



# Optimal Health Assessment

# “The greatest wealth **is health.**”

**A unique state-of-the-art analysis using FDA approved gold standard technologies.**

It takes 90 - 120 minutes and is quite simply one of the most comprehensive health assessments available.

Your Optimal Health Assessment will be undertaken by a Senior Clinician. Our clinical team is led by Lisa Steel (Dip ION ND), one of the leading and most sought

after naturopaths in the UK, with a track record second to none.

Our impressive patient results are based on the high quality of in-depth and multi-factorial information that we gather which is key to a deeper understanding of your individual dis-ease state and what benefits its recovery.

This full body MOT will show you, through on-screen graphics, what is going on in your body in-depth and in real time.

We will therefore have a fuller and even more accurate picture of your health and health challenges.

The first assessment device combines seven functional testing technologies to map deviation from homeostasis/optimal health and helps us to understand the underlying causative factors. We then use four more assessments to investigate further.



## Book now

To book your Optimal Health Assessment, please contact us on:

### **London Clinic**

**020 3951 0456**

**[london@healthoptimising.co.uk](mailto:london@healthoptimising.co.uk)**

### **Winchester Clinic**

**023 8027 6225**

**[winchester@healthoptimising.co.uk](mailto:winchester@healthoptimising.co.uk)**

## The Optimal Health Assessment is a non-invasive, relaxing and enjoyable experience.

Before your consultation we will ask you to fill in a detailed questionnaire and we also request to see any recent conventional diagnostic tests. The technologies used in your assessment allow us to:



- **Measure energetic cellular activity in your organs and your body composition** as well as LDL cholesterol, glucose sensitivity and insulin resistance.
- **Evaluate the cardiovascular system, the autonomic nervous system, lymphatic system, reproductive system, skeletal / muscular system** as well as metabolic syndrome and key organs such as stomach/intestines, kidneys and liver.
- **See different types of microorganisms in your body** which could be causing ill health.
- **Obtain total homeostasis values** which are important to measure the body's capacity for self-healing and demonstrate progress.
- **See deviations from the optimum** in terms of hormones, neurotransmitters and minerals, the body's pH value and inflammatory pathways.

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This is a once-off test, however we do re-tests throughout the treatment plan to demonstrate improvement and to highlight where work is still required. Re-tests are chargeable.

## Individual Treatment Plan

During or following your Optimal Health Assessment, an Individual Treatment Plan will be discussed with you. It will cover advice such as nutritional adjustment or lifestyle recommendations to start the process of moving towards optimal health.

We may also recommend self-regulating treatments, detoxification and homeotoxicology protocols, herbal remedies, bodywork or emotional support.



## Starting treatment with us.

We will discuss with you the recommended route forwards bearing in mind your health picture, your picture, your location and your budget.

**The cost of an Optimal Health Assessment including all tests is:**

**£400\*** (Inc VAT)

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\*Please note that there is an additional £100 per appointment charge for London Clinic appointments, so £500. You can be seen at either or both clinics, please advise your preference when booking. This appointment is not suitable for under 8's.