



## Hormonal Balance



### ➤ *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.

**Who is this programme for:** Overall for those experiencing hormonal changes and imbalances. Specially for women experiencing peri-menopause, and menopause related issues.



## 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			Intensive		
Inclusions   Nights:	7	14	21	7	14	21
<b>THERAPIES</b>						
Ayurveda, International, Oriental	11	22	35	18	36	53
<b>PERSONAL SESSIONS</b>						
Yoga, Pranayama, Meditation	3	6	10	3	6	10
<b>CONSULTATIONS</b>						
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	9	10	11	9	10	11

\*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

## Consultations with Lead Consultant – Traditional Chinese Medicine Doctor

On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. Comprehensive and Intensive wellness programmes include consultations with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.

