



Optimal Health Assessment

“The greatest wealth is health.”

A unique state-of-the-art full body MOT.

It takes 90 - 120 minutes and is an all-encompassing technology based assessment giving a distinctive insight into health imbalance and what causes it..

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

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.

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 full and highly accurate picture of your health and health challenges.

The key to optimal health is in the skilled interpretation and application of these findings which form your Individual Treatment Plan.



Book now

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

London Clinic

020 3951 0456

london@healthoptimising.co.uk

Winchester Clinic

023 8027 6225

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.

Book now

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

London Clinic

020 3951 0456

london@healthoptimising.co.uk

Winchester Clinic

023 8027 6225

winchester@healthoptimising.co.uk



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, both the consultation and a report if requested.

Individual Treatment Plan

During or following your Optimal Health Assessment, a **Health Optimising Pathway** 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.



The cost

**An Optimal Health Assessment is:
£500 London/£400 Regional Clinics**

Following your Optimal Health Assessment we may also recommend other testing methodologies to calculate further factors and correlate the data to uncover causative relationships. These methodologies could include NutriGenetic Screening, Energy Psychology or our gold standard Gut Function Test.

These assessments will be agreed with you, booked later and charged additionally.

Book now

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

London Clinic

020 3951 0456

london@healthoptimising.co.uk

Winchester Clinic

023 8027 6225

winchester@healthoptimising.co.uk



*Please note that there is an additional £100 per appointment charge for London Clinic appointments, so **£500 London/ £400 Regional Clinics**. You can be seen at either or both clinics, please advise your preference when booking. This appointment is not suitable for under 8's.