

The most worldwide famous nutrition model

The American heart association, and studies like 7 Countries study, GREEKS, HALE, ATTICA, CARDIO 2000 proved that following Cretan diet is the best way to keep your body healthy. A Cretan diet model through its numerous earth & sea products such as olive oil, provide you with omega-3 fat, vitamins, flavonoids and nutrients. This magic combination offers you detoxification arms your immune system, prevent and works us a supplementary treatment for nowadays most common diseases such as diabetes, high blood pressure, cardiovascular diseases, cancer, renal function decline and rheumatopathy (anti-inflammatory).

CARDIORESPIRATORY REHABILITATION HYPERTENSION

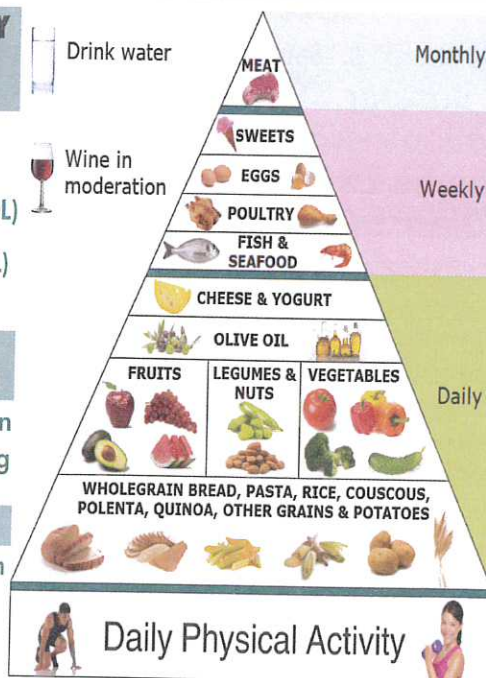
- Lower your blood pressure
- Increase your good cholesterol level (HDL) & lower your bad cholesterol level (LDL)
- Prevent a coronary disease

RHEUMATIC REHABILITATION

- Reduces inflammation
- Reduces Pain, Swelling & Stiffness in joints

KIDNEY DISEASE

- Control your Potassium Phosphorus & Fluids levels
- Adopt a kidney friendly diet



DIABETES REHABILITATION

- Lower average blood glucose levels and reduce your A1C
- Improve insulin management skills & insulin dosages / or other diabetes medications
- Learn how to plan low glycemic index meals

WEIGHT LOST

- Lose up to 5 kg during your stay
- Rev up your metabolism
- Nutritional education & meal planning
- Detoxification
- Exercise program
- Follow up