

Detox Programme

An integrated, detox consultant led 6 month programme aiming to re-balance dis-ease through clarifying digestive & lymphatic systems.

Duration – 6 months; Cost - £1500

This programme is “Clinician Recommended” following an Optimal Health Assessment which is not included in the Programme price.

Programme Clinical Lead – Bridget Batty BHSc (Naturopathy) - Naturopath, Nutritional Therapist and Herbalist; bridget@healthoptimising.co.uk

Our Health Optimising Programmes are bespoke and offer you guided support from an experienced Clinical Lead. Free access to our Clinician OnCall Acute Same Day Service is also included (please put the Hotline number - **020 3951 0457** - in your phone now) Programmes represent an average 20% saving over booking treatments individually.

INDICATION OF LEVEL OF SUPPORT INCLUDED

Your programme will be individualised based on your personal health picture. This is an example of what an average programme could look like to give you a guide as to the type and number of assessments and treatments which may be included.

OHA Re-Test with Senior Clinician (x2)

We recommend Reviews throughout the programme to demonstrate improvement and to highlight where work is still required.

Nutrition Consultation with Nutritional Team (x2)

The application of the science of nutrition to develop a specifically tailored nutritional plan and support for the promotion of optimum health and performance. Consultations pre and post Detox.

Advanced Lymphatic Drainage (x6)

The status of your lymphatic system is important for improving immunity, draining excess fluid, absorbing & distributing fat soluble nutrients. Includes a light cleansing massage with indicated essential oils to further encourage lymph drainage.

Colonic Hydrotherapy (x5)

A very gentle & effective method of cleansing. By removing harmful waste material, detoxification is given a real boost and your immune system can breathe easily again. A healthy, well-functioning colon is essential for optimal health.

Liver/ Kidney/ Gallbladder Flush - undertaken to support the breakdown and release of toxins in the main organs of detoxification

NOT INCLUDED

Will always be an additional cost

Toxic Metal Test

This test is useful for assessing toxic element exposure may be recommended depending on individual health picture. Chronic low-level exposure to toxic metals can result in significant retention in the body that can be associated with a vast array of adverse health effects and chronic disease. **(COST – £122)**

Medical Thermography (MT) Study - HD Imaging Screen.

A full body health discovery tool, particularly beneficial for breast health as well as spine, abdomen, low grade inflammations, cardiovascular disorders, musculoskeletal disorders, diabetes and hormonal disturbances. Uses the highest resolution camera to visually record and give a very accurate location of any physiological changes and metabolic processes. Study analysed by full time and experienced interpreters in the USA who have reviewed thousands of thermograms using specialist software.

Highly Recommended (COST – see website)

TERMS & CONDITIONS

Programmes must be paid for at the time of booking and we are unable to offer refunds. Price excludes any additional Health Optimising assessments or treatments not listed, Laboratory Tests (blood/urine/stool/breath), Prescribed supplements/herbal medicines/homeopathy.