



## FERTILITY PROGRAM

Recently, fertility issues have become more prevalent, which have lowered the chances of a natural conception. If you want to become a parent but for medical reasons have been unable to achieve this goal naturally, this program is for you.

The Fertility Program is aimed towards making you baby-ready by improving your fertility and increasing your chances of a successful conception. It is a specialized, integrative, and tailor-made program that carries a holistic 360-degree approach towards fertility. The program aims at giving personalized care, support, and the best possible outcome with regards to fertility.

This program also focuses on boosting fertility naturally, addressing any medical factors, preparing for assisted reproductive methods of conceptions (IVF/ICSI/IUI), tackling factors like stress and fear that come with infertility. It also helps to boost fertility post pregnancy loss, coping mechanisms to embrace pregnancy loss, detoxifying the body post artificial methods of conception to restore the hormonal balance.

**\*Note:**

- The program can also help individuals in their late 30s and 40s to conceive.
- The program is designed for those who trying to conceive through either natural or assisted conception (IVF/ICSI/IUI).

## The key benefits of the Fertility Care Program:

This program is designed to help you with fertility concerns and prepare your body for a successful conception either naturally or through assisted techniques. The key benefits of this program are to:

- **Identify the root cause behind infertility:** Diagnose the root cause and lifestyle factors that affect fertility.
- **Learn about the most fertile phases:** Receive guidance on how to induce ovulation naturally, track it, and learn about the fertile window for better chances of conceiving.
- **Make your on-going conception more effective:** Get coached on fertility by our team of experts to make the ongoing fertility treatment (natural or assisted) more fruitful with lesser side effects.
- **Prepare the body and mind for successful conception:** Work on the mind and body for successful conception by fertility-boosting foods, superfoods, detoxes, balance hormones, mind-body techniques, and necessary lifestyle changes.
- **Acquire emotional assistance from an expert:** Consult with our team of emotional counsellors to improve emotional wellness and develop the right frame of mind to be ready for pregnancy.
- **Receive personal attention by our professionals:** Benefit from a holistic and an integrative approach used by our team of experts ranging from certified nutritionists, and lifestyle coaches to homeopathic doctors.
- **Follow the four-pronged approach:** Focus on the four pillars to health: balanced nutrition, adequate exercise, quality sleep, and emotional well-being for a successful conception.
- **Join an exclusive webinar with Luke:** Get invited to a

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personalized webinar, where Luke talks about various aspects of fertility and learn how practicing a few techniques can improve your health.

## **Price and Package options for the Fertility Program**

We offer two packages for the benefit of our clients. Both packages include all key benefits and features listed above. The assigned team and the variations listed here are the only differentiating factors.

## **Fertility program with Luke's Senior Team**

### **Program Description:**

- Our integrative team of senior nutritionists, clinical dietitians, and lifestyle coaches create a customized plan for you after studying your lifestyle, personal details, blood reports, and your health goals.
- Your coaching revolves around the four pillars of health that Luke strongly advocates: quality sleep, balanced nutrition, emotional detox, and adequate exercise.
- Customized food plans are created by taking into consideration your condition, body's requirements, work timings, travel plans, availability of ingredients, allergies, and so on.
- Once your program ends, a one-time maintenance guideline document created by Luke and your senior nutritionist is shared with you.

**Please note that this is an online program and is open to participation from anyone globally.**

- Online chat support is available from Monday to Friday, 9 a.m. to 7 p.m.
- Different time zones other than Indian Standard Time will be handled accordingly.
- The assigned team's responses will be based on their

appointments, hospital rounds, calls, and meetings.  
They will respond at the earliest.

- The team is off on weekends and on public holidays. In case of an emergency, feel free to contact us.

### **Package Variations:**

- Your case, progress, and way forward are reviewed and discussed with Luke every week.
- One video call is scheduled at the start of the program with you and a senior nutritionist assigned to you, followed by voice calls every week.
- One call is scheduled with Dr. Abhay, who specializes in hormonal and reproductive health, fertility, pregnancy, and childbirth.
- One video call with an emotional counsellor is scheduled within the first month of the program.
- You are added to an online chat group created to guide and coach you during the program. This group consists of your senior nutritionist, dietitian, or lifestyle expert and a quality control team.

### **Total program cost:**

3 months: ₹120000 (inclusive of taxes)

6 months: ₹216000 (inclusive of taxes)

12 months: ₹384000 (inclusive of taxes)

USD rates are applicable to anyone residing out of India.

3 months: \$1550

6 months: \$2800

12 months: \$4950

## Fertility Program with Luke's Team

### Program Description:

- Our integrative team of nutritionists, clinical dietitians, and lifestyle coaches create a customized plan for you after studying your lifestyle, personal details, blood reports, and your health goals.
- Your coaching revolves around the four pillars of health that Luke strongly advocates: quality sleep, balanced nutrition, emotional detox, and adequate exercise.
- Customized food plans are created by taking into consideration your condition, body requirements, work timings, travel plans, availability of ingredients, allergies, and so on.
- Once your program ends, a one-time maintenance guideline document created by Luke and your nutritionist is shared with you.

### **Please note that this is an online program and is open to participation from anyone globally.**

- Online chat support is available from Monday to Friday, 9 a.m. to 7 p.m.
- Different time zones other than Indian Standard Time will be handled accordingly.
- The assigned team's responses will be based on their appointments, hospital rounds, calls, and meetings. They will respond at the earliest.
- The team is off on weekends and on public holidays. In case of an emergency, feel free to contact us.

### Package Variations:

- Your case, progress, and way forward are reviewed and discussed with a head nutritionist every five days.
- One video call is scheduled at the start of the program with you and a nutritionist assigned to you, followed by

voice calls every alternate week.

- One call is scheduled with Dr. Abhay, who specializes in hormonal and reproductive health, fertility, pregnancy, and childbirth.
- One video call with an emotional counsellor within the first month of the program.
- You are added to an online chat group created to guide and coach you during the program. This group consists of your nutritionist, dietitian, or lifestyle coach and a quality control team.

**Total Program Cost:**

3 months: ₹75000 (Inclusive of taxes)

6 months: ₹135000 (inclusive of taxes)

12 months: ₹240000 (inclusive of taxes)

USD rates are applicable to anyone residing out of India.

3 months: \$950

6 months: \$1700

12 months: \$3000

