

# MORE THAN HEALTH

## SEASONAL MEDICINE



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## GUIDE TO OUR SERVICES

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# SUBSCRIPTIONS

The More Than Health project is a highly personalised, annual, subscription-based service with a focus on illness prevention and lifestyle changes. Our bodies function in synchronicity with the natural cycle of the seasons. By working respectfully with these seasonal rhythms we can provide you with a unique health program, designed to optimise health, vitality and maintain well-being long into the future. The service is provided by a multi-disciplinary team of international medical practitioners and health care providers, which can provide help to clients in most areas of their life – their physical, mental, emotional as well as their professional lives.

Before enrolling in the subscription model, there is a comprehensive Entry Assessment with Dr Meuschel and her team. It includes a range of blood, stool or saliva tests and up to 2.5 hours consultation with Dr Meuschel as well as appointments with psychologist Gaylin Tudhope to look at the autonomic nervous system and behavioural aspects and an appointment with Dr Gruenewald to assess sleep and resilience. Following the initial assessments patients will be enrolled in either of the subscriptions. Both are using Heart Rate Variability as evidence-based parameter to assess overall health will be used as baseline measure whilst quality of sleep will be monitored by an external sleep tracker that also continuously monitors heart and breathing rate, temperature and activity levels. Individual health markers including blood pressure, weight, blood sugar and fats, HbA1C, hs CRP, homocysteine and vitamin D and immune status will be repeated at set intervals throughout the year. Quality of life will be assessed by means of questionnaires. We will provide you with a seasonally tailored program which generally includes nutritional supplements, medications including micro-immunotherapy, Autogenic Training and breathing regimes, individual dietary recommendations and advice on exercise, sleep hygiene and more. After 11 months we will review the total data with you and recommend next steps.

The subscription model aims to facilitate the required level of commitment on both sides, the patient as well as the team. It allows us to achieve pre-defined health goals and provide the continuous documentation that is required for an evidence-based approach to medicine. By participating in the subscription model patients agree to having their data (fully anonymised) published for audit and research purposes.

Experience shows us that 12 months is the minimum time required to make sustainable health changes. Subscription intakes are in winter between November and February and in summer between May and September following the Entry Assessments with Dr Meuschel and her team. Clients will have access to the team throughout the year; the appointments with the different team members are schedule at set intervals in line with the change of the seasons; with at least one check-up every single month.

Whilst the Seasonal Health subscription is aimed at improving lifestyle and overall health with a semi-standardized program; the Seasonal Plus subscription is a bespoke option recommended for patients who have been struggling in the past with the implementation of healthy choices or who need additional help due to existing health conditions or stressful lifestyles out of their control. It includes everything the Seasonal Health Subscription covers, plus add-on packages with Gaylin Tudhope or Peter Gruenewald to cover additional Autogenic Training, business or life stage counselling, sleep or resilience training, CBT or bespoke therapies. Additional tests can always be chosen individually with Dr Meuschel as part of the Entry Assessment where further referrals will also be discussed.

Subscriptions do not cover costs for tests, prescriptions, medicines, supplements, monitoring devices or health retreats. Any additional consultations or referrals beyond the subscription outline will incur additional charges as per our price list.



# SEASONAL MEDICINE

## STEP BY STEP

### STEP 1

#### Pre Assessment

Complementary 15 minute call with Dr. Meuschel to assess suitability for the programme followed by pre-assessment health questionnaire filled out by the client before step 2 can be arranged.

### STEP 2

#### Entry Assessment - included in the Service Engagement Fee

##### i. Assessment and tests with Dr Meuschel

Comprehensive Entry Assessment with Dr. Meuschel where your health and lifestyle risk factors will be evaluated, possible genetic predispositions considered, and tests agreed based on individual needs. Ongoing health monitoring devices will be discussed and decided upon so that health data can be collected and analysed to ensure optimal health interventions for you during your subscription period.

Tests will be discussed during the Entry Assessment, with the choice between a set of predefined tests or a more bespoke program. Minimum requirement is haematology and biochemistry including blood sugar and fats, HbA1C, hs CRP, homocysteine and vitamin D plus ideally a basic nutritional and immune status. Tests are chosen based on individual needs and not included in the price; they can be done via a local health care provider or with More Than Health. More Than Health charges tests at cost, with a small admin fee for each extra test - for further details please ask for our price list.

##### ii. Assessment with Gaylin Tudhope.

A renowned psychotherapist specialising in Autogenic Psychotherapy for rebalancing the autonomic nervous system. This therapy is instrumental in releasing stress from the body and mind, and priming the system for sustained health and vitality. She is also an expert in the field of addiction. Gaylin will assess any mental and emotional issues impacting upon your wellbeing and ability to thrive, and if necessary recommend a program to manage it.

##### iii. Assessment with Dr Peter Gruenewald

An expert in the field of adaptive resilience, stress management and performance, and a clinical specialist in Behavioural Sleep Medicine. Dr. Gruenewald will evaluate current stressors that impact immediate and long-term health, identify possible strategies for improvement and if necessary recommend a program for tailored treatment.

### STEP 3

#### Subscription Recommendation - included in the Service Engagement Fee

Once you have completed the above assessments there will be a detailed case analysis by the team, followed by another appointment with Dr. Meuschel where a set of realistic health goals will be agreed and markers to monitor progress at defined test intervals and a comprehensive treatment protocol for up to 4 months at a time will be designed.

Protocols include individualised dietary recommendations, seasonal nutritional supplements, medications including micro-immunotherapy, Autogenic Training and breathing regimes, advice on exercise, sleep hygiene, fasting regimes where appropriate, stress management and more - everything needed to regulate seasonal change and optimal health. Please allow up to 4 weeks for the completion of steps 1 to 3, particularly if you would prefer the team to visit you at your home to complete the assessment.



# SEASONAL MEDICINE

## STEP BY STEP

### STEP 4

**Seasonal Medicine Subscription** - covered by the Monthly Subscription Fee

Continuous monitoring of the following parameters via sleep and activity tracker:

- ✓ Heart and breathing rate
  - ✓ Heart Rate Variability (HRV), an evidence-based tool to assess overall health
  - ✓ Sleep quality - precise sleep cycle trends and insights, such as time spent in Light, Deep and REM sleep, and nightly heart rate
  - ✓ Exercise, activity and recovery index
  - ✓ Temperature
  - ✓ Blood glucose monitoring will be done for 3 weeks at a time to assess metabolic flexibility
- Access to the More Than Health IT platform providing customers with a health vault, with easy ways to upload and track health markers, with the innovative system of shared care as well as to a range of customised health apps – including Autogenic and Resilience Training.
  - Access to the More Than Health Team Support via email and regular seasonal instructions.
  - Biannual blood tests as per program agreed at the Entry Assessment. Cost of tests are not included in the subscription and can be arranged via More Than Health or client's own health care provider. Minimum requirement is haematology and biochemistry including blood sugar and fats, HbA1C, hs CRP, homocysteine and vitamin D plus ideally a basic nutritional and immune status depending on the needs of the clients.

### STEP 5

**More Than Health Team Support** - covered by the Monthly Subscription Fee

In addition to monthly check-ups from our team there will be a spring, summer, autumn and winter review to ensure best health outcomes and to facilitate seasonal shifts in diet, supplements, lifestyle, activity, medications, etc. This will take the form of a 6-month interview with Dr. Meuschel in combination with a set of diagnostic tests typically including haematology and metabolic markers, a nutritional assessment and review of the immune function (lymphocyte typing) plus two further interim 3 month and 9 month appointments with Kay Willis to assess progress and support you to introduce seasonal changes.

- Monthly check-in with a member of the More Than Health Team to check on your needs and progress (typically 30min phone/video appointment).
- Monthly review of the data from health tracker by Dr Meuschel
- Monthly team meeting with review of each client's progress, so that issues arising can be dealt with instantly.
- Quarterly seasonal recommendations by email to adjust to the circannual rhythm and support seasonality and sustainability.
- Biannual seasonal appointment with a full review of client's metabolic health, progress and program by Kay Willis or another member of the More Than Health Team during which clients will be asked to fill in an extensive health questionnaire (typically 30 – 60mins appointment).
- Biannual review with Dr Meuschel in combination with a set of diagnostic tests typically including haematology and metabolic markers, a nutritional assessment and review of the immune function - typically 60mins face-to-face plus 30mins preparing summary and protocol.



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## STEP BY STEP

### STEP 6

#### Renewal

During the last 2 months of your subscription the data of the whole year and the last set of bloods will be reviewed and after consultation with the whole team a recommendation be made regarding the renewal of the subscription.

### SEASONAL MEDICINE PLUS SUBSCRIPTION

Enrolment after Step 3 on completion of the Entry Assessment covered by the Service Enrolment Fee

Includes all items listed for the annual SEASONAL MEDICINE Subscription and the following:

- Bespoke solutions where patients have the need for support beyond what is offered in the Seasonal Health Subscription e.g. extended range of tests and diagnostics.
- Following the initial consultation with Gaylin Tudhope there will be 4 further sessions for Autogenic Training (AT) or bespoke psychological support e.g. Life-Stage Interventions, CBT or relationship or addiction support.
- Following the initial consultation with Dr Peter Gruenewald there will be 4 further sessions for Heart Rate Variability Assessments (HRV), Sleep or Resilience training and Leadership Development programmes.
- Guaranteed access to further add-on packages with any of the More Than Health Team members at subscription rates.
- Guaranteed access to a two-week health retreat with Dr Meuschel and the More Than Health team at Es Racó in Mallorca or an alternative five-star location. The cost for the retreat is not included. This subscription level simply guarantees clients their yearly access to a retreat. Due to the exclusive nature of the retreats the number of patients with access to this level is limited (maximum 20 patients per retreat per year).
- Further referrals including for age-related prevention e.g. colonoscopy or DEXA scans or gynaecological assessment where appropriate.

Costs of referrals / diagnostics are not covered by the subscription fee and will need to be discussed and agreed at the time. For further details please request our price list by emailing [wecare@morethanhealth.com](mailto:wecare@morethanhealth.com)

