



KIDNEY CARE PROGRAM

The kidneys are extremely important detoxification organs, which are responsible for filtering out toxins from the body, maintaining blood pressure, controlling body temperature, and so much more. Imagine what might happen when their function is weakened. The kidneys, unlike other organs, do not show too many symptoms when compromised until it is too late. Hence, they warrant the right kind of care and attention.

The key benefits of the Kidney Care Program:

Our Kidney Care Program primarily looks after managing kidney health from a holistic perspective. It covers conditions ranging from high creatinine levels, nephrotic syndrome, glomerulonephritis, Acute Renal Failure (ARF), and Chronic Kidney Disease (CKD) to dialysis and Immunoglobulin A (IgA) nephropathy.

Our integrative team, specializing in renal care, spends time diagnosing the root cause of what led to a compromised kidney function. The team creates a personalized holistic program, which not only looks after the symptoms, but also handles the side effects of conventional treatment thereby improving the quality of life and increasing the lifespan. The key benefits of this particular program are to:

- **Obtain access to our integrative team that specializes in renal care:** Gain benefit from a holistic and integrative approach used by our team of kidney care

experts ranging from clinical dietitians, nutritionists, and lifestyle experts.

- **Improve deranged kidney parameters:** Focus on improving different aspects of renal function like serum creatinine, electrolytes, eGFR, BUN, and so on.
- **Apply the four pillars of health:** Introduce a lifestyle change to build holistic health using the four pillars of health, which are balanced nutrition, adequate exercise, quality sleep, and emotional well-being.
- **Obtain customized food plans:** Acquire tailor-made food plans focusing on the right intake of nutrients based on your levels of potassium, sodium, phosphorus, creatinine, and other aspects.
- **Receive consistent reporting and updates:** Review your progress and improvement in symptoms, and discuss any challenges every week.
- **Join 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.

The Kidney 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, 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.
- Regular detox plans are shared as required to help boost your healing process.
- Your coaching revolves around the four pillars of health that Luke strongly advocates, which are quality

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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.

Program Features:

- Your case, progress, food plans, and the way forward are reviewed and discussed with Luke every five days.
- One call is scheduled with Hardika Vira (Chief Clinical Dietitian and our Kidney Care Vertical Head).
- 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.
- 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: ₹112000 (inclusive of taxes)

6 months: ₹201000 (inclusive of taxes)

12 months: ₹358000 (inclusive of taxes)

USD rates are applicable to anyone residing out of India.

3 months: \$1450

6 months: \$2600

12 months: \$4600

