

bodyholiday[®]

wellness clinic



Changing lives, one person at a time.

Introduction to Wellness Clinic How do you view your health? If you're like me, you take responsibility for it. You understand that it is more than just the absence of infirmity or disease. It is the constant pursuit of an improved state of being that involves a balance between the physical, emotional and spiritual balance that makes up our being.

Health evolves throughout our lives and is as important in our youth as it is in our middle and advanced ages. In today's world we are educated and made aware about what makes us well and particularly what damages and conflicts with our overall wellbeing. Modern health is about one person.

You. Me. I.

I take responsibility for my health. I manage my life and my body. I ultimately am the only one who can do this.

It's a lot to manage in the frenetic world of today. Surrounded by invasive stimuli, bad food, bad emotions, stress, pollution, noise and decisions that all provoke an inflammatory response in our bodies.

What does that mean? It means that I need support. I need practical information to easily help me make decisions that will have a major impact on my life, long term. Key decisions that will effectively slow down my aging.

At BodyHoliday, we move from being your Doctor, to being your coach; a partner in a life of wellbeing and fulfillment. We aim to make you feel more vital and fulfilled than ever before. Wellness Clinic moves from what is termed "Functional Medicine" into "Personal Medicine". We're only really interested in what is right for you.

thebodyholiday.com/wellness-clinic





At The BodyHoliday, we've turned the art of living well into a science. Based on Eastern practices and Western knowledge, our personalised programmes are designed to maximize well-being and improve health. Using state-of-the-art technology and Ayurvedic principles, the Wellness Clinic analyses a range of physiological and biochemical information collected from each guest. These non-invasive diagnostics make it possible for our doctors to assess a variety of factors - including nutrient, hormone and stress levels, heart health and circulation - and establish the best course to better living.

Functional Medicine

Focussed on functional medicine, the aim of each programme is to fine-tune body and mind, and bring balance and optimal health. Individual treatment plans may prescribe a specialised diet, nutritional supplements, a tailored exercise routine,

detoxification treatments or body treatments, meditation and yoga – new approaches to living introduced during your stay, and supported through follow-up after you leave. It's all part of a programme designed to ensure guests enjoy more than a rejuvenating holiday, but a renewed sense of vitality and a return to wellness.

Functional medicine addresses the underlying causes of disease, using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership. It is an evolution in the practice of medicine that better addresses the healthcare needs of the 21st century.

func-tion-al med-i-cine

noun

medical practice or treatments that focus on optimal functioning of the body and its organs, usually involving



The Wellness Clinic Programmes

THE DE-STRESS HEALTH PROGRAMME

The De-stress programme uses scientific lab tests to discover your body's stress status at a physiological level. This valuable information has the power to protect you from the development of chronic disease. Based on the results, the Wellness Clinic provides a unique nutrition and lifestyle plan to help the body handle stress and reduce the risk of chronic disease..



THE FITNESS PROGRAMME

The Fitness programme includes appropriate and reliable lab tests, which can give an insight into how your body is pre-disposed to certain exercise regimes. It highlights any nutritional or functional deficiencies, so that you can address them, fuel your body appropriately and get the most out of your training. It is also possible from the tests to discover how the body recovers and repairs after training. The results can be further improved with the correct nutrients.

THE WEIGHT MANAGEMENT 360°PROGRAMME

The Weight Management 360° programme uses scientific laboratory tests to evaluate hormones, genetic predisposition to weight gain, inflammation and food sensitivities all of which are important considerations when striving for optimal weight loss and maintenance. Based on laboratory test results, you receive your own personalised dietary and exercise plan, which addresses any biochemical imbalances and subsequently influences how you achieve and maintain your healthy weight.





THE HEALTHY AGEING PROGRAMME

The Healthy Ageing programme identifies where your body needs extra support to slow down the ageing process, and to function optimally. Laboratory tests help in providing this information. The results form the basis of a detailed bespoke health plan that is designed to restore more youthful function and support your body in ageing gracefully providing vitality whilst also looking great.

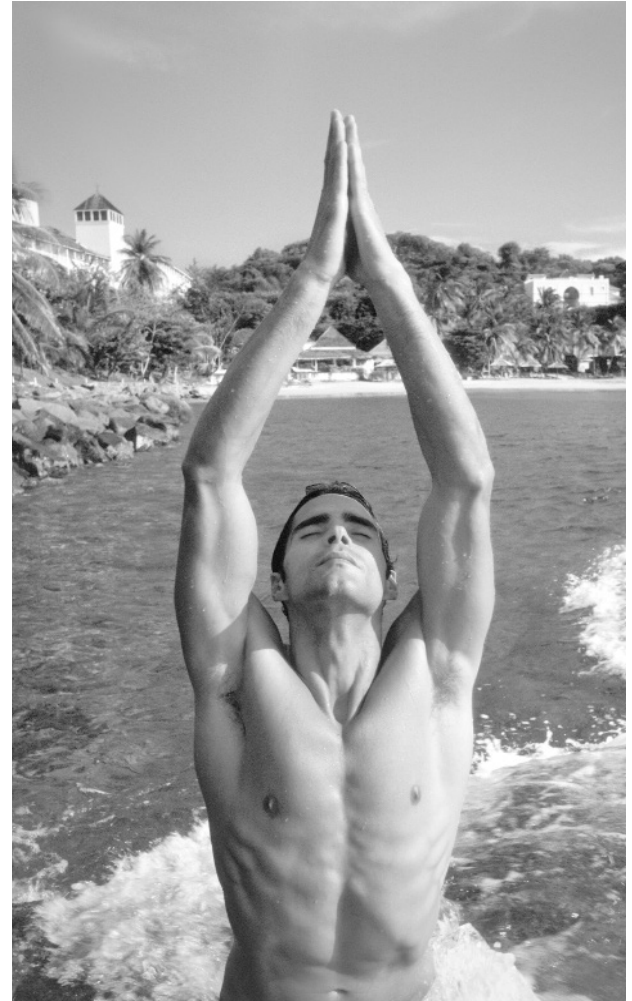


THE DIGESTIVE HEALTH PROGRAMME

Can you imagine having a stomach with no pain, no discomfort, no gas or distension? And a flat stomach that doesn't impact your choice of clothing or your participation in social activities? The Digestive Health programme investigates the cause of your symptoms and discomfort by using state of the art laboratory tests. Based on the results, you will be provided with a personal nutrition and lifestyle plan with the aim of restoring digestive health and comfort. Some of the tests can be arranged in your home country, prior to arriving at BodyHoliday.

THE DETOX HEALTH PROGRAMME

The Detox Health programme uses scientific lab tests to discover your body's detoxification status. Based on the results, you will be provided with a bespoke nutrition and lifestyle plan to help you optimise your detoxification. In order to get the best results from the Wellness Clinic Detoxification programme and to avoid withdrawal symptoms, it is advisable to cut out caffeine, sugar and alcohol at least three days prior to arriving at The BodyHoliday.



Wellness Clinic Plus

Includes all of the features of Wellness Clinic with the addition of laboratory tests including DNA sampling which are carried out by our partner in Europe and a consultation with a leading Harley Street specialist.

The questionnaire will need to be completed online at least 8 weeks prior to arrival & Wellness Clinic Test kits will be sent to your home, containing the tests pertinent to your programme.

A full report and analysis of tests by our lab partners is followed by further consultation and programme design prior to arrival in St. Lucia.

Finally after all the results and analysis are gathered, an interview could be with our specialist for further lifestyle counselling.



All Wellness Clinic programmes include the following:

In Wellness Clinic One you will be able to enrol in a programme at a moments notice. The Wellness Clinic is furnished with equipment that study Iridology, Heart function, analysis of oxygen uptake, 3D visualisation of internal organs, body composition & vascular age.

- A personal consultation with the Wellness Clinic Doctor
- Analysis of your personal health questionnaire.
- Access to all Wellness Clinic Testing equipment with relevant tests carried out and subsequent analysis and reporting.
- Daily menus designed and prepared individually by the Ayurvedic Chef.
- Each programme includes between three and seven specially chosen spa and wellness treatments tailored to your programme.
- Daily personalised fitness schedule guided by Wellness Clinic's health and fitness specialists
- A 45 minute one-to-one consultation with Wellness Clinic's specialist medical consultant.
- Follow up consultation and lifestyle planning prior to departure.

bodyholiday
Saint Lucia