

Neurological Regulation Programme

An inclusive and integrated treatment programme developed to achieve self-regulation of neurological balance.

Duration – 6 months; Cost - £4000

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.

Quarterly Review with Senior Clinician (x2)

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

Monthly Nutrition Consultation with Nutritional Team (x6)

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

Nutritional Profiler Mineral & Toxin Scan

Instant Mineral and Heavy Metal testing using the OligoScan, including measurements of trace element reserves and oxidative stress.

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.

Pulsed Plasma Light Therapy (x10)

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

The Rehabilitator using Papimi (x10)

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 (x10 – 10 minutes)

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

Voice Analysis and Eductor together or separately (x6)**Voice Analysis (VA)**

A voice pattern recognition system that can identify unresolved emotional factors underlying ill health. It can help direct psychological therapy to the roots of the problem. Exclusive to Health Optimising in the UK

Eductor

This extraordinary system can identify stress and underlying emotions, help re-instate the self regulatory capacity of the body and balance the over-stressed body system.

Cellregulation System (x6)

A magnetic therapy device producing an automatically controlled pulsating electromagnetic field to boost cell-regulation and stimulate cell-energy, which increases cellular vitality and activates self-healing.

Hyperbaric Oxygen Therapy (x10)

Oxygen is vital to every cell in our bodies. Literally at the heart of our energy & vitality, recovery & rejuvenation, healing & performance. Hyperbaric Oxygen Therapy increases blood oxygen to fight disease, accelerate healing & improve vitality.

Liver/ Kidney/ Gallbladder Flush

Undertaken to support the breakdown and release of toxins in the main organs of detoxification

Colonic Hydrotherapy (x3)

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.

FIR Infrared Sauna (x4)

FIR stands for "Far Infrared Ray" and is often referred to as the "light of life" as around 80% of the sun's rays fall within this spectrum of light. FAR infrared heat is renowned for its energising powers as it's wavelength matches that of human cells. FAR infrared rays tend to heat objects rather than the air in between. As a result sweating can occur at lower air temperatures and high perspiration levels can be achieved.

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

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.