

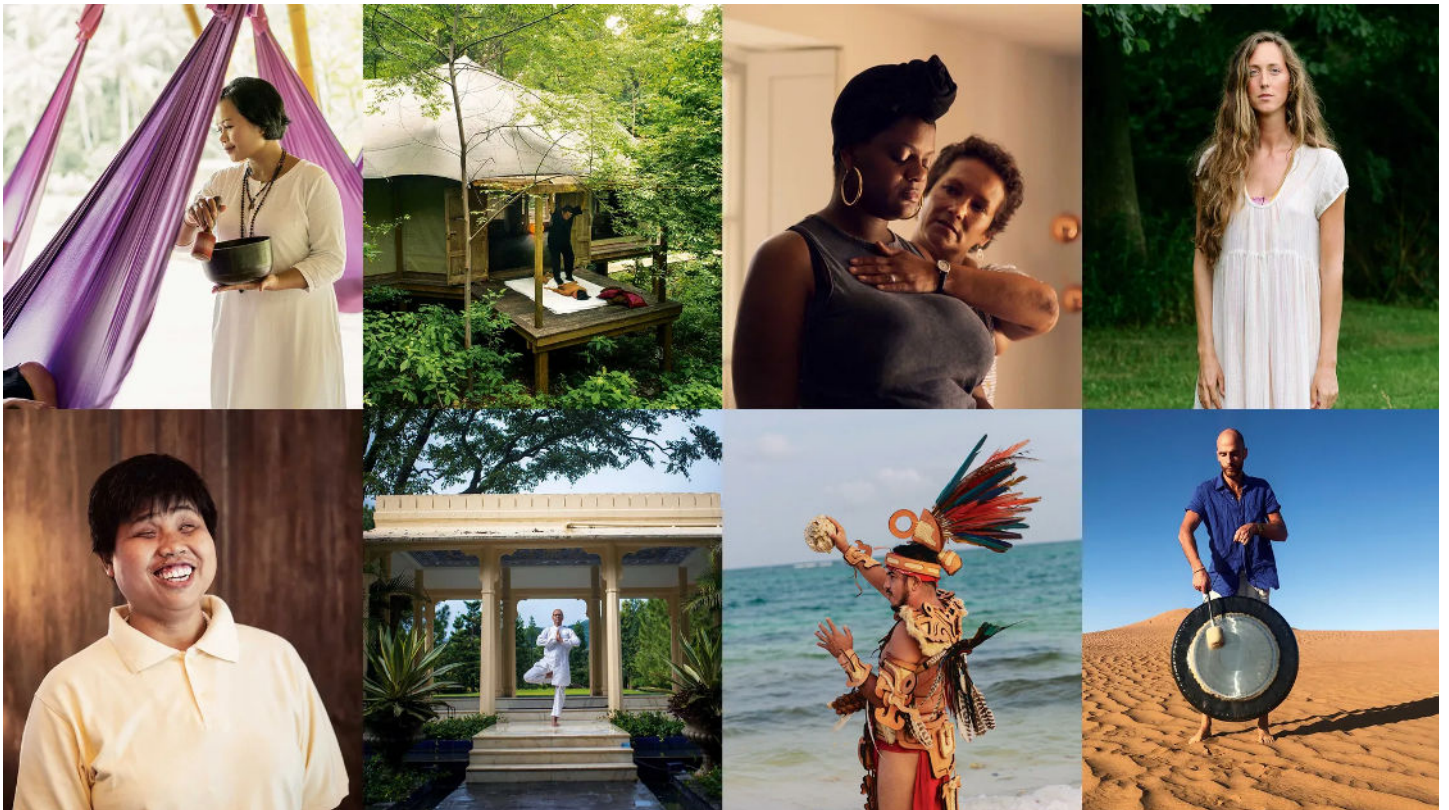
WELLNESS & SPAS

# This is what really happens when you visit a holistic healer

*Transformational sages worth travelling the world for*

BY CONDÉ NAST TRAVELLER

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## The modern yurvedic doctor

# The functional medical expert

## George Leon

*Mystras, Greece*

George Leon is an expert in metabolic biophysics and nutritional biochemistry. I first came across him at Euphoria Retreat, tucked below 13th-century Mystras in the Peloponnese, where he brings his considerable skills to the Advanced Weight Management programme, delving into individual metabolisms using epigenetics and biomarkers. “Everyone has a metabolic disorder,” he told me. He measures the body’s levels of glutathione to understand how it is functioning, then devises a programme of nutrition and exercise to reset the metabolism. He pinpointed the root of my constant weight gain as low blood glucose, an underactive thyroid and an elevated cortisol level. “It was probably triggered by a hormonal event, such as childbirth,” he said. He was confident he could fix it through his nutritional programme, resetting my metabolism by tailoring a diet to my needs that I could continue at home for the following three months. A new menu was sent to me at the start of each month, once Leon’s team had received my updated weight and measurements. Thanks to his personalised approach, I finally started to lose weight. Needless to say, I have been a devotee ever since. In the ancient words of Hippocrates, “Let food be thy medicine.” *Mary Lussiana* [euphoria retreat.com](http://euphoria retreat.com); [healing holidays.com](http://healing holidays.com)