



## **BASIC CANCER CARE PROGRAM**

A basic yet customized and personalized program that provides and covers all the necessary guidance while aiming towards managing cancer using a natural and holistic approach by our team of expert nutritionists and lifestyle coaches. The program focuses on not just cancer, but also aims at managing side effects of conventional treatments that run parallelly, improving the quality of life, boosting immunity, and reducing the chances of relapses.

### **The key benefits of the Basic Cancer Care Program:**

The program focuses on managing cancer using powerful lifestyle tools based on our four pillars that can run in parallel to your treatment and therapy to help fulfil your body's needs in a holistic manner.

- **Customized nutritional plans from experts:** Gain customized and holistic nutritional plans, designed with your case in mind and focused on managing symptoms, improving immunity and any side effects

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# LUKE COUTINHO

Integrative & Lifestyle Medicine | Holistic Nutrition

of chemotherapy, radiation, and surgery through effective remedies and approaches.

- **A complete kit on recommended breathing and lymphatic exercises:** Receive a kit consisting of helpful breathing exercises, pranayama, lymphatic exercises, and basic do's and don'ts of breathing to help build a strong immune system, aid detox, and improve oxygenation.
- **LIVE webinars:** Connect with our expert team through a group webinars on various topics related to cancer, once a month.
- **A boost of health and immunity:** Build your strength and regain the quality of hair, skin, nails, energy, immunity, and gut health by using a holistic approach to prepare the body for chemotherapy, radiation, and surgery.
- **An e-book on cancer specific recommendations and recipes:** Obtain an e-book on recommendations suggested by our cancer care experts that need to be followed including dietary changes, lifestyle modifications as well as cost effective recipes to build your immunity.
- **Effective remedies to handle treatment and medication side effects:** Collect your e-book on basic remedies that can help you handle the side effects of chemotherapy, radiation, and medicines.
- **Signature Happiness Course by the Art of Living:** Obtain access to a three-day Happiness Course conducted by professional teachers from the Art of Living along with hand holding sessions on pranayama and meditation that will be held fortnightly.
- **Cancer-related support groups within our ecosystem:** Connect with others undergoing a similar

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phase for support, motivation, inspiration, and hope through our online support groups.

## **Price and package options for the Basic Cancer Care Program**

Our basic cancer care program includes all key benefits and features listed above

### **Program Description:**

- Our nutritionist will create a customized plan for you after studying your medical history, medical reports, and your health goals. Your coaching 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 chemotherapy cycles, radiation schedule, medication, work timings, travel plans, availability of ingredients, allergies, and so on.
- Detox plans are shared (as required and 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 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:**

- 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 Happiness Course conducted by Art of Living is of 3 days in a row (2.5-hour sessions each day) and the schedule will be shared by our team as it is conducted in batches of 50 participants.
- The program does not involve any WhatsApp coaching.
- Two food plans per month will be shared via email.
- There is no involvement of a doctor in this particular program.

**Total Program Cost**

1 month: ₹7670 (inclusive of taxes)

3 months: ₹23010 (inclusive of taxes)

USD rates are applicable to anyone residing out of India.

1 month: \$95

3 months: \$290

