

INTRODUCTION TO RE-ALIGN :

PCOD and fertility issues are on the rise, both can lower the chances of natural conception. If you are someone looking to regularize your periods and improve your chances of conception, Re-align is a specialized, integrative, and tailor-made program that carries a holistic approach to help you achieve your goal.

The program aims at giving personalized care, through Homoeopathy, Yoga, Nutrition, Osteopathy & Accupuncture.

Spread over three months this unique & integrative approach is carefully designed by Prana - the worlds first Homoeopathy Yoga Centre & conducted by subject matter experts in each field.

Connect with us

020 66482200 / 22
prana_hyc@bajajauto.co.in
www.prana-hyc.com

9th floor, Bajaj BrandView,
Wakdewadi, Pune 411003

RE-ALIGN



*Together let's
treat PCOS
& Infertility
the Holistic
way*

HOMOEOPATHY

Homoeopathy believes that dis-ease states originate at the level of energy and vibration. Our thoughts, emotions, life experiences, and actions play a significant role in our health, by the time we experience physical symptom, the imbalance has actually been going on for some time. In Homoeopathy we identify the root cause of this disturbance and give an appropriate medicine prepared from natural resources to help you Re-Align this energy and restore normal function.

NUTRITION

Diet has a very significant role in the management of PCOS & Infertility. A well balanced nutritious diet with anti inflammatory and low GI foods help in Weight management and Insulin Resistance. We all know that weight gain with PCOD is very common along with other typical symptoms, hence eating the right foods in right quantities is absolutely mandatory. Even a modest amount of weight loss can begin to reverse symptoms of PCOD. Our PCOD diet plans are completely holistic, well balanced with focus on local and seasonal foods. We do not prescribe any crash diets or unnecessary use of dietary supplements.

YOGA

Yoga - The benefits of this ancient practice on the overall health are well known. In the Re-Align program, we include some special Asanas and breathing techniques that are ideal for P.C.O.D and fertility. These Asanas and breathing techniques play a vital role in reducing stress and detoxifying your body, aligning your hormones and improving your chances of having regular period and conception.

OSTEOPATHY

Osteopathic treatment for infertility and PCOS seeks to improve functions of circulatory system, nervous system, hormonal system, visceral organs, and musculoskeletal system as well as release of emotional stress. Combination of cranial and visceral Osteopathic manual therapy releases tension in and around the pelvic floor, improve fluid flow and other soft tissue health. This soft manual therapy is also applicable in an area that has influence over other areas of the body thus achieving the desired outcome.

ACUPUNCTURE

Acupuncture is a branch of traditional oriental medicine that helps to regulate the flow of Qi-Life Force energy to bring about an equilibrium between different systems in the body. The procedure causes a host of Hormonal, Biochemical, Biophysical, Neuronal, and Physiological changes. These processes stimulate the body's own healing and rejuvenation. In cases of infertility and PCOS, realignment is achieved by stimulating the dormant ovarian and hormonal functions; removal of stagnancy and stasis of the reproductive organs and synchronizing the supportive physiological processes with the reproductive system. This ultimately helps in resolutions of the symptoms and cure, as the underlying pathology gets corrected by the body's own healing mechanism. At Prana we practice Traditional Medical acupuncture that integrates traditional oriental principles and modern medical investigations, thus providing quality care.

Fees : Rs. 20,900
(For the duration of 3 months)

42 sessions just at less than Rs. 500 per session