

# EDEM CLINIC

UKRAINE

## «DETOX NEW» PROGRAM 10 days

An intensive detoxification program that aims to speed up the natural metabolism, restore cellular functions, and improve the body's vitality. The program helps normalize weight, improve flushing out of exo- and endotoxins and free radicals, and reduce oxidative stress. Our specifically targeted methods employ science-based principles with a personalized approach and the most up-to-date knowledge on preventing aging processes. The program combines molecular hydrogen, low pressure, hydro-, phyto-, peloid factors, carbon dioxide, and drainage techniques.

A nutritionist supervises your personal nutrition program. Based on your clinical data, the nutritionist chooses the detox diet to achieve the best results and improve your vitamins and trace nutrients absorption. You will receive recommendations on how to adapt your dietary style after the program. The team of supervising physicians will also provide recommendations in accordance with the results of your tests to identify deficiency conditions, stimulate enhanced detoxification systems, and improve your lifestyle.

### Diagnostics:

### The number of procedures:

- Consultation and supervision by a physician throughout the program (initial examination, dynamic checkup with interpretation of tests, final consultation with recommendations) \_\_\_\_\_ 1
- Consultation and supervision by a nutritionist (initial consultation, dynamic monitoring, final consultation) \_\_\_\_\_ 1
- Edem laboratory screening: analysis of protein metabolism, inflammatory markers, liver and kidney tests, deficiency states \_\_\_\_\_ 1
- Ultrasound diagnostics includes a complete physical examination of the liver, gallbladder, bile ducts, pancreas, spleen, kidneys, bladder, adrenal glands, thyroid gland \_\_\_\_\_ 1
- Body composition analysis (56 parameters) \_\_\_\_\_ 2
- The basic test to diagnose the mineral content, mineral ratios, vitamins and oxidative stress levels of the body \_\_\_\_\_ 1
- Bioenergy diagnostics and correction \_\_\_\_\_ 1

### Detox procedures:

- Detox complex \_\_\_\_\_ 8
- Underwater toning and lymphatic drainage massage \_\_\_\_\_ 1
- Physical rehabilitation session (conducted by a rehabilitation therapist under the supervision of an orthopedic traumatologist) \_\_\_\_\_ 4
- Oxygen-hydrogen barotherapy with chromotherapy (5 sessions) / hypoxotherapy with electromyostimulation (7 sessions) chosen by the doctor during the initial consultation \_\_\_\_\_ 1
- Dry carbonic acid gas bath \_\_\_\_\_ 1
- Blind duodenal intubation \_\_\_\_\_ 1

### Dietetics and nutrition:

- Detox / Detox Strong nutrition \_\_\_\_\_ 10
- Detox phytotherapy \_\_\_\_\_
- Vitamins and microelement selection according to physical condition and deficiencies \_\_\_\_\_

### Additional options:

- Visiting a SPA zone (a swimming pool, a gym, a Roman sauna, a bath, a Finnish sauna, armchairs hammam, a hydromassage mini swimming pool, Swiss shower (circular shower), Kneip track, an ice fountain and a phytobar)
- Group fitness training classes (Scandinavian walk, training with Black Roll, aquaaerobics, TRX, Bit Zone, morning gymnastics, Fly yoga)
- No floating accommodation rate

Note:

- The Program cost excludes accommodation.

**The total investment in your health:  
158 414 UAH**

#edemyouself #edemclinic #detoxofmind  
© dr\_bashkirtsev

