

PROGRAM

Precise Measurement – Better Diet More Exercise

For over ten years a new approach has been developed to measure the state of our digestive flora. This approach also aims at naturally restoring our microbiota because it represents the main contribution to our mental, physical and emotional health.

These innovative retreats are totally original, « jamais vu » in France as well as abroad. They are based on a new therapeutic approach which is personalized and scientifically structured.



These retreats are based on : “Precise Measurement, Better Diet and More Exercise”



Precise Measurement

Individual Report:

Because of the important role the digestive system plays on global health and because of the diversity of its flora, it is vital to measure it before anything else. You will be asked to fill in some forms and to take some tests in order to have the best understanding of your constitution (terrain), your history and your diet.

Measuring Tests and Tools :

- gasometry to measure 5 different respiratory gases
- Wood’ s glass to analyze the skin and mouth flora
- thermic camera to measure the skin temperature and the autonomous nervous system
- impedance meter to check your muscles and body fat
- general health report and report on your capabilities of physical activity (done by a registered sports educator).



Better Diet

Theory:

You will have some classes on digestive anatomy and physiology to better understand how your bodies work, and therefore your health.

Practice:

Cooking and nutrition workshops with mostly cooked food (blanched, sprouted or dehydrated) to learn how to prepare food according to your constitution, to adapt your diet to your prescriptions and to limit your fermentations in as much as possible. You will go home with some nice recipes low in FODMAPs (fermented sugars that are responsible for irritable bowel syndromes or other functional gastro-intestinal issues).



More Exercise

Physical activities:

You will be invited to slowly resume physical activities adjusted to you : light exercises, hiking, fast walking, exercise machines, Bellicon® trampoline, collective classes adapted to all, under the supervision of a registered sports educator.

De-stress, relaxation:

And also rest, relaxation and pleasure activities such as stretching, yoga, meditation and sauna.

Culture:

We shall take you to visit an organic farm or a local producer to create a link with what we eat. We shall also walk for 2 to 3 hours on the Voie Romaine (Roman Path) with a special guide in order to discover the beautiful scenery of the area.

Treatments will be given after the Precise Measurements take place

At the same time efficient solutions and natural treatments adapted to your health issue will be implemented: mycelium (mushroom roots), essential oils, Led, inversion table, TENS, foot reflexology, body massage...

By the end of the retreat you will have a better understanding of yourself as well as natural solutions to recover or maintain a good health.

