



### ➤ *Ananda Rebalance*

The Ananda Rebalance programme applies *traditional oriental* therapies to address hormonal balance, specifically for menopause in women and also to address changes in testosterone and other hormones in men. This *healing* approach focusses on the blockage of energy flowing through the *fourteen* meridians. Intensive therapies are then used to balance its flow, relieve pain, improve energy flow and vitalise systems intrinsically.

## Menopause

Menopause refers to the period of time when a woman's hormone levels start to change. The transition phase before menopause is often referred to as Perimenopause. During this transition and well into the onset of menopause, the production of estrogen and progesterone decreases. It is the big drop in estrogen levels that causes most of the symptoms of menopause.

### Acupuncture as an alternate treatment methodology

Hormone replacement therapy (HRT) though used widely to address Menopause has several side effects. Studies using Acupuncture have shown that Vasomotor symptoms (VMS), which include hot flashes and night sweats and other menopause symptoms), declined significantly.

### Hormonal Changes in Men

In men, testosterone helps maintain and develop muscle mass, adequate levels of red blood cells, bone density, sense of well-being, sexual and reproductive function. Symptoms of low testosterone depend on the age of person, and include decreased sense of well-being, depressed mood, difficulties with concentration and memory, fatigue, moodiness and irritability and loss of muscular strength, low sex drive, and erectile dysfunction.

Acupuncture, herbal medicine, cupping therapy, moxibustion, and therapeutic exercises and each of them can increase testosterone levels. Combining these methods can lead to an even better outcome.

## Rebalance

## COMPREHENSIVE

*Inclusions*

7 nights

14 nights

### THERAPIES

|               |    |    |
|---------------|----|----|
| Oriental      | 11 | 21 |
| Ayurveda      | 1  | 2  |
| International | 2  | 4  |

### PERSONAL SESSIONS

|            |   |   |
|------------|---|---|
| Yoga       | 1 | 3 |
| Pranayama  | 1 | 1 |
| Meditation | 1 | 2 |

### CONSULTATIONS

|                   |   |   |
|-------------------|---|---|
| Oriental          | 1 | 1 |
| Physiotherapy     | 1 | 1 |
| Emotional Healing | 1 | 1 |

