

# EDEM CLINIC

UKRAINE

## DIAGNOSIS AND CORRECTION OF METABOLIC DISORDERS IN CHILDREN (Future Health Programming) 14 days

The purpose of the program is to normalize the child's natural metabolism. The program provides a comprehensive analysis of the child's nutritional and social behavior, a thorough analysis of the peculiarities of his metabolism and energy balance based on the application of modern methods of biochemical and instrumental diagnostics. Personalized selection of the child's dietary menu, taking into account the results of the examination, correction of eating behavior and physical activity, lifestyle. Psychological motivation of the child to program the optimal parameters of his health. Application of modern fitness techniques.

GOALS of the program:

- Assessment of individual characteristics of health, nutrition, hereditary and metabolic risks.
- Assessment of the child's social and physical activity, behavioral reactions.
- Study and assessment of the characteristics of the child's metabolism.
- Identifying the main risk factors for a child's metabolic disorder and developing measures to correct them.
- Personalized recommendations for lifestyle changes, nutrition, and physical activity.
- Creating a programming model for future health and social development.
- Normalization of the main links of the child's metabolism, a gradual decrease in body weight, in the presence of excess body weight/obesity.

The program is intended for boys and girls from the age of 11 and their parents who want to be healthy, beautiful and successful.

### Diagnostics:

### The number of procedures:

|                                                                                                                                                       |   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|---|
| • Complex consultation of a pediatrician (initial, intermediate and final consultations)                                                              | 1 |
| • Nutritionist consultation (initial, intermediate, final consultation and online meeting after 30 days from the moment of completion of the program) | 1 |
| • Creation of an individual dietary menu (menu for 14 days)                                                                                           | 1 |
| • Laboratory screening "Edem, children" (52 indicators)                                                                                               | 1 |
| • Ultrasound diagnostics — a comprehensive study (liver, gall bladder, bile ducts, pancreas, spleen, kidneys, bladder, adrenal glands, thyroid gland) | 1 |
| • Electrocardiogram at rest                                                                                                                           | 1 |
| • Body composition analysis (56 parameters)                                                                                                           | 2 |
| • Comprehensive diagnosis of the body for the content of minerals, vitamins and heavy metals (Oligoscan)                                              | 1 |
| • Monitoring of the physical activity of the child                                                                                                    | 1 |

### Procedures:

|                                                                                                                                          |   |
|------------------------------------------------------------------------------------------------------------------------------------------|---|
| • Complete hydro-energetic therapy (hydrotherapy, phytomud therapy and Detox hydromassage shower procedure "Sharko Shower/ Vichy Shower" | 5 |
| • Complete hydro-energy therapy (hydrotherapy, peloid therapy and Detox hydromassage shower procedure "Sharko Shower/ Vichy Shower"      | 3 |
| • Primary session of physical recovery (consultation of a rehabilitator, classes, massage)                                               | 1 |
| • Repeated session of physical recovery (classes, massage)                                                                               | 6 |

### Dietetics and nutrition:

- Individual personalized dietary nutrition (developed by a pediatrician, nutritionist and chef of the restaurant "Panorama")
- Detox phytotherapy
- Individual selection of vitamins and trace elements according to the clinical condition and deficiency conditions

### 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, Kneip track, contrast bath 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:  
243 300 UAH**

#edemyouself #edemclinic #detoxofmind  
@ dr\_bashkirtsev

