

EDEM CLINIC

UKRAINE

"METABOLIC BALANCE" PROGRAM *7 days*

Deep restoration of metabolic health and the body's energy.

Metabolic Balance — 7 days is a comprehensive medical recovery program designed to normalize metabolism, support weight loss, and establish long-term balance within the body.

Throughout the program, the team of doctors at Edem Clinic accompanies the guest at every stage — from advanced diagnostics to personalized solutions in nutrition, physical activity, and restorative procedures.

A systematic approach helps reduce metabolic stress, support the body's natural weight-regulation processes, and restore energy levels and vitality.

Metabolic Balance is not a short-term solution, but a thoughtful personalized path toward stable well-being and metabolic health.

During 7 days you will receive:

- A full range of examinations for safe and effective weight loss;
- Assessment of metabolic condition and potential risks;
- Individual recommendations from the preventive medicine team;
- Selection of the optimal pace of weight reduction specifically for you;
- A support therapy plan or a safe and well-structured completion of medication intake;
- A strategy to prevent weight regain.

Additionally, you will learn how to build healthy eating habits and reduce the risks of osteoporosis, muscle loss, and possible therapy-related complications.

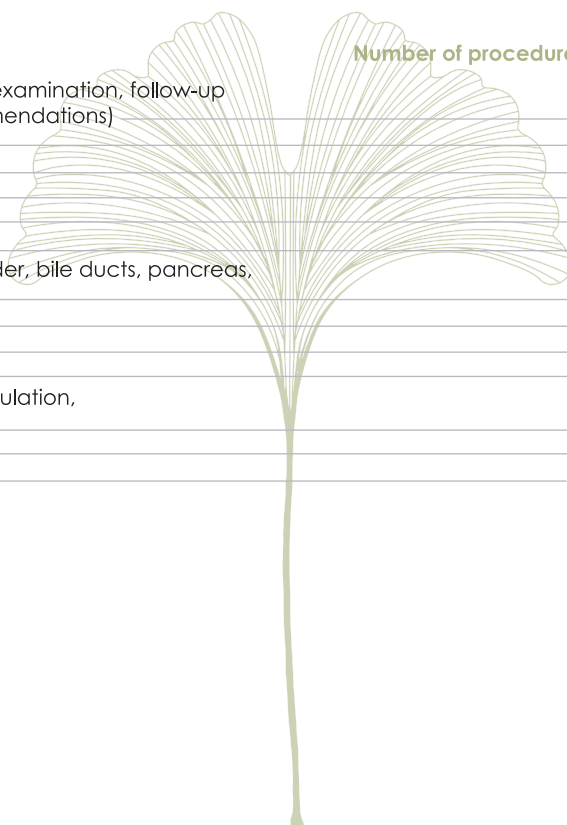
This format is designed for those who choose a conscious approach to weight loss — not a quick effect, but systematic work with metabolism and a stable long-term result.

At EDEM CLINIC, weight management is a thoughtful and personalized path to restoring and maintaining metabolic health

Diagnostics:

Number of procedures:

- | | |
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| ▪ Medical consultation and supervision throughout the program (initial examination, follow-up consultation with interpretation of tests, final consultation with recommendations) | 1 |
| ▪ Endocrinologist consultation | 1 |
| ▪ Psychotherapist consultation | 1 |
| ▪ Dietitian consultation | 1 |
| ▪ Development of an individual nutrition plan | 1 |
| ▪ Dermatologist consultation and treatment selection | 1 |
| ▪ Ultrasound diagnostics — comprehensive examination (liver, gallbladder, bile ducts, pancreas, spleen, kidneys, bladder, adrenal glands, thyroid gland) | 1 |
| ▪ Pelvic ultrasound | 1 |
| ▪ Electroencephalography | 1 |
| ▪ Body composition analysis (56 parameters) | 1 |
| ▪ Comprehensive diagnostics of minerals, vitamins, heavy metal accumulation, and oxidative stress levels | 1 |
| ▪ Bioenergetic diagnostics and correction | 1 |
| ▪ Edem GLP laboratory screening | 1 |



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Procedures:

Number of procedures:

▪ Hydro-, phyto- and aromatherapy massage, therapeutic mud therapy with floating	3
▪ Manual lymphatic drainage massage	1
▪ Connective tissue massage	1
▪ Pelvic floor muscle stimulation and tone restoration (Emsella)	2
▪ Body sculpting training on the Wonder machine	2
▪ Physical recovery session	3
▪ Oxygen-hydrogen barotherapy with chromotherapy	5
▪ Cryotherapy session	5
▪ Group fitness activities (Nordic walking, Black Roll training, aqua aerobics, TRX, Bit Zone, morning exercise, Fly Yoga)	7

Nutrition:

▪ Meals according to the "Free Choice" menu	7
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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:
182 817 UAH

Price for Edem Health Club members:
173 317 UAH

#edemyouself #edemclinic #detoxofmind
dr_bashkirtsev

