

EDEM CLINIC

UKRAINE

«AUTHOR'S DETOX» 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.

Procedures	The number of procedures
▪ Author's detox complex: - hydro-, phyto-, aromatherapy - phytomud therapy with floating - massage (hardware and manual techniques)	8
▪ Functional Body Reset	3
▪ Personal training with a trainer	2
▪ Group fitness training classes (Scandinavian walk, training with Black Roll, aquaerobics, TRX, Bit Zone, morning gymnastics, Fly yoga)	10
▪ Oxygen-hydrogen barotherapy with chromotherapy	5
▪ Detox nutrition menu	10
▪ Detox phytotherapy	10

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)

Additional we recommend booking support and diagnostics during the program:

- Consultation and supervision by a physician throughout the program (initial examination, dynamic checkup with interpretation of tests, final consultation with recommendations)
- Consultation and supervision by a nutritionist (initial consultation, dynamic monitoring, final consultation)
- Edem laboratory screening: analysis of protein metabolism, inflammatory markers, liver and kidney tests, deficiency states
- Ultrasound diagnostics includes a complete physical examination of the liver, gallbladder, bile ducts, pancreas, spleen, kidneys, bladder, adrenal glands, thyroid gland
- Body composition analysis (56 parameters) (2 session)
- Complex diagnostics of the body for the content of minerals, vitamins and accumulation of heavy metals

Note:

- The Program cost excludes:
 - accommodation.
 - recommended support and diagnostics.

**The total investment in your health:
165 500 UAH**

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