

THE COMBE GROVE METABOLIC HEALTH RETREAT IN BATH

THE FIRST OF ITS KIND IN THE U.K. AND A REVOLUTIONARY
EVOLUTION IN HEALTH & WELLBEING

"I can honestly say that my stay at Combe Grove was one of the most instructive, life-changing and in many ways enjoyable weeks of my life."

I am no longer pre-diabetic (HbA1c level down from 43 to 38); my blood pressure is normal; I have lost 1.5 stone in weight simply by eating sensibly; and I am full of energy. I'm no longer going to medicate my way out of ill health. I'm back in business."

- Fiona Duncan, The Telegraph

A ground-breaking new sustainable approach to health and wellbeing opened its doors in March 2023 in Bath. The first of its kind in the U.K. The Combe Grove Metabolic Health Retreat and accompanying year long programme aim to move the dial on how we perceive, experience and seek to heal ourselves. The process integrates leading medical science with a carefully curated programme designed to rebalance the five key principles of human wellness. Its objective, to hand the power back to every one of us and quite literally change lives.

Located within 70 acres of mature woodland and meadow in Bath, the Combe Grove Metabolic Health Retreat has been developed in consultation with leading GPs, nutritionists and medical professionals to deliver a year long process that has the potential to radically reshape health experiences and outcomes.

According to The Health Survey for England (HSE), 35.3% of adults in the UK have prediabetes and it is estimated that around 5 to 10% of people with prediabetes progress to Type 2 diabetes in any given year. Combe Grove is part of a growing wave of informed thinking that believes this concerning reality can be prevented, treated and in many cases reversed by adhering to certain core principles that underpin all wellbeing. With the right knowledge and approach the outcome can change and measurably improve.

An ever-increasing body of peer reviewed medical research points to the importance of thriving metabolic health as key to enhancing and extending wellbeing and longevity, in addition to being a cornerstone of preventative healthcare. Many of today's chronic diseases including prediabetes, type 2 diabetes, dementia, high blood pressure, some cancers, fertility problems, heart disease and strokes have blood sugar inflammation at the core of their origin and progression. Retreats include the general Metabolic Health Retreat as well as versions of the programme aimed specifically at Prediabetes, Menopause, Fertility, Gut Microbiome and Pre-op.

Working with leading medical and nutritional experts, including Dr Campbell Murdoch, renowned for his work in the field of metabolic health, the Metabolic Health Retreat has been specifically formulated to address the five roots of Metabolic Health - Nutrition, Movement, Sleep, Mindset and Environment. By establishing balance across all five, each of us receives the optimum conditions for quality of life and health to flourish.

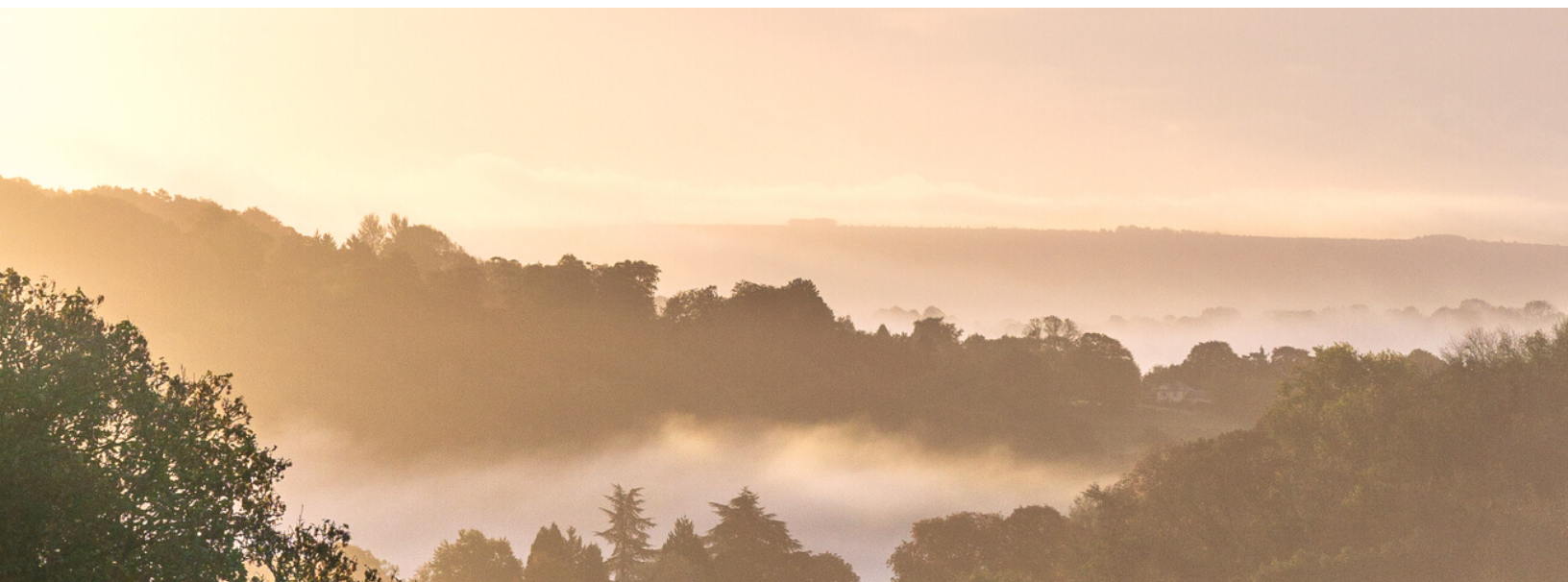
Comprehensive health assessments are undertaken by registered GPs upon arrival and at departure from the Retreat, forming a measurable basis for the immediate and ongoing health benefits derived from the programme. Many doctors are convinced that the processes contained within the Metabolic Health Retreat have the capacity to positively affect the health outcomes of literally millions of people in the UK and that the scientific approach offered towards wellness at Combe Grove will only further substantiate the position.

The programme begins three weeks prior to a one week residence at Combe Grove, followed by 48 weeks of expert remote guidance and support, enabling transformative and sustainable life changes to occur. This combination of medical research, the restorative power of nature and a supportive community-based environment enable clients to reconnect with the primary needs of mind and body and leave with a greater sense of current and future wellness, increased vitality and restored calm.

- Ends -



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



KEY FACTS

- A Centre for Health and Wellbeing grounded in nature offering the core Metabolic Health Retreat
- Specialist Metabolic Health Retreats with a focus on **Menopause, Prediabetes, Fertility, Gut Health and Pre-Op**
- The Club at Combe Grove for residents of Bath and surrounding villages
- 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 of 65 timetabled weekly classes, all-year-round tennis, a nature-inspired gym, Nordic walking, swimming and other specialist movement clubs
- 9 bedrooms, Drawing Room, Library, Orangery and Map Room in the Georgian Manor House
- 31 newly renovated bedrooms in The Barn
- Map Room Restaurant for clients and club members serving nourishing food sourced from the Kitchen Garden and the best local suppliers
- Metabolic Health Retreat from £2,600 for the residential week at Combe Grove and the accompanying year long support programme

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PRESS INFORMATION

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