

Cardio-Metabolic Health & Recovery Program

Program Overview

The Cardio-Metabolic Health & Recovery Program is a comprehensive, multidisciplinary approach tailored to address and manage cardiac and metabolic health issues. Our goal is to not only support recovery from existing conditions like hypertension, heart stroke, and diabetes but also to prevent future risks by addressing root causes. Combining Functional Medicine, Ayurveda, Unani, and Nature Therapy, this program ensures a holistic path to wellness and vitality.

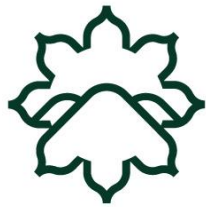
Who Should Join This Program?

This program is ideal for individuals who:

- Have a history of cardiac issues like heart attacks, strokes, or coronary artery disease.
 - Are managing chronic conditions like hypertension, diabetes, or high cholesterol.
 - Want to prevent cardiac diseases due to a family history or lifestyle risk factors.
 - Are recovering from cardiac procedures like angioplasty or bypass surgery.
 - Need post-stroke rehabilitation for motor, cognitive, and emotional recovery. □
- Seek a proactive, holistic approach to cardiac and metabolic health.
-

What Are the Benefits?

- **Improved Cardiovascular Health:** Stabilize blood pressure, improve heart function, and reduce arterial inflammation.
- **Enhanced Metabolic Balance:** Manage blood sugar levels, improve insulin sensitivity, and reduce cholesterol.
- **Stroke Recovery:** Restore motor function, cognitive abilities, and emotional well-being.
- **Weight Management:** Achieve and sustain a healthy weight through guided nutrition and exercise plans.
- **Stress Reduction:** Experience emotional balance and mental clarity through yoga, meditation, and stress management therapies.
- **Holistic Wellness:** Build resilience, vitality, and sustainable health practices that integrate body, mind, and spirit.



TIGRIS
VALLEY
WELLNESS RETREAT

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

Program Highlights

1. Initial Assessment & Personalization:

- A detailed consultation with our expert doctors specializing in cardiac health, functional medicine, and holistic care.
- Advanced diagnostic tests to assess cardiovascular and metabolic markers.
- Personalized health plans based on individual history, symptoms, and goals.

2. Integrated Therapies:

○ Ayurveda Treatments:

- **Abhyanga (Therapeutic Oil Massage):** Improves circulation and reduces inflammation.
- **Shirodhara:** Relieves stress and promotes heart-mind connection.
- **Herbal Remedies:** Customized formulations for heart health and detoxification.

○ Functional Medicine Interventions:

- Nutrition optimization with heart-friendly diets and supplementation.
- IV infusions for antioxidants and nutrients to reduce oxidative stress.

○ Unani Medicines:

- Natural remedies targeting cardiovascular and metabolic systems.
- Traditional therapies to enhance blood flow and vitality.

○ Nature-Based Healing:

- Guided forest walks and outdoor activities to rejuvenate mind and body.
- Exposure to serene mountain air, reducing stress and improving oxygenation.

3. Heart Stroke Rehabilitation:

- **Motor Recovery:** Physical rehabilitation to regain strength and mobility.
- **Speech & Cognitive Therapy:** Enhancing communication and memory post stroke.
- **Cardiac Conditioning:** Supervised exercises for heart recovery.
- **Mental Wellness:** Emotional support through meditation and counseling.

4. Lifestyle and Wellness Practices:

- Stress management through yoga, mindfulness, and guided meditation.
- Personalized exercise routines to improve cardiovascular fitness.
- Educational workshops on maintaining cardiac and metabolic health.

Program Customization

Every individual's health journey is unique, and so is our program. The duration, therapies, and activities will be tailored based on the initial consultation and ongoing assessments. We ensure that every aspect of your care plan aligns with your specific needs and recovery goals.



How Are We Different From Hospital Treatments?

Feature	Tigris Valley Wellness	Conventional Hospital Care
Approach	Holistic and preventive	Symptom-focused and reactive
Environment	Serene mountain retreat	Clinical and stressful
Customization	Personalized to individual needs	Standardized for all patients
Therapies	Integrated Ayurveda, Functional Medicine, Unani, and Nature Therapy	Focused on medication and surgery
Focus on Wellness	Prevention, recovery, and lifestyle changes	Treatment of existing conditions
Mental Health Support	Stress reduction, yoga, and counseling	Limited or absent

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.

Getting Started

To embark on your journey to better cardiac and metabolic health:

1. **Schedule a Consultation Call:** Connect with our specialist doctors to discuss your health history and goals.
2. **Personalized Program Design:** Receive a tailored program suited to your needs.
3. **Begin Your Journey:** Arrive at Tigris Valley and immerse yourself in transformative care.