



 Health  
Optimising

Your Introduction to Natural Health

# Essential Health Assessment

A Health Optimising Assessment

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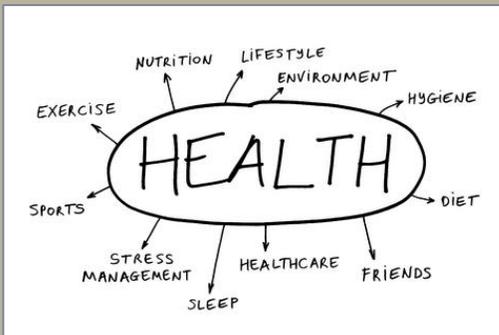
# Natural Health

Naturopathy or Natural Health is a system of healthcare which promotes the treatment of illness by activating the body's inherent ability to heal itself. It aims not to treat symptoms but seeks to find the underlying root causes of the presenting issues and return personal responsibility for health to the individual.

Combined with nutritional adjustments, psychological support and lifestyle recommendations, naturopathy uses the *vis medicatrix naturae* – the healing power of nature – to support the whole individual, strengthen their immune system and build the body's defence against illness.

Naturopaths use health as a means of overcoming illness, educating their patients that prevention is better than cure. Our natural state is equilibrium or homeostasis and the methods used by naturopaths to overcome disease are those designed to restore and promote the body's own functional ability .

The Essential Health Assessment is your introduction to Natural Health covering the basics of optimal health, good nutrition and gut health and advice on lifestyle changes.



# Discovering Lifestyle Medicine

Lifestyle Medicine is the future of natural health and wellbeing. Being in good health in today's world is paramount - all other human activity, physical and emotional, flows from it. Lifestyle Medicine incorporates genetic and epigenetic drivers into lifestyle habits which promote health optimisation.

Modern disease is dominated by negative lifestyle triggers which take their toll on our delicate immune systems. They range from emotional trauma and stress, response to low-level radiation, physical injury and the suppression of symptoms through the use of pharmacology.

Furthermore an unsupportive diet, low quality food and drink, damaged gut and brain biome and environmental pollutants all impact adversely. When physical or emotional stress levels increase, you become more susceptible to a reduced immune capacity, compromising your health.

The Essential Health Assessment will teach you about the three naturopathic cornerstones to good health, biochemical, structural and emotional, which must be dynamically in balance to restore wellness. Biochemical integrity relates to how you nutrify and hydrate your body, avoiding toxins and malabsorption. Physical imbalance through stress or occupational impact can be the root cause of ill health as it impacts on the functioning and circulation of the body.

A robust mental state is equally important for defending against disease. When we feel down, we know we are prone to illness. Emotional wellbeing is the solution to building a strong defence against a low psychological state.

There is a general perception that good health is not a realistic achievement and there is a built in inevitability of poor health, especially as the body ages. Making adjustments to each of the three cornerstones of natural medicine will allow you to make changes to the fundamental disciplines in your lifestyle.

# The Clinical Experience

The Essential Health Assessment (EHA) process starts with a questionnaire to help us evaluate your health profile and lifestyle influences, followed by a consultation (in person or online). The consultation will last an hour and will cover the following:

- Presenting symptoms
- A review of your medical history and use of natural or conventional medicines
- Take a look at any family related issues
- Review any external environmental issues
- Discuss the basics of optimal health, good nutrition and gut health in the light of your symptoms
- Analyse your diet
- Full review of biological systems
- Discuss a Treatment Plan – diet, lifestyle, herb & nutritional supplements

If in Clinic, the Assessment will include the use of the Nutritional Profiler to determine mineral, toxin and heavy metal levels and measure the bioavailability of trace elements, key mineral ratios and overall oxidative stress. Following the consultation you will receive a report with recommendations for the next steps. It will propose a supportive supplement or herbal protocol to improve biochemical performance and perhaps further tests to uncover root causes of imbalance. Bodywork or mental and emotional support may also be advised.



The report will detail the following:

- About Health Optimising and Natural Health
- Medical History
- Symptoms
- Hydration Advice
- Recommendations and Treatments
- Health Summary
- Current Medication
- Dietary Principles
- Lifestyle Advice
- Nutritional/ Herbal Supplementation

Any additional treatments, tests or supplements will be agreed by you, booked at a later date where appropriate and charged additionally.



Health Optimising was founded by Thomas Aksnes, a dynamic visionary, internationally recognised in the field of health technologies, self-regulatory mechanisms and health optimisation.

Health Optimising UK is dedicated to expanding this exciting new health paradigm from its Clinics in London and Winchester. It continues to guide and educate on complex health issues and optimising health and wellbeing.

“Your intervention has been nothing short of life changing - and after 57 years of learned behaviours that were killing me, you have given me an amazing gift.” Mr NV

“Everyone at Health Optimising is lovely; the staff are all so kind. All my queries (of which I had many) were answered promptly and in depth. I would highly recommend Health Optimising and trust in their treatment plan because they know what they are doing.” Miss FE



Please contact us to see if we can help you on your natural health journey.

Lisa Steel ND  
Clinical Director

## The Assessment

An Essential Health Assessment is £195 for a one hour consultation and report which outlines recommended changes to your lifestyle. In our London Clinic this also includes a Nutritional Profiler analysis. An Online EHA includes a 30-minute follow up assessment.

Essential Health Assessments are managed by an experienced clinician, naturopath or nutritionist specialising in natural medicine. The Clinical Team is led and trained by Lisa Steel, our Clinical Director, one of the UK's leading Naturopathic Physicians.

## Next Steps

A follow-up consultation is usually held 4-6 weeks later, depending on your needs. It consists of a progress review of symptoms, a supplement review and analysis of any tests undertaken to formulate a continued plan.

The Essential Health Assessment can act as your introduction to the Optimal Health Assessment, which continues to be our recommended solution to your ongoing health requirements, especially if you have a stubborn chronic or long-term complex condition. The Optimal Health Assessment uses Health Optimising's advanced state-of-the-art medical and diagnostic systems to identify the root cause of your ill health and is our most effective and popular assessment.

## Book now

To book your Essential Health Assessment please contact us:

T: 020 3951 0456

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W: [www.healthoptimising.co.uk](http://www.healthoptimising.co.uk)

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