

Pre-Diabetes Treatment Packages

Price List - Valid from 1 July 2022 – 15 December 2022

Type II Diabetes is a serious life-limiting disease which lowers both quality of life and life expectancy. It is a lifestyle disease and as such, can often effectively be sent into remission, even permanent remission through changes in lifestyle. There is no 'cure' for diabetes. The only way for diabetes to be effectively treated is to change lifestyle choices which lead to diabetes in the first place.

Sometimes type II diabetes is identified too late and irreversible organ damage has occurred. In these instances, it will be necessary to do more than the already challenging task of changing the way you live: long term chronic medication, monitoring and guidance is needed.

Hoogland has been experts in lifestyle as medicine for over 40 years, and our team of medical experts work in an integrative way to guide guests through the process of reaching remission, or if remission is no longer possible, to ensure the best possible quality of life.

Type II Diabetes is not something that happens overnight, and the lifestyle choices which lead to the disease are not always easy to change without professional guidance.

Our on-site laboratory, medical doctors, biokineticists and a range of supporting staff including nutritionist, psychologist, life coach and exercise instructors make Hoogland the ideal environment to tackle Diabetes II for long term success.

The Diabetes II packages are structured to cover all aspects of diabetes treatment and for most clients no extra charges will apply, but should additionally tests or rehabilitation sessions be required, the details of these additional treatments and consultations will be discussed on an individual basis.



10-day Pre-Diabetes Treatment Packages

Standard: R28 150pp (U\$ 1 890*) Frequent Visitor: R26 950pp (U\$ 1 800*), Including:

- ✂ One Clinical Examination with a medical doctor
- ✂ One Complete Physical Wellbeing Assessment with Biokineticist
- ✂ One Comprehensive Blood and Urinalysis from our onsite laboratory
- ✂ Comprehensive nutritional assessment with the nutritionist
- ✂ One Follow-up Comprehensive Blood and Urinalysis – after 7-10 days and after 20 days
- ✂ One Follow-up Clinical Examinations to gauge progress
- ✂ One Follow-up Physical Wellbeing Assessments to gauge progress
- ✂ One follow-up Nutritional Consultations, including Lifestyle Nutritional Planning
- ✂ Daily 30 min Personal Training
- ✂ Daily Blood Sugar Tests as required

As well as:

- ✂ 10 Nights' Private en-suite accommodation.
- ✂ Full use of all facilities such as: sauna, steam rooms, steam cabinets, sitzbaths, Jacuzzi's, jet pool, swimming pools and exercise facilities
- ✂ Unlimited mineral water and herbal teas
- ✂ Daily health advice and monitoring
- ✂ Medically supervised water-fasting and guided refeeding for guests who choose to fast
- ✂ Balanced health Buffet (8am to 7:30pm)
- ✂ 24 hour fresh fruit and salad bar
- ✂ Daily guided meditation or Breathing training class
- ✂ Two guided nature walks daily
- ✂ Three exercise classes daily (yoga, stretch, aqua aerobics and light aerobics)
- ✂ Demonstrations, talks and workshops

Check-in is from 14:00 and check-out by 13:00. Early arrival or late departure is available for R 600pp



Test and Consultation Details

Clinical Examination Details

Clinical Examinations are done by one of our medical doctors or by request, a homoeopath. Clinical examinations are top to toe physical health assessment including taking a medical history and giving advice on how to best use the Hoogland services to address any health concerns.

The clinical examination assesses health of a guest's entire body including

- ✿ Nervous system
- ✿ Organs
- ✿ Reflexes
- ✿ Eyes, Ears and Throat
- ✿ Skin
- ✿ General health and concerns.

Physical Wellbeing Assessment

This comprehensive physical wellbeing assessment is offered by a Biokineticist or other trained professional. Should you want to use this assessment for your Discovery Vitality Health Assessment, please let the sister on duty know to book it with the appropriate staff member.

The Assessment includes:

- ✿ Body Composition
- ✿ Balance and Proprioception
- ✿ Fitness and muscle strength
- ✿ Posture and myofascial triggers
- ✿ Flexibility and Dexterity
- ✿ Stress Levels

This assessment gives an excellent indication of how to use facilities at Hoogland to improve your physical wellbeing.

Urinalysis

Standard urine dipsticks are used and read by an electronic urinalysis machine in the lab. Results form part of the total report issues when doing blood tests, but ad hoc or follow up urinalysis is available any time. Test includes:

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|--------------------|----------------|
| ✿ Glucose | ✿ PH |
| ✿ Bilirubin | ✿ Proteins |
| ✿ Ketones | ✿ Urobilinogen |
| ✿ Specific Gravity | ✿ Nitrites |
| ✿ Red Blood Cells | ✿ Leucocyte |



Blood tests

Our on-site laboratory is equipped to accurately and quickly process a large range of blood tests. Blood is typically drawn before 8am, ideally fasting. Results are available from around 10am on the same day and a complete report and detailed feedback is given during the course of the day. These tests are hugely beneficial in many ways, even if it is just to confirm that all systems are normal.

On the diabetes package these tests include:

- ✿ Fructosamine – indicates average blood sugar level over preceding 2 – 3 weeks.
- ✿ Blood sedimentation rate – an indication of inflammatory protein in the serum
- ✿ Blood Count
 - Red Blood Cells
 - Red Cell Distribution Width – gives an indication of the age of the red blood cells
 - Haemoglobin
 - Haematocrit
 - White Blood Cells
 - Lymphocytes – attack viruses, bacteria and toxins
 - Monocytes – swallow debris and germs
 - Neutrophils – typical first responders to infection
 - Eosinophils – attracted to inflamed areas but also cause allergy symptoms
 - Basophils – respond to parasites but can also cause allergy symptoms
 - Platelet count – Platelets help stop bleeding
- ✿ Blood Electrolytes
Sodium, Potassium, Chloride
- ✿ Blood Chemistry including:
 - Glucose
 - Lactic Acid
 - Liver function
 - Enzymes including: GGT, ALT, AST, CK, ALP, LDH, Amylase
 - Kidney function including Urea, Creatinine, Uric Acid
 - Lipogram including Triglyceride, Cholesterol, HDL, LDL (Calculated)
 - Minerals including Total Magnesium, Serum Magnesium, Serum Phosphorus
- ✿ Thyroid Stimulating Hormone (TSH).
- ✿ Allergy Screen
- ✿ Insulin

Nutritional Assessment

The nutritional assessment and follow-up consultations address nutrition from multiple angles and is highly individualized. Included in the assessment and diet plan will be:

- ✿ Nutritional History
- ✿ Personal Circumstances
- ✿ Medical Considerations such as Allergies and Intolerances
- ✿ Likes, Dislikes and Cultural Eating Patterns
- ✿ Family and Travel Solutions
- ✿ Emotional Triggers



Recommend Extras

The 10-day Pre-Diabetes Treatment Programme is comprehensive and for many guests no additional treatments will be necessary. It is worth considering making use of our other health professionals to tackle any additional health and medical issues that may be of concern, or treat yourself to some massage or beauty treatments with our world-class therapists.

Medical and Health Professionals available for consultations at Hoogland:

Each health package includes a clinical examination, selection of blood tests, urinalysis and physical wellbeing assessment which serve as comprehensive information about which professional can best serve the needs of guests. Consultations can be booked with the sister on duty, who can further advise on which to choose.

Medical and Health Professionals include:

- 🌿 Holistic Medical Doctor
- 🌿 Biokineticist
- 🌿 Physiotherapist
- 🌿 Nutritionist
- 🌿 Personal Trainer
- 🌿 Psychologist
- 🌿 Stress Counsellor
- 🌿 Chiropractor
- 🌿 Homoeopath
- 🌿 Life Coach
- 🌿 Hypnotherapist
- 🌿 Lifestyle Health Consultant

Individual rates and professional details available on our website and on request.

Massage and Beauty Treatments

Massage therapies have many benefits, including improved circulation, increased flexibility, reduced pain, increased oxytocin levels, reduced tension, increased relaxation.

Beauty treatments often have very similar benefits to massage therapies, and also indicate a high level of self-care, which is what the programme is all about.



Accommodation

Hoogland provides single rooms for guests visiting on their own, and double or twin rooms for guests who prefer to share. Upgrade rates may apply for single guests in double rooms.

Mountain Karee are single rooms on the south of the building. They are comfortable rooms with a $\frac{3}{4}$ bed, table and chair plus recliner. The huge sliding windows overlook a natural forest and the southern mountain.

Bush Willow are rooms on the north of the building. They are large comfortable rooms with either a queen size and $\frac{3}{4}$ bed, or only a queen size bed. They have a dresser, table and chairs and two recliners. Huge sliding doors either provide direct access to the garden or spectacular views of the lawns and hills on the north of the building. Single guests who prefer a Bush Willow room are charged R300 single surcharge.