



## NEWS RELEASE – HEALTH

For immediate release

19/10/09

### Optimum Health Programme from The Diagnostic Clinic

Forming part of the Regenerus Life Enhancement Programmes from **The Diagnostic Clinic** in London's New Cavendish Street, the UK's premier centre for Integrated Medicine, the **Optimum Health Programme** is part of a series of intensive health screenings for men and women of all ages which address the real causes of ageing and analyse the hidden conditions that lie within.

The **Optimum Health Programme** analyses an individual's ability to perform at their optimum physical and psychological best because our quality of work, rest and play is improved enormously when our bodies and minds are working to their maximum capacity.

The Programme establishes an individual's nutrition and functional status including healthy bowel function, toxicity levels, hormone levels associated with mood and sleep patterns and evaluates your total current physical status including strength, fitness, posture and balance.

The results, including pioneering Organic Acid tests, will establish the best use of diet and supplements, natural treatments, provide advice on exercise, rest and relaxation techniques and will allow improvement in mood, concentration, memory and libido as well as highlight specific health and toxic issues that may be impeding the body's optimum performance.

Duration 3 to 4 hours with 2 Optimum Performance Experts and a 1 Nurse. Requires a small sample of blood and urine only.

**Optimum Health Programme** consists of:

- Comprehensive Medical History and Health Questionnaire
- Doctor examination and report
- Urine analysis – metabolic assessment and infection
- Fitness and Structure Analysis
- Heart Rate Variability – stress assessment
- NutriEval – full nutritional and specific metabolic analysis
- Male/Female All Hormone
- Personalised Detailed Analysis and Life Enhancement Report by Integrated Physician

Cost: £

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For further information on the services offered by The Diagnostic Clinic, call 020 7009 4650 or visit [www.thediagnosticclinic.com](http://www.thediagnosticclinic.com).

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