



3LG THERAPY: A SCIENTIFIC APPROACH TO WELLNES

What's our ideal combination of protein, carbs and fat intake in each meal?

What are the precise level of antioxidants that are good for me and how do I go about getting there?

When it comes to exercise, what's best for me... short, intense bursts that get my heartrate up or a more measured aerobic routine?

At Euphoria Retreat, our vision is to promote wellness, longevity and metabolic homeostasis through the activation and regulation of the body's **metabolism**. So we asked ourselves the same questions – and many more.

And we found that the answers lay in exploring a scientific approach to wellness, based on world-leading research and clinical tests in the field of **antioxidant cellular protection**.

We call this approach the **Euphoria 3GL Methodos** and it underpins the holistic treatments and the nutrition and exercise plans.

HOW 3GL THERAPY WORKS

3GL is a personalised phenotypic health intervention based on nutrition and exercise, developed with Preventative Health Care & Wellbeing specialists Eucrasia, whose name refers to the Eucrasia Experience first defined by the father of medicine, Hippocrates. At a scientific level, it measures and analyses the body's levels of glutathione, the most important antioxidant cellular protector in our metabolism. In simpler terms, it quantifies the actual needs of our body in fuel, antioxidants and cellular protection.

A few simple temps give our team of specialists all the information needed to personalise your nutrition and exercise plans according to your needs.

STEP 1

The process starts even before you arrive, with the answers to a short **questionnaire** from which we build a full picture of your **dietary and lifestyle habits**, as well as any conditions or disorders that may be affecting your metabolism and energy levels.

STEP 2

Once at Euphoria Retreat, we carry out a simple finger-prick **blood test**. This allows our patented **3GL BIOLAB METER**, within 10 minutes and with 100% reliability, to measure your levels of **glutathione**, the most important antioxidant cellular protector in our metabolism.

A blood glucose measurement is also taken to evaluate your blood sugar level and, finally, an evaluation of your respiratory equilibrium gives us an opportunity to assess, indirectly, the glucose stores (glycogen) of muscle and liver tissue (Hence 3GL).

For advanced Spa programs lasting more than 3 days, a more comprehensive ergo-test is carried out, giving an even fuller picture of your metabolic status.

Together with the answers to the questionnaire, our team of experts can then determine your real cellular requirements in **antioxidants** (metabolic regulation, antiaging, wellness, cellular protection and longevity).

This also gives us a picture of your ideal **isoglycemic diet** – the daily balancing of your glucose status via eating proper meals.

STEP 3

Depending on your glutathione level, it is then possible to determine your precise antioxidant nutritional needs, based on the following principles:

- Measuring the exact **nutritional value** in antioxidants and calories in all of our food, so that our team of nutritionists is able to create menus tailored to your **isoglycemic needs** (with an ideal proportion of carbohydrates & fibre, fats & protein).
- Following the scientifically-proved nutritional model that **five smaller meals** – measured portions of breakfast, lunch and dinner and two smaller snacks (eg Functional Food & Functional Smoothies) are necessary to achieve an ideal isoglycemic diet. This targets a gradual self-adjustment of biochemical and hormone regulation in your metabolism and a fast-feeding nutritional recovery model.
- Building on the **Mediterranean diet's** renowned richness in antioxidants and other health benefits, with all our dishes preserving the wealth of **local flavours** whilst offering the optimal nutritional value to act as metabolic medicine.

STEP 4

You will also meet with our **physical exercise specialist** who, with the results of your 3GL Methodos analysis and lifestyle questionnaire, will propose an exercises plan involving either interval-based anaerobic workouts or a more measured aerobic program. You will also be introduced to other suitable physical wellness programs that you can consider.

STEP 5

Finally, your 3GL Methodos results form part of the guidelines you are given when you leave, with which you will be able to **continue your journey** by incorporating your new nutritional and physical program into your everyday life.