

EDEM CLINIC

UKRAINE

DIAGNOSIS AND CORRECTION OF METABOLIC DISORDERS IN CHILDREN (Future Health Programming) 21 days

The purpose of the program: to minimize the effect of risk factors, improve the child's metabolism, prevent the risk of complications in the future. The program provides:

- an in-depth nutraceutical audit with determination of the peculiarities of eating behavior, nutritional support before, during and after the completion of the program.
- determining the characteristics of the child's health on the basis of biochemical, genetic and instrumental examination methods.
- development of a plan for the correction of detected violations of metabolism, social and food behavior, and physical activity.
- implementation of a comprehensive approach to weight control in children, taking into account age, severity of obesity and the presence of obesity-related diseases.
- combined interventions consisting of diet modification, physical activity, behavioral therapy, and healthy lifestyle education that will be effective in improving metabolic and anthropometric indicators.

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 in the dynamics of observation.
- Study and evaluation of the peculiarities of the child's metabolism, the presence of deficiency states and correction of the identified disorders.
- Identifying the main risk factors for diseases associated with excess body weight or obesity and associated metabolic disorders and providing recommendations for their prevention.
- Creation of an individual dietary menu (for 21 days).
- Selection of physiotherapeutic and fitness methods.
- Individual selection of necessary vitamins, trace elements, nutraceuticals.
- Personalized recommendations regarding lifestyle, nutrition, and physical activity.
- Personalized support of the child regarding excess weight.
- Optimizing the child's metabolism, hormonal balance, gradual weight loss
- Improving the well-being and self-esteem of the child, achieving harmony in social relations.

Duration: 21 days with subsequent online support.

The program is designed for boys and girls from 11 years old and their parents who want to improve their health and self-esteem.

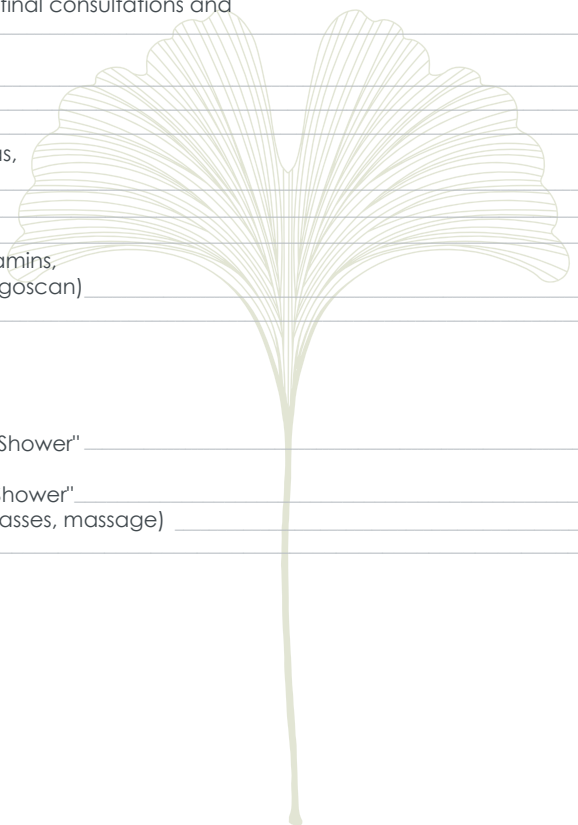
Diagnostics:

The number of procedures:

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|---|---|
| ▪ Nutraceutical audit (initial online consultation, online support before starting the program, in-depth analysis of the diet with the determination of deficiencies and risks of development of pathologies, drawing up a correction plan nutrition and use of vitamins and microelements according to the international system) | 1 |
| ▪ Comprehensive consultation of a pediatrician (initial, 2 intermediate, final consultations and 1 online meeting 30 days after the end of the program) | 1 |
| ▪ Nutritionist consultation (3 interim meetings, final consultation, online meeting 30 days after the end of the program) | 1 |
| ▪ Creation of an individual dietary menu (menu for 21 days) | 1 |
| ▪ Laboratory screening "Edem, children" (52 indicators) | 1 |
| ▪ Complex ultrasound of organs (liver, gall bladder, bile ducts, pancreas, spleen, kidneys, bladder, adrenal glands, thyroid gland) | 1 |
| ▪ Electrocardiogram at rest | 1 |
| ▪ Body composition analysis inbody 770, 56 parameters | 2 |
| ▪ Comprehensive diagnosis of the body for the content of minerals, vitamins, of heavy metals and determination of the level of oxidative stress (Oligoscan) | 1 |
| ▪ Monitoring of the physical activity of the child | 1 |

Procedures:

- | | |
|---|---|
| ▪ Full hydropower therapy (hydrotherapy, phytomud therapy and Detox hydromassage shower procedure "Sharko Shower / Vichy Shower" | 6 |
| ▪ Complete hydro-energetic therapy (hydrotherapy, peloidotherapy and Detox hydromassage shower procedure "Sharko Shower / Vichy Shower" | 4 |
| ▪ Primary session of physical recovery (consultation of a rehabilitator, classes, massage) | 1 |
| ▪ Repeated session of physical recovery (classes, massage) | 9 |



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Dietetics and nutrition:

- Individual personalized dietary nutrition (developed by a pediatrician, nutritionist and chef of the Panorama restaurant)
- 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, aquaaerobics, TRX, Bit Zone, morning gymnastics, Fly yoga)

Note:

- The Program cost excludes accommodation.

**The total investment in your health:
363 000 UAH**

#edemyouself #edemclinic #detoxofmind
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