

**LAN  
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HOF**  
**CLINIC**  

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**LONDON**

**LIFE**

**LANSERHOF INTEGRATIVE  
FASTING EXPERIENCE**



LIVING WELL FOR LONGER

## WELCOME TO LANSERHOF CLINIC LONDON

Lanserhof Clinic London's leading private medical wellness clinic offers an elevated approach to health, fitness and vitality. Embark on an integrative journey of pioneering holistic concepts, state-of-the-art medicine, and high-tech diagnostics, supported by our team of medical experts, therapists and trainers.

An oasis of tranquillity located in the heart of Mayfair, Lanserhof Clinic London adopts a personalised, holistic approach to preventive health care and fitness optimisation.

The first of its kind, the clinic provides exceptional facilities and unparalleled levels of expertise and support, as you embark upon your journey to optimal health. A truly integrated offering, our team of medical experts, therapists and trainers work together, tailoring your experience and ensuring you are equipped for long-term success.

Our goal is always to ensure patients and members leave Lanserhof Clinic London feeling better on departure than they did on arrival and our Lanserhof Integrative Fasting Experience delivers exactly that.

Dr Nikita Grover  
Head of Functional Medicine



## LIFE LANSERHOF INTEGRATIVE FASTING EXPERIENCE

*Reset your body and get your metabolism back on track. Feel lighter and energised, improve complexion and boost cognitive performance. Associated with a wide array of health benefits, especially in relation to the gut, promote your wellbeing and vitality by incorporating fasting into your daily routine.*

The prolonged benefits of your fasting therapy are important to us. It is our goal that you experience long-term success in your health journey. LIFE is a structured, medically-supervised fasting programme available at Lanserhof Clinic London. Based on Lanserhof's renowned fasting programme, which has been used for a number of years in our resorts at Lans, Tegernsee and Sylt, the focus is on detoxification, de-acidification and purification of the body.

Tailored to your personal needs, you can choose between a 7, 14, or 21 day fasting programme. A complex metabolic change takes place during well managed fasting and as such, extensive preparation is a basic requirement for success. Before you begin you will have a detailed consultation and medical examination, as well as diagnostic testing, an intestinal health analysis and an ECG examination. The results will inform a personalised programme which will be created for you, mindful of your personal goals and lifestyle.

Throughout the fasting period our team will be available to support you, answer questions and ensure you are on track. Treatments, consultations and checks are carried out on a daily basis to support the success of the fasting therapy and ensure any possible side effects are properly addressed.

Fasting is not simply about reducing food intake, but reducing stimuli in a wider sense and we encourage you to build in time for yourself during the fasting programme. As we calm the body and mind, our journey towards better health really flourishes and a new quality of life can begin.



## LIFE – STARTING FROM 7 DAYS\*

When you make well informed changes to your diet, significant benefits emerge within just a few days. The experience is effective for those that are lacking in energy or experiencing brain fog and lethargy. After just a few days, your digestive tract regenerates, sleep improves, sense of taste is heightened and your body begins to feel revitalised. The experience activates the metabolism. As a result, nutrients are better absorbed and internal systems throughout the body benefit.

### INCLUDES:

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|--------------------------------------|---|
| Fasting Plan                         | Body Composition MRI or<br>or Styku Body Composition Analysis |
| Initial Lifestyle Consultation       | Abdominal Treatment   |
| Follow Up Consultation               | Fasting Level Adjustment                                      |
| Nurse Assessments                    | Deep Tissue Massage   |
| Comprehensive Functional Blood Tests | Lymphatic Drainage Treatment                                  |
| Functional Gut Health Analysis       | Visceral Osteopathy Session                                   |
| Nutritional Consultation             | PT Session  |
| IV Treatment                         | Urine Analysis  |
| Supply of Relevant Supplements       | Resting Electrocardiogram                                     |

\*The Lanserhof Integrative Fasting Experience will be tailored to every guest



## HOW TO PREPARE FOR LIFE

To prepare yourself for the fasting programme we recommend:

- If possible, try to skip your main evening meal for a few days before your arrival.
- Reduce your intake of alcohol, coffee and sugar.
- Starting a week before your arrival drink daily in the morning before breakfast: 1 teaspoon of Epsom salt (for oral consumption) in 250 ml of water. Prepare the drink the evening before with half amount of water. In the morning fill it up to 250 ml lukewarm water. Take small sips.
- If you suffer from diarrhoea or chronic inflammation of the gut please do NOT take Epsom salt before speaking to the doctor in your arrival consultation.

The Lanserhof Fasting Experience is not suitable for the following patients:

- Insulin dependent diabetics
- Cancer patients (during IV chemotherapy)
- Patients suffering from an eating disorder e.g. anorexia, bulimia
- Patients suffering from a psychiatric disease
- Acute Crohn's disease
- Ulcerative Colitis
- Multiple sclerosis
- Thyrotoxicosis
- Pregnancy

## DIET AND NUTRITION

A balanced and effective nutrition programme is an integral part of our holistic health concept.

One of our therapy principles is chewing training. Chewing food encourages salivation and initiates the digestive process in the mouth. This reduces the demands on the digestive system, so that it can regenerate

When fasting, each piece of bread must be chewed 30 – 40 times in order to train effective chewing of food. BEFORE the mixture of bread and saliva is swallowed, a teaspoon of liquid should be taken. Mixing a little liquid with food in the mouth eases the digestive process. As it is not easy to chew and talk at the same time, keep mealtimes quiet during the fasting period. In accordance with our principles, mealtimes are an essential part of our therapy.

If you drink tea with honey (evening tea and for tea fasting also in the morning and at midday), it is important that you consume the tea by the spoonful. If you suffer from flatulence, please avoid honey.

Based on our very own healthy cuisine, we provide you with the option of nutritional coaching. This consultation is based on nutritional science and is aimed at optimising your individual diet and eating behaviour, respectively. We provide our guests with meal plans (2 – 3 weeks) for the time after your fasting days at Lanserhof Clinic London, and these plans are created in conjunction with our dietary chefs. In addition, particular points of interest can be discussed, such as a diet for those with food intolerances. During this coaching, our guests receive information related to nutrition and diet.

#### WHAT WE OFFER IN BRIEF:

- Basic knowledge about macronutrients and micronutrients
- Optimisation of eating behaviour
- Implementation of healthy, anti-inflammatory food into your everyday routine
- Creation of individual meal plan
- Nutritional recommendations for food intolerances
- Specific nutrition as a cornerstone of an active life
- Purchase planning and food labelling



## EPSOM SALTS

Epsom salts consist of a magnesium sulphate solution which cleanses the entire colon in its natural direction of flow - from top to bottom. Epsom salts are drunk right after getting out of bed in the morning. We recommend that you put a teaspoon with a small amount of water in a glass the night before and mix it with a quarter litre of lukewarm water in the morning.

The Epsom salts will cause liquid stools for the entire duration of your therapy. Should you need to pass stool four times or more a day, please reduce your intake of Epsom salts by half. In this case, it is still necessary to fill the entire glass with water, but only drink half of it. If the effect is still too strong, please discuss this with the doctor.

Tip: the Epsom salts solution not only tastes better when it is consumed lukewarm, but also travels quicker from the stomach to the lower parts of the digestive tract and is therefore more effective.

Once the gut is cleansed, the stool frequency will reduce and the consistency will return to normal.

## ACID BASE-BALANCE POWDER/CAPSULES

Acid base-balance powder/capsules contain sodium bicarbonate, potassic bicarbonate, calcium carbonate, magnesium citrate and sodium phosphate. These are all alkaline minerals which normally are found in the body and maintain the balance of acids and alkalines.

As a result of a mainly low-mineral diet, the indulgence of mineral thieves (sugar, white flour products, coffee, and alcohol, etc.), stress, muscle cramps and lack of exercise, the body is over-acidified.

During the fasting period, the body is further over-acidified through the breaking down of proteins and fat. To neutralise this over-supply of acids, foods containing alkaline minerals, e.g. leafy green plants, must be provided.

- Please note that acid base-balance powder/capsule should never be taken at mealtimes. As it neutralises stomach acids, this would then further inhibit digestion in the stomach.
- The recommended times to take the acid base-balance powder/capsule are as follows: Approximately at 10 am, 4 pm and just before going to sleep.
- One portion of acid base-balance powder is one teaspoon of powder dissolved in a quarter litre of water. If you suffer from stomach problems, reduce the amount of acid base-balance powder to only a half teaspoon in a quarter litre of water. Due to the low concentration of the powder, you should drink it approximately three times a day.

## ABDOMINAL WRAP

- Use of an abdominal wrap can support detoxification and stimulate the function of the intestines and the digestive system. This abdominal wrap can be easily applied.
- The abdominal wrap should be applied daily for approximately 20 minutes at midday before lunch, or in the evening before going to sleep, as follows:
  - Fill the hot water bottle with hot water
  - Wrap the moist warm cloth around the hot water bottle.
  - Women should not use a moistened cloth during their menstruation period, as using only dry heat is recommended during this time.
  - Lie in bed and place the hot water bottle on your bare abdomen
  - If it is too hot, place a hand-towel between your skin and the hot water bottle
  - Try to relax when doing this by breathing calmly



## INITIAL CONSULTATION AND DIAGNOSTICS

### LABORATORY BLOOD TESTS

In co-operation with our London based laboratory we particularly focus on state-of-the-art knowledge regarding the determination of all risk parameters; particularly for arteriosclerosis, immunodeficiency, propensity for inflammation, strain on the liver, risk of tumour and hormonal imbalances.

### URINE

This test determines whether a urinary tract infection is present or there is blood in the urine. In addition, the pH values, the specific weight of protein content, nitrate content and glucose content are determined from the urine.

### BODY COMPOSITION ANALYSIS/MRI

In this MRI, the composition of the body (body fat, muscles and water in the body tissue) are measured. The result of this analysis enables the ideal weight for an individual to be determined and forms the basis of recommendations for training and nutrition.

### MEDICAL MANUAL ABDOMINAL ASSESSMENT & TREATMENT

This medical manual abdominal treatment improves blood circulation in the abdominal area, decongests the liver, tones and activates the intestines in addition to draining the lymph system in the abdomen, which is often congested in the case of irritated or inflamed intestines. Furthermore, this manual abdominal treatment induces enhanced secretion of toxins from the intestines.

In addition, abdominal breathing (diaphragm breathing) is trained and the capacity for exhalation is increased, thereby significantly improving the oxygen supply to the whole body.



This programme is tailored to your goals. Pricing varies depending on intensity and number of treatments.

## Costs

Initial Lifestyle Consultation with Dr Grover (90 mins)	£550
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Follow Up Lifestyle Consultation with Dr Grover (60 mins)	£390
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Average 7 Day treatment plan:	from £2,500
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Average 14 Day treatment plan:	from £4,000
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