

EDEM CLINIC

UKRAINE

"METABOLIC BALANCE" PROGRAM *3 days*

A medical start for restoring metabolic balance.

Metabolic Balance — 3 days is an intensive three-day program designed for a safe and conscious start in working with weight and metabolic health under the supervision of the Edem Clinic medical team.

The program allows for a comprehensive assessment of the body's condition, identification of individual metabolic characteristics, and creation of a personalized weight-loss strategy considering lifestyle, health condition, and the guest's goals.

The combination of medical diagnostics, specialist consultations, and restorative procedures gently activates the body's natural resources and lays the foundation for sustainable change.

Metabolic Balance — 3 days is a clear medical guideline for those who choose a systematic and safe path to results

During 3 days you will receive:

- Full screening for a safe start or continuation of therapy;
- Assessment of metabolic condition and potential risks;
- Personal recommendations from preventive medicine doctors;
- Selection of the optimal weight-loss pace for you;
- Strategy for maintaining or completing therapy results;
- Recommendations to help prevent weight regain.

This is an intensive medical format for those who want not only to lose weight, but also restore metabolic balance and secure long-term results.

At EDEM CLINIC, weight loss is not an experiment.
It is a controlled and personalized process of restoring metabolic health.

Diagnostics:

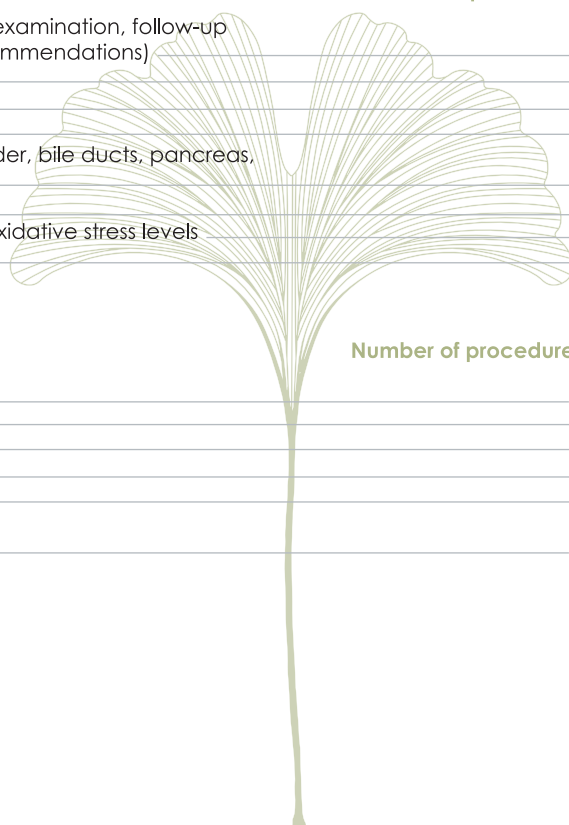
Number of procedures:

- Medical consultation and supervision throughout the program (initial examination, follow-up consultation with test interpretation, final online consultation with recommendations) _____ 1
- Endocrinologist consultation _____ 1
- Psychotherapist consultation _____ 1
- Dietitian consultation _____ 1
- Ultrasound diagnostics — comprehensive examination (liver, gallbladder, bile ducts, pancreas, spleen, kidneys, bladder, adrenal glands, thyroid gland) _____ 1
- Body composition analysis (56 parameters) _____ 1
- Comprehensive diagnostics of minerals, vitamins, heavy metals and oxidative stress levels _____ 1
- Edem GLP laboratory screening _____ 1

Procedures:

Number of procedures:

- Underwater manual massage _____ 1
- Segmental massage _____ 1
- Physical recovery session _____ 1
- Oxygen-hydrogen barotherapy with chromotherapy _____ 3
- Cryotherapy session _____ 3
- Group fitness activities (Nordic walking, Black Roll training, aqua aerobics, TRX, Bit Zone, morning exercise, Fly Yoga) _____ 3



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Nutrition:

- Meals according to the "Free Choice" menu _____ 3

Additional options:

- Access to the SPA zone: (pool, gym, Roman sauna, steam bath, Finnish sauna, hammam chairs, hydromassage mini-pool, Swiss shower (circular), Kneipp path, ice fountain, phytobar).

Note:

- Accommodation is not included in the program price.

Total investment in your health:
107 917 UAH

Price for Edem Health Club members:
100 517 UAH

#edemyouself #edemclinic #detoxofmind
dr_bashkirtsev

