



SYDENHAM CLINIC
PRIVATE HEALTH MANAGEMENT

COVID POLICY

MEMBER PORTAL

ABOUT

THE SYDENHAM METHOD

MEMBERSHIP

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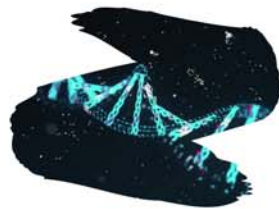
THE

OMNIA PROGRAM

We listen to you and together establish your health and performance goals. Whether you seek to increase energy level, decrease joint pain, lose weight, manage a chronic condition or avoid a genetically pre-disposed illness, we decode your body and lifestyle to create the finest version of you.

The year-long Omnia journey empowers us to perform critical follow-up examinations to ensure progress in improving your energy and resilience. A collaborative relationship and goal-driven approach, we craft a custom action plan that breeds constant focus, evaluation, adaptation, and accountability.

NOT YOUR ORDINARY EXECUTIVE HEALTH PROGRAM



Genomic Mapping

The study of your genome is important in this era of precision medicine because it gives us a roadmap to treating you optimally. The way your genes interact with each other, as well as environmental factors, determine how your body performs.



Hormonal Evaluation

Hormone evaluations are vital to identifying the root cause of chronic health issues and giving you control over how you feel. Don't let hormones wreak havoc in your life.



Sleep Monitoring

Sleep is critical to healing, improving cognition and learning, strengthen immunity and regulate appetite in addition to a host of other vital functions. We analyze your sleep through wearables and help you start your day in top form.





Nutrigenomic Evaluation

Nutrition modifies the extent to which different genes are expressed. Genetic variations lead to different responses to generic diets. Take a personalized approach to your nutrition.



Fitness Parameters

Functional mobility is at the core of physical health. Through an in-depth evaluation we assess your strengths and weaknesses in relation to your physical fitness and help in setting attainable goals.



Bespoke Testing

Our in-depth testing is personalized for each individual based on their unique medical profile and family history. In depth genomic, hormonal and nutritional evaluations form the baseline for all further evaluations.

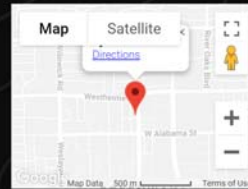
CONCIERGE

PRIVATE MD



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