



METABOLIC SYNDROME PROGRAM

Do you have a stubborn belly and abdominal fat? Are you hungry all the time? Do you experience crazy cravings for sugar and carbohydrates all the time? Does your skin appear darker than usual in certain areas like the back of the neck? Do you have high blood pressure and high sugar levels? Do you have insulin resistance? Then, chances are you have Metabolic Syndrome.

Metabolic syndrome, Syndrome X, or insulin resistance syndrome is not a disease. When a cluster of risk factors co-exist, it can increase the chance of developing heart diseases, strokes, and diabetes in the future. An individual is classified to have a metabolic syndrome, if they have three or more of the following conditions:

- Increased blood pressure (BP) or take BP medication
- High blood sugar levels or take medication to lower blood sugar levels
- Excess body fat around the waist (increased waist circumference), also called “central obesity” or “have an apple-shaped structure”
- Abnormal cholesterol levels or take medication to lower them

This program is a great step towards management of an already existing metabolic syndrome, thereby preventing any more health complications.

The key benefits of the Metabolic Syndrome Program: This program is designed to:

- **Experience the immense effectiveness of a four-pronged approach:** Focus on the four pillars of health as an imbalanced lifestyle is usually the cause of the metabolic syndrome.
- **Receive guidance on making necessary and highly effective dietary changes:** Get guidance from our team of experts on how to eat healthily, learn effective food remedies and tips in order to eliminate the risk factors that lead to the development of the metabolic syndrome.
- **Attain healthier weight and the right body mass composition through lifestyle changes:** Choose various lifestyle practices that help shed off the excess weight and thereby reduce the risk of complications to a large extent.
- **Gain better control over blood pressure and improve heart health:** Adopt simple, inexpensive, and effective lifestyle practices to manage your blood pressure, reduce inflammation, and boost cardiovascular health in a holistic way.
- **Address the root cause and avoid suppressing symptoms:** Get the root cause of your condition addressed to experience a sustainable improvement in your health.
- **Get invited to a personalized webinar with Luke:** Be a part of Luke's exclusive webinars on specific disorders and learn how practicing a few techniques can improve your health.

Price and Package options for the Metabolic Syndrome 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.

Metabolic Syndrome Program with Luke

Program Description:

- Our integrative team of senior nutritionists, clinical dietitians, and lifestyle experts 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.
- 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

Metabolic Syndrome Program with Luke's Team

Program Description

- Our integrative team of nutritionists, clinical dietitians, and lifestyle experts create a customized plan for you after studying your lifestyle, personal details, blood 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 considering 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 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.
- 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 expert and a quality control team.

Total Program Cost

3 months: ₹68000 (inclusive of taxes)

6 months: ₹122000 (inclusive of taxes)

12 months: ₹217000 (inclusive of taxes)

USD rates are applicable to anyone residing out of India.

3 months: \$875

6 months: \$1575

12 months: \$2800

