

KLS Wellness Institute & *NeuroGen Annexe*

POWERING YOUR IMMUNITY

Sanpada, Navi Mumbai



**Your Health
Comes First!**

Integrative Therapies
for your wellbeing

About KLS Wellness Institute

KLS Wellness Institute & NeuroGen Annexe brings you a unique combination of traditional and modern medicine to strengthen your immunity. We personalize these cutting edge therapies to help you fight viral infections, rejuvenate and restore your vitality, and bolster your health.

Our state-of-the-art facility is built to provide pioneering technologies under one roof to boost your immunity. Oxygen therapies, including Hyperbaric Oxygen Therapy and Ozone Therapy boost your body's oxygen content, thus improving tissue function; Ozone Therapy also activates the body's natural antioxidant response. This in turn fine-tunes the body's immune response. IV Vitamin Therapy replenishes the body's essential vitamins and minerals; Gut Cleansing improves digestive health, further strengthening your immunity. Infrared Sauna uses heat to relax muscles and reduce pain; and Acupressure/Deep Tissue Mobilization provide targeted pain relief, revitalizing your body. These customized therapies work synergistically to supercharge your immunity on all fronts.



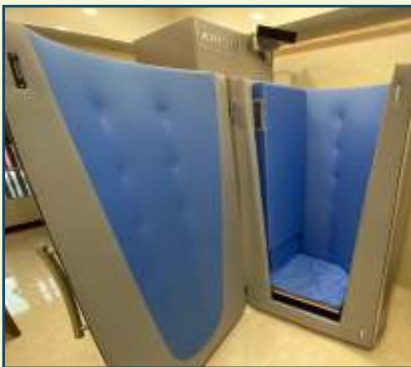
Hyperbaric Oxygen Therapy



Ozone Therapy



Hydro Colon Therapy



Whole Body Cryotherapy

Pioneering Technologies that Combine Modern and Traditional Medicine to Supercharge Your Immunity



Infrared Sauna



Acupressure



IV Vitamin Therapy



Pulmonary Rehabilitation

Introduction

At KLS Wellness, our vision is to have the society we live in to become healthy and happy through our healing protocols. We research, innovate, and use trailblazing technologies to help our patients. We aim to set a gold standard for healthy living by detoxifying your body and building your immunity. The COVID-19 pandemic has weakened our physical, mental, and emotional health; we aim to alleviate our community from the aftershocks of COVID-19 as well, by offering cutting-edge therapies to provide innovative post-COVID-19 care and strengthening your immunity.

COVID-19 or not, these therapies boost well-being and immunity. Seasonal illnesses, such as common cold, cough and other infections, fast-paced and stressful lives all contribute to lowering immunity. Lifestyle disorders such as diabetes, obesity, hypertension, stroke, cardiac disorders, various psychosomatic stress disorders and neurodegenerative diseases, osteoarthritis, endocrine problems, cancer, menstrual & sexual dysfunction problems have significantly increased. It is thus imperative to continue caring for our bodies and minds, by tending to their needs regularly and consistently.

The mission of KLS Wellness is to return us all to a balanced sense of physical and emotional health, using a combination of the most modern medical tools combined with the age-old traditional Indian practices of healing. This is done by optimizing our immune system and ridding the body of accumulated toxins, thereby empowering the body and mind to heal itself naturally. Our work is based on safety, simplicity, and rigorous scientific treatments and protocols.

These therapies are extremely effective in combating every kind of health issue, not just the post-COVID-19 syndrome. We serve to ensure that you get a customized plan based on your needs, designed by our experts to bring out the best in you!

The scientific benefits of these treatments on a cellular level have been shown in various scientific and medical publications. What makes these treatments appealing is that they are non-invasive, very safe, and have no side effects. These simple & safe treatments from across different specialties of Modern and Traditional Medicine under one roof heal your body, refresh your mind, and empower you to live healthy!

■ WHAT TO EXPECT

At KLS Wellness Institute, our focus is on boosting your immunity and enhancing your well-being. This includes providing robust post-COVID-19 care to prevent complications arising from COVID-19. When you come to our institute, our expert medical team, which includes doctors and therapists, will assess you thoroughly. Then, detailed investigations will be done, which may include blood tests, biochemical, serological, physiological, and imaging tests. Hormonal assays may also be performed. Specific biomarkers for COVID-19 will be used to monitor outcome of different therapies. If you have not had COVID-19, tests will be performed to tease out underlying medical conditions that are not presently obvious, but are dangerous if ignored and may cause lasting damage. Based on clinical assessment and investigation results, a comprehensive and personalized therapy protocol will be designed. These Integrative Therapies act at both macro organ level and micro-molecular level to improve your immune functioning.

The individualized therapy program ensures that you get maximum benefits during your treatment with us. You can start off with our Day Care Post-COVID-19 Rehabilitation Program or our Day Care Immunobooster Wellness Program. Our team of experts will assist you and design a program that best suits your needs, which you can avail on an OPD basis, or as part of a Day Care or Long Term package. Contact us to know more, and power your immunity!

What can be treated

General Medical Conditions



Diabetes



Cancer Palliation



Psychosomatic Stress



Osteoarthritis/
Spinal Spondylosis



Obesity



Menopause Management

Neurological Conditions

Pediatric



Autism



Cerebral Palsy



Intellectual Disability



Pediatric Muscular Dystrophy

Adult



Spinal Cord Injury



Stroke



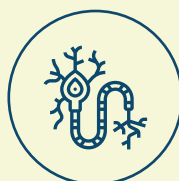
Adult Muscular Dystrophy



Alzheimer's Dementia



Traumatic Brain Injury



Motor Neuron Disease/
Amyotrophic Lateral Sclerosis



Headache and Migraine



Other Neurological Disorders

What can be treated

■ Post COVID-19 Syndrome

COVID-19, like other viral infections, wreaks havoc on all systems of the body. Post COVID-19 syndrome presents differently in every individual; not everyone will have the same experience. Personalized Integrative Therapies offered at KLS Wellness Institute, Navi Mumbai, can effectively treat Post-COVID-19 syndrome.

Headaches, Migraines, Vertigo,
Nausea, Dizziness/Giddiness

Excessive/Disturbed/No sleep,
Confusion, Lack of focus, Mind fog,
Memory problems, Depression,
Anxiety, Stress, Skin rashes, Fear,
Mood swings, Executive dysfunction

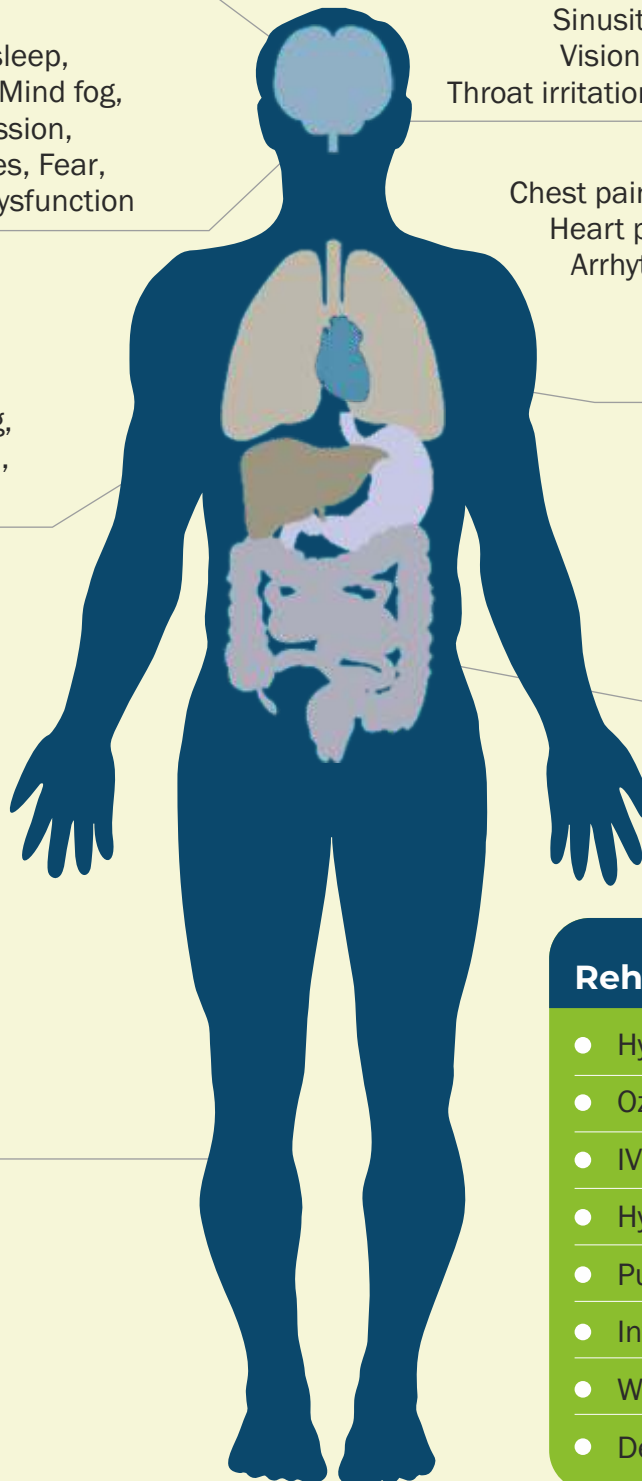
Breathlessness, Wheezing,
Fatigue, Reduced stamina,
Excessive tiredness

Muscle weakness,
Muscle aches and pains,
Joint pain, Myalgia,
Low Back pain,
Pain in legs,
Pain below the knees

Ear pain, Reduced sense of smell & taste,
Sinusitis, Repeated common cold,
Vision problems, Sicca syndrome,
Throat irritation, Sputum, Cough, Tonsillitis

Chest pain, Palpitations, Tachycardia,
Heart problems, Myocardial injury,
Arrhythmia, High blood pressure,
Swollen feet, Puffy face,
Clubbed fingernails,
Reduced activity daily living

Lack of appetite, Vomiting,
Abdominal pain/cramps,
Rapid weight loss, Nausea,
Increased blood glucose,
Diarrhea, Constipation,
GI Bleeding, Jaundice



Post COVID-19 Rehabilitation Program

- Hyperbaric Oxygen Therapy
- Ozone Therapy
- IV Vitamin Therapy
- Hydro Colon Therapy
- Pulmonary Rehabilitation
- Infrared Sauna
- Whole Body Cryotherapy
- Deep Tissue Mobilization

What can be treated



Diabetes

Diabetes is a metabolic disease which causes insufficient insulin production or low sensitivity to insulin. Prolonged periods of high sugar levels in the blood can damage many areas of the body, including the eyes, kidney, feet, etc.

Despite conventional treatment of diabetes by medications or injections, there are high incidences of diabetic complications. Current treatment should be continued with your physician when integrative therapies are available. Integrative therapies are used in adjunct to standard treatments to address the complications arising from Diabetes.

Integrative therapies that can be offered:

- Hyperbaric Oxygen Therapy
- Ozone Therapy
- Naturopathy
- Physiotherapy
- Hormonal Therapy
- IV Vitamins Therapy
- Infrared
- Yoga



Obesity

Obesity is a complex disease involving an excessive amount of body fat. It is often multifactorial, based on both genetic and behavioral factors. It is a medical problem that increases your risk of other diseases and health problems, such as heart disease, diabetes, high blood pressure and certain cancers.

Despite a conventional diet and exercise regimen, many people are unable to tackle obesity and its complications. Integrative therapy is a multi-pronged approach towards weight management and prevention of complications.

Integrative therapies that can be offered:

- Weight Loss
- Infrared Therapy
- Whole Body Cryotherapy
- IV Vitamin Therapy
- Deep Heat Therapy
- Naturopathy
- Hydrocolon Therapy
- Cool Sculpting
- Physiotherapy
- Hormone Therapy
- Cryolipolysis
- Counseling

What can be treated



Osteoarthritis/Spinal Spondylosis

Osteoarthritis is a joint inflammation that results from cartilage degeneration. It can be caused by aging, heredity, and injury from trauma or disease. The primary treatment is advised by your orthopedic surgeon or rheumatologist. However integrated treatment can slow down the progression and give symptomatic relief.

Spondylosis refers to degenerative changes in the spine such as bone spurs and degenerating intervertebral discs between the vertebrae. In advanced cases surgical decompression may be required whereas early stages can be managed by various forms of rehabilitation; and integrative treatment can be helpful .

Integrative therapies that can be offered:

- Ozone Therapy
- Hyperbaric Oxygen Therapy
- Acupressure
- Naturopathy
- Hormone Therapy
- IV Vitamins Therapy
- Physiotherapy
- Hydrocolon Therapy
- Yoga
- Cellular therapy
- Infrared Therapy
- Weight Management



Menopause Management

Menopause is the process through which a woman ceases to be fertile or menstruate. It is a normal part of life and is not considered a disease. But menopause causes lot of discomfort and increases risk of developing diseases such as hypertension, heart disease, cancer etc. The primary management is as advised by a gynecologist. However, Integrative treatment may help in giving symptomatic relief.

Integrative therapies that can be offered:

- Hormone Therapy
- IV Vitamin Therapy
- Ozone Therapy
- Hyperbaric Oxygen Therapy
- Naturopathy
- Counseling
- Yoga

What can be treated



Psychosomatic Stress

Health is a state of complete physical, mental, and social well-being, and not merely the absence of a disease. A psychosomatic disorder involves both the body and mind. These diseases have physical symptoms originating from mental or emotional issues. When these psychological entities are not perceived properly, it may result in somatic disease.

Standard treatment with your physician or psychiatrist should be considered. Integrative therapy can be added to improve both physical and mental symptoms.

Integrative therapies that can be offered:

- Ozone Therapy
- Hyperbaric Oxygen Therapy
- Naturopathy
- Hormone Therapy
- Hydrocolon Therapy
- Acupressure
- Cryotherapy
- Counseling
- Yoga



Cancer Palliation

Cancer is an abnormal, uncontrolled division of cells that can invade nearby tissues. Cancer cells can also spread to other parts of the body through the blood and lymph systems.

The primary treatment of cancer includes a combination of surgery, radiotherapy, chemotherapy. Despite the best medical treatment, cancer can reoccur. Also, patients become debilitated post treatment. The integrative therapies are not a cure for cancer, but an attempt to improve the overall quality of life of the patient and may possibly prevent re-occurrence.

Integrative therapies that can be offered:

- Ozone Therapy
- Hyperbaric Oxygen Therapy
- Hydrocolon Therapy
- Hormonal Therapy
- Hydrotherapy
- Naturopathy
- Physiotherapy
- Counseling
- Infrared
- Yoga
- IV Vitamin Therapy

Hyperbaric Oxygen Therapy (HBOT)



HBOT at KLS Wellness



■ ABOUT HBOT

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 mins. 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 producing the 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 comfortably watch your favorite movies and programs on the screen outside, listen to music, or even go to sleep. A parent may accompany their child within the chamber.

As the atmospheric pressure rises, you may experience fullness or a pressure in the ears, similar to when you are in flight or on a mountain. 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. As the session ends, you may experience some fatigue or even hunger, which is absolutely normal. This gets better as soon as you eat something.



Ozone Therapy



Ozone Therapy at KLS Wellness

■ 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. 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 activity. Further, it also has anti-coagulant effects, which improves the blood flow to hypoxic tissue in the body.

Ozone is also an excellent germicide. Many clinical studies since then have shown that it is an excellent antiviral agent, and is effective against viruses such as herpes zoster, HIV, Hepatitis B and C. It is a potent immunomodulator that can effectively provide post-COVID-19 care.

■ 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 funneling, Ozone Sauna & Breathing Ozone Through Oil (BOTO). Internally, it may be given through the rectal route or the ear or through both routes. None of these administrative routes of ozone therapy are painful, nor do they cause any discomfort. The ozone therapy process can take upto 10 - 15 mins. In pediatric cases, during both rectal route & ear insufflation, the parent or guardian can accompany the child while the child can be kept engaged in their favourite video, etc. For the rectal route, ozone therapy is given through a small tube which is inserted into the rectum, while the gaseous ozone is injected via a syringe or ozone rectal bag. For ear insufflation, ozone therapy is given via a stethoscope which is inserted in the patient's ear.

Therapies Offered

IV VITAMIN THERAPY



Vitamins and minerals are the building blocks of our body. The entire body's metabolism requires vitamins and minerals for proper functioning. IV Vitamin Therapy 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, and plays a major role in care post-COVID-19. It is administered intravenously, and may include IV Myer's cocktail, IV Glutathione, IV N-Acetyl Cysteine, IV Vitamin C, etc.

HYDROCOLON THERAPY / ENEMA

Your gut performs the vital function of absorbing nutrition from the food you eat. Gut cleansing/Enema has numerous benefits: it removes toxins from your digestive tract, which strengthens your immunity, improves digestion of nutrients, increases energy and mental clarity, reduces digestive issues and revives the gut flora. Intestinal function improves, thus improving your health. This method flushes out the colon by sending water into the gut through a tube inserted into a rectum by a trained technician. The Enema may also contain an infusion of Neem oil, which is a potent germicidal and has various health benefits. This helps in the digestive issues that may present post-COVID-19.



Hydrocolon Therapy at KLS Wellness

PULMONARY REHABILITATION



Pulmonary Rehabilitation at KLS Wellness

Pulmonary Rehabilitation or Respiratory Rehabilitation is an evidence-based approach to that uses principles of biomechanics to restore, maintain, or increase lung function. A multidisciplinary team formulates a treatment plan for patients that include exercises to reduce symptoms; improves knowledge of lung condition and promotes self-management; increases muscle strength, endurance, and exercise tolerance; and functions better in day-to-day life. This is critically important for management of post-COVID-19 symptoms, and restoring the body to its full health.

INFRARED SAUNA

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 improves oxygen in our body, accelerates healing of deep tissues and relieves pain.

It uses red lower level wavelength of light to treat skin tissues and for detoxification of the body. It is beneficial for pain and myalgia relief, muscle relaxation, full body detox, chronic fatigue syndrome, chronic wound healing, stress relief, and sleep problems- all of which have to be addressed in post-COVID-19 care.



Infrared Sauna at KLS Wellness

WHOLE BODY CRYOTHERAPY



Whole Body Cryotherapy at KLS Wellness

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 -140°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 that are consequences of COVID-19.

ACUPRESSURE/DEEP TISSUE MOBILIZATION

Acupressure/Deep Tissue Mobilization has several long-lasting benefits, especially in helping the body's immunity strengthen. Mobilization of deep muscle and connective tissue to enhances the muscle's function, and promotes relaxation and well-being. It also relieves muscle tension and pain, increases flexibility and mobility and helps clear lactic acid and other waste which reduce pain and stiffness in muscles and joints, effectively improving circulation and thus providing targeted pain relief. This enables a better supply of oxygen and other nutrients to various organs and tissues, while ridding the body of toxins. This is especially important in boosting immunity post COVID-19, or fending off the virus.



Acupressure at KLS Wellness

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)

Packages

OPD ■ Daycare ■ Long-Term



HBOT



Ozone Therapy



IV Vitamin Therapy



Hydro Colon Therapy/Enema



Pulmonary Rehabilitation



Medical Consultation



Infrared Sauna



Whole Body Cryotherapy



Acupressure/Deep Tissue Mobilization



Pranayam Yoga

Sample 1 Day Program (8 am to 7 pm)

(Customized Per Person)

ADMISSION



08.00 am

PRANAYAM YOGA



09.00 am

MEDICAL CONSULTATION



10.30 am

OZONE THERAPY & GUT CLEANSING



12.00 pm

EXPERT LECTURE



08.30 am

HEALING BREAKFAST



09.30 am

ACUPRESSURE/DEEP TISSUE MOBILIZATION



11.00 am

WHOLESOME LUNCH



01.00 pm

PULMONARY REHABILITATION



03.30 pm

IV VITAMINS



05.30 pm

DISCHARGE



07.00 pm

HBOT



02.30 pm

WHOLE BODY CRYOTHERAPY / INFRARED SAUNA



04.30 pm

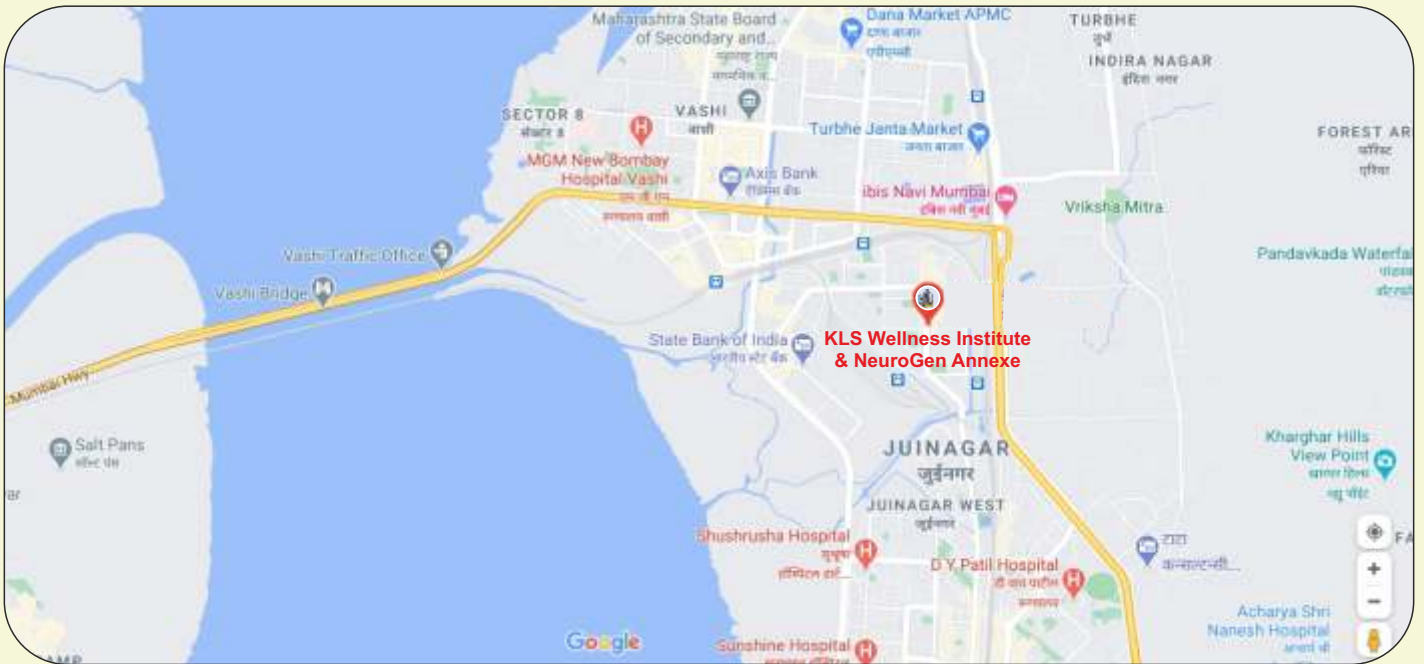
HEALTHY SNACKS



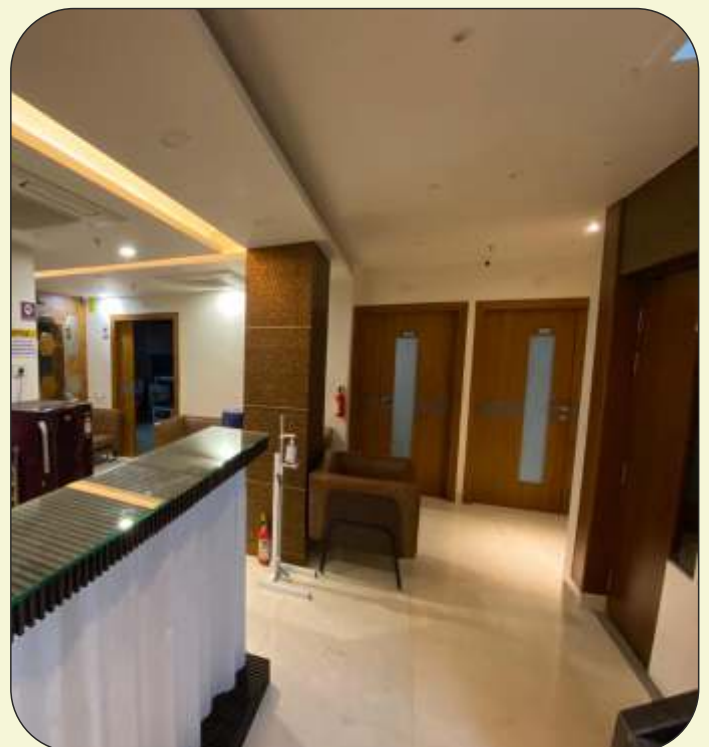
06.00 pm

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Our Location



Our Accommodation





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Sanpada, Navi Mumbai



KLS Wellness Institute & NeuroGen Annexe

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