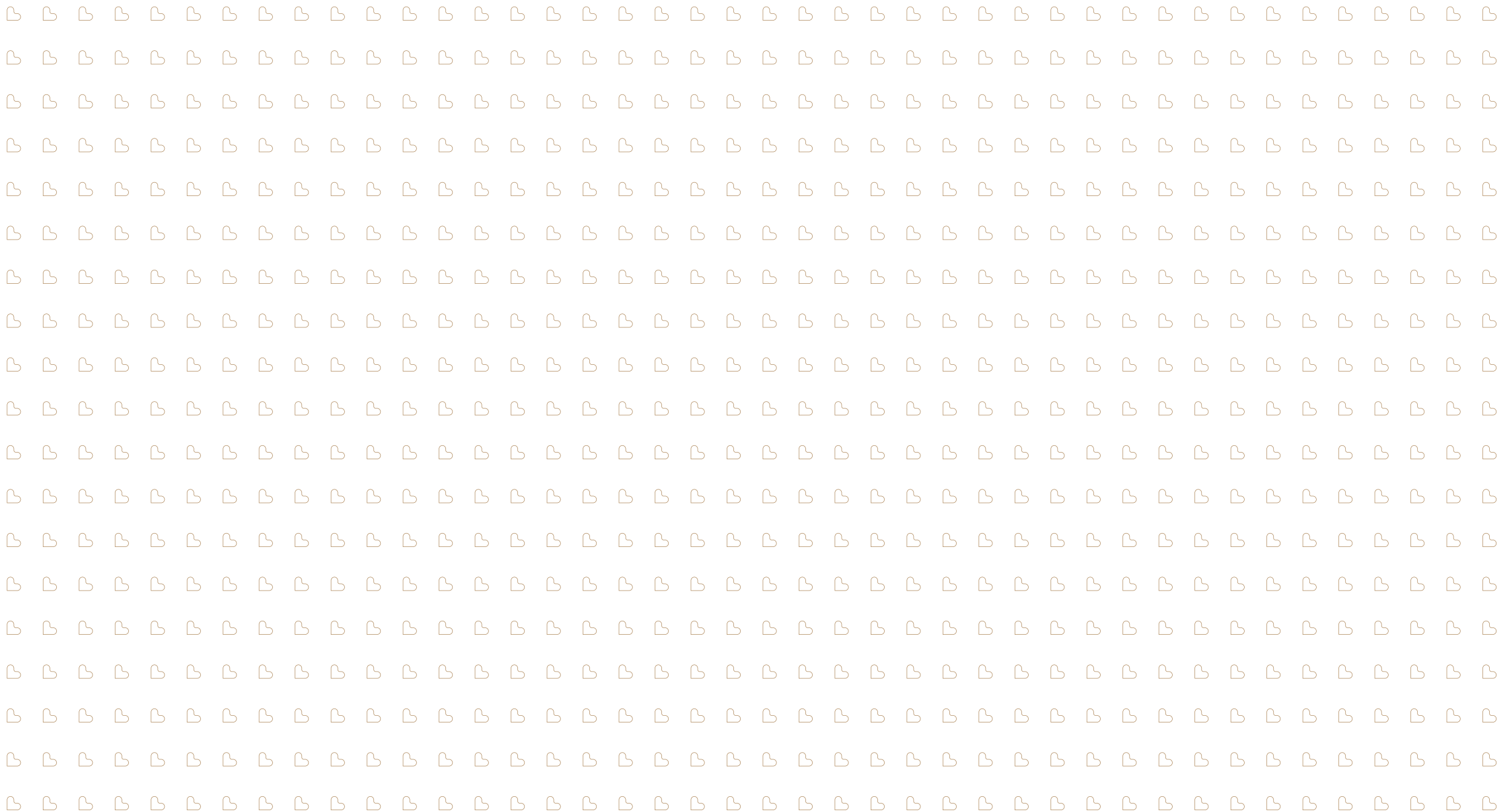
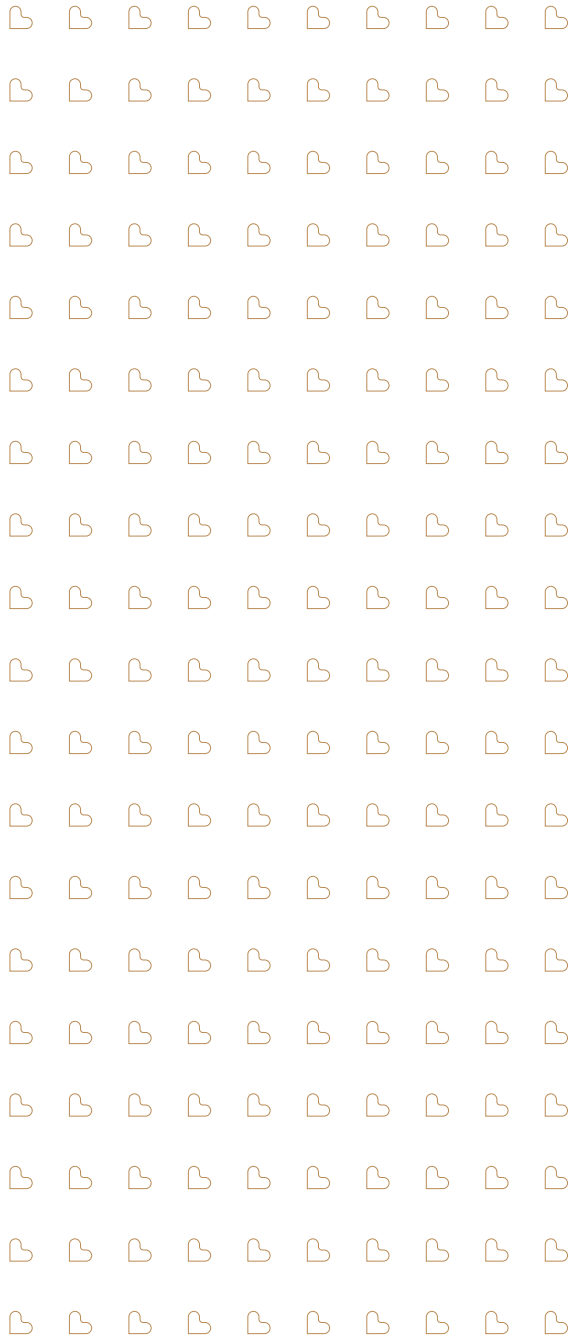




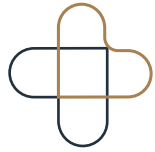
#DiscoveraNuYou





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- Introduction 01
- What Can NuHealth Do For You? 02
- Our Method 03
- Our Treatments 04
- Infusion Therapy Menu 28
- Why Choose Infusion Therapy? 29
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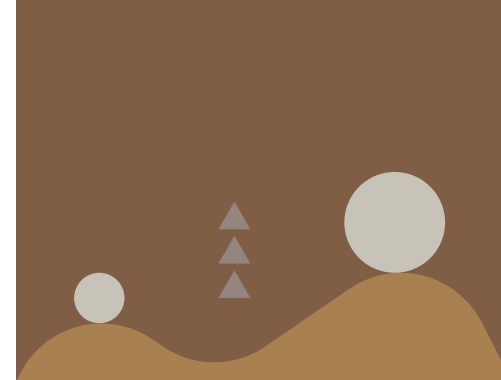
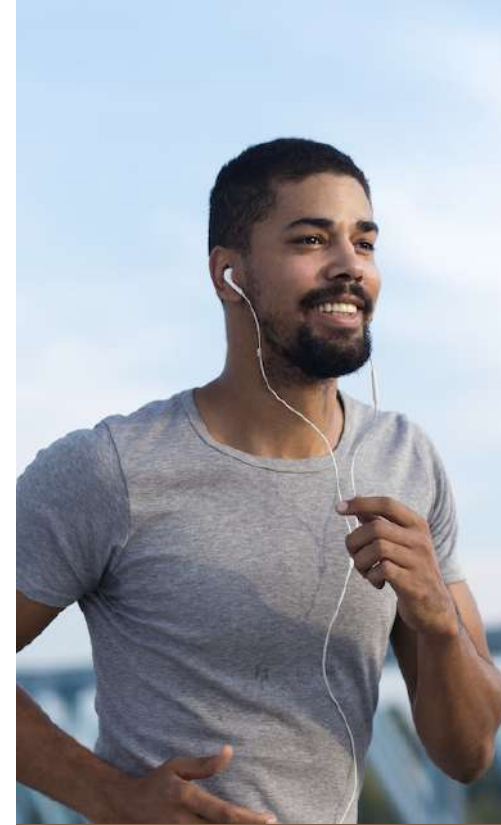
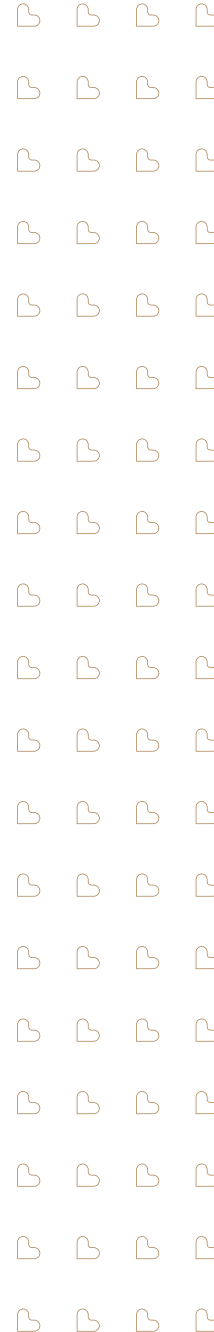


## INTRODUCTION

# Innovative treatments for a healthier, age-defying you.

NuHealth is a holistic health centre that provides full-spectrum medically validated treatments with a customised, data-driven approach to address your unique health concerns, both known and unknown.

We deliver results by replenishing nutrients in your body in order to help you live life to the fullest. We understand the importance of privacy and take all necessary measures to ensure it. We bring the convenience of treatment to your doorstep, allowing you to take charge of your own holistic wellbeing and optimise your health rather than simply managing symptoms. Start your Journey from the convenience of your home or office.



# WHAT CAN NuHealth Do For You?

We offer complete flexibility and discretion, our team will visit you at your convenience, at your home or office. You could opt for an online consultation, or even visit our holistic health and wellness centre.

## Privacy is our Promise

At our state-of-the-art wellness centre, we understand that client privacy and confidentiality is of utmost importance. You can trust us to maintain strict protocols and take all the necessary measures to protect your privacy. Our team of experts are trained to handle client information with the utmost discretion and professionalism. We can assure you that your privacy is safeguarded with us.

## Quality with Affordability

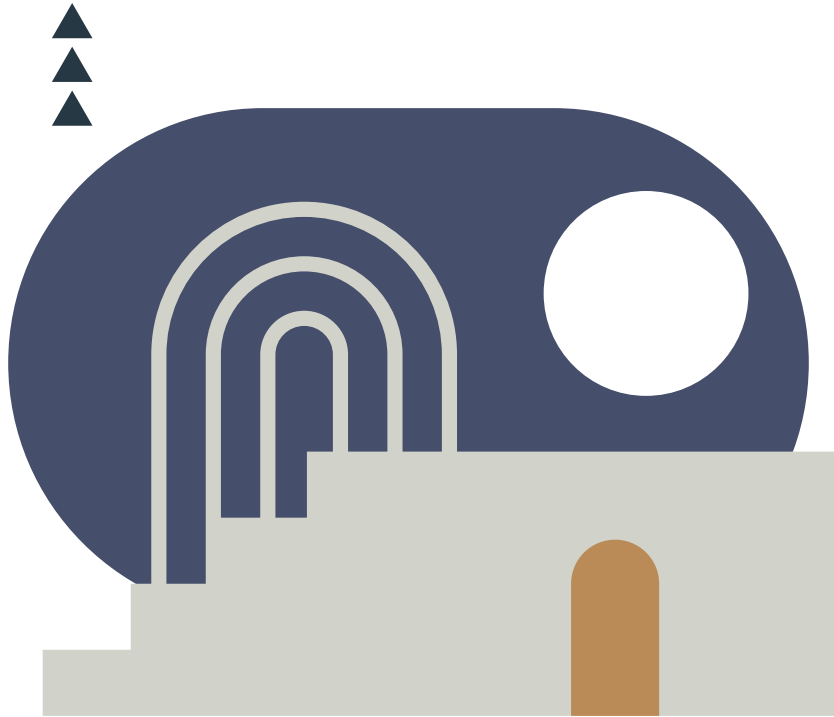
We offer affordable, high-quality treatments tailored to your unique needs for holistic wellness. Our experienced professionals use only the best materials and equipment to provide exceptional care that won't break the bank.



BETTER YOU. DISCOVER A NU YOU

## OUR METHOD

### Get on the NuHealth Programme



#### 01 SCHEDULE A CONSULTATION

We offer complete flexibility and discretion, our team will visit you at your convenience at your home or office. You could opt for an online consultation or even visit our holistic health and wellness centre. We recommend coming to our holistic wellness centre for your first consultation.

#### 02 INITIAL INVESTIGATION

Our approach is science-based and aims to target the root cause of the problem. We follow a strict protocol wherein we administer supportive treatments if required, on the basis of a detailed clinical consultation and/or investigations.

#### 03 CURATED PROGRAMME

We offer customised and curated treatment programmes for your unique needs and requirements. We work with you to develop treatment plans for you to achieve optimal health and wellness.

#### 04 PROGRESS FOLLOW UP

Our team will stay connected with you, closely monitor your progress and recommend the duration of your treatment based on your progressive blood and clinical reports.



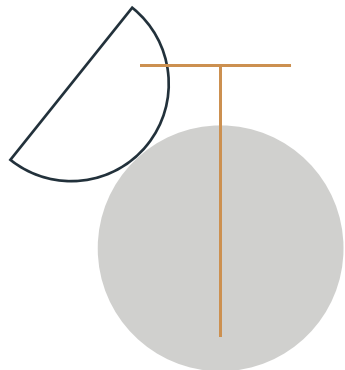
## OUR TREATMENTS

- ▶ Testosterone Balancing Therapy
- ▶ Gut Health
- ▶ Hormone Balancing Therapy
- ▶ Skin Health
- ▶ Anti Aging Treatments
- ▶ Weight Loss
- ▶ Sports Rehabilitation
- ▶ Post Operative Therapy
- ▶ PCOS Supportive Therapy
- ▶ Menopause Supportive Therapy

01

# Testosterone Balancing Therapy

Our Testosterone Balancing Therapy does more than just boost your libido. Testosterone contributes to your holistic health and it can begin dropping by the age of 40. Low Testosterone symptoms don't occur in an instant - they sneak up slowly over time, making it more likely for men to ignore and overlook them.





# LOW T LEVELS

With T levels starting to wane, the body begins to feel and behave differently.



**LOW  
SEX DRIVE**



**ERECTILE  
DYSFUNCTION**



**INCREASED  
BODY FAT**



**FATIGUE**



**LACK OF  
FOCUS**



**DECREASED  
MUSCLE MASS**



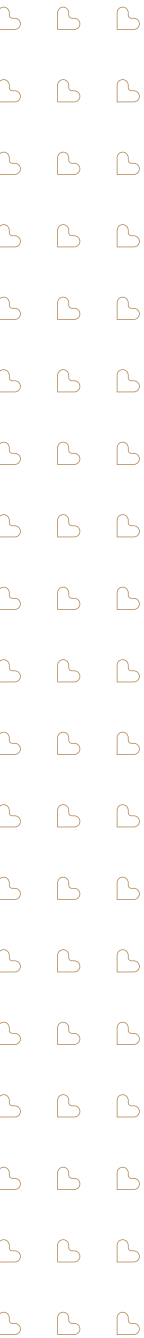
**LOW MOTIVATION**



**SLEEP DISTURBANCES**

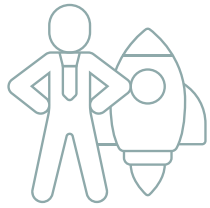
We want to work with you to create a customised treatment plan, suited to your needs and symptoms, in order to help you feel like yourself while restoring healthy testosterone levels- with NuHealth, this has never been easier.

Our doctors and medically validated protocol will ensure that your program is tailored to fit your needs so you can get on top of your game and combat all your symptoms with ease.



# BENEFITS

Boost energy and vitality with NuHealth's Testosterone Balancing Treatment - a clinically proven testosterone boosting formula designed for all men, who have the inclination to restore their confidence, concentration and control. Unlock the Youth Gene, so you can live the life you've always wanted, schedule a consultation with us for more details.



**IMPROVED  
SEXUAL DRIVE**



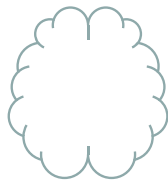
**INCREASED  
BONE DENSITY**



**REGULATED  
FAT DISTRIBUTION**



**LIFTED  
MOOD**



**ENHANCED  
MENTAL SHARPNESS**



**IMPROVED  
MUSCLE MASS**



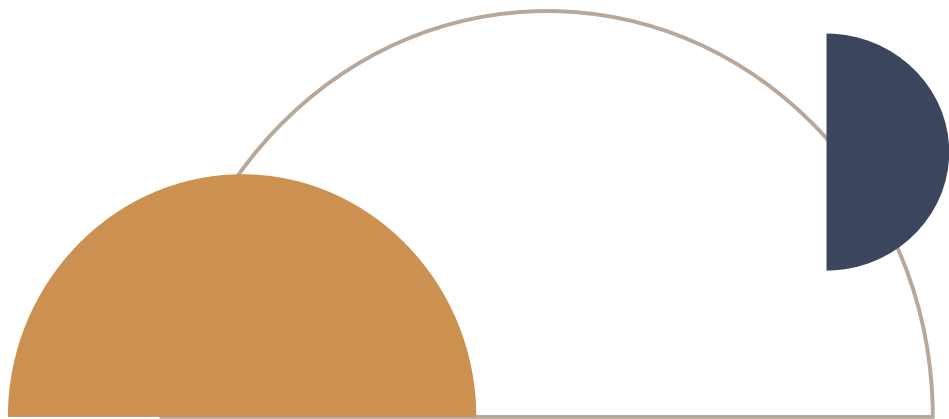
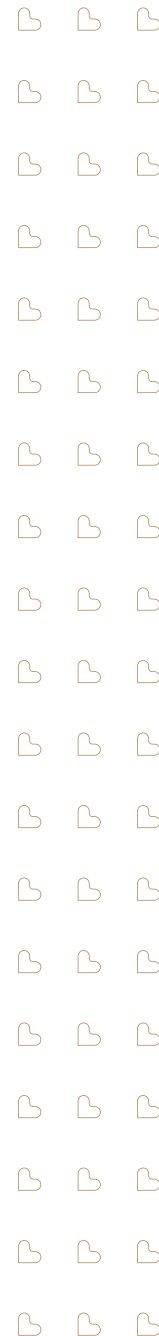
**MORE ENERGY**

02

# Gut Health Therapy

Keeping your gut health in check isn't just a matter of scooping the right probiotics into your smoothie. It's about properly caring for the positive bacteria that makes up your microbiome.

Did you know that 70% of your immune system resides in your gut? A healthy digestive system is essential to overall health.





## HOW WE IMPROVE YOUR GUT HEALTH?

Maintaining a healthy gut involves more than simply taking probiotics. It's about adopting a holistic approach to care for the bacteria comprising your microbiome.

At Nu Health, our mission is to assist you in uncovering a new version of yourself by providing holistic and supportive treatments. We elicit a detailed history and conduct an extensive assessment, known as "Your Gut Health Kit," which provides a thorough understanding of your gut's condition.

Through comprehensive analysis of the results, we develop personalized treatment plans tailored to your specific needs and requirements. These plans may include infusion therapy, supplementary holistic treatments, or dietary modifications. Experience the transformative power of our customized approach to holistic wellness.

## DO I NEED THIS?

Perhaps you have suffered from one or more of the following symptoms, these may all be a sign that something is wrong with your gut health.

POOR SLEEP & ENERGY LEVELS

NAUSEA & VOMITING

DIGESTIVE ISSUES

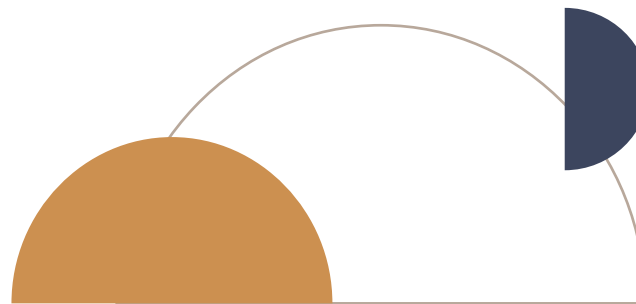
UNCONTROLLED CRAVINGS

FOOD SENSITIVITIES

## BENEFITS

Gut microbiome testing offers several benefits for overall health and well-being. By analyzing the composition and diversity of the gut bacteria, it provides valuable insights into the individual's gut health status. This information can help identify imbalances or dysfunctions in the microbiome, which are linked to various health conditions.

Gut microbiome testing allows for personalized dietary and lifestyle interventions to optimize gut health, improve digestion, boost immune function, and support mental well-being. It can also guide the selection of targeted probiotics or prebiotics to restore a healthy balance of gut bacteria. Ultimately, gut microbiome testing empowers individuals to take proactive steps towards improving their overall health.

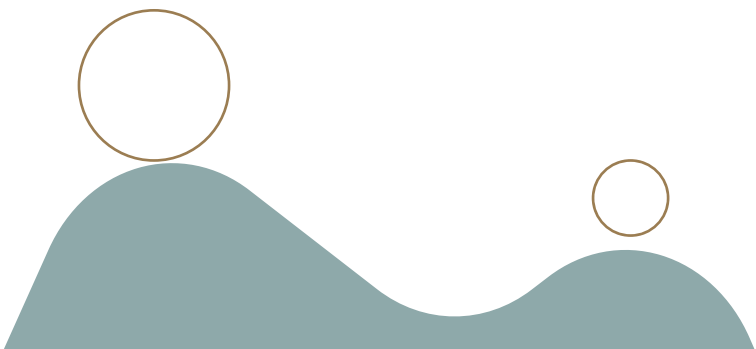
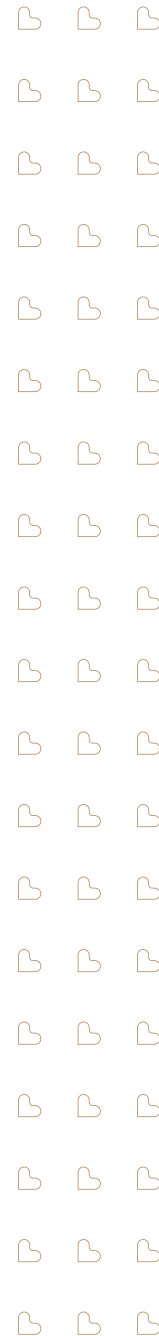


# 03

## Hormone Balancing Therapy

Are you feeling sluggish during the day? Are you sleeping poorly at night and waking up exhausted? Do you feel anxious, irritable and experience mood swings? Well, these are signs of hormonal imbalances.

When hormones are imbalanced, it can lead to a variety of health problems and symptoms, such as fatigue, weight gain, depression, low libido, hot flashes, and irregular periods.



# BENEFITS

Our hormone balancing IV drip is a curated mixture of essential fluids, electrolytes, vitamins, antioxidants and micro nutrients, made specifically for you in order to target your specific symptoms and replenish depleted nutrients in the body so that your hormone levels are allowed to return to normal, which can be life changing.



A SHARPER  
MIND



HIGHER ENERGY  
LEVELS



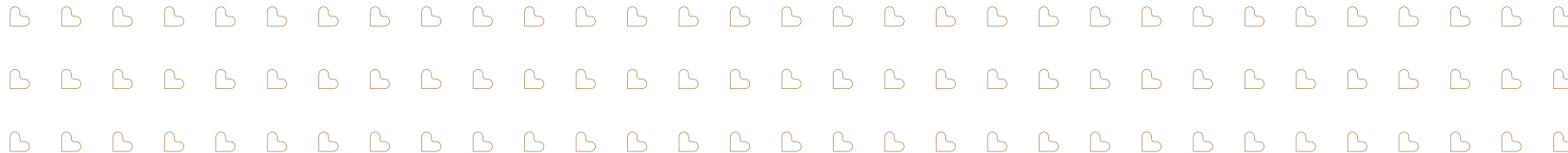
ELEVATE  
MOOD



DEEP, RESTFUL  
SLEEP



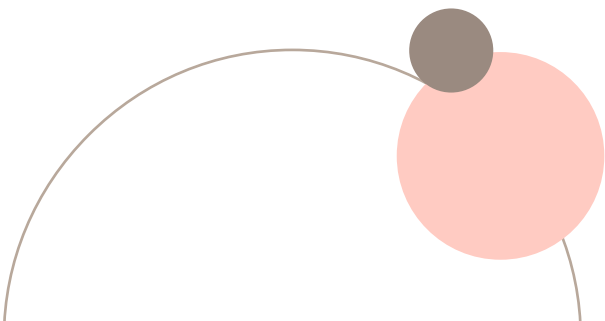
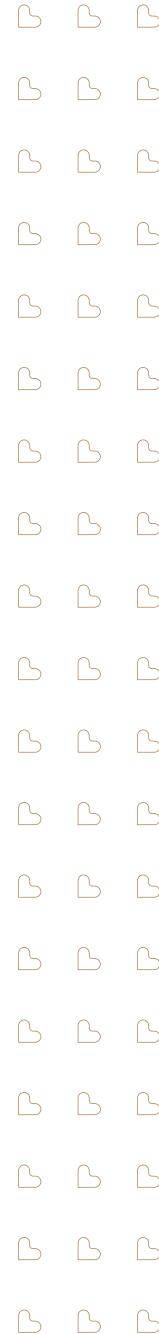
LESS STRESS  
& ANXIETY



# 04 Skin Health

Our skin is our body's largest organ, and should be treated with care, as it is also the one most exposed to wear and tear as we age. An intravenous cocktail of glutathione, minerals and Vitamins can help to reduce the appearance of dark spots on skin,improving the skin's overall tone, texture and overall appearance.

Maintaining healthy skin is crucial for both physical and emotional well-being. It is important to take care of your skin by eating a healthy diet, staying hydrated, protecting your skin from the sun, and using gentle skincare products.

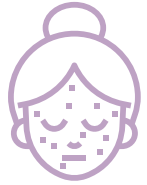




## BENEFITS

Our goal at NuHealth is to assist you in discovering a new and improved version of yourself through comprehensive and holistic supportive treatments.

Melanin is the substance responsible for pigmentation, which can be counteracted by Glutathione - a polypeptide that is naturally present in the body. Sun exposure, in addition to genetic factors, hormones and a lack of sleep, can cause hyperpigmentation, where unwanted brown freckles or patches crop up on your face and body.



HELPS FADE ACNE  
SCARS & DARK SPOTS



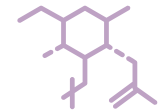
PREVENTS  
HYPERPIGMENTATION  
& MELASMA



MAINTAIN  
YOUTHFUL SKIN



PREVENTS  
SUN DAMAGE



EVEN SKIN  
TONE

## HOW DOES GLUTATHIONE HELP WITH SKIN HEALTH?

Glutathione plays a major role in skin health and detoxification. It acts as an antioxidant and repairs the skin barrier at the cellular level while brightening the skin.

Glutathione is one of the body's main detoxifiers, playing an important role in creating an overall smooth and bright appearance to the skin. Vitamin C potentiates this effect and has shown many benefits for skin.

Glutathione effectively inhibits functions of enzymes responsible for melanin production in our bodies. It is proven to be an effective way to lighten dark spots, reduce signs of ageing, blemishes or scars.

It can also help protect the skin from environmental damage.



**BRIGHTER  
SKIN**

# 05

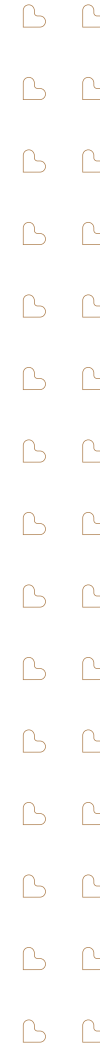
## Anti Aging Treatments

As we age, our skin gets thinner because of the breakdown of collagen and elastin. There is a loss of volume of the tissues of the face, causing sagging, and a reduction of blood supply to the skin, leading to a dull complexion and the development of fine lines and wrinkles. In your 20's and 30's, you may have some acne and pigmentation concerns. Fine lines typically start appearing now. Poor nutrition and hydration, stress and a lack of sleep add to these changes, which gradually worsen and can become permanent. In your 40's and beyond, signs of ageing become more pronounced.

**The 3 main signs of ageing are:**

1. Development of lines and wrinkles due to repeated muscle action
2. Sagging of tissues due to loss of volume and gravity
3. Dull skin due to reduction of collagen, elastin and blood supply.

At Nuhealth, you will be assessed by our team, focusing upon any specific concerns, and you will be recommended a holistic approach to correct, reduce and reverse these changes due to ageing, and in general, rejuvenate yourself completely.



Most of the early changes of ageing can be delayed by simple hacks like good sleep habits and correcting nutritional deficiencies by our curated **IV Infusions** of vitamins, minerals, Glutathione and amino acids to replenish these vital building blocks of youth. You should use a good skin cleanser and sunscreen and moisturise your skin well.

**Botox** may be recommended for wrinkle reduction in specific areas, such as the 'Crow's Feet' around the eyes, frown and forehead lines. Newer MICROBOTOX techniques are used for face, neck and décolletage rejuvenation.

**Hyaluronic Acid Fillers** are used to restore the volume loss that occurs with ageing. They are used to augment the cheeks, nose, chin, lips and jawline, and can be used to reduce deep creases (smile lines) on the face.

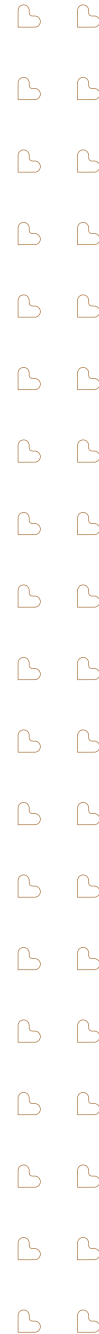
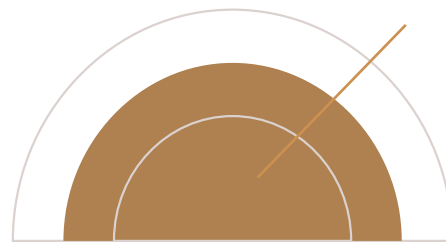
**Growth Factor Injections (GFC/PRP)**, one of the newer therapies, utilizes your body's own healing mechanisms to repair, restore and rejuvenate skin and hair. Growth factors are naturally occurring substances that stimulate the growth and proliferation of specialized collagen and elastin-forming cells. These are found within the Platelets in our blood. These Growth Factors are isolated, concentrated, and re-injected into the concerned areas to rejuvenate the skin, giving it a healthy glow, as well as reducing mild pigmentation, under-eye dark circles, etc. GFC is completely natural, derived from your own body, and can reverse all the three main causes of ageing by thickening the collagen layer, removing fine wrinkles, and improving the blood supply to the skin.

06

# Weight Loss

On a journey to 'fooducate' the world and help rebuild people's faith in the power of nutrition. With obesity affecting 5 percent of the country's total population, weight loss is a top priority for many. However, we also know that losing weight is no cakewalk. Losing weight requires one to eat a balanced diet with the right proportions of all food groups. Moreover, you need to develop the right relationship with food.

Nu health's Weight Management Programme believes in meeting all your body's nutrient requirements, enjoying and being friends with food in the right way, and following a meal plan that is sustainable and long-term. This plan helps you understand the right way of balanced eating and losing fat. The meal plans are customized as per your food preferences along with combinations that store health and fitness in you. A basic & simple home-cooked meal plan does the magic of weight loss and a happy you.



# BENEFITS

Our customised Weight Loss Infusion Therapy provides you with the nutrients you require to help improve your metabolism and promote overall well being.



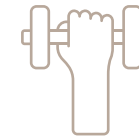
**FEEL MORE  
ENERGETIC**



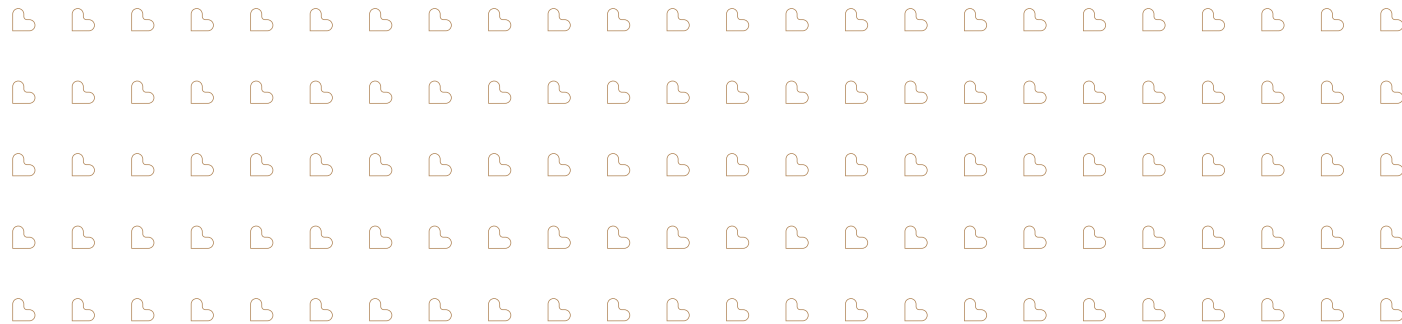
**BOOST YOUR  
METABOLISM**



**BURN FAT  
FASTER**



**AID MUSCLE  
GROWTH**



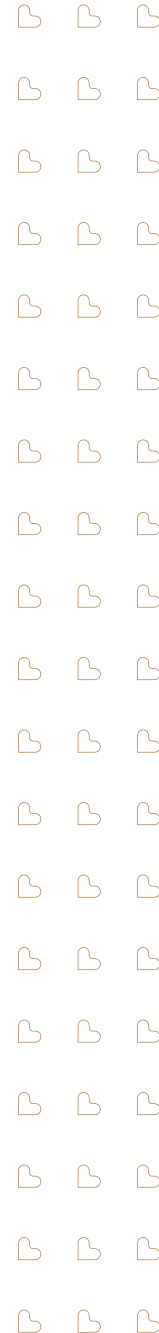
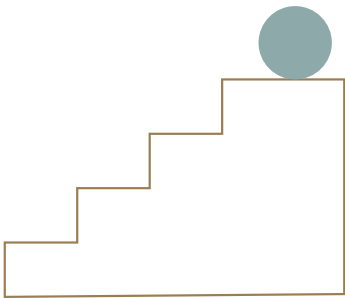
Supplement your weight loss with NuHealth's IV therapy, schedule a consultation with us for more details.

# 07

## Sports Rehabilitation

Contrary to common belief, injuries to muscles and ligaments do not occur exclusively to athletes. All of us have experienced a stiff neck, or muscle pull on occasion, sometimes even after a non-strenuous activity such as sleeping! This can affect our lives in small, sometimes innocuous ways till we heal ourselves.

At Nuhealth, our goal is to assist you in getting over your impediment, and transforming into Nu and improved version of yourself through comprehensive and holistic supportive treatments. Our dedicated and qualified team includes physiotherapists, who will work closely to evaluate your problem, and tailor a solution that caters to your specific needs.



# BENEFITS

Our physiotherapists collaborate with you to develop a personalised treatment program that addresses your particular requirements.



PREVENT  
ATHLETIC INJURY



IMMEDIATE  
PAIN RELIEF



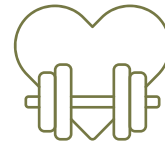
MAXIMISED  
MOBILITY



IMPROVE  
BALANCE



REDUCTION OF  
SWELLING



CARDIOPULMONARY  
BENEFITS



IMPROVE JOINT  
FLEXIBILITY

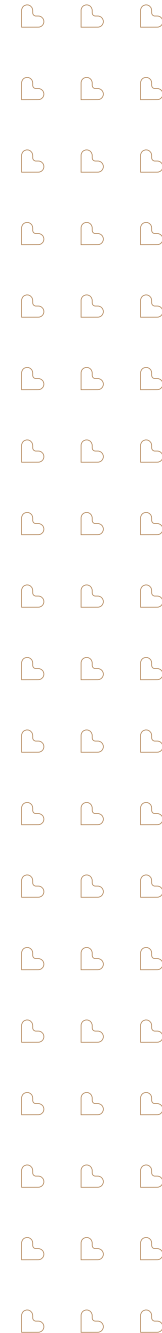
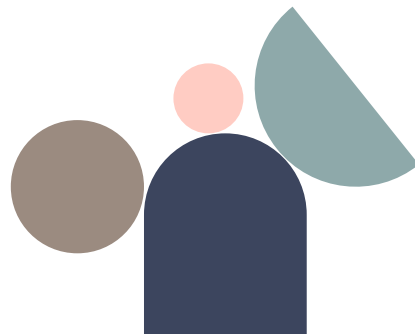


08

# Post Operative Therapy

Undergoing a surgical procedure usually indicates that you're on your way to overcoming an ailment, what enables you to make a complete recovery is your body's ability to heal its self and attention that you receive after. Therefore, while surgeries may differ vastly from one another, what remains objectively consistent is the need for adequate support post op care to ensure a swift recovery.

Our Post Operative Infusion Therapy can help accelerate recovery and supports the body's healing mechanisms. Our experienced profession at our holistic wellness centre will closely work with you to optimise your healing and provide you with a treatment plan that is to suit your specific needs and requirements.



# BENEFITS

Post a surgery, you'll need to boost your immune system, promote tissue healing, and give your body the vitamins and minerals it needs. Our IV treatment delivers a concentrated dose that directly delivers to your bloodstream.



DECREASE IN PAIN



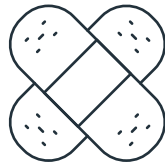
REDUCED INFLAMMATION



REDUCED BRUISING



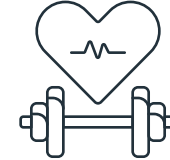
IMPROVES RECOVERY TIME



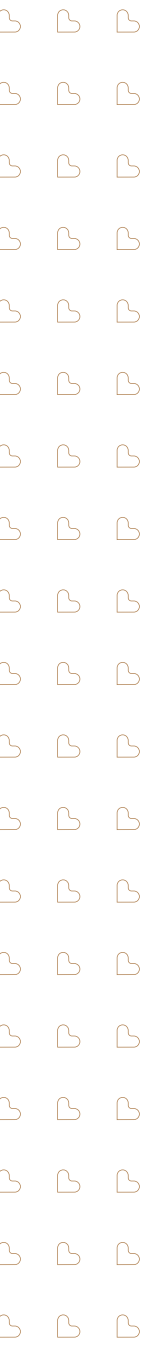
IMPROVES WOUND HEALING



DECREASE IN INFECTION RATES



BOOSTS IMMUNE RESPONSE



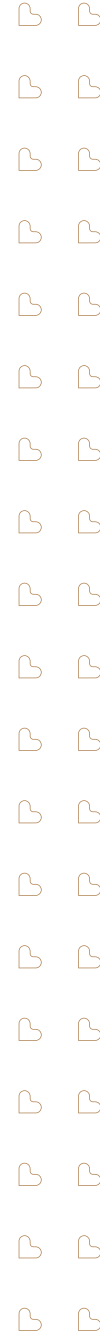
09

# PCOS Supportive Therapy

PCOS management is our forte. We strive towards reversing PCOS naturally. Our program focuses on metabolism, body nutrient requirements, works on hormonal balance, managing PCOS Symptoms, works on gut health, irregular periods, insulin resistance, and endometriosis.

At Nu Health we don't believe in temporary shortcuts like hormonal pills or oral contraceptives to manage PCOS but rather in a long-term sustainable approach to building a healthy lifestyle. The only magic pill to manage PCOS is nutrition. We'll help you improve your lifestyle by making the right nutritional choices, help you manage stress levels, regulate sleep, and improve your physical activity.

In this program, we'll focus on: Nutrition that works for your body; Reducing PCOS symptoms, Improving psychological and emotional health, Improving hormonal imbalance, if required.



# BENEFITS

Our doctors look into each individual case and they will develop a personalised, supportive treatment plan, tailored to you. Backed by scientific reasoning, the treatment will help you manage your symptoms with ease.



**REGULAR  
MENSTRUATION**



**RESTORES  
NUTRIENT LEVELS**



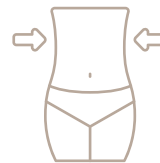
**CONTROLS PRODUCTION  
OF ANDROGENS**



**IMPROVES  
FERTILITY**



**CLEARER SKIN**



**FACILITATES  
WEIGHT LOSS**

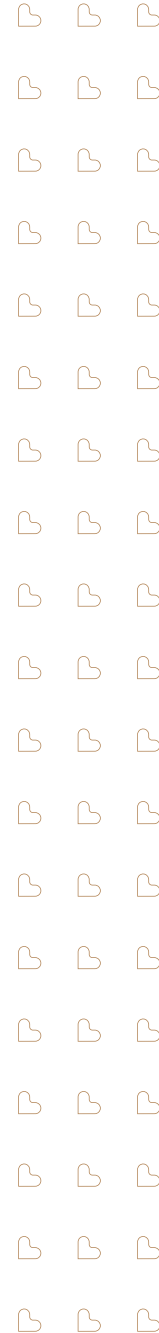


**REDUCES  
HAIRFALL**

# 10 Menopause Supportive Therapy

Menopause is the time in a woman's life when her periods stop permanently. It is a time when a woman's hormones change causing sometimes unpleasant symptoms. Our aim is to help you navigate and manage these symptoms.

At NuHealth, our team of experienced professionals can customise an Infusion therapy plan to specifically address the unique needs of women going through menopause, helping them navigate this phase with greater ease and comfort.



# SYMPTOMS

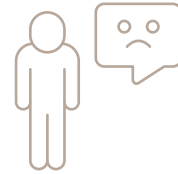
Menopause symptoms are an undeniable reality that women may experience, varying from subtle inconveniences to significantly challenging ordeals. It marks a phase in a woman's life when her body produces reduced amounts of estrogen and progesterone.



**HOT  
FLASHES**



**NIGHT  
SWEATS**



**MOOD  
SWINGS**



**WEIGHT  
GAIN**



**INSOMNIA**



Feel like yourself again with our curated infusions containing a cocktail of vitamins, minerals and amino acids, essential for relieving menopause symptoms.



# Infusion Therapy Menu

## FOR GENERAL CONDITIONS & CONCERNS



### NuWellness

Nu Seasonal Allergy

---

Nu Focus

---

Nu Hydrate

---

Nu Weight Loss

---

Nu Gut

---

Nu Immunity Boost (Myers)

---

Nu Sports Surge

---

Nu Restore Revival

### FeelNu

Nu Hangover Relief

---

Nu Jet Lag

---

Nu Migraine Rescue

---

Nu Women's Health

---

Nu Detox

---

Nu Super Immune

### NuBeauty

Nu Glow Hydrate

---

Nu Hair Restore

---

Nu Hair Restore Boost

---

Nu Skin Radiance

---

Nu Glamour

---

Nu Antiaging for Skin

The above are general IVs which can be given to the client without doctor recommendation. The specific IVs for medical conditions listed in the brochure will be customised by the consultant.

# WHY CHOOSE Infusion Therapy?

Pumped with vitamins and hydration, our vitamin drips are tailored to suit your individual needs, schedule and body. With different packages available, you can even create a combination of drips, customised to suit you perfectly.



## MEDICALLY VALIDATED

Validated by our panel of doctors and nutritionists basis of your clinical history and requirements, possibly including blood work. Your progress is closely monitored throughout the treatment with regular follow ups.



## FAST ABSORPTION

We deliver a specifically curated dose of vitamins, minerals and nutrients as per your requirements through an IV drip. It bypasses the gastrointestinal tract and goes directly into the bloodstream. This allows for instant absorption and faster results.



## CONVENIENT & SECURE

Prioritising safety, convenience and privacy, by making it available from the comfort of your own home, if desirable. Available at our holistic wellness centre and on-call at your doorstep with online digital consultation.



# Boosters

## FOR GENERAL CONDITIONS & CONCERNS



Glutathione

Amino Acids

Vitamin B Complex

L-Carnitine

Calcium

Magnesium

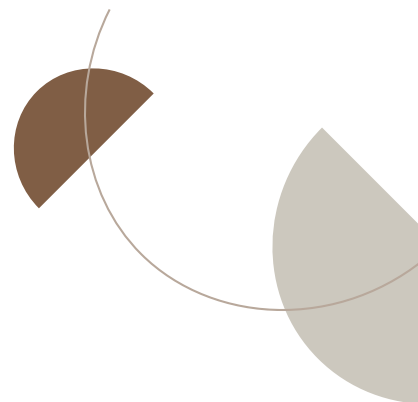
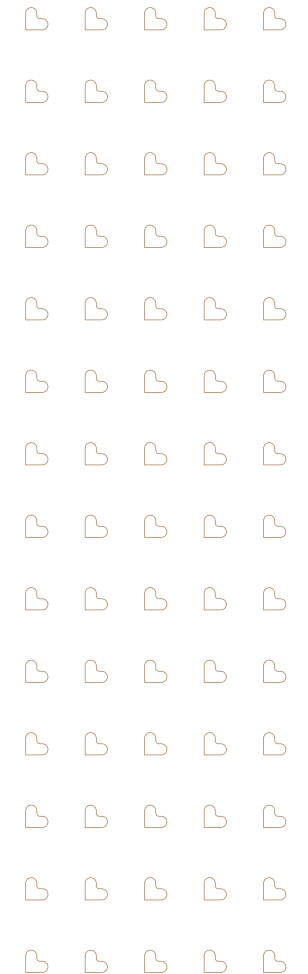
Vitamin C

Vitamin B12

Zinc

Iron

Collagen



## BLOOD TESTS

# Specially curated blood test packages

### General Check

- ▶ Ultimate Health Screen
- ▶ Male Complete Wellness
- ▶ Female Complete Wellness
- ▶ Body Balance

### Sports & Fitness

- ▶ Essential Health Elements

### Hair

- ▶ Male Hair Health
- ▶ Female Hair Health

### Sexual Wellness & Hormonal Balance

- ▶ Hormone Health Tracker
- ▶ Hormone Follow Up Screen
- ▶ Vigorous Vitality Screen
- ▶ PCOS

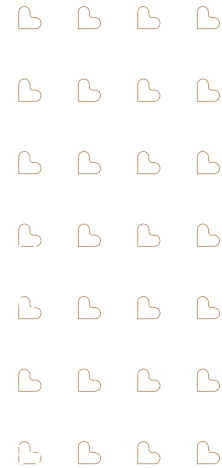
We also offer the option of arranging individual tests as prescribed as well as other preset packages.

Please contact us for more detailed information.



## OUR PANEL

# Our Team of Experts and Medical Professionals



### Medical Professionals

**Dr. Reina Punj**

Lead Physician

**Dr. Nikita Mathur**

Physiotherapist & Pain Management

**Dr. Johann Varghese**

Endocrinologist

### Service Experts

**Parvez Siddiqui**

Pharmacist

**Bharat Arora**

Head - Business Development



## NuHealth CENTRE

Your Pathway to a Happier,  
Healthier and 'Nu' You  
begins here.

Sustainable health transformations and  
your overall wellbeing is our top priority.

Contact us on 88799 88776 or  
visit our clinic to get started on your journey.

#DiscoveraNuYou

 @nuhealth.me

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