

Weight Management Packages

Prices valid to 30 November 2021

Obesity is the major risk factor in all-cause mortality, and it is one of the most challenging to address. To lose weight once gained and to maintain a healthy weight is no easy feat.

For over 40 years Hoogland has been guiding our clients to a healthier life with a whole-person approach to wellbeing. We continually tweak our programs as our understanding of human physiology and psychology evolves, and our entire focus is on improving the lives of as many people as we can.

Weight management is complex and highly individual. Prescribed diets do not work and making radical changes to your life in one go is almost never sustainable.

Any dietary tweaks need to take into consideration our likes and dislikes, food sensitivities and allergies, social and emotional consideration, and personal circumstances.

Combination home-resident package:

Expanded 4-day Weight Management

Standard: R 20 400pp (U\$ 1 410) Frequent visitors: R 19 200pp (U\$ 1 325)

- Specific dates and groups activities
- Preparation phase of 10 days,
- 2 months digital home support after

Resident Packages

10-day Weight Management

Standard: R27 000pp (U\$ 1 865*) Frequent Visitor: R25 450pp (U\$ 1 755*)

21-day Weight Management

Standard: R47 850pp (U\$ 3 300*) Frequent Visitor: R47 850pp (U\$ 3 300*) including:

- Highly personalised
- Flexible check-in and check-out dates
- Number of days can be adapted for individual requirement.



Expanded Support 4-day Weight Management

This program is suitable for those who are not able to spend a long time at Hoogland.

2021 Course dates:

21 - 24 October - sign up before 10 October

18 - 21 November - sign up before 7 November.

Phase 1: Preparation

Clients are allocated to a personal WhatsApp or Signal group which includes the client, and at least one nutritionist and one coach. Daily, for a period of at least 10 days, clients post images of everything they consume to the group, trying not to change what they would normally eat. This includes all food, snacks, liquids and chewing gum.

Diets need to stay as close to client's existing food preferences and habits as possible, and potential pitfalls identified accurately, so this phase is very important. It will form the basis of nutritional analysis and guidance during the private consultation at Hoogland

Phase 2: Resident phase

4 full days and 3 nights at Hoogland including:

- * One physical wellbeing assessment with a biokineticist
- * One clinical examination with a medical doctor
- * One comprehensive blood and urinalysis
- * One consultation with a nutritionist
- * Workshops, lectures, classes, hydro cycle facilities etc. 3

Arrival is before 08:00 on Thursday, in a fasting state for blood test, opening medical files, completing the course orientation and booking of consultations.

For the majority of clients, the whole first day will be fasting: only consuming water. This is a valuable tool towards changing our relationship with food and our body.

Dietary guidance will start on day 2

Talks include:

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|----------------|---|
| Thursday 10:00 | Talk on fasting and intermittent fasting. |
| Thursday 14:00 | Choices - Dr Heinz |
| Thursday 19:00 | Willpower talk with Anette |
| Friday 14:00 | Habits with Madelein |
| Friday 19:00 | Mindful eating - Christine |
| Saturday 14:00 | Cooking Demo - Abraham |
| Saturday 19:00 | Nutrition - Abraham |
| Sunday 14:00 | Gut Health and Food supplements - Anette |

Departure on Sunday is any time from 16:00 onwards and clients are welcome to stay until after the afternoon nature hike or arrange an extra night for only R 800

Phase 3: Follow-up support

For a period of two months, clients remain on their private WhatsApp or Signal group with their health professionals. During this time up to 3 messages per day and one 30 min phone consultation a week is included.

The support can be extended for a fee of R 1 800 per month thereafter.



10 – 21-day Resident Weight Management Packages

10-day Weight Management Packages

Standard: R27 000pp (U\$ 1 865*) Frequent Visitor: R25 450pp (U\$ 1 755*), including:

- ✿ Ten nights' accommodation with everything included as per our core package details
- ✿ One Complete Physical Wellbeing Assessment**
- ✿ One Clinical Examination**
- ✿ One Comprehensive Blood and Urinalysis**
- ✿ One Follow-up Physical Wellbeing Assessment to measure progress**
- ✿ Six Additional consultations with medical and health professionals**
- ✿ Two Full Body Swedish Massage
- ✿ One Iketla Foot Massage
- ✿ One Iketla Hand Massage

21-day Weight Management Packages

Standard: R47 850pp (U\$ 3 300*) Frequent Visitor: R47 850pp (U\$ 3 300*) including:

- ✿ Twenty one nights' accommodation with everything included as per our core package details
- ✿ One Complete Physical Wellbeing Assessment**
- ✿ One Clinical Examination**
- ✿ One Comprehensive Blood and Urinalysis**
- ✿ Two Follow-up Physical Wellbeing Assessment to measure progress**
- ✿ Twelve Additional consultations with medical and health professionals**
- ✿ Four Full Body Swedish Massage
- ✿ One Iketla Foot Massage
- ✿ One Iketla Hand Massage

**Details of these available on pages 8 and 9 of this price list

Some preparation is beneficial before arrival. The doctor may request certain medical reports and test to ensure that underlying physiological factors can be addressed adequately



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.

Medical and Health Professionals available for consultations:

The clinical examination, blood tests and physical wellbeing assessment serve as comprehensive information about which professional can best serve the needs of guests. Professionals can be booked with the sister on duty, who can further advise on which consultations to choose.

Medical and Health Professionals include:

- | | |
|---------------------------|----------------------|
| ✿ Holistic Medical Doctor | ✿ Stress Counsellor |
| ✿ Biokineticist | ✿ Chiropractor |
| ✿ Physiotherapist | ✿ Homoeopath |
| ✿ Nutritionist | ✿ Life Coach |
| ✿ Personal Trainer | ✿ Hypnotherapist |
| ✿ Psychologist | ✿ Traditional Healer |

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



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.

These tests include:

- ✿ 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
 - 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

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 |
| ✿ Billirubin | ✿ Proteins |
| ✿ Ketones | ✿ Urobilinogen |
| ✿ Specific Gravity | ✿ Nitrites |
| ✿ Red Blood Cells | ✿ Leucocyte |



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 or guests wishing to stay in a Wild Orchid room.

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 R250 single surcharge.