



Integrative Healing  
with  
Ananda in the Himalayas  
and Luke Coutinho

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# Integrative Healing

Everyone wants to not only live longer, but live, and age, well. For those who are suffering from chronic lifestyle issues, management of lifestyle is the key. Modern medicine focuses more on the curative aspect, rather than promoting preventive healthcare. Successful health management requires a holistic approach, taking a customised route to treatment of not just the physical ramifications of the ailment, but also the mental strain and emotional depletion, or sometimes vice-versa. This is what Integrative Healing has to offer: sustainable lifestyle direction by experts that helps in effective health care.

Healing also requires a change in energy and environment. Most people with chronic lifestyle ailments follow a life of routine, which includes regular stress triggers as well as toxin laden environmental factors. An environment that helps in stress reduction and creates a feeling of inner peace is critical in the path towards rejuvenation.

## The Experts

This brings together two world renowned experts in holistic wellness - Luke Coutinho and Ananda in the Himalayas in a unique collaboration to offer complete Integrative Healing.

Luke Coutinho, is a Holistic Nutritionist specialising in the field of Integrative and Lifestyle Medicine who brings his expertise in combining conventional medicine and the use of natural foods along with a change in lifestyle to help alleviate medical conditions.

Ananda in the Himalayas is a wellness destination spa that offers wellness programmes based on age old knowledge of Ayurveda, yoga, meditation and Vedanta. The proximity to the spirituality of Rishikesh, of the Ganges and the holy Himalayas creates an unparalleled experience. Fresh mountain air, nurturing sal forests, and therapeutic silence all aid in creating an environment of healing under the nurturing guidance of experts in the various fields of traditional wellbeing.

## Who Can Benefit

This programme can be availed by those who are suffering from chronic diseases like diabetes, cancer, obesity, hypertension, hormonal imbalances, sleep apnea, thyroid disorders, PCOS, auto-immune disorders or wish to prevent the onset of these diseases.

# The Programme

The aim of Integrative Healing is to integrate the application of modern- day medicine with the healing application of traditional sciences of Ayurveda, yoga and meditation. Nutrition also plays a key role here. We evaluate and supplement your treatment procedure to make it more inclusive and holistic in nature. This wellness journey will consider not only your physiology, but also your mental well-being. The intent is to support the modern medicine methods with intrinsic knowledge of traditional ways of healing.

This wellness sojourn has a duration of 90 days. The first phase of approximately 40 days starts with the primary consultation and treatment course by Luke Coutinho and his team. The next phase is a five-day retreat at Ananda in the Himalayas, with a customized wellness programme comprising Ayurvedic therapies, yoga, meditation sessions and Ayurveda based diet plans. These are arrived upon after a thorough consultation with Ananda's wellness team in collaboration with Luke Coutinho. The wellness journey however doesn't end at this point. On return from Ananda the third phase begins with a follow up interaction with Luke's team with updated diet plans and lifestyle management for the next 45 days. Both teams will work seamlessly with the ultimate objective of tangible results for each individual.



# Programme Services

## LUKE COUTINHO HEALTH SERVICES

- **A** — Luke's integrative team of Senior nutritionists, clinical dieticians, lifestyle coaches and doctors will create a customised plan for you.
- **B** — One weekly progress call with you and a senior nutritionist assigned to you by Luke.
- **C** — Two calls with a senior doctor, appointed by Luke, during the programme at a time of your choice.
- **D** — Your case, progress and way forward is reviewed and discussed with Luke and the integrative team every 5 days.
- **E** — Access to a WhatsApp coaching group created to guide and coach you during the programme. This group will consist of your nutritionist/dietician/lifestyle coach and Senior Doctor selected by Luke and his integrative team.
- **F** — Chat Support will be available from Monday to Saturday, 9 am to 7 pm (emergency cases on Sunday and Public Holidays, as needed)
- **G** — Different time zones other than Indian Standard Time will be handled accordingly.
- **H** — The assigned team's responses will be based on their appointments, hospital rounds, calls and meetings. They will respond at the earliest.
- **I** — The team is off on Sundays and on public holidays. In case of an emergency, feel free to contact us. fields of traditional wellbeing.

## ANANDA IN THE HIMALAYAS

- **A** — The Integrative Healing programme includes a five-night (6 days) wellness programme at Ananda in the Himalayas. The visit will be scheduled at approximately the 40th day of the Integrative Healing programme.
- **B** — Inclusions of the wellness programme at Ananda in the Himalayas:
  - Accommodation for 5 nights
  - Customised meals for all days based on the nutrition plan
  - One Ayurvedic Consultation with a doctor during the visit
  - A meeting with the Doctor mid-week and a de-brief at the end of the 5 days.
  - One 55 minutes spa treatment per day
  - One personal Yoga session per day
  - One personal Meditation session per day
  - Daily ginger-lemon –honey infusion
  - Hi-Tea at the Palace lounge
  - One Ayurvedic Cooking demonstration once during the stay

# Terms & Conditions

- **A** — The programme is open for enrolment to everyone, irrespective of your geographical location, gender or age above 18 years.
- **B** — Applicable programme price varies for residents of India and non-residents of India.
- **C** — Complete programme fees should be paid before the start of the programme.
- **D** — From the date of commencement of the programme, all payments made towards the programme are non-refundable and non-transferable.
- **E** — The programme price is valid until March 2019.
- **F** — The programme price mentioned is subject to revision based on discretion of programme providers.

## Disclaimers- Luke Coutinho Health Services

- **A** — Consultation sessions in all the above-mentioned programmes are pre-scheduled between Monday and Saturday during business hours and on Sundays and Public Holidays, only in case of an emergency.
- **B** — The programme does not include face-to-face interactions. All interactions will be virtual, however, you can set up a face-to-face meeting with Luke. This meeting is over and above the programme that you have signed up for.
- **C** — To learn more about face-to-face meetings, you can reach out to our team for details.
- **D** — Luke Coutinho Health Services makes no claims of curing anyone or meeting specific goals. The programme of Integrative Healing is not a replacement for modern medication, conventional treatment, chemo, radiation etc. We will be honest in sharing our thoughts and advice and will support the treatment you chose or that which your doctors have chosen for you. Our programs can run alongside this and we will never ask you to challenge or refuse the treatment that your doctor or you have chosen.

## Disclaimers- Ananda In The Himalayas

- **A** — The wellness stay and programme at Ananda in the Himalayas as part of the Integrative Healing Programme is an integral part of the process, and cannot not be purchased in isolation.
- **B** — The wellness programme at Ananda will be customised based on the assessment and consultation with the Ayurvedic Doctor on arrival at Ananda in the Himalayas. (case information will be shared by Luke Coutinho Health Services to Ananda prior to arrival)
- **C** — Any/All individual requests with regards to activities, spa treatments, changes in the schedule or even dietary preferences will be reviewed by the Ayurvedic Doctor post consultation on arrival.
- **D** — Ananda in the Himalayas is a holistic wellness destination spa and no medical/wellbeing benefits can be guaranteed.
- **E** — Ananda cannot be held liable for any perceived lack of achievement of medical/wellbeing benefit or in the event of injury or medical issue that the guest may claim to suffer during or post their stay.
- **F** — No refund either partial or in full will be given once programme commences