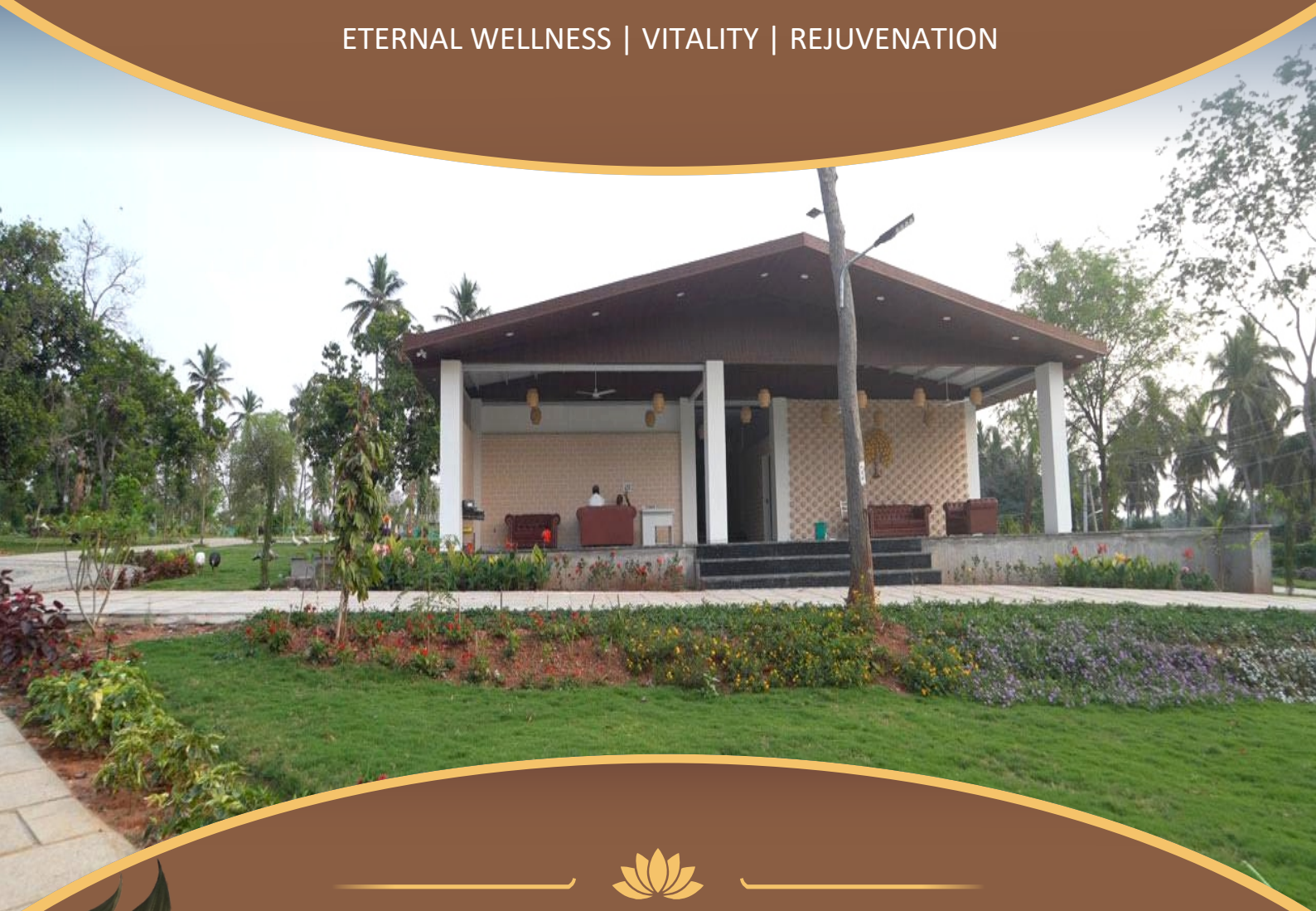




# ALPHA

## WELLNESS RESORT

ETERNAL WELLNESS | VITALITY | REJUVENATION



### Corporate Wellness Solutions

*Transforming Employee Health.  
Enhancing Performance. Reducing Burnout.*

*India's First Integrative Functional Medicine Wellness Resort*

 Mysore, India



## **Alpha Wellness Resort – Corporate Dossier**

Alpha Wellness Resort is a holistic and inclusive destination for rejuvenation, focusing on eternal wellness, vitality, and longevity.

### **Purpose and Ideology**

The resort promotes holistic health through integrative treatments in a luxurious environment. Its ideology respects human life, delivering enduring rebalancing and rejuvenation.

### **Philosophy-Based Values**

- Root-cause healing over symptom-based treatment.
- Proven, research-backed, nature-inspired therapies.
- Customized health solutions via individual needs assessment.
- Scientifically assured wellness at affordable costs.

### **Vivid Description: A New Era of Healing**

Alpha Wellness Resort redefines wellness by blending modern functional medicine, ancient healing traditions, and luxury hospitality. Nestled in serene natural landscapes, it ensures measurable health transformations in a calm, rejuvenating setting.

- Doctor-led protocols.
- Science-backed treatments.
- Integrative healing approach.

***"Healthy employees  
are not an expense they  
are your biggest ROI driver."***



# BHAG: Big Hairy Audacious Goal

- Ensure every individual is healthy, happy, and lives long.
- Deliver assured wellness effortlessly in a luxurious green environment.
- Enable reset, rebalance, and rejuvenate experiences.
- Lead India as the top provider of holistic, integrative medicinal procedures.
- Offer modern cottages with premium facilities and nutritive, natural, tasty foods.
- Provide customized attention from experts.

SECTION	Key Pillars	Outcomes
IDEOLOGY	Integrative luxury	Enduring rejuvenation
VALUES	Root-cause focus	Affordable science
DESCRIPTION	Modern + ancient	Measurable transformation
BHAG	Health leadership	Happy, long lives

## Signature Programs

ALPHA signature programs offer targeted, short-term resets for metabolic, liver, gut, diabetes, stress, and sleep health, drawing from evidence-based dietary and lifestyle changes. These plans emphasize whole foods, timed eating, exercise, and habits like fasting to deliver quick results.

### 7-DAY METABOLIC RESET

This program boosts energy, enhances digestion, and optimizes BMI through protein-rich meals, regular timing, and cutting sugars. Key habits include breakfast within an hour of waking, 12-hour overnight fasts, and balanced plates with veggies, proteins, and fats. Similar routines show fat loss and stable energy in one week.

### 14-DAY FATTY LIVER REVERSAL

Focuses on reducing inflammation and restoring liver health by eliminating processed foods and boosting fiber from veggies, fruits, and grains. Pair with progressive exercise: 30 minutes brisk walking days 1-7, then 45 minutes cardio-strength days 8-14. Mild cases can reduce liver fat by 15-25% in 14 days.

### 14-DAY GUT MICROBIOME RESTORATION

Improves immunity, gut health, and mental clarity via doubled fiber intake, diverse plants, polyphenols, and 13-15 hour overnight fasts. Beneficial bacteria thrive on fruits, legumes, and whole grains, increasing gut mucus production. Experts note two-week changes are achievable with these shifts.

*"We track results not just participation."*

## 21-DAY DIABETES REVERSAL

Reduces HbA1c, stabilizes sugar, and regains control with tips like habit stacking to reverse pre-diabetes naturally. Metabolic doctors recommend consistent small changes over 21 days for sugar resistance reversal. WHO data underscores rising diabetes, making such programs timely.

## 3-DAY BURNOUT RESET

Reduces stress, improves clarity, and promotes deep relaxation through sleep, hydration, nutrition, light movement, and mental decluttering via journaling. Daily 10-minute brain dumps clear worries; avoid pressure tasks for emotional balance. Plans like this aid quick recovery from mental fatigue.

## 3-DAY SLEEP RESET

Improves sleep quality and resets circadian rhythm by waking early daily, seeking morning sunlight, no naps, and dim evening lights. Day 1 sets a clean slate; days 2-3 add no screens pre-bed, early dinner, and no afternoon caffeine. Users report natural sleep pull by day 3.

Program	Duration	Key Benefits	Core Tactics
Metabolic Reset	7 days	Energy, digestion, BMI	Protein meals, timed eating
Fatty Liver Reversal	14 days	Liver health, less inflammation	Fiber diet, walking
Gut Restoration	14 days	Immunity, clarity	Fiber, fasting
Diabetes Reversal	21 days	Sugar control, HbA1c drop	Habit challenges
Burnout Reset	3 days	Stress reduction, clarity	Journaling, light movement
Sleep Reset	3 days	Better sleep, rhythm	Sunlight, no screens

## THERAPIES & PROGRAMS

ALPHA offerings combine holistic therapies and signature programs for comprehensive wellness in targeting root causes through Ayurveda, detox, diagnostics, and resets. These integrate spa rituals, advanced testing, and short-term protocols for metabolic, liver, gut, diabetes, stress, and sleep optimization.

### Therapies & Medical Excellence

Healing Spa Therapies use Ayurveda, hydrotherapy, and signature rituals to balance body and mind, promoting detoxification and rejuvenation.

Cellular Detox Therapies include IV NAD for cellular repair, colon therapy for waste elimination, and lymphatic drainage to reduce swelling and boost immunity.

Functional Medical Assessments provide advanced diagnostics like biomarker panels for root-cause analysis of chronic issues.

IV Nutrient Infusions deliver high-dose Vitamin C, Glutathione for antioxidants, and NAD therapy to enhance energy and longevity.

Holistic Manual Therapies focus on pain relief, posture correction, and improved circulation through massage and manual techniques.

Cardiometabolic Testing features ECG for heart monitoring, CGM for real-time glucose tracking, plus hormone and metabolic profiling for personalized insights.

# Signature Programs

## 7-Day Metabolic Reset

7-Day Metabolic Reset boosts energy, enhances digestion, and optimizes BMI via targeted nutrition and lifestyle tweaks.

## 14-Day Fatty Liver

14-Day Fatty Liver Reversal reduces inflammation and restores liver health with anti-inflammatory foods and protocols.

## 14-Day Gut Microbiom

14-Day Gut Microbiome Restoration improves immunity, gut health, and mental clarity through microbiome-supporting habits.

## 21-Day Diabetes Reversal

21-Day Diabetes Reversal lowers HbA1c, stabilizes sugar levels, and regains metabolic control.

## 3-Day Burnout

3-Day Burnout Reset cuts stress, sharpens clarity, and fosters deep relaxation.

## 3-Day Sleep Reset

3-Day Sleep Reset enhances sleep quality and resets circadian rhythm.

Category	Focus Areas	Key Methods
Therapies	Detox, Diagnostics, Infusions	IV NAD, CGM, Ayurveda
Programs	Metabolic, Liver, Gut, Diabetes	Nutrition resets, timed protocols
Short Resets	Stress, Sleep	Relaxation, rhythm alignment

*"We track results not just participation."*



# THE GUEST EXPERIENCE



## A Sanctuary for Transformation

Experience the pinnacle of wellness in a serene, luxurious environment.

Alpha Wellness Resort merges world-class comfort with transformative healing.



### Luxurious Villas

Elegant, eco-friendly villas and suites with sweeping views, private balconies, and organic amenities.



### Gourmet Cuisine

Organic, locally-sourced gourmet meals tailored to your personal nutrition plan.



### Mindful Activities

Yoga, meditation, nature walks, and cultural immersion to soothe the soul.



### Personalized Service

Attentive, tailored care ensuring every guest's journey is exceptional.

## Your Path to Renewal Awaits

Immerse yourself in a harmonious blend of comfort and natural beauty, designed to elevate your healing experience.





## WHY CHOOSE US

### Experience Proven Results in a Natural Healing Haven

- ✔ **India's Premier Wellness Retreat**  
Combining cutting-edge medicine with holistic healing in an ultra-luxury setting.
- ✔ **Personalized, Result-Oriented Programs**  
Tailored to your health goals, led by leading doctors and wellness experts.
- ✔ **Exceptional Facilities & Service**  
Stunning eco-luxury facilities, world-class spa, and dedicated, multilingual staff
- ✔ **Higher Purpose**  
Helping guests make measurable, lasting health transformations for a better life.



### What Makes Alpha Different

- ✔ Functional medicine + Ayurveda integration
- ✔ Measurable outcomes (not just relaxation)
- ✔ Luxury + medical excellence





## RESULTS & TESTIMONIALS

**Anjali Mehta – India**



“I reversed fatty liver and improved HbA1c in 14 days.”

**Michael Peterson – Dubai**



“Lost weight and reversed diabetes with expert care.”

**Emma Clarke – UK**




“A peaceful transformation. I returned lighter and renewed.”



*Partner With Alpha Wellness  
Empower your workforce. Transform your organization.  
Let's Build Your Corporate Wellness Strategy*

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WELLNESS RESORT

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