



Life Clinic

REDISCOVER LIFE, IT IS YOURS



The world that we live in today is ruthless and we are on the run most of the time. This has a huge toll on our health both physical and mental. High incidence of diabetes, hypertension, our dietary habits, sedentary life style, stress, obesity and consumption of tobacco & alcohol are some of the issues which are increasing the disease load in the community. Heart diseases, neurological conditions, cancers ... can all be traced backed to some or all of these risk factors.

In short our life style is responsible for a majority of physical and mental conditions we suffer from and all these conditions can be grouped under a term called 'life style illness'.

Life style modifications can alter or eliminate some of these risk factors and reduce the risk of serious ailments. Medicines alone do not produce the desired outcomes and even if they do sustainability of these outcomes is always a challenge.

Life style modifications include a variety of simple interventions which help reduce the risk factors and deliver outcomes that are sustainable. Life Style modifications are not about treating medical conditions alone, it is also about keeping an individual healthy.

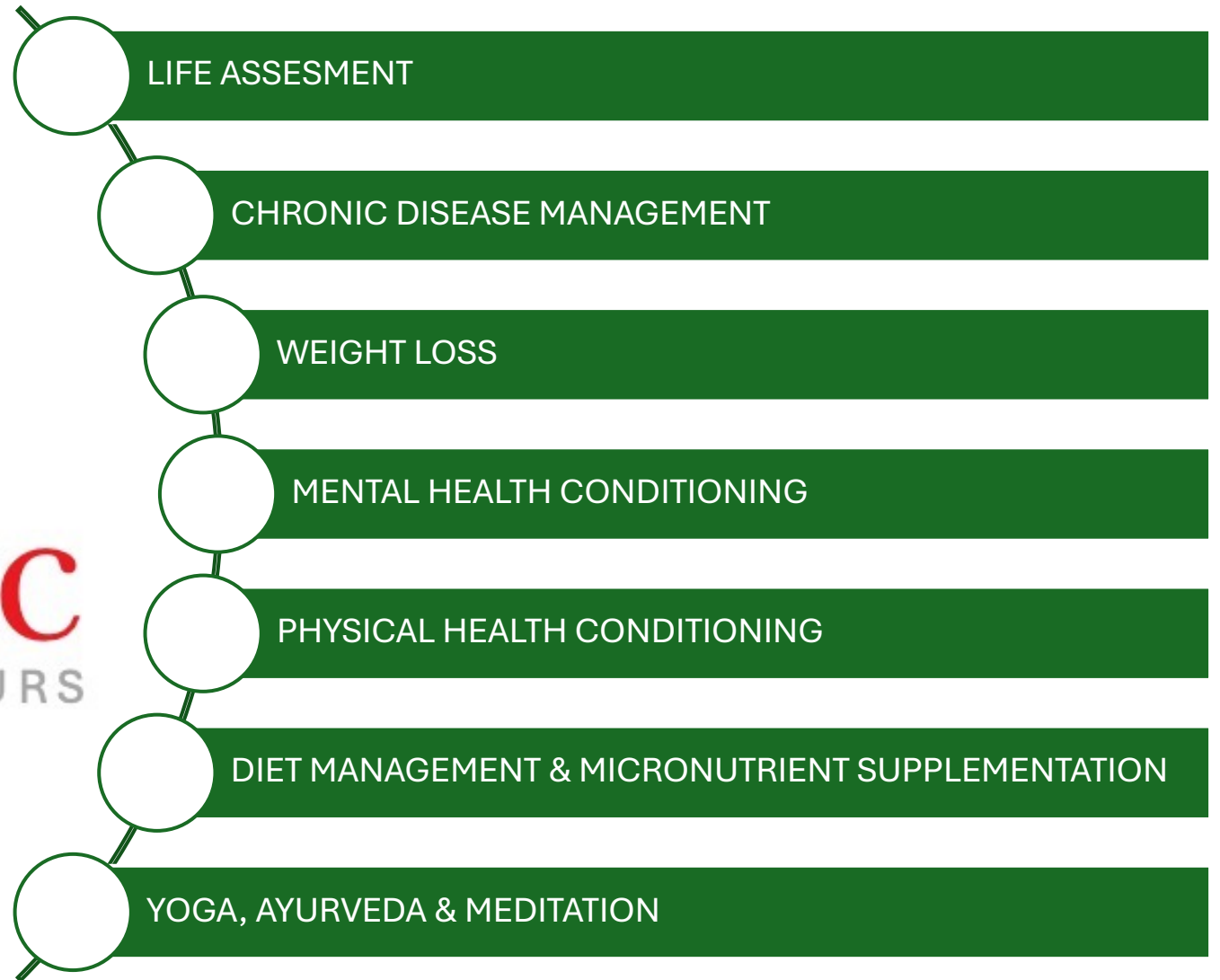


Life Clinic is a unique facility that helps individuals modify their life styles with personalized management regimen and help them rediscover themselves. It is the science and art of using multiple tools to keep the individual healthy (ie) it focusses on wellness and not illness. The focus is on both physical and Mental wellbeing and adopting a style that makes the individual more active, productive and happy.

Life style issues vary with every individual and the same modification tools will not produce the desired outcomes for all. Therefore the **Life Clinic** develops highly personalized regimen for individuals and ensures that the individual gets what he / she specifically needs.

Life style modification is not about prescribing a regimen and asking the individual to follow it. It requires close hand holding and support during the initial phases, till the individual transforms his/her life style and that become his/her new routine. **Life Clinic** is about helping one transform and adopt a new life style which becomes the individuals way of living.

Rediscover yourself, rediscover your life, make a new beginning **Life Clinic** will be your companion in your wellness journey!



A sampling of services offered by **Life Clinic** are mentioned here. **Life Clinic** offers the entire spectrum of services to help you and support you through your wellness journey



For more details contact:

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