



HORMONAL CARE PROGRAM

Hormones are delicate chemical messengers present in both men and women and govern everything, right from weight, skin, hair to metabolism, reproduction, and libido. Everything works well when these hormones work in harmony with each other. Any disturbance in this delicate balance between the hormones can throw the entire chemistry of our body off balance. This disturbance could be multifactorial, but mostly revolves around lifestyle.

Hormonal imbalances can create innumerable problems right from the mind to the physical self. While there are medical advancements in this field, an integrative approach that involves improving the lifestyle while diving deep into the root cause and harnessing the intelligence of the human body along with conventional medicine is what's needed today to improve hormonal health.

Our integrative team is highly skilled and trained to manage all kinds of hormonal disorders, with a focus on addressing the root cause to prevent and manage a variety of diseases and lifestyle conditions.

***Note:** Cases of hormone dependent cancers, like ER/PR positive cancers will be considered under the Cancer Care Program.

The key benefits of the Hormonal Care Program:

This program is designed to sync hormones back in harmony through an integrative way that is sustainable. The key benefits of this particular program are:

- **Personal attention by professionals:** Benefit from a holistic and an integrative approach used by our team of experts ranging from clinical dietitians, nutritionists, and lifestyle coaches who have been specifically trained to manage hormonal disorder.
- **Four-pronged approach:** Focus on the four pillars of health, namely, balanced nutrition, adequate exercise, quality sleep, and emotional well-being to bring your hormones back in sync.
- **Addressing the root cause:** Identify and address the condition right from its root and not just the symptoms.
- **Consistent reporting and updates:** Review the progress and discuss challenges week-on-week with our team of experts.
- **Emotional counselling by experts:** Receive emotional support by an expert counsellor to build your emotional resilience towards your emotional issues.
- **Homeopathic support:** Receive guided support by a homeopathic doctor, to restore wellness and optimize your hormones.
- **Inculcating habits and lifestyle changes that bring hormonal harmony:** Learn key lifestyle changes, tips, and remedies that can help bring your hormones back in sync.
- **Invitation to an exclusive webinar with Luke:** Get invited to a personalized webinar where Luke talks about specific disorders and learn how practicing a few techniques can improve your health.

Price and Package options for the Hormonal Care 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.

Hormonal Care 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, medical history, medical 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.
- Regular detox plans are shared as required to help support your body's repair mechanisms, thus steering you in the direction of good health.
- Your coaching revolves around the four pillars of health that Luke strongly advocates: quality sleep, balanced nutrition, emotional detox, and adequate exercise.
- Once your program ends, a one-time maintenance guideline document created by Luke and your senior nutritionist is shared with you, which will help you continue on your journey to good health.

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 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 voice call is scheduled with our Hormonal Care Vertical Head, Hemali Malavia, during the program.
- One video call with an emotional counsellor within the first month of the program
- One call with a homeopathic doctor is scheduled during the program at a time of your choice.
- 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 coach, 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

Hormonal Care 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, medical history, medical reports, and your health goals.
- Regular detox plans are shared as required to help support your body's repair mechanisms, thus steering you in the direction of good health.
- 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, emotional detox, and adequate exercise.
- Once your program ends, a one-time maintenance guideline document created by Luke and your nutritionist is shared with you, which will help you continue on your journey to good health.

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 is 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 voice call is scheduled with our Hormonal Care Vertical Head, Hemali Malavia.
- One video call with an emotional counsellor within the first month of the program
- One call with a homeopathic doctor is scheduled during the program at a time of your choice.
- 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

