

COMBE GROVE

Rest, Restore, Reset

THE METABOLIC HEALTH SOLUTION RESETTING METABOLISM, TRANSFORMING AND SAVING LIVES

INTRODUCING COMBE GROVE, THE UK'S NATIONAL
CENTRE FOR METABOLIC HEALTH IN BATH

What do chronic health concerns such as heart disease, type 2 diabetes, obesity, cardiovascular disease, dementia, fertility problems and even some forms of depression and cancer all have in common?

They are all linked to one critical factor: poor metabolic health.

GPs now estimate that up to 85% of the UK population is metabolically unhealthy; a silent epidemic driving some of the nation's most serious and preventable health challenges. In England alone, approximately one-third of adults show signs of prediabetes, and two-thirds are either overweight or obese, according to the latest Health Survey for England (HSE) figures. The economic impact is equally stark: diet and lifestyle related diseases cost the NHS over £11 billion a year, while physical inactivity contributes to 1 in 6 deaths and costs the UK £7.4 billion annually.

In response, a powerful new solution has been developed. The National Centre for Metabolic Health, situated in 70 acres of woodland and meadow above Bath, offers a groundbreaking, medically supported, and holistic approach to restoring metabolic health. Developed in collaboration with leading General Practitioners, Dietitians and Medical Professionals, the Metabolic Health Programme empowers individuals to reset and rebalance their metabolism and overall health with guidance and support.

“Metabolic health affects every one of us. We can measure it and we can always improve it, often swiftly and dramatically,” says Dr Campbell Murdoch, lead GP at Combe Grove and an expert in metabolic health.

At the heart of the Centre's approach is the Metabolic Health Programme, which combines medical diagnostics with lived experience and coaching across the 5 Roots of Metabolic Health™: Nutrition, Movement, Sleep, Mindset and Environment.

Each guest undergoes a comprehensive series of assessments known as the 10 Markers of Metabolic Health™, including: Blood pressure, Waist circumference, HbA1c (average blood sugar levels), Triglycerides, HDL cholesterol, Visceral fat, Body composition (lean muscle and fat mass), Fasting insulin, CRP (inflammation marker) and Resting heart rate. This data-driven approach empowers individuals to take control of their health through clear, personalised insights and practical interventions.

The transformation is often both life enhancing and life changing.

“The programme addressed my health both medically and holistically. I'm no longer pre-diabetic, my blood pressure is normal, I've lost 1.5 stone and I'm full of energy,” says Fiona Duncan, writing for The Telegraph. “I'm no longer going to medicate my way out of ill health. I'm back in business.”

While the main Metabolic Health Programme is delivered in person, the Centre's reach goes far beyond the Estate. Through its charitable parent company, the Elmhurst Charitable Trust, Combe Grove offers bursaries and shares its programmes and findings nationally through events, webinars and podcasts.

- Ends -



For further press images, please visit combegrove.com/press



Product Offerings:

- **The Classic Metabolic Health Programme**

A 5-night residential retreat combining medical assessments and diagnostics with coaching and immersive experiences and a 3-night follow-up stay two months later (or as suits) to reinforce progress and retest diagnostics. From £3,200

- **Additional Returners Retreat**

A 3-night follow-up stay to reinforce progress and retest diagnostics for those with experience of the initial retreat. From £1,050

- **Mini Metabolic Health Retreat or Mini Preparing for Surgery Retreat**

A shorter 2-night option for those seeking an accessible entry point or preparing for surgery. From £1,200

- **Metabolic Reset Day**

A single-day introduction to the principles of metabolic health for those curious to explore. £295

- **Metabolic Membership**

Designed for the local community, this membership includes regular assessments, coaching, access to the health club, classes, and the 70-acre estate.

£1,200 per year (NHS discount available)

As the conversation around preventive and personalised healthcare continues to evolve, Combe Grove is helping people in the UK and internationally to take back control of their health, powerfully, measurably and sustainably.



KEY FACTS

Combe Grove is under the stewardship of the charitable Elmhurst Foundation since 2017 with the objectives of advancing knowledge and education of health and wellness, sharing this knowledge and its benefits with the local community and creating a range of high quality apprenticeships.

- 2.5 hours from London by car, 1 hour 20 by train.
- Set in 70 acres of mature woodland and meadow just 2 miles from the centre of Bath.
- Indoor and outdoor swimming pools, sauna and steam room, unlimited use over 70 timetabled weekly classes, all-year-round tennis, a nature-inspired gym.
- Drawing Room, Library, Orangery and Map Room in the Georgian Manor House.
- 18 nature inspired bedrooms in The Barn.
- Map Room Restaurant serving nourishing food sourced from the Kitchen Garden and the best local suppliers.

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PRESS INFORMATION

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