Spa spy Health watch

A full body MRI scan and blood tests can offer peace of mind to the worried well

The treatment
ScanPlus, £1095 at The Edinburgh Clinic. Quote ScotsScan and you can get this treatment for £995 if you book by 30 November.

Why go?
If you’re one of the worried well, convinced you’re riddled with disease even if you’re symptom free. Or maybe you’ve reached a certain age and just want some extra reassurance. This check can diagnose early signs of heart disease, lung cancer and other serious illnesses, with blood tests to assess heart, liver, thyroid gland and kidney function.

Our spy says
As a newbie to any sort of private medical experience, this place is surprisingly swanky, in a villa that resembles a five-star hotel. It isn’t an issue. Once I’ve got changed into my civvies, it’s up the stairs, back into my civils, it’s up the stairs, where I sit in front of a huge telly watching daytime TV, while a nurse takes my blood pressure and draws a couple of blood samples. Finally, there’s an electrocardiogram in another sunny upstairs room, where I lie on bed with sticky pads on my chest and limbs. The whole process has taken around three hours, and I’m decanted into a waiting area with unlimited biccies and cups of tea.

The results
Dr Dickson said the full results would arrive through the post in around 10 working days, but that she would arrive within the week. The mobile wouldn’t ring. When the results arrived, there was nothing too scary. It turns out I’ve got a desiccated lumbar disc, simple cysts on my liver, am a bit anaemic, have calculus in my gall bladder and a few other niggly minor ailments. They aren’t all necessarily things I need to know, but if the body is an uncharted foreign land, I feel that I’ve been given some sort of map.

If I had a specific problem, I’d still go to my GP, and the treatment can’t rule out every illness or disease. However, this felt like an indulgence to confirm that I most probably am just one of the worried well.

Terms and conditioner
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Nourishment by the bowl
Forget kale and quinoa, apparently broth and stock are the new superfoods, rich in protein, calcium, magnesium and other trace minerals. For ideas, pick up Broth and Stock by Jennifer McGruther, founder of the Nourished Kitchen blog. It features recipes including Jewish penicillin (chicken soup), Mexican lime soup, and Rhode Island clam chowder.

WHAT’S NEW

In the pink
Breast Cancer Awareness Month is upon us, so invest in something pink. We love The Hero Collection from Elemis, which is available this month and next, while stocks last. It consists of a pink pouch that contains four goods: a Pro-Collage Neck and Décolette Balm (40ml), Pro-Collagen Marine Cream (15ml); Frangipani Monoi Body Oil (35ml) and two weeks’ worth of Cellular Recovery Skin Bliss Capsules, all for £55 (valued at £95), with a percentage going towards their pledge to raise £10,000 for charity Breast Cancer Care.

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