



IMMUNITY PROGRAM

A strong immunity is all you need to prevent or manage a disease. Today it's more important than ever to give your body everything it needs to help support your immune system.

Immunity is the body's first and last line of defense that protects you from pollutants, allergens, toxins, chemicals, heavy metals, bacteria, viruses, fungi, parasites, and even genetic mutation.

Every single health condition can be traced back to a weak immune system. The immune system tends to get weaker and weaker as you age, live stressful lives, work late, and travel frequently. However, you can start boosting your immunity by following a lifestyle that's healthy and tailored just for you.

The key benefits of the Immunity Program:

The Immunity program is a comprehensive program for natural prevention against diseases, infections, and general sickness by focusing and emphasizing on harnessing the intelligence called Immunity. While you are already born with this intelligence, it must be strengthened. This program will help fortify and strengthen it through simple and transformative lifestyle changes revolving around – nutrition, movement, emotional health, meditation, power of prana, fasting, and deep rested sleep.

Get coached on how to boost your immune system and how to protect yourself in a world that's getting sicker. Learn how to live a disease-free life and emerge healthier, happier, and stronger. The key benefits of the Immunity program are as follows:

- **Nutrition to boost your natural defenses:** Obtain nutritional plans specially designed to heighten immunity and lymphatic system health using food as medicine. Our aim is to add foods that have anti-viral, anti-bacterial, anti-fungal, and anti-parasitic properties and fix micronutrient deficiencies that are relevant to the immune system.
- **Yogic practices to create healthy habits:** Focus on immunity-building yogic practices into your lifestyle. Get coached on how to make yoga a way of life for you. Our guided online yoga class will focus on immunity-boosting yoga (asana, pranayama, meditations, breathing exercises, and mantra chanting) that suits you.
- **Improved gut health to elevate immunity:** Make essential changes that will promote healthy microbiome and recharge your digestive tract, as 60 to 70 percent of immunity is dependent on gut health.
- **Food recipes to support the immune system:** Acquire access to traditional folk remedies in an e-booklet for boosting immunity and your coach will guide you to use them to your benefit.
- **Vital cleanses to revamp your immunity:** Provide much needed support to the lymphatic system with a specially designed lymphatic cleanse, to equip the body to fight infection.
- **The art of fasting to enhance immunity:** Learn and adopt the circadian rhythm fasting, dry fasting, and intermittent fasting as a way of life, as you gradually go through the course of the program.

- **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.

This program purely aims at boosting your immunity, so that you avoid and minimize the chances of falling sick in the future. This program does not discuss the treatment of any disease. It is focused only on boosting your immunity in the absence of any disease. If the person has any medical condition, then we request that they upgrade their program to a Wellness program. This program is designed for anyone over the age of 16.

Program Description:

- Our integrative team of nutritionists, clinical dietitians, lifestyle coaches, and doctors create a customized plan for you after studying your lifestyle, personal details, blood reports, and your health goals.
- A specially designed lymphatic cleanse will be shared (compulsory in the second month) to assist immunity and further cleanses will be decided based on your condition and progress.
- Customized food plans are created taking into consideration 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 building your immunity.

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 Features:

- Your case, progress, and the way forward is reviewed and discussed with one of Luke's Head Nutritionists assigned to the case 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.
- One call is scheduled at the start of the program with a doctor to seek any medical advice and guidance on immunity.
- One video call is scheduled at the start of the program with an expert to guide you on specific immunity boosting practices, like dry brushing and lymphatic massages.
- A one-on-one video call with a yoga expert is scheduled every alternate week for 30 minutes through the duration of 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 a quality control team.



Total Program Cost:

- 1 month: ₹23600 (inclusive of taxes)
- 2 months: ₹47200 (inclusive of taxes)
- 3 months: ₹64900 (inclusive of taxes)
- 6 months: ₹118000 (inclusive of taxes)
- 12 months: ₹224200 (inclusive of taxes)

USD rates are applicable to anyone residing out of India.

- 1 month: \$300
- 2 months: \$600
- 3 months: \$825
- 6 months: \$1500
- 12 months: \$2850

