



CAUVERY
Nature Cure Centre

PAIN

NECK | BACK | KNEE | SHOULDER



Alleviate
PAIN
Naturally



Introduction

Do you suffer from achy joints? Joint pain is very common, especially in the knees, hips, wrists, and fingers. There are a number of causes that may be triggering your sore joints, the most common of which is rheumatoid arthritis (RA), a type of arthritis that is more prevalent in women than in men.

The common causes of Joint Pain:

- Arthritis
- Overuse of a joint
- Inflammation
- Injury
- Tendinitis
- Osteoporosis
- Fibromyalgia

Naturopathy treatment for joint pain involves natural way of healing by providing various therapies such as mud therapy, acupuncture, yoga, hydrotherapy, and 100+ treatments. These treatments are highly effective in reducing stress and improving the overall health of an patient.

Cauvery



Pillars of cure

Joint pain can be extremely uncomfortable and can negatively impact your mobility. Depending on the cause and severity of your joint pain, the following natural treatments may help to ease your symptoms.

Massage

A light massage of medicated herbal oil is very effective, especially after of moderate and bearable heat application. Massage eases the joint movements and is a great relaxant. After massage for few days patients are able to perform physical movements with ease. In naturopathy, we have 100+ massage therapies tailored to the needs of patients.

Diet

What you eat can have a positive impact on joint pain. Inflammatory diet protect joint structures. Other anti-inflammatory foods, such as turmeric, as well as collagen-rich foods may help to ease joint pain.

In Cauvery, a naturopathic doctor can work with you to create a diet plan that prioritizes anti-inflammatory foods and nutrients that support joint health.

YOGA

Naturopathy believes that all disease is borne out of stress, and meditation is an effective tool for calming the mind. Meditation effectively lowers stress levels, eases tension and develops a positive attitude.

Everyday, we have yoga expertise in Cauvery to teach and help you to practice effective mediation.





Gentle Exercise

Stretching and gently exercising your sore joints may help to increase mobility and decrease pain. You will want to make sure that you do not overdo it, though. Hence our doctors will make you to move gently and see how your body feels. Later, they might ask you to do a little every day and monitor whether your joints begin to feel different.

Acupuncture

Acupuncture is a growing field of therapeutic treatment that is becoming a more common wellness practice to help with pain management, as well as asthma, anxiety and depression, endometriosis, and other physical or mental issues. At Cauvery we have a dedicated place to provide acupuncture.

Weight loss

One of the best remedy recommended is to maintain a healthy body weight and losing weight if necessary. It can be a challenge but every extra pound that one sheds off means less weight on the knees. Do not worry about it, we are there to help you to lose weight with ease.

Physiotherapy

Physiotherapy is a major part of arthritis treatment at Naturopathy Hospital. Expert physiotherapist have achieved successful results with a combination of all the available naturopathy treatments.





Cost

*Your body will be around a lot longer than the expensive handbag.
Invest in yourself.*

The package price vary on various factors

For individuals vs groups
Ac vs Non Ac
Special Treatment for additional issues
New Customer vs Repeated Customer
Special Promotions
Single vs Double COT
Staying with attender
Length of Stay

SO KINDLY CALL US : **9600 300 305**

YOU WILL BE SUPRISED OF THE **LOW PRICE** BEING OFFERED





According to the study at Indian Institute of Management Bangalore,
at Cauvery the treatment is

99%

Effective

and for better results minimum

5-7 DAYS

STAY RECOMMENDED



Package Inclusions

- Traditional welcome drink on arrival.
- Two Major treatments (60min) per guest during the course of 2 days - & 2 Minor treatments(30min).
- Lunch, dinner and breakfast at our Nature-cuisine restaurant .
- Yoga & meditation session by the lakeside every morning.
- Tea and snacks at our traditional spot.
- One hour sunset or counselling every evening.
- Special program at AMPi Hall or outdoor at evening.
- Fishing, cycling & village walk.
- Complimentary usage of swimming pool & indoor games (Shuttle, Carom and Chess).
- Complimentary usage of Wi-Fi.
- All applicable taxes.





Thank you!

The lightness you feel as a result of treatment, the youthful happiness and joy, is something that is reminiscent of childhood – playing on a summer's evening, flying kites or splashing in the ocean waves.

Stay in touch!

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