

The Wellness Program 1

Focuses on Prevention and Healing



LUKE COUTINHO

Integrative & Lifestyle Medicine | Holistic Nutrition

With
Luke's
Senior
Team

Luke's integrative team of senior nutritionists, clinical dieticians, lifestyle coaches and doctors create a customised plan for you post studying your medical history, medical reports and your health goals.

Customised food plans are created taking into consideration your work timings, travel plans, availability of ingredients, allergies and so on.

Regular detox plans are shared as required to help boost your healing process.

One weekly call is scheduled with you and a senior nutritionist assigned to you by Luke to discuss your progress and alter your food plan if needed.

Two calls are scheduled with a senior doctor appointed by Luke; one at the start of the program and one scheduled at a time of your choice.

Your case, progress and way forward is reviewed and discussed with Luke and the integrative team every 5 days.

Once your program ends, a one-time maintenance guideline document created by Luke and your senior nutritionist is shared with you, which will help you continue on your journey to good health.

You are added to a WhatsApp coaching group, which is created to guide and coach you during the program.

This group consists of your senior nutritionist/dietician/lifestyle coach and a quality control team selected by Luke and his integrative team.

Chat Support is available from Monday to Saturday, 9 am to 7 pm.

► Different time zones other than Indian Standard Time will be handled accordingly.

► The assigned teams' responses will be based on their appointments, hospital rounds, calls and meetings. They will respond at the earliest.

Your coaching revolves around the 4 pillars of health that Luke strongly advocates: Quality Sleep, Balanced Nutrition, Emotional Detox and Adequate Exercise.

***Please note** - The team is off on Sundays and on public holidays. In case of an emergency, feel free to contact us.

Total Program Cost

3 months – Rs 80000 + GST Rs 14400 = Rs 94400

6 months – Rs 140000 + GST Rs 25200 = Rs 165200

12 months – Rs 250000 + GST Rs 45000 = Rs 295000

With
Luke's
Team

Luke's integrative team of nutritionists, clinical dieticians and lifestyle coaches create a customised plan for you post studying your medical history, medical reports and your health goals.

Customised food plans are created taking into consideration your work timings, travel plans, availability of ingredients, allergies and so on.

Regular detox plans are shared as required to help boost your healing process.

One call every alternate week is scheduled with you and a nutritionist assigned to you by Luke to discuss your progress and alter your food plan if needed.

One call is scheduled at the start of the program with a doctor appointed by Luke.

Your case, progress and way forward is reviewed and discussed with a head nutritionist every 5 days

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.

You are added to a WhatsApp coaching group, which is created to guide and coach you during the program.

This group will consist of your nutritionist/dietician/lifestyle coach and a quality control team selected by Luke and his integrative team.

Chat Support will be available from Monday to Saturday, 9 am to 7 pm.

► Different time zones other than Indian Standard Time will be handled accordingly.

► The assigned teams' responses will be based on their appointments, hospital rounds, calls and meetings. They will respond at the earliest.

Your coaching revolves around the 4 pillars of health that Luke strongly advocates: Quality Sleep, Balanced Nutrition, Emotional Detox and Adequate Exercise.

***Please note** - The team is off on Sundays and on public holidays. In case of an emergency, feel free to contact us.

Total Program Cost

3 months – Rs 45000 + GST Rs 8100 = Rs 53100

6 months – Rs 80000 + GST Rs 14400 = Rs 94400

12 months – Rs 150000 + GST Rs 27000 = Rs 177000

The Wellness Program 1

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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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Disclaimer



We are serious and focussed on the work we do and our time is of utmost importance and value. We have hundreds of people in line and would truly want to work with individuals who are aligned to and respect our values.

Only join our program if you agree to the following.

This is healthcare and not a business. The money you pay is for our time, something we treat as a precious commodity. The time we invest is irreversible, hence we choose to make the most of it in our relationship with you to understand your ailments and to heal you. By joining our programme, you are paying for the time of a highly qualified elite and experienced team of nutritionists, clinical dietitians, lifestyle coaches, doctors and alternative medicine professionals who will work together to understand the root cause of your condition and decide the best approach for you with an objective to heal.

While we value your money, we do not want it if it's going to be used in a way to threaten us and our work or seal your place of power in the relationship. We value and respect who you are and what you may do, but we are not concerned about your designation or your place in society. Everyone is equal in our eyes so we thank you in advance for refraining from name dropping and exerting influence.

The human body has its own intelligence and brilliance that over time could have been disturbed by several factors and circumstances. And then there is genetics and deeply rooted emotions that sometimes takes time to heal and all that is connected with your overall healing. We make no claims of curing anyone or meeting your goal, however, our only intention is to care for you and heal you and we will do everything and more within our capacity to do that.

We will not tolerate a poor attitude and lack of respect as it becomes a seriously limiting factor in your healing and our relationship. We respect you and value you and we have the same expectations of you so we can do what we do best. Please consider this point seriously before you decide to join.

Our relationship is based on coaching, educating and truly being there for you. Ask questions, seek logic, as much as you need to. Please do not resort to unnecessary challenging and keep your ego in check. These behaviours are severely draining and will not help us meet our objective.

Disclaimer



The Blame-game is a waste of energy and results in a loss of power and destroys relationships. Polite conversations fuelled with respect and understanding will go a long way in answering all your questions, addressing your fears and emotions.

Some ailments take longer to heal. Illness and weight problems, develop over the years and it is unrealistic to expect a miracle in 1 week or 1 month. We do not work with symptoms, we address root causes to try and cure and heal you and that takes time. Be patient and you will reap its benefits. After all it's the human body that we are working with.

We do not force you to take any supplements, although we may make suggestions and recommendations based on what our integrative team feels is what you need and best for you.

We do not guarantee 5, 10 or 15 kilo weight loss programs. We believe the human body can safely lose up to 2-3 kilos a month and we prefer to do it the right way, the holistic way and in a way that is safe for your body and in a way where the weight you lose will stay off and not bounce back once you get off the program.

Beautiful things happen when relationships are built on trust, transparency, knowledge, sharing and genuineness, and this is what we aim to build with you. This will help us do the one thing we truly want for you, that is to build your health.

Our program 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. We will always be honest while discussing side effects and suggesting the best approach for you.

In integrative and lifestyle medicine, the approach is holistic. Your goal may be manifold, but we will still look at every function in your body ranging from the working of your eliminatory organs, blood circulation, gut health organs to your mind and emotions, because we believe that every ailment is an imbalance and is connected.

If you agree to all of this, we welcome you aboard. Now let's work together and do everything it takes to rebuild your health.

Luke Coutinho - Founder - Integrative and Lifestyle Medicine

For all Programs mentioned above

- ▶ Consultation sessions in all the above-mentioned programs are pre-scheduled between Monday and Saturday during business hours and on Sundays only in case of an emergency.
- ▶ The program 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 program that you have signed up for. To learn more about face-to-face meetings, you can reach out to our team for details.
- ▶ The programs are open for enrollment to everyone, irrespective of your geographical location, gender or age.
- ▶ The program fees should be paid before the start of the program.
- ▶ All payments made towards the programs are non-refundable and non-transferable.
- ▶ The program prices are valid until March '19 only.
- ▶ The program fees mentioned are subject to revision based on company discretion.
- ▶ We and our system of coaching is not a replacement for your medical treatment and we will never tell you to use our system of program to replace your doctor's advice or medical treatment. We will not make decisions for you and your family on whether to take medical treatment or not, we will coach you on lifestyle, health and nutrition in accordance to your condition. We do not ever sell or suggest or claim products, pills, foods or methods that are 'magical' in nature and will take away your disease. We respect medicine and we also respect nature and the intelligence and healing power of the human body.



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