

Contents

[Contents](#)

[About Dr Frey](#)

[Introduction](#)

[Who should come?](#)

[Accommodation](#)

[The Program](#)

[Day 1 - Arrival day](#)

[Day 2](#)

[Day 3](#)

[Day 4](#)

[Day 5 - Departure Day](#)

[What is included](#)

[Your investment](#)

[Payment](#)

[About CountryHealth](#)

About Dr Frey



Dr. Frey has dedicated his life to helping people take control of their health. His aim is to help his clients to learn how to become healthier, and take or regain control of their health.

Over 25 years of studying and practice in a variety of fields in medicine in Germany, England, Estonia and Switzerland give Dr Frey a fair bit of experience.

He first began treating patients in Germany in 1992 in cardio-thoracic surgery, followed by abdominal and vascular surgery, orthopaedics and trauma in state-run hospitals and a private hospital. In order to expand his skills he moved to the UK in 1997 where he spent three years training as a general medical practitioner, further specialising in diabetes care.

After several years, Dr. Frey took time out to reflect – moving to Estonia where he joined a spa hotel as strategic development director and chief physician. He became a life and health coach and was featured on Estonian TV. Dr Frey began exploring the fascinating field of functional medicine and developed screening tests and treatment packages for the hotel clients.

Soon he opened his first private practice, exploring a different way to offer healthcare. After modifying his patient's diet, he saw drastic – and often permanent – improvements in their health, this despite years of unsuccessful treatment by specialists.

After a short period in Switzerland as single-handed GP he moved back to England. In addition to his private work he supports an outstandingly rated NHS practice in Suffolk.

On his way he collected an MD “magna cum laude”, membership of the Royal College of General Practitioners (MRCGP), a Diploma in Diabetes Care from Warwick, skills in acupuncture and neural therapy, and even life coaching, homeopathy, Reiki and EFT.

Dr Frey sees patients in his private practice in Ipswich. He has a special interest in thyroid health.

Contact details:

- www CountryHealth.co.uk
- Email reception@countryhealth.co.uk
- Practice tel: 01473 218 373

Introduction

For the first time everything required for a unique and bespoke residential program for clients with thyroid health problems will be available under one roof. Ours.

The thyroid system plays a critical role in your metabolism. Along with insulin and cortisol, your thyroid hormone is one of the big three hormones that control your metabolism and weight.

We have been running a successful Thyroid Clinic and learned that accurate testing, supplements and medication is often not enough.

Lifestyle changes are paramount to improve chronic health conditions and cannot be taught in a report or a short consultation.

This is why we created the Thyroid Retreat Days. We want to give our clients all the tools they need to make them feel better, after already implementing medication and supplements.

Our motto is: learning with fun

Cooking Workshops

From healthy breakfasts to dinner party food - you will learn how to make delicious and thyroid friendly food - quickly.

Seminars

Learn in several very interactive workshops what makes you tired, the links between adrenal fatigue, thyroid health, Hashimotos' and how to drum up your metabolism.

Sleep Well

Have a cosy night in a sumptuous room and wake up refreshed, ready for the next day.

Relaxation

From Mindfulness to Reflexology - a healthy mind makes a healthy body.

Evening Entertainment

Murder Mystery, Bingo and Rat Race are only a few events to keep you entertained.

Who should come?

- **For years** you have been feeling **tired**, had **no energy**, and were probably told it is all in your mind - even that you are depressed.
- We are here to help you, to find out exactly what is going on and to **help you back on track**.
- Thyroid health is not just about taking tablets, it requires a **holistic bespoke approach**.
- Nutrition, the avoidance of trigger foods, relaxation, and exercise are as important as taking the right medication and supplements.
- We see ourselves as health coaches, working **with you** to create a **program that works** in your busy life back home.

Everyone who is having a thyroid health problem and wants to find out more which lifestyle changes can make a big difference, and how to do them, might benefit from our program.

Ideally, you had already your thyroid tests done and received our report with recommendations before you start the program.

If you haven't there is still time to arrange the tests and report - simply ask Dena who is happy to help.

Accommodation

We will meet in a secret location in East Anglia, tranquil, away from the huzzle and buzzle.

The cottages will be similar to this with cosy beds, lounge and either a hot tub or swimming pool.



[pictures are for illustrative purposes]

The Program

Day 1 - Arrival day

Arrival

Arrive at your leisure and enjoy the resort, explore the area and settle in.

Welcome drink

Meet with us and the rest of the guests for a welcome drink, get together and some networking. You will also receive your individual time table for treatments.

Day 2

Morning swim

Have a plunge in your hot tub or the swimming pool [subject to availability].

Breakfast workshop

We start our day @ 09:00 with our first breakfast workshop. We will prepare a Spanish inspired omelet - all to your taste.

Morning Seminar: Thyroid 101

Let's explore together what the thyroid gland does, how it works, and how we can support it at its best.

Lunch workshop: Salad Deluxe

We will show you how to make a quick, tasty and nutritious salad that you can prepare and take with you to work and which will last you for the day.

Relaxation time

Unwind from your busy life by having a stroll through the area, have a reflexology treatment or QiGong session [subject to availability].

Dinner workshop

Tonight we will prepare an italian inspired feast.



Day 3

Morning swim

Have a plunge in your hot tub or the swimming pool [subject to availability].

Breakfast workshop

A quick, tasty and versatile breakfast is with Quinoa. We will make a lovely alternative to the usual cereals.

Preparing a Packed Lunch

Following breakfast we make a tasty packed lunch to be ready for our excursion.

Excursion

We will travel together to explore a local highlight, e.g. Sutton Hoo, near Woodbridge, the site of two 6th- and early 7th-century cemeteries. One cemetery contained an undisturbed ship burial, including a wealth of Anglo-Saxon artefacts of outstanding art-historical and archaeological significance, most of which are now in the British Museum in London. The site is in the care of the National Trust.

Dinner Workshop

Tonight we will prepare and enjoy a lovely curry - full of taste and healthy ingredients.

Evening entertainment

Have you heard of the Rat Race game? Created by Robert Kiyosaki, it is a fun way to learn how you can make more out of your hard earned money.

Day 4

Morning swim

Have a plunge in your hot tub or the swimming pool [subject to availability].

Breakfast workshop

Another quick, easy and tasty way to start the day is with a smoothie. We will make several tasty creations.

Morning activity

Get moving with either Yoga, Pilates or QiGong - subject to availability.

Lunch workshop

Today we will dive fully into the caveman time and make and enjoy tasty Paleo burgers.

Afternoon workshop

About 10% of the worldwide population suffer from a form of over 80 different autoimmune diseases (AID), the common ones being thyroid disease, coeliac disease, rheumatoid diseases, Multiple Sclerosis, and Type 1 diabetes. If you have one AID you are at greater risk to develop another.

Dinner workshop

Our last dinner together will be a lovely Chinese inspired meal.

Evening entertainment

We finish our Thyroid Retreat Days with with a murder mystery game.

Day 5 - Departure Day

Morning swim

Have a final plunge in the hot tub or the swimming pool [subject to availability] and get ready for the journey back home.

What is included

- 4 nights cottage style accommodation
- 3 days activity program¹ as described above, including
 - Cooking workshops with all food prepared and non-alcoholic drinks² and necessary utensils
 - Seminars and relaxing treatments / classes
 - Local excursion with entrance fee
- Exclusive access to speak to Dr Frey and discuss your personal health journey
- Maximum 6 participants

Your investment

- £ 1,974 per person (single occupancy)
- £ 3,798 per couple (shared accommodation)

Payment

To secure your place, we require a non-refundable 33% deposit:

£ 658 per person or £ 1266 per couple

The final balance is payable latest 14 days before the booked event.

Guarantee:

Should **we** have to cancel the Thyroid Retreat Days, you will receive a 100% refund.

¹ Subject to change.

² Please feel free to bring your own alcoholic beverage but consume in moderation.

About CountryHealth



Private GP Practice with Focus on Functional Medicine

Our patients usually get in touch when they need help that the NHS cannot provide. We can advise you on symptoms, organise specialist tests that are often not available on the NHS and can also refer you privately to specialists. We want to find the root cause of your problems, not just cover the symptoms with medication.

As a private medical patient, you can expect more personal, friendly consultations and appointments at times that suit YOU.

To fully explore your concerns, we don't limit you to "one problem per 10 minute appointment". Instead our appointments take typically 30-60 minutes. Unfortunately, we cannot offer A&E services.

Our approach is different. We want to find the root cause of your problems, not just cover the symptoms with medication.

We offer a range of services to our clients to help them to Get Well and Stay Well.

- Health Screenings
- Genetic Testing
- Nutritional / Functional Therapy
- Food Intolerance Testing
- Bowel Cancer Screening

To find out more, please visit our website: www.CountryHealth.co.uk

Practice:

CountryHealth
Cornwallis Chambers
23 Great Colman Street
Ipswich
IP4 2AN

Phone : 01473 218 373

Email: reception@countryhealth.co.uk