



## **GUT HEALTH PROGRAM**

If gut health is not a part of your health management or prevention plan, then it is time to change your healthcare provider. From acne and hair fall to food sensitivity and low immunity or actual gut conditions like acidity and constipation, every single health concern starts from the gut. Even Ayurveda and Yoga emphasize the importance of gut health and how it is the cornerstone of wellness. Poor gut health does not just reflect on your physical self but has an enormous impact on your emotional and mental self. Our gut is the second brain! So, how we feel and think, our happiness quotient and mental state are controlled by the gut and vice versa.

The Gut Health Program is designed to primarily look at the present condition of the entire gut, understand the symptoms experienced by an individual and work on it from all aspects like nutrition, emotional health, activity, sleep, and your overall lifestyle, to give it a holistic perspective, so not just your gut but your entire body hums along happily.

### **The Key Benefits of the Gut Health Program:**

This program is designed to closely monitor your gut health, and work on root causes that compromise its function, in order to experience improvements in not just digestion but

also immunity, skin and hair health, mental health, body weight, and more.

- **Implement our four pillars of lifestyle:** Apply and continuously review the right set of lifestyle changes to help build optimum holistic health using the four pillars, namely, balanced nutrition, adequate exercise, quality sleep, and emotional well-being.
- **Effectively treat and manage symptoms:** Effectively manage and address symptoms and their immediate effects on the body, whether internal or external.
- **Manage disease progression:** Adopt effective and preventive lifestyle and nutritional strategies as well as eliminate risk factors to manage or possibly halt disease progression.
- **Restore, re-build, and maintain overall gut health:** Ensure and maintain optimal gut microbiota to rebuild the natural defense systems and prevent conditions like Leaky Gut Syndrome.
- **Manage stress for improved gut-brain communication:** Learn how to identify and effectively address potential emotional and mental risk factors, as well as improve the composition and functioning of the gut.
- **Learn yoga asanas and yogic practices from experts:** Practice and perform customized yoga asanas that will target and massage the abdominal organs, promote bowel movements, encourage digestion, and aid in the process of cleansing.

## **Price and Package options for the Gut Health 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 below are the only differentiating factors.

## **Gut Health 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.
- Customized food plans are created taking into consideration your work timings, travel plans, availability of ingredients, allergies, and so on.
- Your coaching revolves around the four pillars of health that Luke strongly advocates: balanced nutrition, adequate exercise, quality sleep, and emotional well-being.
- Once your program ends, a one-time maintenance guideline created by Luke and your senior nutritionist is shared with you, which will help you continue on your journey to good health.

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

- Online chat support is available from Monday to Friday, 9 am to 7 pm.
- Different time zones other than Indian Standard Time will be handled accordingly.
- The assigned team's responses will be based on appointments, 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 five days.
- 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 video call is scheduled with a life coach at the start of your program followed by one video call every subsequent month.
- One voice call is scheduled with you and Deepika Rathod (Head of the Gut Vertical) during the program.
- One-on-one video calls with a yoga expert are scheduled every alternate week for 45 minutes throughout the duration of the program.
- You are added to an online coaching group created to guide and coach you during the program. This group consists of your senior nutritionist, dietitian, or lifestyle coach and a quality control team.

## Program Costs

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

## Gut Health 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.

- Customized food plans are created taking into consideration your work timings, travel plans, availability of ingredients, allergies, and so on.
- Your coaching revolves around the four pillars of health that Luke strongly advocates: quality sleep, balanced nutrition, adequate exercise, and emotional well-being.
- Once your program ends, a one-time maintenance guideline created by Luke and your nutritionist is shared with you, which will help you continue on your journey to good health.

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

- Online chat support is available from Monday to Friday, 9 am to 7 pm.
- Different time zones other than Indian Standard Time will be handled accordingly.
- The assigned team's responses will be based on appointments, calls and meetings. They will respond at the earliest.
- The team is off on weekends and 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 the nutritionist assigned to you, followed by voice calls every alternate week.
- One video call is scheduled with a life coach at the start of your program and one video call is scheduled before your program ends.
- One-on-one video calls with a yoga expert are scheduled every alternate week for 45 minutes throughout the duration of the program.

- You are added to an online coaching 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.

### Program Costs

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

