



PREDIABETES AND DIABETES CARE PROGRAM

Diabetes today is identified as the global killer that plagues millions of people from all age groups across the globe. Most people are made to believe that diabetic medications are for a lifetime. However, the immense success in handling thousands of diabetic cases in the past couple of years has made us believe otherwise. Yes, there are genuine cases, especially type 1, where medicines may be required lifelong. But with effective lifestyle management strategies, it can be managed well with the scope of reducing medicine dosages.

Type 2 diabetes on the other hand is not a disease, but a lifestyle disorder and a dietary illness. This means that the kind of lifestyle you live and dietary habits you follow play a huge role in how you manage it.

Our Diabetes Care Program aims at managing your condition by addressing the root cause of your condition and making every possible lifestyle change to repair your organs and body, so that you can reduce dosages and eventually your doctor has no choice but to stop your medication.

Understanding that diabetes is an inflammatory condition, the approach of this program is to deep dive into the health of the pancreas at a cellular level, with a team of nutritionists, lifestyle coaches, doctors, clinical dietitians, among others working in an integrative manner, successfully improving deficiencies, digestive

health, inflammatory levels, and a lot more.

The key benefits of the Prediabetes and Diabetes Care

Program: This program is designed to improve, manage, and possibly reverse diabetes, especially Prediabetes and Type 2 diabetes. The benefits of this program are to:

- **Establish immense effectiveness of a five-pronged approach:** Get guidance on the five pillars of lifestyle: cellular nutrition, adequate exercise, quality sleep, emotional wellness and reconnecting with the spirit to manage your condition.
- **Receive personalized guidance from our integrative team of experts:** Benefit from a holistic approach used by our integrative team of experts ranging from clinical dietitians, nutritionists, and lifestyle.
- **Address the root cause and not just suppress the symptoms:** Get your condition managed and possibly reversed right from its roots for successful long-term management.
- **Acquire personalized nutritional guidance:** Receive tailor-made guidance on nutrition, diabetic superfoods, understand food myths, and common fears around nutrition and other beneficial dietary approaches that can help manage your condition better.
- **Manage diabetic symptoms and prevent complications in a better way:** Receive guidance on managing diabetic symptoms (neuropathy, frequent urination, low immunity, reduced energy levels, and more), prevent acute and chronic complications like kidney damage along with a parallel focus on managing side effects of the medications.
- **Manage co-morbid conditions:** Treat comorbid conditions associated with diabetes like high cholesterol levels, high triglycerides, increased urinary tract infections, or increased blood pressure levels.

✉ luke@lukecouthino.com  www.lukecouthino.com



[/LukeCouthinoOfficial](https://www.facebook.com/LukeCouthinoOfficial)



[/LukeCouthino17](https://twitter.com/LukeCouthino17)



[/luke_couthino](https://www.instagram.com/Luke_couthino)



[/lukecouthino](https://www.youtube.com/LukeCouthino)

- **Elevate your well-being with our invigorating group yoga classes:** Led by seasoned integrative yoga experts who conduct sessions for our patients globally, join our daily group yoga sessions. Choose between our morning or evening slots. In case you miss it or the timezone doesn't suit you, get access to the recordings. Need a personalized one-on-one session? Book it with us. These sessions are open to all our patients.
- **Obtain consistent reports and updates:** Receive constant hand-holding by your nutritionist along with a detailed explanation of the blood reports.
- **Receive invitations 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 Prediabetes and Diabetes 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.

Prediabetes and Diabetes Care Program with Luke

Program Description:

- Our integrative team of senior nutritionists, clinical dietitians, and senior doctors create a personalized plan for you after studying your lifestyle, medical history, medical reports, and your health goals.
- Personalized 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

✉ luke@lukecouthino.com  www.lukecouthino.com



[/LukeCouthinoOfficial](https://www.facebook.com/LukeCouthinoOfficial)



[/LukeCouthino17](https://twitter.com/LukeCouthino17)



[/luke_couthino](https://www.instagram.com/luke_couthino)



[/lukecouthino](https://www.youtube.com/lukecouthino)

your body's repair mechanisms, thus steering you in the direction of good health.

- Your coaching revolves around the five pillars of health that Luke strongly advocates: cellular nutrition, adequate exercise, quality sleep, emotional wellness, and reconnecting with the spirit.
- 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 call is scheduled between you and a subject matter expert on Diabetes and Prediabetes management during the program.
- One voice call with Luke anytime during the program (to be booked two weeks in advance).
- You are added to an online chat group created to guide and coach you during the program. This group consists of your

✉ luke@lukecouthino.com  www.lukecouthino.com



[/LukeCouthinoOfficial](https://www.facebook.com/LukeCouthinoOfficial)



[/LukeCouthino17](https://twitter.com/LukeCouthino17)



[/Luke_couthino](https://www.instagram.com/Luke_couthino)



[/lukecouthino](https://www.youtube.com/Lukecouthino)

nutritionist, dietitian, or lifestyle coach, and our quality control team.

Total Program Cost

3 months: ₹145000 (inclusive of taxes)

6 months: ₹261000 (inclusive of taxes)

12 months: ₹464000 (inclusive of taxes)

USD rates are applicable to anyone residing out of India.

3 months: \$1800

6 months: \$3200

12 months: \$5800

Prediabetes and Diabetes Care Program with Luke's Team

Program Description

- Our integrative team of nutritionists, clinical dietitians, and doctors create a personalized 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.
- Personalized food plans are created taking into consideration your work timings, travel plans, availability of ingredients, allergies, and so on.
- Your coaching revolves around the five pillars of health that Luke strongly advocates: cellular nutrition, adequate exercise, quality sleep, emotional wellness, and reconnecting with the spirit.
- 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

✉ luke@lukecouthino.com  www.lukecouthino.com



[/LukeCouthinoOfficial](https://www.facebook.com/LukeCouthinoOfficial)



[/LukeCouthino17](https://twitter.com/LukeCouthino17)



[/luke_couthino](https://www.instagram.com/luke_couthino)



[/lukecouthino](https://www.youtube.com/lukecouthino)

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 then scheduled at the start of the program with you and the nutritionist assigned to you followed by voice calls every alternate week.
- One call is scheduled between you and a subject matter expert on Diabetes and Prediabetes management during the program.
- 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 our quality control team.

Total Program Cost

3 months: ₹85000 (inclusive of taxes)

6 months: ₹153000 (inclusive of taxes)

12 months: ₹272000 (inclusive of taxes)

USD rates are applicable to anyone residing out of India.

3 months: \$1050

6 months: \$1900

12 months: \$3400

✉ luke@lukecouthino.com  www.lukecouthino.com



[/LukeCouthinoOfficial](https://www.facebook.com/LukeCouthinoOfficial)



[/LukeCouthino17](https://twitter.com/LukeCouthino17)



[/luke_couthino](https://www.instagram.com/luke_couthino)



[/lukecouthino](https://www.youtube.com/lukecouthino)



