

TIGRIS
VALLEY
WELLNESS RETREAT

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

Metabolic Disorder Management Program

Restoring Balance, Revitalizing Health

Program Overview

Metabolic disorders, such as diabetes, obesity, and thyroid dysfunction, disrupt the body's ability to process energy efficiently, leading to various health complications. Our Metabolic Disorder Management Program offers a holistic approach, integrating Ayurveda, Unani Medicine, Functional Medicine, and Nature-Based Therapies to address the root causes and promote sustainable health.

Why Choose Tigris Valley?

- **Holistic Integration:** Combining traditional wisdom with modern science for comprehensive care.
- **Personalized Treatment:** Customized plans tailored to individual health profiles.
- **Expert Practitioners:** Team of specialists in metabolic health and integrative medicine.
- **Serene Environment:** Healing amidst the tranquility of our mountain retreat.
- **Comprehensive Support:** From diagnosis to lifestyle coaching, ensuring lasting wellness.

Program Benefits

- **Improved Metabolic Function:** Enhanced energy processing and reduced symptoms.
- **Weight Management:** Achieve and maintain a healthy weight naturally.
- **Blood Sugar Regulation:** Stabilize glucose levels to prevent complications.
- **Detoxification:** Eliminate toxins to rejuvenate body systems.
- **Enhanced Well-being:** Overall improvement in physical and mental health.

Who Can Benefit?

- Individuals diagnosed with or at risk of:
 - **Diabetes (Type 1 and Type 2)**
 - **Obesity**
 - **Metabolic Syndrome**
 - **Thyroid Disorders**
 - **PCOS (Polycystic Ovary Syndrome)**
- Those seeking a holistic approach to manage metabolic health.
- Individuals aiming for preventive care to avoid metabolic disorders.



Our Integrative Approach

1. Comprehensive Assessment

- Detailed evaluation of medical history, lifestyle, and metabolic function.
- Advanced diagnostics to identify underlying causes.

2. Personalized Treatment Plan

- Customized therapies combining Ayurveda, Unani, and Functional Medicine.
- Nutritional guidance and lifestyle modifications.

3. Ayurvedic Therapies

- Herbal formulations to balance doshas and enhance metabolism.
- Detoxification procedures like Panchakarma to cleanse the body.

4. Unani Medicine

- Natural remedies to restore humoral balance and improve metabolic function.
- Therapies focusing on digestion and elimination of toxins.

5. Functional Medicine Interventions

- Ozone Therapy to boost oxygen utilization and metabolic efficiency.
- IV Nutritional Therapy providing essential vitamins and minerals.
- Gut Health Restoration to optimize digestion and nutrient absorption.

6. Nature-Based Therapies

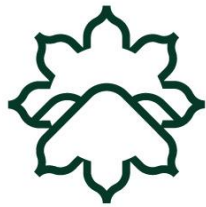
- Hydrotherapy sessions to stimulate metabolism and detoxification.
- Forest walks and nature immersion for stress reduction and hormonal balance.

7. Mind-Body Practices

- Yoga and meditation to enhance mental well-being and support metabolic health.
- Breathing exercises to improve oxygenation and energy levels.

Comparison: Tigris Valley vs. Traditional Treatments

Tigris Valley	Traditional Treatments
Holistic, integrative approach	Focus on isolated symptoms
Personalized treatment plans	Standardized protocols
Natural, side-effect-free therapies	Dependence on pharmaceuticals
Healing environment promoting relaxation	Clinical, often stressful settings
Focus on root causes and prevention	Symptom management without addressing causes



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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.
 - ✓ Wellness workshops and educational seminars.
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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.

