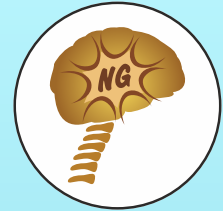




KLS Wellness Institute & ***NeuroGen Annexe***

Sanpada, Navi Mumbai, India



Anti-Ageing Integrative Therapy **A One Week Rejuvenation Program**

BEFORE

Memory loss and mind fog

*Tiredness and
muscle weakness*

*Knee and
joint pain*

*Back and
neck pain*

*Loss of
body balance*

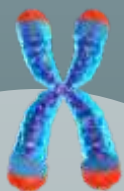
*Urinary
incontinence*

*Acidity and
constipation*

*Sexual
dysfunction*

*Diabetes and
Hypertension*

*Sagging
skin*



Gradual decrease in
telomere size suggesting
progressive ageing.

AFTER

Improved memory and mind clarity

*Increased energy
levels and mobility*

*Decreased
Joint pain*

*Decreased back
and neck pain*

*Improved
body balance*

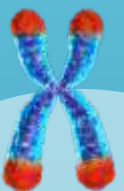
*Improved
urinary control*

*Improved
intestinal functions*

*Improved
sexual function*

*Better sugar and
BP Control*

*Improved
skin tone*



Increase in Telomere size
suggesting slowing down
of the Ageing Process



About Anti-Ageing Integrative Therapy and KLS Wellness Institute



About the Anti-Ageing Integrative Therapy Program

- Investigations are carried out for age related disorder.
- A combination of modern medical and traditional treatments are offered during the stay.
- These therapies detoxify and Renergize all the cells of the body which leads to improvements in overall organ functions.
- The treatments offered slows down and partially reverse the effects of Ageing at the cellular level.

Outcome of the one week Anti-Ageing and Integrative treatment program

- Improvement in the various mental & Physical symptoms of age related disorders.
- Improvement in various Biochemical tests that are used to monitor age related disorders such as blood sugar, lipid profile, renal chemistry, liver functions, etc.
- Improvement in Telomeres that are the most sensitive markers of Ageing.

About KLS Wellness Institute

It is a boutique Hospital with cosily designed rooms situated in the quiet garden suburb of Sanpada, Navi Mumbai.

Here state of the art medical equipments and technology provides the latest in Anti-Ageing treatments.

These are combined with traditional healing medical system to provide a comprehensive and holistic Anti-Ageing care.

These technologies and treatments include Hyperbaric Oxygen Therapy, Ozone Therapy, Colon Hydrotherapy, Gut Cleansing, Micronutrient IV Therapy, Hormone Therapy, Infrared Sauna, Whole Body Cryotherapy, Yoga, Meditation, Acupressure & Deep Tissue Mobilization, Cool Sculpting, Cryolipolysis, Electrogym, Deep Head Cellulite Therapy, Hydrafacial, Carban Facial, SRF - Positive Radio Frequency, HIFU - High Intensity Focused Ultrasound, Physiotherapy, Occupational Therapy, Psychology, Speech Therapy, Sexual Rehabilitation, etc.





A One Week Intensive In-house Anti-Ageing Rejuvenation Medical Program

AGEING & ANTI-AGEING

Ageing is a part of a natural cycle of life. With ageing the body and mind gets weaker and this results in a variety of symptoms that can incapacitate and cause inconvenience. Where as we see ageing from the outside, the real ageing starts at a cellular and sub-cellular level within all the cells at different organs of the body that lead to a gradual decline in physiological functions over time.

These cellular changes includes Telomere shortening, Mitochondrial ageing, Oxidative stress, Inflammation, Glycation, Endotoxins, Hormonal Imbalance, etc. Telomere are at the tip of the DNA. They are biological markers of ageing which shortens as the age progresses.

However today, there is modern technology available that can slow down and reverse the cellular changes happening in our body due to advancing age. This not only leads to an increase in longevity but also improves the quality of life.

As the mind clears, memory improves and body stiffness and pain disappears, there is increase in functional independence which leads to savoring this important but neglected period of life.

The Anti Ageing Integrative program at KLS Wellness aims to slow down the progressive process of Ageing by neutralizing the factors contributing to the acceleration of Ageing, altering the unhealthy lifestyle with a balanced one thereby leading one to healthier, happier and longer lifespan.

The objective of Anti Ageing is to eventually eliminate the age-related diseases and increase the possibility of prolonging life, that is to live longer and enjoy those extra years as a healthy human beings.

The Anti-Ageing Integrative Therapies offered at KLS Wellness Centre are as follows:

- Oxygen carrying capacity of blood is improved by Hyperbaric Oxygen Therapy and Ozone Therapy.
- Detoxification is achieved through gut cleansing, antioxidant treatment and Infrared sauna.
- Immune boosting is done by Micronutrient IV Therapy.
- Weight loss is initiated with the help of Healthy diet combined with Cryotherapy and deep heat cellulite therapy.
- Hormone imbalance is rectified by hormone therapy.
- When these are combined with the traditional systems of medicine like Yoga and Naturopathy, it helps in revitalizing the body and rejuvenating the mind.

There are studies showing that a full anti-ageing program can increase telomere length thus increasing the possibility of healthier and longer life span. All these therapies and treatment processes are absolutely non-invasive, very safe with no side effects and have proven benefits in the field of Anti-Ageing.

ANTI-AGEING “TO PREVENT THE PREVENTABLE & TO DELAY THE INEVITABLE”



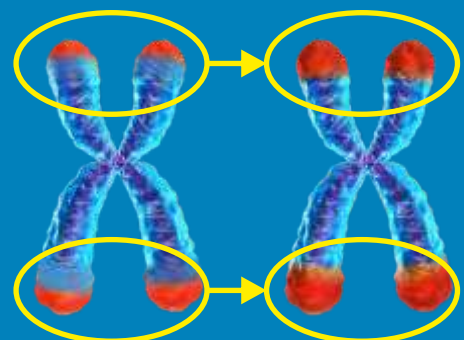
Jeanne Loïse Calment
(122 years 164 days (1875-1997))
Oldest person ever

Jeanne Loïse Calment is the oldest person in the world who lived upto 122 years. This gives us hope that a human can survive until that age.

Born on 21st February 1875, she lived through world wars, the Spanish Flu and met Vincent Van Gogh in 1888.

Appearing as herself in the film Vincent and Me (Canada, 1990) at the age of 114, she is also the oldest actress.

She lived a fruitful life, taking up fencing in her 80s and continuing to cycle in her 100s.



Program Day 1 - Individualized for each patient



Registration & Settling in the room
08.00 am - 08.30 am



Rest in Room
Herbal Tea / Snacks
02.00 pm - 03.30 pm



Blood and other investigation
08.30 am - 09.00 am



Anti-Ageing Cosmetology
03.30 pm - 04.00 pm



Refreshing Breakfast
09.00 am to 09.30 am



Physiotherapy
04.00 pm - 05.00 pm



Medical Consultation
09.30 am - 10.00 am



Back Massage
05.00 pm - 06.00 pm



Breathing Ozone through oil
10.30 am to 11.00 am



Infrared Sauna
06.00 pm - 06.30 pm



Hyperbaric Oxygen Therapy
11.00 am - 12.00 pm



Psychological Counselling
06.30 pm - 07.30 pm



Cut Cleansing with enema
12.00 pm - 12.30 pm



Group Activity
07.30 pm - 08.30 pm



Foot Reflexology
12.30 pm - 01.00 pm



Weight Loss Treatment
08.30 pm - 09.00 pm



Nourishing Lunch
01.00 pm - 02.00 pm



Healing Dinner
09.00 pm - 10.00 pm

Program Day 2 - Day 7



Similar to Day 1 with the additional inclusion of the following



**30 minutes
Walk / Stretching**



**Gut Cleansing
with Hydrocolon
Therapy**



**Full Body
Detox Massage**



Laughter Therapy



Ozone Sauna



Head Massage



**Naturopathy
Kriya's**



Relaxing Massage



Yoga



Shirodhara



Meditation



Face Yoga



**Ozone
through Ear**



Dance Therapy



**Acupressure
Therapy**



**Physiotherapy
Modalities**



Mud Pack



Rehabilitation

Optional Therapies offered at KLS Wellness



Medical Cosmetology

- Laser skin rejuvenation
- Skin tightening
- Microneedling for face, hair, scars, etc
- PRP for face
- PRP for hair
- Keloid treatment
- Botox and dermal fillers

Weight Loss

- Meal Plan
- Probiotics
- Gut Health
- Cool sculpting
- Cryolipolysis
- Deep Heat and Cellulite
- 12 channel



Consultation with

- Orthopedic
- Dermatologist
- Gynaecologist
- Sexologist
- ENT specialist
- Homoeopathic physician
- Ayurvedic physician

**Nutritional Testing and
supplementation**

**Hormone
Therapy**

Results of Clinical Study done at KLS Wellness



Results of clinical study done at KLS Wellness and effects of one week Anti-Ageing Integrative Therapies

At the end of one week Anti-Ageing Integrative treatment the following improvements were documented

A

Reversal of Telomere shortening

- All the patients showed an improvement in the Telomere length which is evidence of reversal of ageing process at a cellular level.

B

Biochemical Improvements

- Laboratory tests done before and after the one week Anti-Ageing Integrative treatment showed significant improvement in Sr. Blood sugar, ESR, Haemoglobin, CRP, Sr. Creatinine Levels.

C

Symptomatic Improvements

- Short memory improved in **66%**.
- Anxiety improved in **66%**.
- Symptoms of depression got improved in **83%**.
- Sleep issues were resolved in **75%**
- Decrease in palpitation was observed in **60%**
- Muscle pain improved in **100%**.
- Reduction in joint pain were noticed in **77%**.
- Gut issues were resolved in **83%**
- Appetite improved in **100%**
- Decrease in urinary incontinence was observed in **80%**.
- Energy levels, exertional breathlessness and mobilization got improved in **100%**.
- Skin elasticity improved in **25%**.

Therapies Offered



■ HYPERBARIC OXYGEN THERAPY



Hyperbaric Oxygen Therapy at KLS Wellness

About Hyperbaric Oxygen Therapy

HBOT is a noninvasive procedure that floods the body with pure 100% oxygen. This occurs in a special, enclosed transparent chamber, which can administer oxygen at pressure higher than sea level, for around 30 to 45 minutes. It works by improving oxygenation of tissues throughout the body, which leads to enhanced tissue healing and rejuvenation. This improves the immune function of the body, which helps to fight against infections. It also improves the tissue damage that is induced by viral or bacterial infections. In the hyperbaric oxygen chamber, the higher atmospheric pressure results in high concentrations of oxygen being forced deep into the tissues. This

benefits the body in many aspects, such as collagen formation, healing wounds, boosting immunity, increasing neuroplasticity, and even alleviating depression and anxiety by inducing the release of body's naturally occurring "happy chemicals" such as dopamine and serotonin.

During the procedure...

During the session, you can either recline or lie down comfortably within the transparent chamber. You may watch your favorite movie or television series on the screen placed above the chamber, listen to music, or even go to sleep. As the atmospheric pressure rises, you may experience fullness or a pressure in the ears, similar to when you are in flight or in a high rise elevator. The simple trick to tackle this is by swallowing. Initially you may feel warm; however, as the pressure stabilizes, you will get accustomed to it & feel better.

■ OZONE THERAPY

About Ozone Therapy

Ozone therapy uses pure 100% medical grade oxygen-ozone combination to supply higher amount of oxygen to tissues at the cellular level. Medical ozone is a powerful, versatile gas that helps the body fight infections while enhancing cellular respiration. It boosts the functioning of the immune system primarily by triggering the body's antioxidant response. It improves the oxygenation of tissues at a cellular level by increasing the oxygen-carrying capacity of the blood, thus increasing cellular metabolism and tissue function, and alleviating hypoxia. This in turn reduces inflammation and repairs damaged organs, in both the short term and the long term. It thus has anti-inflammatory effects on the body. Further, it also has anti-coagulant effects, which improves the blood flow to hypoxic tissue in the body. Ozone also has an excellent germicidal property hence it's effective against viruses, bacteria, fungi and parasites. It is a potent immunomodulator, hence it is effective in several auto-immune diseases.



Ozone Therapy at KLS Wellness

During the procedure...

At KLS Wellness Institute, ozone therapy has two main routes of administration; external & internal.

Externally, ozone therapy can be given via Ozonated water, Ozonated Oil, Ozone bagging, Ozone funnelling, Ozone Sauna.

Internally it may be given through

1. Rectal route which acts systemically and is the safest routes of administration of ozone in all individuals including aged. It improves gut health and metabolism.
2. Ear route, beneficial for complaints related to brain, eyes, and ears.
3. Breathing ozone through oil (BOTO), helps relieve symptoms related to the whole of respiratory passage (nose, sinuses, throat, lungs, etc)
4. Ozone through Intravenous saline which acts as a systemic route of administration and improves energy levels instantly. IV ozone has powerful germicidal effect, therefore it can be effectively used for systemic infections.
5. Intramuscular ozone helps relieve generalized body aches, etc.

None of these administrative routes of ozone therapy are painful, nor do they cause any discomfort. The ozone therapy process can take upto 10 - 20 mins.

GUT CLEANSING ■



According to traditional medicine all forms of disease are due to accumulation of waste and toxins in our bodies that are steadily piling up and cure can be achieved by elimination of these morbid matter. Toxins provide growth of germs. This is carried out by thorough cleansing of the gut passages starting from nasal tract till anus. There are several kriyas which are used to cleanse different openings of our body.

Enema is the best and the safest means of eliminating toxins from the body. This is achieved by injecting fluids into the rectum like luke warm plain water, saline water, neem water, buttermilk, medicated water, oils, infusions, etc.

■ YOGA AND MEDITATION

Yoga is an ancient practice that involves physical poses, concentration, and deep breathing. A regular yoga practice can promote endurance, strength, calmness, flexibility, and well-being.

Meditation is a practice where an individual focuses his mind on a particular object, thought, or activity to increase attention and awareness, and achieve a mental and emotional stable state.

Yoga and meditation together can improve concentration, brain function and sleep.



ACCUPRESSURE / DEEP TISSUE MOBILIZATION ■



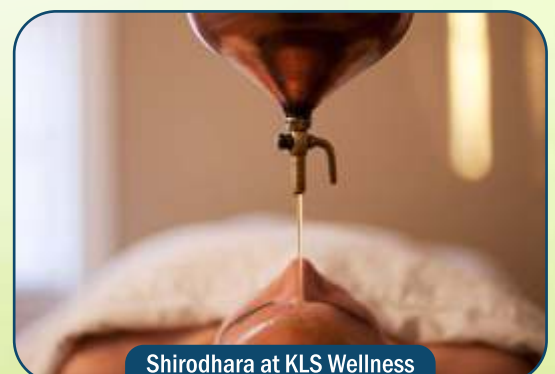
There are various pressure points on meridians of our body also called as energy channels of our body.

Applying accurate pressure on these pressure points helps clear lactic acid deposition and other waste or toxins from our body thus providing targeted pain relief, reducing muscle tension and better flow of oxygen and other nutrients to various tissues and organs of our body.

Mobilisation of deep muscle and connective tissue enhances muscle function and promotes relaxation and well being.

■ SHIRODHARA

Shirodhara is a classical and a well-established ayurvedic procedure of slowly and steadily dripping medicated oil or other liquids on the forehead. This procedure induces a relaxed state of awareness that results in establishing a dynamic psycho-somatic balance. It relieves headaches, tension, anxiety and improves sleep.



Rehabilitation



Ageing leads to a multitude of physical and mental deficits including joint pains like knee pain, backache, shoulder and elbow pain, etc., muscle weakness, stooped posture, increased risk of fall, cognitive decline, bladder problems and overall dependence in daily activities. In youngsters with sedentary lifestyles, the ageing process fastens. We know that “prevention is better than cure”, which is exactly what rehabilitation is for the human body.

PHYSIOTHERAPY

Physical therapies focuses on strengthening exercises and balance training which reduces the risk of falls and increase independence in functional mobility.

These therapies helps in managing the muscle weakness associated with ageing.



PHYSIOTHERAPY MODALITY



Physical therapists also use techniques of Ultrasound, Transcutaneous Electrical Nerve Stimulation,

Interferential Therapy, Laser Therapy, Paraffin wax, body stretches, adjunct heat and cold modalities to manage and alleviate pain.

OCCUPATIONAL THERAPY

In today's time of nuclear families, it is essential for everyone to be independent in their daily activities. Here, occupational therapists assist in making people independent and suggest suitable modifications to promote participation in daily tasks. By making small mindful changes in daily activities through good ergonomics, many physical co morbidities can be prevented like Arthritis, Low Back Pain, and easy fatiguability.



PSYCHOLOGICAL COUNSELLING



To prevent any age related cognitive decline, extensive mental training is provided. People with emotional and psychological difficulties which may lead to a reduced quality of life will benefit from our expert psychological counselling.

SPEECH THERAPY

Speech Therapists work extensively with individuals suffering from age related progressive disorders like Alzhiemers, Parkinsons and Dementia who have speech impairments. People with progressive and degenerative conditions can benefit from these therapies to manage the symptoms and prevent further disability.



MICRONUTRIENT THERAPY (IV/ORAL)



IV Vitamin at KLS Wellness

Vitamins and minerals are the building blocks of our body. The entire body's metabolism requires vitamins and minerals for proper functioning. Micronutrient Therapy (IV/Oral) can replenish your body with an optimum amount of essential nutrients. The nutrients are extremely important for the body to keep its immunity intact, & fight off any kind of infection. It is a treatment that can be given to anyone that wishes to boost his or her immune system. It is administered intravenously, and may include IV Myer's cocktail, IV Glutathione, IV N-Acetyl Cysteine, IV Vitamin C, IV Vit B complex, etc.

HYDROCOLON THERAPY

Your gut performs the vital function of absorbing nutrition from food you eat. As age progresses, lots of toxins start accumulating in the gut, thus preventing the gut from normal functioning.

Hydrocolon Therapy involves irrigating the gut gently with water by inserting a tube inside the rectum by a trained technician.

Gut cleansing has numerous benefits. It removes toxins from your digestive tract, improves absorption of essential nutrients, revives the gut flora, reduces digestive issues, increases energy levels & mental clarity. Improved intestinal functions thus lead to strengthening of immunity and better health.



Hydrocolon Therapy at KLS Wellness

INFRARED SAUNA



Infrared Sauna at KLS Wellness

Infrared Saunas don't heat the air around you like traditional saunas do. Instead, they use infrared lamps that use electromagnetic radiation to warm your body directly. Infrared light accelerates healing of deep tissues, relieves pain, myalgia, and detoxifies your body. It is beneficial for muscular spasms, joint pains, chronic fatigue syndrome, physical stress, and sleep problems.

WHOLE BODY CRYOTHERAPY

The word 'Cryo' means 'cold'. Whole Body Cryotherapy utilizes the analgesic and therapeutic effects of hyper-cooled air in a controlled chamber to reduce musculoskeletal pain and inflammation. It stimulates the body's natural healing abilities by exposing the body to extremely cold temperatures for few minutes. Super-cooled air, usually -110°C and -180°C , is used to flash chill the body in a controlled 'cryochamber'. This reduces neuromuscular pain & myalgia, joint pain, headaches, and migraines, neuropathies, mood disorders, atopic dermatitis, and other skin conditions.



Whole Body Cryotherapy at KLS Wellness

OPTIONAL THERAPY



AESTHETIC TREATMENT



Aesthetic Treatment at KLS Wellness

As skin ages , collagen production under our skin reduces which results in skin laxity , fine lines, wrinkles, skin pigmentation, dark circles, open pores. Hair also suffers a lot in terms of hair thinning, hair fall, etc.

Aesthetic treatment helps to decrease the signs of ageing and makes you look younger and confident again. It comprises of all medical procedures that are aimed at improving the physical appearance in accordance to satisfaction of the patient, using non invasive to minimally invasive cosmetic and laser procedures. It is also used to treat various otherskin problems like clogged pores, acne , old acne scars, keloid, post inflammatory scars, uneven skin tone, moles and warts, hair thinning, hair fall, bald patches, etc



WEIGHT MANAGEMENT

As age progresses, we tend to gain weight but when it comes to weight loss, the path is very difficult. In addition to this, we live a sedentary life, full of stress and anxiety. This makes weight loss a difficult task

Weight gain also poses a lot of pressure on hip, knee and ankle joints which further may lead to swelling in the legs. There fore it's essential to loose those extra weight so that our joint functions efficiently.

Weight management program here includes natural ways of weight and fat reduction in combination with modern technology which assist in sustained weight loss without any surgical intervention. You can also get rid of unwanted pockets of fat from your body once your body mass index is adequately reduced, through a new technology - COOLSCULPTING which can give you a perfect figure you crave for.



JOINT PAIN MANAGEMENT

With ageing, people tend to face problems like knee pain (osteoarthritis), shoulder pain (frozen shoulder), elbow joint pain (tennis elbow), back pain (spondylosis), hip joint pain, sciatica, sore feet, muscular spasm, etc

This happens due to reduction in articular cartilage that lines the joints, synovial membranes around the joint and a lubricating fluid inside the joints.

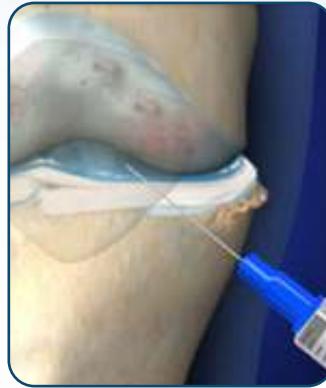
Ligaments also tend to shorten and lose some flexibility. All these factors can make the joints feel stiff and painful.

Nowadays due to sedentary lifestyle and lack of exercise these degenerative changes in joint is observed early in life. If this is not treated earlier, it can interfere with your daily living in near future or else surgical interventions may be required in severe cases.

Our goal is to relieve your joint pain & restore normal activities of your daily living. We use minimal invasive means to preserve the joint and decrease the wear & tear in order to delay/avoid joint replacement surgery.

Various joint preservation treatments available at KLS Wellness are :

- Gel injection (visco-supplementation)
- Platelet rich plasma (PRP therapy), Cell therapy (BMAC)
- Cortisone injection
- Ozone therapy
- Prolozone therapy
- Prolotherapy



REFERENCES

1. **Recent Advances In Anti-aging Medicine**
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6768834/>
2. **HBOT In Diabetic Foot And Diabetic Ulcers**
[https://care.diabetesjournals.org/content/33/5/1143#:~:text=Hyperbaric%20oxygen%20therapy%20\(HBOT\)%20has,20%20years%20ago%20\(1\).](https://care.diabetesjournals.org/content/33/5/1143#:~:text=Hyperbaric%20oxygen%20therapy%20(HBOT)%20has,20%20years%20ago%20(1).)
3. **HBOT In Anti Aging And Improvement Of Brain Function**
<https://www.sciencedaily.com/releases/2020/11/201120150728.htm>
4. **HBOT In Cardiac Issues**
<https://hyperbaricsorlando.com/hbot-and-heart-health-can-hyperbaric-oxygen-therapy-improve-cardiac-function/>
5. **HBOT In Kidney Diseases**
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0226974>
6. **HBOT In Liver Diseases**
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6036079/#:~:text=HBOT%20in%20liver%20diseases.,attenuate%20sepsis%20induced%20liver%20injury.>
7. **HBOT In CNS Involvements**
<https://www.amenclinics.com/blog/3-surprising-ways-hyperbaric-oxygen-therapy-helps-brain-health/>
8. **HBOT In Increasing Telomere Length**
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7746357/>
9. **HBOT Can Reverse Ageing Process**
<https://scitechdaily.com/holy-grail-hyperbaric-oxygen-treatments-reverse-aging-process-in-first-clinical-trial/>
10. **HBOT Can Reverse Ageing**
<https://www.sciencedaily.com/releases/2020/11/201120150728.htm>
11. **HBOT In Wound Healing**
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3495382/>
12. **Ozone In Diabetic Foot And Ulcers**
<https://www.thehindubusinessline.com/news/science/ozone-therapy-seen-as-a-promising-alternative-for-diabetes-treatment/article33115904.ece>
13. **Ozone In Hypertension**
<https://salvagente.co.za/ozone-saunas/high-blood-pressure-and-ozone-therapy/>
14. **Ozone In Cardiac Issues**
<http://www.miraklewellnessclinic.com/services/details/ozone-therapy-in-heart-disease>
15. **Ozone In Detoxification**
<https://shawellnessclinic.com/en/shamagazine/the-benefits-of-ozone-therapy-for-health/>
16. **Ozone In Wellness**
<https://www.purehealthmedicine.com/blog/benefitssofozonetherapy>
17. **Gut Clensing**
<https://www.phwcbermuda.com/best-gut-cleanse>

Additional Treatments Available



Regenerative Medicine



Operation Theatre



Regenerative Laboratory

Weight Loss



CoolSculpting®



12-Channel ElectroGym



Deep Heat Cellulite Therapy



Cryolipolysis

Cosmetology



Hydrogen Oxygen Bubble (H2O2) Hydrafacial



SRF Positive Radio Frequency



High Intensity Focused Ultrasound (HIFU)

Our Wellness Institute



Reception



Comfortable Rooms



Rehabilitation Area



Accommodation Floor



KLS Wellness Institute & NeuroGen Annexe



POWERING YOUR IMMUNITY

Sanpada, Navi Mumbai



KLS Wellness Institute & NeuroGen Annexe

Plot No. 34, Sector-6, Sanpada, Navi Mumbai - 400705, India.

Web : www.klswellness.com

Email : contact@klswellness.com

Tel.: 022 - 27757755 / 022 - 27752266

For Medical Queries:

Dr. Heena Sayed

+91 7304 441 171

Dr. Pallavi Khubchandani

+91 7304 489 774

For Administrative Queries:

Ms. Monica Vachhani

+91 8828 200 400

Ms. Rakhi Chitrakar

+91 9136 200 400