

LifeChange

A transformative health empowerment programme with amazing regenerative results

Duration – 6 months; Cost - £5000

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

Programme Clinical Lead – Dr. Priti Thakkar - Naturopath (BNYS) and Yoga Therapist; priti@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.

Monthly Optimal Health Assessment Re-Test with Senior Clinician (x6)

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

Quarterly 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.

Mindwork (x6) – your Senior Clinician will advise between; Well Mind Psychology

Supports you in reconnecting with your inner emotions and feelings to achieve positive emotional and mental wellbeing in a safe, caring, transformative and collaborative way.

Empowerment Therapy

Supports you, both emotionally and practically, to navigate your Health Optimising/ LifeChange Programme, make lifestyle changes and overcome any obstacles.

Bodywork Sessions (x6) – a bespoke combination of acupuncture and/or yoga and/or massage;

Traditional Chinese Acupuncture

Patients may benefit from having bespoke Traditional Chinese Acupuncture therapy with a classically trained & experienced clinician. For pain management, an array of internal conditions, for general well-being or to complement ongoing treatments.

Yoga Therapy

Yoga is union of Self with the Divine Self. It includes Physical Postures, Breathing Techniques, Relaxation and Meditation to channel the vital force of life called "Prana". Therapeutically, Yoga re-establishes and restores a balanced energy flow, releases any blockages and brings Harmony, Health and Well-being.

Intuitive Massage Therapy

A unique body-mind centred intuitive style of healing touch and therapeutic care that draws from the wisdoms of Deep Tissue Massage, Lomi Lomi, Chi Nei Tsang (abdominal massage), Acupressure, Sensual Massage, Indian Head Massage and Reiki.

Pulsed Plasma Light Therapy (x4)

Encourages self-regulation to quickly reduce the impact of the microorganisms which can cause stubborn infection.

The Rehabilitator using Papimi (x6)

The Rehabilitator's unique magnetic nano pulses stimulate the self-regulation of symptoms but also the deeper source of health problems identified at the cellular level.

Nitric Oxide Treatment (x4 – 10 minutes)

Direct Nitric Oxide (N-O) treatment using Plason medical technology for healing through improving vascular circulation and tissue oxygenisation.

NOT INCLUDED

Will always be an additional cost

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.