

# The Wellness Program 1

Focuses on Prevention and Healing

## LUKE COUTINHO

Integrative & Lifestyle Medicine - Holistic Nutrition & Disease

## The Wellness Program Covers

### Wellness and Body Concept

1. Diabetes
2. Cholesterol and Cardiovascular Disease
3. Hypertension
4. High Uric Acid and Gout
5. Arthritis
6. Osteoporosis
7. Thyroid Disorder
8. PCOD
9. Anaemia
10. Migraine
11. Pregnancy
12. Menopause
13. HIV
14. Weight loss/weight gain

### Gut Conditions

1. Indigestion, Acidity, Flatulence
2. Constipation/Irregular bowels
3. GERD
4. Fistula/Hemorrhoids/Piles
5. Irritable Bowel Syndrome
6. Inflammatory Bowel Disease (Ulcerative Colitis/Crohn's Disease)
7. Diverticulosis
8. Pancreatitis
9. Peptic/Duodenal Ulcers
10. Hernia
11. Barrette's Esophagus
12. H.pylori Infection
13. Hirschsprung Disease
14. Whipple Disease
15. Gastroparesis

### Autoimmune conditions

1. Rheumatoid Arthritis
2. Hashimoto's Thyroiditis
3. Graves' Disease
4. Lupus
5. Multiple Sclerosis
6. Ankylosing Spondylitis
7. POT Syndrome
8. Celiac Sprue
9. Fibromyalgia
10. Endometriosis
11. Pernicious Anaemia
12. Evan's Syndrome
13. Parkinson's Disease
14. Alopecia
15. Sjogren's Syndrome

### Liver Conditions

1. Jaundice
2. Hepatitis
3. Gall Stones
4. Fatty Liver Disease
5. Cirrhosis
6. Hemochromatosis
7. Wilson's Disease

### Kidney Conditions

1. Kidney Stone
2. Urinary Tract Infection
3. Nephrotic Syndrome
4. Diabetic Nephropathy
5. Nephritis
6. Prostate Disease
7. Chronic Kidney Failure

### Lung Conditions

1. Influenza
2. Pneumonia
3. Asthma
4. Bronchitis
5. Bronchiectasis
6. Wheezing/Chronic Cough
7. COPD
8. Tuberculosis
9. Sleep Apnea
10. Interstitial Lung Disease
11. Pulmonary Fibrosis

### Child Health

1. Low Immunity (frequent cold, cough, fever)
2. Allergy/Skin Rash
3. Diarrhoea
4. Measles
5. Juvenile Diabetes
6. Chickenpox
7. Mumps

### Skin, Hair, Nail Health

1. Acne/Cyst
2. Dark Circles
3. Hair Fall/Hair Loss/Male Pattern Baldness
4. Premature Hair Greying
5. Dry Skin/Dry Hair
6. Oily Skin
7. Dandruff
8. Fungal Nail Infection
9. Candidiasis
10. Cellulitis
11. Eczema
12. Vitiligo
13. Psoriasis

### Beauty

1. Skin Glow
2. Hair Strength and Lustre
3. Stronger Nails
4. Aging Gracefully

### Other Conditions

1. Infertility
2. Fibroids
3. Meningitis
4. Motor Neuron Disease
5. Anxiety, High Stress and Depression
6. Sleep Disorders
7. Allergic conditions
8. Immunity Boost
9. Post Surgery Recovery



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