TheLifeCo®
HOLISTIC WELLBEING



High Blood Pressure Treatment Program

www.thelifeco.com

WE ARE HERE FOR YOU

We are here to inspire and equip you with the right tools and mindset to realize and challenge the human-nature mismatch while facilitating the optimum experience towards a more meaningful life for all with greater longevity and quality.

Our Approach To Be Your Trusted Wellbeing Partner

- Holistic and comprehensive
- Personalized
- Medically supervised
- Powered by knowledge, experience, science and nature
- Inspiring people
- Respecting and embracing nature
- Guiding through and experience with like-minded people
- Creating a positive environment
- Fostering community support
- Easy to access, flexible and comprehend
- Sharing knowledge generously
- Being mindful

4 PILLARS OF OUR HOLISTIC APPROACH

NUTRITION

The journey of transformation begins with a cleanse and the right nutrition. We offer award-winning detox and healthy nutrition programs for your body's natural healing process.

FLEXIBILITY

Flexibility is the key to a successful healing process. We offer different activities with various degrees of flexibility so you can do what's best for you and your body.

MIND

We guide you to clear your mind. So, you can allow a proper mindset and intention to achieve personal growth and make a positive transformation in life.

ENVIRONMENT

We want you to be comfortable and at ease during your program. That's why we provide a soothing and healing atmosphere at our centers to make your time more relaxing and effective.

Therapeutic Nutrition	Healthy Weight Loss
Normal Blood Pressure Levels	Healing Natural Treatments
Effective Detoxification	Soothing Environment

Change May Be Closer Than You Think at TheLifeCo Wellbeing

Achieve excellent results with expert support:

- Learn how to manage and reverse high blood pressure with lifestyle changes
- Reduce your high blood pressure levels with a therapeutic nutrition plan
- Enjoy personalized support and daily progress monitoring during your program
- Reduce the risk of complications in the heart, kidneys and brain
- Liberate yourself from medication through natural methods





Get inspired and motivated to create long-term change:

- Break free from old habits and embrace new, healthier ones
- Overcome resistance to deal with this chronic condition
- Learn how to overcome mental and emotional obstacles
- Reduce chronic stress to enhance your quality of life

Maximize each day with higher energy levels:

- Participate in relaxing yoga, meditation, sound healing, and breathwork sessions
- Try enjoyable fitness routines that will help lower blood pressure
- Support your sexual wellbeing against adverse effects of hypertension
- Attain increased performance, focus and mental clarity



“Healthy Blood Pressure” Retreat

Hypertension **Green Salad Plan**

08:00	Shake + 2 Tablets
09:30	Alkalize + Wheatgrass & 2 Kelp & Nettle
11:00	Herbal Tea
12:30	Green Detox Salad + Flaxseed Cracker + 2 Digestive Enzyme
15:30	Alkalize + Wheatgrass & 2 Kelp & Nettle
17:00	Herbal Tea
18:30	Green Detox Salad + Flaxseed Cracker + 2 Digestive Enzyme
19:30	Herbal Tea
20:00	Shake + 2 Tablets
21:00	2 Tablets Coenzyme Q10

- ✓ Body Analysis and Medical Consultations
- ✓ Daily Blood Pressure Monitoring
- ✓ Personal Coaching and Exercise Sessions
- ✓ Expert Talk on Hypertension Prevention
- ✓ Workshop on Nutrition and Raw Food
- ✓ Comprehensive Wellbeing Treatments
- ✓ Sustained guidance after the retreat
- ✓ **Oxygen therapy** (daily)
- ✓ **Luminette light therapy** (daily)
- ✓ **Colon cleansing** (daily)
- ✓ **Infrared sauna** (daily)
- ✓ **Morning walks**
- ✓ **Yoga and meditation sessions**

The program duration depends upon the person’s willingness. 7 days is good for balancing hormones and blood pressure levels. We advise at least 14 days for a more profound impact, and 21 days would offer a life-changing benefit.



Dr. BEDREDDIN ULUSOY, M.D.

Clinic Manager & Wellness Doctor
at TheLifeCo Wellbeing Bodrum

High blood pressure is a major problem facing our world today, affecting over 1 billion adults globally. The danger of high blood pressure is that it's often symptomless, earning it the nickname "the silent killer." Even without symptoms, it silently damages our blood vessels and heart over time.

But here's the good news: recent studies have shown that healthy nutrition and lifestyle choices can significantly reduce blood pressure levels and decrease dependence on medication.

Our holistic approach to hypertension incorporates these practices, and our guests have seen amazing results. After just a few days on a personalized plan, they often see their high blood pressure levels return to normal and can reduce their reliance on medication.

SUCCESS STORIES FROM OUR GUESTS

"When I first arrived at TheLifeCo, I took 3 to 4 different prescriptions to manage my high blood pressure. However, on the very first day of my program, I noticed a significant improvement in my blood pressure. By the end of my stay, my blood pressure had lowered and was now in the healthy range.

HEIDI

"After struggling with hypertension for over twenty years, I wasn't sure if there was anything that could help me manage the condition. During my seven-day program, I was pleasantly surprised to see my blood pressure normalize without needing my hypertension medication. It was such a remarkable feeling to see such a significant improvement in just a week.

SAİME

"I had a blockage on one of my major arteries 9 years ago and became interested in how to live healthier with this condition. I am very pleased after my detox and wellbeing experience at TheLifeCo Bodrum; I learned how to treat my body in a healthier way!

ALEXANDER