

EDEM CLINIC

UKRAINE

«HEALTH CLUB» PROGRAM 10 days

Based on many years of experience, the author's detoxification program by Ph.D. Bashkirtsev was created to normalize weight, enhance the functioning of exo- and endotoxin and free radical removal systems, and reduce oxidative stress in the body.

Specially developed methods are based on scientifically proven principles with a personalized approach and the use of the most up-to-date knowledge on preventing the aging process. They are aimed at restoring cellular functions, stabilizing and accelerating metabolism, and improving the body's vitality. During the program, a combination of molecular hydrogen, baro-, hydro-, phyto-, peloid-factors and drainage techniques is used.

A nutritionist supervises your personal nutrition program. Based on your clinical data, the nutritionist will choose 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. In accordance with the results of your tests, the team of supervising physicians will provide recommendations on identified deficiency conditions, stimulating enhanced detoxification systems, and improving 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:

- Author's detox complex _____ 8
- Functional body reset (conducted by a rehabilitation therapist under the supervision of an orthopedic traumatologist) _____ 4
- Oxygen-hydrogen barotherapy with chromotherapy (5 sessions) / hypoxotherapy with electromyostimulation (6 sessions) chosen by the doctor during the initial consultation _____ 1
- Underwater manual massage _____ 1
- Dry carbonic acid gas bath _____ 1
- Blind duodenal intubation _____ 1

Dietetics and nutrition:

- Detox / Detox Strong nutrition _____ 10
- Detox phytotherapy _____ 7
- Vitamins and microelement selection according to physical condition and deficiencies _____ 7

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 and a phytobar)
- Group fitness training classes (Scandinavian walk, training with Black Roll, aquaerobics, TRX, Bit Zone, morning gymnastics, Fly yoga)

Note:

- The Program cost excludes accommodation.

**The total investment in your health:
220 000 UAH**

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