**Home**

**Introduction Page :**

Clinic of Acupuncture and Healing

Learn from deepta Manohar's way!

Traditional medication programme

Are you stressed about your bad health?

and

Stressed about the repercussions of taking allopathic medicines?

Take this quiz on a Healthy diet

A Healthy and safe journey of healing for you

Improve your health using traditional methods

Know what are benefits of a healthy diet

(Introduction of Deepta ma'am)

Your Acutouch therapist and Health Coach - Deepta Manohar.

She will help you to fight all your diseases and you will be feeling completely healed and contented after her treatment. You just need to consult her via phone or email.No need to travel to a clinic

**What is Diet**

“EAT ONLY WHEN YOU ARE HUNGRY “

The whole process is dependent on the intake of food. The type of food and the way of intake makes all differences. Your food needs to be balanced and well nutritional to the body requirements.

**How to adopt a Healthy Lifestyle**

Our Emotional health is very important. We should understand how to live with balanced emotions. Either we should start reading a book or should check upon some good videos on emotional balancing, this can be called as self-counseling.Following is the diet if followed can change your life in a optimistic way.

* Eat only when hungry.
* Drink only when thirsty.
* Chew well when eating.
* Drink sip by sip water.
* Sleep by 9 pm.
* Eat only ¾ th of your stomach.
* Fruits and vegetables should be added to your diet.
* Avoid packed and preserved products.
* Avoid Maida, sugar, milk and milk products.
* Oil – use only cold pressed.
* Salt- Himalayan salt, sea scold-pressed salt.
* Rice- any unpolished rice or millets can be used.

**How to set Healthy Routine?**

Every day we should get up before sunrise and do some pranayama and some joint circular movements. Instead of walking we must do something of our choice like playing a game or doing any physical activity. Actually the body have to do some movement in order to be healthy.

When it comes to me, I have chosen badminton. I play every day morning for about half an hour.

Everyday try to take out 10 minutes for yourself, take a book and a pen. Just start writing down the thoughts which are flowing in your mind. Check yourself whether they are positive or negative, change all the negative thoughts to positive and start reading them before going to bed and as soon as you get up.

**How Yoga and Meditation Heals?**

Surround yourself with the beauties of nature. Meditation binds your mental health with the peace of nature. It rests our minds from our daily schedules and leads to heal and enjoy the whole process. Yoga directs our body to healthy lifestyle we used to dream so far.

**How we Help?**

**thrive@sepalika.com**

**+ 91 986733 7112**

**Health Tool**

**page logoWomen’s Hormonal Health Clinic**

**Our Programs**

**How We Work**

**Our Philosophy**

**Our Team**

**Blog**

**Shop**

**About Us**

**Contact Us**

**Our Programs**

**Fertility Program**

**banner**

**SEPALIKA 5 PETAL WAY Fertility ProgramConfused why you aren’t getting pregnant ? TAKE THE FERTILITY FACTS QUIZ**

**A Healthy & Safe Journey to Motherhood for You.**

**Improve your fertility naturally.**

**WHAT CAUSES INFERTILITY?**

**Sharda\_Agarwal**

**Mahesh\_Jayaraman**

**Our Founders, Mahesh Jayaraman & Sharda Agarwal, will help you with your fertility goals. All treatment is via phone consults and email. No need to travel to a clinic.**

**What is infertility?**

**The medical diagnosis of infertility is the inability to conceive after one year of unprotected sex (if you are under 35 years of age) or 6 months (if you are over 35). After this begins the journey you never imagined; from appointments with multiple gynecologists to medicines to stimulate ovulation, to sperm count analysis, to rounds of IVF clinics, and concerned friends and family giving you well-meaning advice, that can just be too much to take!**

**What causes infertility?**

**What no one tells you is that your fertility troubles likely began many years ago. No one taught you to notice the signs; from that first missed period, to the bad PMS pain every period, that you thought was ‘normal’ for all women, to the small fibroid or ovarian cyst that was detected some years back. Each of these was a sign that your hormones that were out of balance, but no one told you that it might one day impact your ability to have a baby.**

**Simply put, when your own health is great, when you eat, sleep and clear your bowels well, when you manage your stress proactively, when your periods are on time, without any PMS symptoms, etc. fertility is a natural outcome. When one or more of these aspects is out of balance, your hormones are out of balance and infertility is the result.**

**How Sepalika is different**

**We get to root cause of infertility – it can be digestion or a thyroid problem. The cause is not always the reproductive hormones. We customize to meet your unique needs We work with both the husband and the wife. It is not a woman’s issue alone. We use the best of medical systems – functional medicine, Ayurveda & holistic nutrition We use cutting edge western lab test analysis to diagnose your condition We are completely online for your convenience & safety You get 2 calls a month to track & monitor you Have a question or worry in-between? Email us anytime on weekdays (10am-6pm) – no appointments needed**

**SPEAK TO OUR HEALTH COACH**

**Why your current treatment may not be working**

**In conventional treatment, well-meaning fertility experts often begin with lab tests focused on reproductive hormones, followed by medicines to support ovulation in the woman. If sperm count or motility is a problem too, medicines are given to the man to address this. Hormones used include like oestrogen and DHEA to the lady and when needed, testosterone enhancers for the man. In other words, it is assumed that the problem lies within the reproductive system, since that is the one that has failed to work.**

**Sadly, this is often not true. While statistics show that 1 in 3 clomiphene (ovarian stimulation) and IVF cycles do succeed, this also means that 2 in 3 fail! If the reproductive system is the one being fixed and that is the only problem, common sense would tell us that the success rate should be higher.**

**Added to this, the lack of clarity in treatments or cursory explanations given to patients often leaves them feeling confused, disappointed, cheated and at times, even guilty.**

**5 petal way**

**Take Your 1st Step to Natural Conception**

**Our Health Coach Will Explain How**

**BOOK CONSULTATION**

**How we help**

We start further upstream. We first find root cause of the problem. If a man and/or woman is not digesting food properly, not absorbing nutrition from it, has an under- functioning thyroid gland, etc., it is only natural that they will not be in great health themselves, let alone have surplus energy left over to create a new life.

We take a 360-degree approach. When we combine analysis with the wisdom of Ayurveda and acupuncture, we are able to address the issue – all the way from the root, to the fruit.

**Some Healthy Tips**

1. Eat only when you are hungry.
2. Move your body with passion
3. Eat what you like and keep acquiring more and more knowledge on your food likings.
4. When you are happy you can serve happiness to your family and surroundings.
5. Follow your alarm clock of your digestion
6. Stay hydrated.