

# EDEM CLINIC

UKRAINE

## RECOVERY AND DETECTION OF DISEASES RISKS» PROGRAM 7 days

The program "Recovery and detection of diseases risks" is based on four evidence-based approaches to the organism: prediction, prevention, personalization, prevention.

The program uses a personalized medical approach to diagnosing and predicting the progress of possible health-related diseases that affect and accelerate the aging process. Author's methods of treatment improve the processes of self-regulation of the body, increase energy resources and start the processes of biorevitalization.

A team of medical curators will provide personalized guidance on how to use your body in areas such as: nutrition (taking into account the characteristics of your body), nutraceutical support, disease prevention and prediction, which will affect your life quality.

### Diagnostics:

### The number of procedures:

|                                                                                                                                                                           |   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|
| ▪ Consultation and supervision of a doctor during the program (initial examination, dynamic review with analysis interpretation, final consultation with recommendations) | 1 |
| ▪ Consultation and supervision by a nutritionist (initial consultation, dynamic monitoring, final consultation)                                                           | 1 |
| ▪ Edem Laboratory screening                                                                                                                                               | 1 |
| ▪ Ultrasound diagnostics - a comprehensive study (liver, gallbladder, bile ducts, pancreas, spleen, kidneys, bladder, adrenal glands, thyroid gland)                      | 1 |
| ▪ Ultrasound diagnostics of the pelvic organs and mammary glands / prostate                                                                                               | 1 |
| ▪ Ultrasound diagnostics of lungs and pleural cavities                                                                                                                    | 1 |
| ▪ Ultrasound of the neck vessels and the lower extremities                                                                                                                | 1 |
| ▪ Electrocardiogram                                                                                                                                                       | 1 |
| ▪ Loading test with electrocardiogram on a bicycle ergometer + ultrasound of the heart                                                                                    | 1 |
| ▪ Body composition analysis (56 parameters)                                                                                                                               | 1 |
| ▪ Complex diagnostics of the body for the content of minerals, vitamins, accumulation of heavy metals and determination of the level of oxidative stress                  | 1 |
| ▪ Bioenergetic diagnostics and correction                                                                                                                                 | 1 |
| ▪ Sleep diagnostics                                                                                                                                                       | 1 |
| ▪ 3D diagnostics of facial skin using Opatra Dome Analyser                                                                                                                | 1 |

### Procedures:

|                                                                                                                                               |   |
|-----------------------------------------------------------------------------------------------------------------------------------------------|---|
| ▪ Author's detox complex:<br>- hydro-, phyto-, aromatherapy<br>- phytomud therapy with floating<br>- massage (hardware and manual techniques) | 2 |
| ▪ Physical therapist consultation with personalized exercise recommendations                                                                  | 1 |
| ▪ SPA-ritual «Local-Restoration»                                                                                                              | 1 |
| ▪ Session in SPA-capsule with mud wrap                                                                                                        | 1 |
| ▪ Dry carbonic bath                                                                                                                           | 1 |
| ▪ Cryotherapy session                                                                                                                         | 5 |

### Dietetics and Nutrition:

- Vitamins and microelement selection according to physical condition and deficiency
- Detox phytotherapy

### 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)
- We recommend visiting the Panorama balanced nutrition restaurant during the program

Note:

- The Program cost excludes accommodation.

**The total investment in your health:**  
**107 700 UAH**

**Price for Edem Health Club members:**  
**102 100 UAH**

#edemyouself #edemclinic #detoxofmind  
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