

**TIGRIS**  
VALLEY  
WELLNESS RETREAT

Markaz Knowledge City, Calicut, Kerala, India  
Mob: +91 9856 040 040 | reservation@tigrisvalley.com  
www.tigrisvalley.com

# Autoimmune Disorder Management Program

**A Holistic Approach to Strengthening Immunity and Restoring Balance**

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## Program Overview

Autoimmune disorders result from the immune system mistakenly attacking the body's healthy tissues, leading to inflammation, pain, and a host of debilitating symptoms. At Tigris Valley, we offer a personalized and integrative treatment program designed to address the root causes of autoimmune conditions and support overall wellness.

Our program combines the best of Ayurveda, Unani Medicine, Functional Medicine, and Nature Based Therapies to create a tailored healing journey in our serene mountain retreat.

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## Why Choose Tigris Valley?

- **Holistic Integration:** Blending ancient traditions and modern science for comprehensive care.
  - **Expert Care:** Treatments guided by world-class doctors with expertise in autoimmune disorders.
  - **Personalized Plans:** Every program is customized to suit your specific condition and needs.
  - **Nature's Healing Touch:** Experience rejuvenation in a tranquil mountain setting.
  - **Supportive Therapies:** Access to yoga, meditation, and therapeutic massages to complement medical treatments.
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## What Are the Benefits?

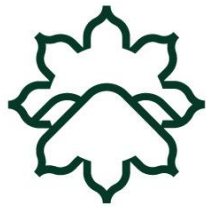
- **Symptom Relief:** Reduction in inflammation, pain, and fatigue.
- **Enhanced Immunity:** A balanced immune response to mitigate disease progression.
- **Detoxification:** Removal of toxins to improve organ function and overall health.
- **Stress Reduction:** Emotional and mental relaxation through mindfulness practices.
- **Improved Quality of Life:** A holistic improvement in physical and mental well-being.

## Who Can Benefit?

Our program is ideal for individuals diagnosed with or showing symptoms of:

- **Autoimmune Conditions:** Psoriasis, Lupus, Rheumatoid Arthritis, Multiple Sclerosis, Hashimoto's Thyroiditis, and more.
- **Chronic Inflammation Disorders**
- **Individuals Seeking Alternative or Supportive Therapies**
- **Those Experiencing Post-Recovery Fatigue or Flare-Ups**





## How We Treat Autoimmune Disorders 1. Initial Assessment and Customization

Your journey begins with an in-depth consultation with our expert doctors. We conduct a thorough analysis of your medical history, lifestyle, and symptoms to create a personalized treatment plan tailored to your needs.

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## 2. Comprehensive Healing Therapies

### Ayurvedic Therapies

- Specialized herbal formulations to regulate the immune system and reduce inflammation.
- Detoxification therapies like Panchakarma to eliminate toxins and enhance overall health.

### Unani Medicine

- Unique medicines crafted from natural ingredients to support immune modulation.
- Therapies focusing on detoxification and the restoration of organ health.

### Functional Medicine

- Ozone Therapy: Enhances oxygenation, reduces inflammation, and detoxifies the body.
- Steam Detox Therapy: Herbal-infused steam sessions to cleanse the body and improve circulation.
- IV Nutritional Therapy: Delivers essential nutrients directly to the bloodstream for faster recovery.
- Gut Health Restoration: Strengthens the gut microbiome to improve immune responses.

### Nature-Based Therapies

- Forest therapy, grounding techniques, and nature walks to rejuvenate the mind and body.
- Hydrotherapy using pure mountain water to relax and detoxify.

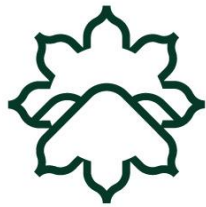
### Mind-Body Practices

- Yoga tailored to your physical condition for improved flexibility and stress management. □  
Guided meditation sessions to foster emotional stability and inner peace.
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## What to Expect

1. **Consultation and Personalization:** A thorough assessment to create your individualized care plan.
2. **Therapies and Treatments:** A combination of herbal, functional, and nature-based therapies.
3. **Healing Environment:** Experience care in a peaceful, supportive environment designed to facilitate recovery.





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## How Are We Different from Hospital Treatments?

Tigris Valley	Hospital Treatments
Holistic care blending Ayurveda, Unani, Functional Medicine, and Nature Therapy.	Focus primarily on conventional medical approaches
Personalized treatments tailored to the individual.	Standardized treatments for all patients.
	Clinical settings that can feel impersonal.
Focus on overall well-being and prevention.	Focus on treating symptoms of the disease.
Natural, side-effect-free therapies.	Pharmaceutical treatments with potential side effects.

## Additional Amenities

Our serene mountain retreat is equipped with state-of-the-art facilities to ensure comfort and relaxation:

- ✓ **Luxury Accommodations** – Private rooms with scenic views for a tranquil stay.
- ✓ **On-Site Spa** – Ayurvedic therapies, steam baths, and aromatherapy.
- ✓ **Therapeutic Spaces** – Wellness lounges, forest bathing zones, and meditation gardens.
- ✓ **Holistic Treatments** – Massages, spa therapies, and nature-based healing.
- ✓ **Recreational Activities** – Nature trails, outdoor yoga, and mindfulness workshops.
- ✓ **Nutritional Wellness** – Chef-curated, health-focused meals.
- ✓ **24/7 Medical Assistance** – Continuous care and support.
- ✓ **Dental Clinic** – Comprehensive oral health services.
- ✓ **Laundry Services** – Hassle-free
- ✓ **Ruhe Café** – A serene space for relaxation and healthy dining.

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## Start Your Healing Journey Today

Autoimmune disorders can be challenging, but with the right care and guidance, you can regain control of your health.

**Schedule your consultation call with our expert doctors and take the first step towards wellness.**

