

Cancer Support, Prevention & Palliative Care Program

Empowering Healing with a Unique Holistic Approach**

At **Tigris Valley**, we redefine cancer care through a harmonious blend of **Ayurveda**, **Unani**, **Functional Medicine**, and **Nature Therapy**. Our programs are uniquely designed to focus on holistic well-being, addressing physical, emotional, and spiritual dimensions in a serene mountain retreat. We aim to alleviate the challenges of cancer treatment, enhance quality of life, and promote healing through evidence-based and traditional integrative practices.

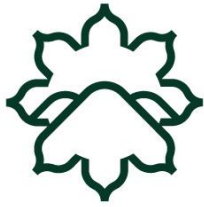
Who Can Benefit from This Program?

This program is designed for individuals at various stages of their cancer journey, including:

- **Family History of Cancer:** For those looking to mitigate genetic risks and adopt preventive measures.
- **Early-Stage Cancer (Stage 1 and 2):** For individuals seeking complementary therapies alongside conventional treatment.
- **Post-Treatment Support:** Patients experiencing side effects from chemotherapy, radiation, or surgery.
- **Post-Recovery Survivors:** Those who wish to rebuild strength, immunity, and overall vitality after recovery.
- **Alternative Seekers:** Individuals who prefer natural and side-effect-free approaches to healing.

Why Choose Tigris Valley? What Sets Us Apart?

Aspect	Tigris Valley	Traditional Hospital Care
Environment	Healing-focused mountain retreat, fostering tranquillity and rejuvenation.	Sterile, clinical settings that may cause stress and anxiety.
Approach	Root-cause treatment integrating ancient wisdom and modern science.	Symptom-focused treatments, often limited to conventional medicine.
Customization	Highly personalized programs tailored to individual health, lifestyle, and preferences.	Standardized treatments with minimal personalization.
Side Effect Management	Natural therapies to reduce Chemotherapy/radiation side effects (nausea, fatigue, and neuropathy).	Heavy reliance on additional medications to manage side effects.
Whole-Person Healing	Addresses physical, emotional, mental, and spiritual dimensions.	Primarily focuses on disease management.
Focus on Education	Empowers patients with knowledge about nutrition, lifestyle, and preventive care.	Limited patient education on holistic self-care.



Program Overview

1. Personalized Consultation and Assessment

Every journey begins with an in-depth consultation by our expert multidisciplinary team, including specialists in Functional Medicine, Ayurveda, and Unani.

- **Comprehensive Health Analysis:**
 - Detailed review of family history, lifestyle, and previous treatments.
 - Cutting-edge diagnostics like immune profiling, oxidative stress analysis, and organ function evaluation.
 - **Custom Care Plan:**
 - Individualized therapy plans based on health goals, affordability, and personal preferences.
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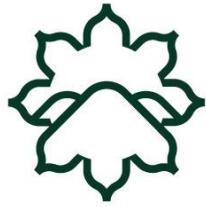
2. Integrative Treatment Approach

Our evidence-based treatments combine modern science with ancient healing practices for a holistic recovery.

Key Therapies Include:

- **Functional Medicine:**
 - **IV Vitamin C Therapy:** Powerful antioxidant to boost immunity and reduce inflammation.
 - **Ozone Therapy:** Cellular detoxification and oxygenation to aid recovery.
 - **Ayurveda:**
 - **Panchakarma Detox:** Cleanses toxins to rejuvenate the body and mind.
 - **Rasayana Therapy:** Herbal rejuvenation to promote longevity and vitality.
 - **Unani Medicine:**
 - **Tailored Herbal Remedies:** Remedies for recovery, immune strengthening, and organ support.
 - **Nature Wellness:**
 - **Mountain-Based Nature Therapy:** Guided walks and outdoor mindfulness activities to promote emotional healing.
 - **Yoga and Meditation:** Improves mental clarity, reduces stress, and enhances spiritual well-being.
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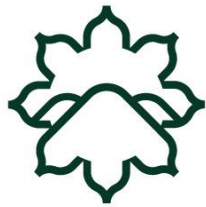
3. Holistic Lifestyle Integration

We aim to empower patients with sustainable practices for long-term health:

- **Cancer-Specific Diet Plans:**
 - Anti-inflammatory, alkaline, or ketogenic diets personalized to health goals.
 - Education on maintaining dietary habits post-treatment.
 - **Stress Management:**
 - Guided meditation, mindfulness sessions, and breathing techniques to foster emotional resilience.
 - **Massage Therapies:**
 - Relaxation massages to alleviate tension and improve circulation.
 - **Wellness Workshops:**
 - Practical training in self-care, nutrition, and stress management for a healthier lifestyle.
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What Are the Benefits?

1. **Minimized Side Effects:**
 - Relief from common side effects like nausea, fatigue, neuropathy, and immune suppression caused by cancer treatments.
 2. **Strengthened Immunity:**
 - Enhanced immune response to support the body in fighting disease and improving resilience.
 3. **Holistic Well-Being:**
 - Addressing not just physical symptoms but mental and emotional challenges through mindfulness, meditation, and personalized care.
 4. **Improved Energy & Vitality:**
 - Natural therapies to restore stamina and reduce physical exhaustion, allowing you to resume daily activities with ease.
 5. **Stress Reduction:**
 - Specialized mental health and relaxation therapies to reduce anxiety and improve emotional balance.
 6. **Customized Nutrition:**
 - Cancer-specific diets tailored to individual needs, promoting healing and optimal recovery.
 7. **Support for Survivors:**
 - Focused care to rebuild strength, repair damage, and regain confidence post-cancer recovery.
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TIGRIS
VALLEY
WELLNESS RETREAT

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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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What Makes Our Location Unique?

Nestled in the heart of the mountains, **Tigris Valley** offers:

- Pristine natural surroundings to accelerate healing.
 - Cooler climate for enhanced physical and emotional comfort.
 - Opportunities to reconnect with nature, fostering inner peace and rejuvenation.
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Your Journey Starts Here

Healing begins with a single step. Take charge of your recovery and discover the life-changing benefits of holistic care.

Schedule Your Consultation Today:

Connect with our expert doctors and start your journey to holistic well-being.

