



POST CANCER CARE PROGRAM

The program focuses on managing your lifestyle once you have completed the cancer treatment and are in remission. It is aimed to not only get you back physically but also mentally so that you are able to go back living a good life, a life without fear. It aims at improving the overall quality of life and affirming that there is hope after cancer by working on aspects which will help you build back your immunity and reduce chances of a relapse. This program is for individuals who are in cancer remission.

The key benefits of the Post Cancer Care Program:

The program focuses on managing cancer and the associated side effects, thereby improving the overall quality of life and affirming that there is hope after cancer. The key benefits of this particular program are to:

- **Restore and rebuild the body through customized nutritional plans:** Receive customized and holistic nutritional plans that will help your body to overcome side effects of post-cancer treatments and enable it to recuperate and replenish the lost nutrients and probiotics that are wiped out from the body during chemo and radiation.
- **Build a powerful defence system to prevent the recurrence of cancer:** Build strength and immunity using

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a holistic approach to prevent and minimize the chances of a relapse.

- **Regain your health using balanced nutrition and lifestyle changes:** Receive the required help to recuperate in every way possible and regain the quality of hair, skin, nails, energy, immunity, and gut health through holistic modalities.
- **Get support and guidance to return to the world you left behind:** Boost your physical health, emotional health, and confidence, as you begin a new chapter in your life, one that can bring hope and happiness.
- **Read about the basic nutritional recommendations:** Get an e-book on the basic nutritional recommendations suggested by our cancer care experts as well as a cost effective recipe book.
- **Get invited to the three-day Signature Happiness Course by the Art of Living:** Obtain an invitation to a three-day Happiness Course conducted by professional teachers from Art of Living along with a complete hand holding, as well as sessions on pranayama and meditation that will be held fortnightly.
- **Access support groups within our ecosystem:** Connect with a holistic healing community for support, motivation, inspiration, prayers, positive energy, and hope.
- **Attend 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 Post Cancer Care Program

Program Description:

- The assigned nutritionist creates customized plans for you after studying your type of cancer, medical history, medical reports, and your health goals.
- The approach revolves around the four pillars of health that Luke strongly advocates: quality sleep, balanced nutrition, emotional detox, and adequate exercise.
- Customized biweekly food plans are created by taking into consideration your medications, routine check-ups, scans, work timings, travel plans, availability of ingredients, allergies, and so on.
- Detox plans are shared (as required and on a case-to-case basis) to help support your body's repair mechanisms, thus steering you in the direction of good health.
- Once your program ends, a one-time maintenance guideline document created by 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.

- The team is available from Monday to Friday, 9 a.m. to 7 pm. 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:

- One video call is scheduled at the start of the program with you and a nutritionist assigned to you, followed by biweekly voice calls.
- The program does not involve any online coaching.
- Two food plans per month will be shared via email.

Total Program Cost:

1 month: ₹8000 (inclusive of taxes)

3 months: ₹24000 (inclusive of taxes)

USD rates are applicable to anyone residing out of India.

1 month: \$105

3 months: \$315

