

## How we have helped our clients



### It's never too late to help:

Viavi was retained in a health advocacy capacity for a middle aged gentleman with terminal cancer. Following a full case review, it was determined that everything was being done that could be done to manage the disease. He was under the finest oncologists possible. There was however a gap in managing his broader wellbeing, and adding-value and enjoyment as much as possible to the time he had left. Following detailed assessments, Viavi was able to correct crucial vitamin deficiencies, resolve anaemia and optimise hormone in-balances. That, along with close support and mentoring, has helped him regain a more positive attitude and increased levels of energy significantly, allowing him to start to enjoy his life again. His liver function and general blood profiles have improved dramatically indicating a more robust system and healthier organs to support chemotherapy detoxification and increased potential to fight the tumour.



### Digging deeper:

An international financier, with significant cardio-vascular risk, was seemingly in control of matters. Under a cardiologist, he was exercising well and carefully managing his cholesterol levels and other risk factors. The genomic profiling and deep functional testing at Viavi however, enabled a much fuller insight into his condition and demonstrated that there was much more he could do if he was keen to manage his serious cardiovascular risk as effective as possible. This understanding on a level beyond the norm and obvious resulted in a change in approach, allowing a more relevant and focussed programme addressing critical lifestyle issues. For the first time, he was truly in control of his health and managing all his risk factors for the future.



### Helping wherever:

A middle aged lady from the Ukraine with a chronic, disabling condition was travelling to the US for a cataract operation. Viavi employed two nurses to support her 24/7 over a seven week period to assist in mobility and also arranged for a physiotherapist to visit her hotel on a sessional basis to help manage her underlying condition.



### Never taking No for an answer:

A teenager suffered a head injury during a sports accident. From being a grade A student, he began not to cope, suffered from memory loss and poor concentration, and lost his sense of smell. His personality changed from being positive and vivacious to being apathetic. The MRI scan was normal and a neurologist said there was nothing practically to be done. At Viavi, following evaluations, latest technology was applied to map the electrical activity throughout the brain. This identified for the first time the dysfunction in a specific area of his brain. Neurofeedback techniques were then applied over several months to allow the brain to self-regulate its electrical waves. This treatment was supported by focussed nutritional supplementation. The sense of smell returned and there were material improvement to cognitive performance and personality. A-levels were successfully navigated and he has now enrolled in a university course.



### Getting under the skin of things:

A CEO, mid-forties, was seeking to lose some weight. A personal trainer was retained and various diets tried, but with no success. He was also feeling tired, which was put down as the normal stresses of work. An assessment at Viavi identified an underlying issue of low adrenal hormone levels, probably as a result of the insidious work pressures. The type of training and dietary regime was actually making matters worse. Viavi first managed the primary issue of the low cortisol (stress hormone) level, which was resolved within a few months. Following this, the client resumed very specific exercise activities and along with a carefully prescribed dietary programme, was able to achieve his weight targets and in the process avoid the complete burn-out he was heading for.



### Deep root cause analysis:

A gentleman from the middle-east was flown with his personal physician to the UK suffering with severe psychosis related problems attributed to sustained alcohol misuse. Viavi was retained to manage the case on arrival. Admission was arranged in a leading London facility and assessments commenced. Consultations and initial investigations highlighted irregularities in the original diagnosis and deeper assessment identified organic problems relating the side effects of steroid medication taken several weeks earlier, not an underlying psychiatric problem as had been originally thought. The issue was reversed within days.

