

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 electrocardiography 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: - hydro-, phyto-, aromatherapy - phytomud therapy with floating - 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:
114 000 UAH

Price for Edem Health Club members:
108 500 UAH

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