# EDEM CLINIC

UKRAINE

## «DETOX BODY AND MIND» PROGRAM *7 days*

The program provides for organic and psychoemotional detoxification, purification and elimination of exo- and endotoxins accumulated in the body as a result of improper lifestyle (day regimen, food ration and eating disorders, chronic stress), environmental factors, sedentary lifestyles. It is indicated for treatment of chronic fatigue, psychoemotional burnout and "stressful overstrains".

Specially created 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. The program combines work on the central nervous system (psychological, stressful state) and classical methods of the author's detox.

| **Procedures:** | **The number of procedures:** |
|---|---|
| ▪ Bioenergy diagnostics and correction | 2 |
| ▪ Psychotherapist consultation (1 consultation, 4 sessions) | 5 |
| ▪ Author's detox complex:<br>- hydro-, phyto-, aromatherapy<br>- phytomud therapy with floating<br>- massage (hardware and manual techniques) | 4 |
| ▪ Local mono-ritual «Cleansing» | 1 |
| ▪ Oxygen-hydrogen barotherapy with chromotherapy | 5 |
| ▪ Functional body reset (diagnostics is carried out in cooperation with orthopedic traumatologist): primary session with diagnosis (1 session) and second session (1 session) | 2 |
| ▪ Personal training with a trainer | 1 |
| ▪ Group fitness training classes (Scandinavian walk, training with Black Roll, aquaaerobics, TRX, Bit Zone, morning gymnastics, Fly yoga) | 7 |
| ▪ Detox nutrition menu | 7 |
| ▪ Detox phytotherapy | 7 |
| ▪ Detox mineral water treatment | 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)

**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:**
**141 000 UAH**

**Price for Edem Health Club members:**
**132 000 UAH**

#edemyouself #edemclinic #detoxofmind

dr_bashkirtsev