



EMOTIONAL WELLNESS AND HOMEOPATHY PROGRAM

In the recent years, science has begun to recognize the powerful connection between disease, sickness, and emotions. We now know for sure how emotional disturbances can manifest into a variety of conditions right from hormonal imbalance, low immunity, hair and skin issues, autoimmunity, diabetes, thyroid conditions and even cancer, thus making emotional wellness one of the most important pillars of your lifestyle. Your mental and emotional baggage is primarily responsible for creating the discrepancy between what it is that you say you want and what you are actually experiencing on a daily basis.

Your emotions have become the dominant driver behind your choices and behaviours, and can be the number one reason derailing you from your day-to-day activities. At times, you may experience that nothing is going our way and we take this frustration out at our children, partners, or family members.

Your emotions—or *feelings*—are an integral aspect of who you are—good, bad, and everything in between. You are rarely taught how to navigate through these emotions in a productive and compassionate way. When you learn to accept your emotions, lean into them, and be aware of them in a healthy way, you can learn from them and begin to use them as a means of growing and evolving into a better person.

The Emotional Wellness and Homeopathy connections:

Homeopathy gives great importance to emotional health both in the treatment of physical and mental illnesses. Homeopathic remedies not only profoundly change an individual's personality, but they also help to restore balance within the personality. For example, a chronic worrier can become an occasional worrier, a highly critical and judgmental person can become more tolerant, and a person with a poor self-image can gain more self-confidence. Homeopathic medicines are proven on healthy human subjects and hence there is vast literature on the physical and emotional effects that homeopathy medicines can address.

The key benefits of Emotional Wellness and Homeopathy program:

This program is designed for supporting and building emotional wellness and managing depression and anxiety for whatever reason it may be. This program is all about how to use your emotions to heal yourself using emotional counselling and Homeopathy.

- 1. Build your emotional self and restore balance in your life:** Strengthen the most important pillar of your lifestyle – emotional health, in order to experience profound improvement in your physical and mental self.
- 2. Explore ways to deal with emotional issues with the help of an expert:** Get support and assistance from experienced and professional counsellors to help you with the right kind of tools to handle emotional issues.
- 3. Cope with any existing mental health condition:** Get support for diverse mental health conditions such as depression, anxiety, or an eating disorder, an upsetting physical health condition, such as infertility, a difficult life event, such as a bereavement, a relationship breakdown, or work-related stress.
- 4. Get the support of Homeopathy or Bach remedies medications that are holistic in nature:** Benefit from personalized and tailor-made medicines and remedies that are suggested by experts that work at an emotional as well as physical level.



5. **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.

Program Description:

- Customized one-on-one emotional counselling and tailor-made medicines and remedies will be suggested considering your work timings, travel plans, availability of ingredients, allergies, and so on.
- Your coaching will revolve around building your emotional wellness, and no food plans are involved in this program.

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 6 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 Features:

- One detailed consult with Dr. Abhay Talwalkar (Head of Emotional Wellness and the Homeopathy Vertical) will be scheduled at the start of the program.
- One call is scheduled with the assigned emotional counsellor every alternate week.
- You are added to an online chat group created to guide and counsel you during the program. This group consists of your assigned emotional counsellor and Dr. Abhay Talwalkar.
- Homeopathy or Bach remedies medications based on your requirements and goals will be sent to you every month.

*Clients residing outside India might need to pay an additional shipping charge for homeopathic remedies.

Total Program Cost:

1 month: ₹17700 (inclusive of taxes)

USD rates are applicable to anyone residing out of India.

1 month: \$ 215

