

PROOF IT WORKS

Global Case Studies in Holistic Wellness

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Wellness Beyond Theory

You've learned the principles—now see how they've changed real lives.

Why it matters:

- Wellness strategies are used by doctors and coaches worldwide
- Food, habits, and emotional care lead to measurable results
- These case studies prove this path works, even in serious conditions

Mini Tasks:

1. Write one concept from this course that you've already applied.
2. Rate how it has made you feel (scale 1–10).

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Lifestyle Healing– Luke Coutinho (India)

Luke Coutinho's holistic approach for cancer patients combines:

- Anti-inflammatory foods
- Yoga, pranayama, sleep
- Mental health support

Case Highlight:

A breast cancer patient improved strength, reduced side effects, and supported immunity alongside medical treatment using these lifestyle changes.

Mini Tasks:

1. Add one anti-inflammatory habit today—like turmeric or breathwork.
2. Journal one emotion you want to release this week.

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Hoemonal Health – Rujuta Diwekar (India)

Rujuta helps women with PCOS using:

- Seasonal Indian foods (ghee, coconut, millets)
- Gentle exercise + mindful routines
- Stress reduction and sun exposure

Case Highlight:

After 12 weeks, 70% of participants saw regular periods, better skin, and emotional balance.

Mini Tasks:

1. Try a millet-based breakfast or lunch this week.
2. Spend 10 minutes in morning sunlight today.

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Reversing Disease – Dr. Mark Hyman (USA)

Dr. Hyman uses Functional Medicine to reverse metabolic issues through food.

Protocol outcomes in 8–12 weeks:

- Lower blood sugar and cholesterol
- Weight loss and higher energy
- No heavy meds, just lifestyle shift

Mini Tasks:

1. Track your sugar intake today—swap 1 sugary item with fruit.
2. Write one processed food you'd like to replace this week.

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Cancer Research – Cleveland Clinic (USA)

This top U.S. hospital confirms that food protects against cancer.

Findings:

- Plant-based diets = 20–30% lower cancer risk
- Gut health is key: fiber, fermented foods, phytonutrients
- Nutrition = prevention, not just support

Mini Tasks:

1. Eat one fermented food today (curd, kanji, pickles).
2. Include leafy greens or berries in one meal.

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You Have the Evidence

Across India and the world, real people are reversing illness and thriving —using what you now know.

Common Threads:

- Whole foods + herbs
- Rest, breath, sleep
- Personalized, not perfect

Mini Tasks:

1. Reflect on one case study that inspired you most. Why?
2. Share it with a friend or parent to spark a wellness conversation.

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ABOUT THE AUTHOR



Zainab Mustafa Bharmal is an IBDP Year 2 student at The Galaxy School, with a strong academic foundation and a passion for pharmaceutical sciences, biotechnology, and life sciences. A national topper in Geography and an all-A* IGCSE achiever, Zainab has pursued her interests through internships with medical professionals, research-based summer programs, and science-led awareness campaigns. She has led impactful projects on juvenile diabetes, curriculum design for under-resourced schools, and conducted fieldwork in naturopathy and nutrition. Her portfolio includes awards in sports, arts, MUNs, and international competitions like the Biology Bowl and Duke of Edinburgh Award. Through her capstone project and this e-book series, Zainab combines the wisdom of Ayurveda with modern health science to make preventive wellness accessible, evidence-based, and teen-friendly.