



DISHA'S

FUNCTIONAL FOODS



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SINGLE SESSION

The single sessions are to get to know you better and to be able to help you solve minor health issues and diet /lifestyle changes that need help. Having prior blood reports would be helpful.

If the condition is chronic or auto immune, we would suggest you go in for one of the monthly packages which are described below as healing from these conditions requires a lot more than what is possible in a single session. If you choose to opt for any of the monthly packages after this, the amount will get absorbed and you will not be charged separately for this session.



ABOUT OUR TREATMENTS

There is no one pill, prescription or protocol that can cure all of humanity. Standardised solutions do exist and they are there for a reason. A majority of those afflicted feel better after these set protocols but what happens to the remaining 20%. They require what we call Bio-Individual Solutions.

All systems in our body are interconnected and function synergistically. They also interact in their own unique way with the outside world, the outcome of which determines what symptoms and diseases might manifest. This is why one person might experience bloating and gas after eating a plate of broccoli and another person might not. It might also be the reason they both have been diagnosed with hyperacidity but their treatment framework is very different. While one might be deficient in pancreatic enzymes, the other could be riddled with nutritional deficiencies that in turn is causing food sensitivity issues. Two people might be iron deficient where one might be due to low HCL levels and another due to a parasitic infection causing inflammation in the body.

THE LIST IS ENDLESS

Treatments thus essentially need to be bio individual and that is what we aim to do through our framework. The way we begin to do this is by addressing the inner terrain of the individual - that is what connects us to the root of the disease.

The main roots we work with are:

DIGESTION

INFLAMMATION

GENES

& their interplay in our body.

THE BACK TRACK APPROACH

- ☞ **CLEAR THE TERRAIN**
- ☞ **ADDRESSING THE DEFICIENCIES**
- ☞ **DISMANTLE THE DOWNSTREAM RESULTS**

Our first step is to CLEAR THE TERRAIN (the soil) in which these 3 roots lie by using SYSTEMS & TOOLS and building a THERAPEUTIC RELATIONSHIP.

We map the signs, symptoms and diagnosis not to prescribe but to figure out why they occurred in the first place. It is important to address the lymphatic system in this step because without clearing out the toxins no healing can begin.

Next come any DEFICIENCIES that might exist . These could be nutritional deficiencies, one in biological factors, or even an imbalanced microbiota.

Our third and final step is to then slowly
DISMANTLE THE DOWNSTREAM RESULTS

Once the inner terrain is ready for healing, we begin to attend to the root causes. Again they can be multifactorial - the diagnosis of autoimmunity can be related to a myriad of factors from food poisoning, leaky gut or a a life altering event in the past. The only way to figure this out is to back track and acquaint yourself with the client on all fronts including their familial history. We also address the interventions if any, tried before and factors still adding to this condition.

Healing thus takes time and we help you in all aspects through this journey.



OUR MONTHLY SESSIONS PACKAGES :

- ☑ ONE MONTH PACKAGE
- ☑ 3 MONTH PACKAGE
- ☑ 6 MONTH PACKAGE



They all start with a Two-Hour foundation session.

Here we fill in in your intake form and work together to fill in a timeline of your health history. Based on this I will then give you a diet and lifestyle journal to fill for the next 5 days at home. I might require also you to do some blood tests.

Your SECOND VISIT will be when you come back after emailing me your diet and lifestyle journal completed and we work out a plan for you to follow. Based on your individual needs and the pace you want to follow, we might choose a specific direction.

SOME THINGS WE COVER IN THIS INCLUDE :

Dietary and Lifestyle Changes that are needed

Lymphatic assessment and ways to improve lymph drainage including the Glymphatic System - the drainage system of your brain (More info on this in the Deep Drain package)

Vagus Nerve Stimulation techniques (More info on this in the Vagus Nerve Stimulation package)

Healing chronic ailments including persistent gut issues

Anxiety and Stress related issues through proven Heart Math technique (More info in the Heart Math Package)

As we work on what is ailing you in a holistic manner, you will begin to :

- ❖ Feel renewed physical energy
- ❖ Replenish your emotional energy
- ❖ Make self-care a regular part of your rhythm
- ❖ Learn to eat right for your body
- ❖ Learn to drain your toxins the right way
- ❖ Learn techniques and foods to help rid yourself of chronic pain issues
- ❖ Learn to use your breath as a powerful weapon to heal your body and your mind

I AM AVAILABLE EVERYDAY VIA SMS, WHAT'S APP, & EMAIL.

Incase you have some questions or just need some hand holding, you can get in touch and I will call you back as soon as possible

Our sessions would be IN PERSON OR ON ZOOM DEPENDING ON YOUR LOCATION

Usually we do 4 sessions a month but sometimes complimentary sessions are accommodated in the packages if the client requires it due to chronic conditions. Our aim is to get you back on track and sometimes it takes a little more hand holding and we are happy to provide that to you.

**THERE WILL BE COUPONS FOR PRODUCTS
that we supply (discount of 10%)**

We have other STAND ALONE PACKAGES AS WELL IF YOU WISH TO ONLY WORK ON ANY ONE PARTICULAR AREA THAT IS TROUBLING YOU :

DEEP DRAIN DETOX

VAGUS NERVE STIMULATION

HEARTMATH

DEEP DRAIN DETOX :

Are you suffering from:

Chronic Pain,

Fatigue,

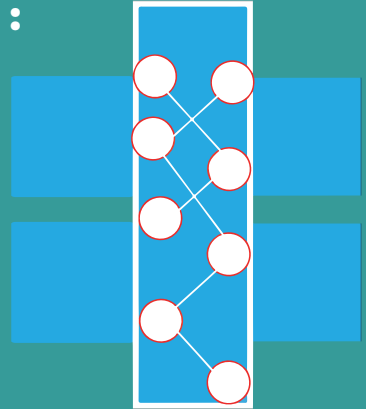
A feeling of being Over- Whelmed,

Inability to Concentrate,

Brain Fog,

Fibromyalgia,

Gut related issues like IBS, IBD



This is due to a problem with your Lymphatic & Glymphatic systems, the biological name for what constitutes your body's DRAINAGE SYSTEM. **The most powerful and most ignored system in the body is the LYMPHATIC SYSTEM.**

Illness is mainly due to the stagnation of body fluids. - the clear liquid that surrounds the cells of your body. These bodily fluids are what we know as LYMPH .

FUNCTIONS OF THE LYMPHATIC SYSTEM INCLUDE :

Protecting your body from illness causing invaders,

Maintaining body fluid levels,

Absorbing digestive tract fats and

Removing cellular waste.

Blockages, Diseases or Infections can affect your lymphatic system's function.

The lymph system is the fundamental baseline for all the other systems to be able to work.

It plays a huge role in the immune system and is always related to disease and chronic pain. A body that cannot get rid of cellular waste cannot heal and when you cannot heal, the inflammation stays in the tissues leading to pain.

Simply put in Dr Perry's words

“ You cannot regenerate if you cannot eliminate”.

The recently discovered glymphatic system - it was discovered in 2013 in mice- is a network of vessels that clear waste from the central nervous system (CNS). The glymphatic system connects with the lymphatic system and serves the same function in the brain as the lymph system does in the body - to drain away waste products. There have been correlations made between decreased glymphatic function and ageing, as well as between glymphatic system function and other neurodegenerative diseases, like Parkinson's & Alzheimer's.

My job is to show you a step by step way to reboot these systems of your body for optimal healing. We use these techniques everyday on clients and teach people self help techniques. We start with basic lymphatic system work and then expand to advanced resets for the head, neck and brain.

WHAT I TEACH YOU FOR REGULAR LYMPHATIC DRAINAGE INCLUDES:

Assessment of lymph nodes,

Daily practices for lymphatic drainage one can do at home,

Ways to reset different organs like your stomach, spleen and liver

For Glymphatic Drainage some of what we delve into includes :

Sway Test for Assessment

Glymphatic, Meningeal, Venous & Cranial Nerve Drainage Pathways,

Brain Pump, Sternum Pump & Sacral Pump Techniques

Sympathetic Nervous System Reset

Cranial Resets which includes : Occiput Lift, Jugular Foreman Resets, Fourth Ventricle Reset, Hard Palate Resets , Frontal Bone and Cribriform Resets Hypothalamus and the Blood Brain Barrier.

VAGUS NERVE STIMULATION

We are all aware of the Parasympathetic and Sympathetic Nervous System. If our cells are in Sympathetic Mode (defence mode) they cannot heal, they need to be in Parasympathetic Mode (growth mode) for healing to occur.

The good news is that our bodies contain their own superpower that can assist with decreasing our fight or flight response.

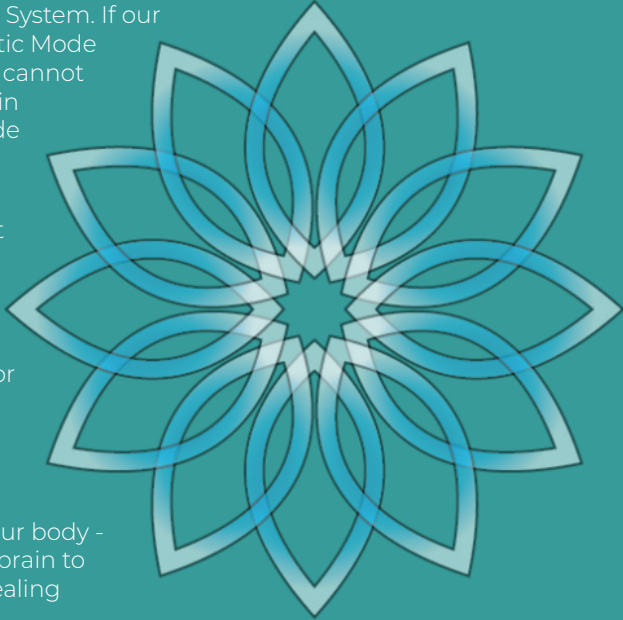
The vagus nerve (the 10th cranial nerve) - most complex and important nerve in your body - which connects your brain to your gut is also the healing switch in your

body. Its development and performance is important for all the other nerves to function well. It acts to counterbalance the fight or flight system and can trigger a relaxation response in our body.

When you do something to stimulate the vagus nerve, you're going to have an effect on the entire human being from head to toe.

It can be one of the most powerful things that you're ever going to do to make a change for yourself, your health and your chronic pain.

Researchers are studying vagus nerve stimulation as a missing link for the treatment of a variety of conditions, including Chronic Inflammation, Headaches, Rheumatoid Arthritis, Inflammatory Bowel



Disease, Bipolar Disorder, Obesity and Alzheimer's Disease.

Vagus nerve stimulation is being considered as an option to reduce the frequency of seizures in people with epilepsy who haven't achieved control with medications. It can also be helpful for people who haven't responded to intensive depression treatments, such as antidepressant medications, psychological counselling (psychotherapy) and electroconvulsive therapy (ECT).

In our sessions we go through different techniques for stimulation which include :

Vibration Therapy,

Taping Strategies,

Stomach Resets,

Lung Reset,

Skull and Tailbone Reset,

Sympathetic Reset of the Spine,

Throat and Oesophagus Stimulation and

Parasympathetic and Sympathetic Nervous System Resets.

Incorporating these techniques into your routine will result in more energy and less pain in your day to day life.



HEART MATH

What comes from the heart enters the heart. What doesn't come from your heart will never enter someone else's heart"

- Thomas Friedman from the book Thank You For Being Late

HeartMath Mission:

To activate the heart of humanity for living more heartbased lives.

Every life has its challenge. Every heart has an answer.



During stressful times, when the heart rhythm pattern is erratic, the corresponding pattern of neural signals traveling from the heart to the brain inhibits the higher cognitive functions, thus limiting our ability to think clearly, remember, learn, reason, and make effective decisions.

This also has a profound effect on the brain's emotional processes— they reinforce the emotional experience of stress.

Heart Rate Variability (HRV) is the measure of the variation in time between each heartbeat. It is used primarily to gauge our health and resiliency.

HRV studies have shown that it is a key indicator of physiological resiliency and behavioural flexibility, and can be a reflection of one's ability to adapt effectively to stress and environmental demands. Analysis of these patterns also provides an objective measurement of physiological coherence.

Heart rate variability analyses are being used today in various ways to help people with debilitating conditions like depression, obesity, anxiety disorders, anger management issues etc. It is considered to be an important indicator of health and fitness and is reflective of our ability to adapt effectively to stress and environmental demands. It is also a marker of biological aging.

LEARN TO CONTROL YOUR HEART RATE VARIABILITY THROUGH THE HEART MATH TECHNIQUE

HeartMath: a system of science- based, coherence -building skills designed to use on-the-go to help people **bring their physical, mental and emotional systems into balanced alignment and connect with their heart's intuitive guidance.**

Regular practice of HeartMath coherence-building techniques can help restore low HRV to healthy values.

Disha Jolly is a Certified Mentor from the HeartMath® Institute of California and coaches clients to manage stress, reduce anxiety and perform better under pressure.

The skills that she brings come from education and life's experiences. Trauma and joy coexist in our lives in equal measure.

These tools have taught her ways of calming the physical and emotional "inflammation" of daily life. Reclaiming the capacity to choose ones response to life's challenges (resilience!) is the ultimate path to higher performance, improved health, and to a life of more pleasure, clarity, and ease .