

# Journeys at tulåh



# Gut-Immune Restore

## About this journey:

When our gut is weakened and our microbiome balance is compromised, toxins are released in our bloodstreams (leaky gut), provoking inflammation, immune overactivity and hormonal imbalances. The consequences range from persistent fatigue, allergies, auto-immune tendencies, dermatological disturbances and mood swings. The Gut-Immune Restore Journey rebuilds the body's foundation by repairing intestinal integrity, calming immune overactivity, and restoring microbial harmony, thereby renewing clarity, energy, and resilience from within.

## Approach

**Diagnostics:** Advanced assessments identify microbiome imbalance, gut permeability, and immune activation, revealing the root cause of systemic inflammation and energy decline.

**Personalised Nutrition:** Tailored nutrition optimizes gut microbiota balance through targeted pre- and probiotic food combinations, enhancing nutrient absorption, reducing inflammation and strengthening immune resilience.

**Ayurvedic Digestive Therapies:** Panchakarma-inspired treatments strengthen Agni (digestive fire), clear Ama (metabolic residue), and soothe mucosal inflammation to restore gut integrity and calm immune reactivity. These therapies rebalance digestive rhythm and immune stability through personalized detox and rejuvenation practices.

**Functional Medicine Integration:** Evidence-based protocols address dysbiosis and intestinal permeability through probiotics, glutamine, and detoxification pathways, rebuilding the gut barrier and recalibrating immune tolerance.

**Mind–Body–Energy Integration:** Bridging Eastern and Western perspectives, this integrative approach combines acupuncture and meridian therapies with mindfulness, breathwork, and psychological dialogue. Together, they release emotional tension, regulate stress pathways, and restore communication between the brain and the gut—supporting balanced digestion, immunity and emotional wellbeing.

**Movement & Embodiment:** Gentle movement, yogic detox and mindful breathing improve circulation, enhance lymphatic flow and stabilize neuro-immune signaling, helping the body integrate physical and emotional balance for deeper equilibrium.

## **Outcome**

Gut integrity strengthens, inflammation calms and the immune system returns to harmony. Digestion flows with ease, energy stabilizes, and the skin and mind clear. You leave lighter, balanced and resilient; grounded in the quiet intelligence of a body restored to wholeness.

## **This journey serves those who:**

- live with recurring digestive issues such as IBS, food intolerances, or chronic bloating
- experience frequent infections, slow recovery, or persistently low immunity
- manage autoimmune tendencies or chronic inflammation
- seek a reset after antibiotic use, medical treatments, or high stress
- seek to strengthen their natural defences and build long-term resilience

Inclusions	Wellness		Clinical	
	14 Nights	21 Nights	14 Nights	21 Nights
Diagnostic Package* (On-Site)	Standard		Advanced	
<b>Expert Consultations (30-45 min each)</b>	<b>9x</b>	<b>11x</b>	<b>≥12x</b>	<b>≥15x</b>
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	4x	5x	6x	8x
Clinical Nutritionist	3x	4x	4x	5x
Clinical Psychologist**	1x	1x	1x	1x
Fitness & Physio Expert**	1x	1x	1x	1x
Cardiologist, Neurologist, Pulmonologist, Orthopaedic Doctor, Gynecologist (access to 200+ experts from Meitra Hospital, sister company)			Yes***	Yes***
<b>Individual Treatments/Sessions</b>	<b>28x</b>	<b>42x</b>	<b>42x</b>	<b>63x</b>
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	14x	21x	14x	21x
Mind-Body-Energy Treatments (i.e. Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation, Reiki)	5x	9x	10x	18x
Physiotherapy or Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	4x	5x	7x	10x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	5x	7x	11x	14x

\*- Diagnostic Package details on page 14 - 16

\*\* - Initial consultation as part of the assessment, further consultations part of the daily sessions

\*\*\* - Initial Specialist Consultation included in the package but only used if there is a medical need for it. Further consultations charged as Add-On