energy technologies. Laser research reports short-term improvement in wounds, keloid and hypertrophic scars, but without follow up to ...

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[HTML] Dynamics of Female Sexuality; Hidden Emotional Issues

X Sofra - Health, 2020 - [scirp.org](#)

Sexual satisfaction following Laser or RF vaginal rejuvenation is usually assessed by straightforward self-report questionnaires that may not offer a deeper insight into female dynamics. Our randomized double-blind longitudinal clinical trial on 14 menopausal women ...

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[HTML] A Randomized Longitudinal Double-Blind Clinical Trial on Long-Term Neuropathic

Symptomatology Relief & Pain Analgesia

X Sofra, N Lampe - Health, 2020 - [scirp.org](#)

Diabetic neuropathic pain is one of the most difficult to treat with high levels of reoccurrence and a substantial increase with aging. It involves expensive hospitalizations, often resulting in an amputated lower limb. We explored a variety of methods treating neuropathic pain ...

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Empowering the woman: a comprehensive model of sexual anti-ageing

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Gain without pain: beyond sport effortless exercise solutions

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[PDF] [maplespub.com](#)

[PDF] The Affinity between Obesity and COVID-19

X Sofra - J Endo Metabol Res, 2020 - [maplespub.com](#)

The objective was to identify some of the common denominators that undermine health and increase COVID-19 vulnerability. The virus has a binding affinity for ACE2 receptors which are abundant in adipose tissue, placing obesity at the spotlight of the COVID-19 ...

[PDF] [A Review of COVID-19 associated factors: CRP, Creatinine, Bilirubin, VLDL, HDL, Triglycerides, Cortisol and Thyroid Function](#)

X Sofra, S Badami - J Endo Metabol Res, 2020 - maplespub.com

The objective was to identify key factors associated with compromised immunity in search of preventative solutions that can safeguard health. Elevated C-reactive protein (CRP) synthesized by cytokines, creatinine, and bilirubin are consistently featured in the profiles

of ...

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[HTML] [arasysperfector.com](#)

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A ELIZONDO, J ARAYA, R RODRIGO, C SIGNORINI... - arasysperfector.com

June 19, 2009. BiolRes41: 59-68,2008 ARTICLES Effects of weight loss on liver and erythrocyte polyunsaturated fatty acid pattern and oxidative stress status in obese patients with non-alcoholic fatty liver disease. Filed under: — Dr. Xanya @ 4:09 pm ...

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a. ... Page 3. For Peer Review 1 Empower the Woman: Evaluating Sexual Satisfaction from the Female

Point of View Xanya Sofra, Ph.D aDepartment of Signaling, IELLIOS Research Center, United Kingdom e-mail science@iellios.com Tel.: 4420332399013 Abstract ...

DOI Publications

DOI: <https://doi.org/10.12968/joan.2020.9.5.202>

DOI: <https://doi.org/10.12968/joan.2020.9.3.118>

DOI: <https://doi.org/10.4236/health.2020.128078>

DOI: <https://doi.org/10.4236/health.2020.126051>

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<https://twitter.com/DrXanya>

<https://www.linkedin.com/in/xanyaweiss/>

<https://www.facebook.com/sofraxanya>

<http://www.virtualgym london.com/lectures-and-powerpoints.html>

<http://www.irepairskin.com/science-presentations.html>