



## From Illness to Wellness

Many people continue to experience **stress, sleep problems, emotional disturbance, lifestyle disorders or chronic health problems** even when their medical reports are normal or treatment provides only temporary relief.

This happens because health is not connected only with the physical body. Our **thoughts, emotions, subconscious patterns, lifestyle, relationships and inner energy** also influence our overall wellness.

Welcome to **Urdhva Wellness Clinic**—where Medical Science, Yogic Science and Psychosomatic Understanding come together to guide the whole person toward deeper balance and positive transformation.

**Heal the Subconscious Mind → Heal the Body → Transform the Life.**

 **Start Your Wellness Journey**

**WhatsApp: +91 93136 81866**

<https://wa.me/919313681866>

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## Your Subconscious Mind Is Your Inner Doctor

The conscious mind thinks, analyses and makes decisions. But our deeper emotions, memories, beliefs, past experiences and habitual patterns remain within the subconscious mind.

Its most powerful language is:

**Imagination • Feeling • Visualization**

When these inner patterns are guided in a positive direction, the person begins moving from:

**Illness → Wellness**

**Stress → Peace**

**Fear → Confidence**

**Negative Patterns → Positive Transformation**

As Yogic Philosophy says:

“यथा दृष्टि, तथा सृष्टि.”

*As your inner vision changes, your life begins to change.*

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## What Is Urdhva Wellness Therapy?

**Urdhva Wellness Therapy** is a drug-free, scientific and guided wellness system developed by **Dr Paresh Mehta** from more than 30 years of medical, yogic and psychosomatic experience.

It integrates:

- ✓ Modern Medical Science
- ✓ Medical Yoga and Meditation
- ✓ Psychosomatic Understanding
- ✓ Mind–Body Wellness
- ✓ Subconscious Imagination and Reprogramming
- ✓ Other appropriate therapeutic techniques

It understands the **Mind, Body, Emotions, Subconscious Patterns, Lifestyle and Inner Energy** together and works through personalized guidance in the direction of a **Root-Cause Curative Approach**.

## Understand Our Methodology

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## Why “Urdhva”?

“Urdhva” is a Sanskrit word meaning **upward**—the upward movement of life energy toward higher health, awareness and wellness.

URDHVA also represents:

**Unified Regimen for Dynamic Health using Versatile Approaches.**

The purpose is to guide a person toward:

**Higher Energy • Higher Awareness • Higher Wellness**

**Where Science Ends, Urdhva Wellness Therapy Starts.**

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## Why Urdhva Wellness Is Different

- ✓ Drug-free and personalized approach
- ✓ Focus on root-cause understanding
- ✓ Integration of Medical, Yogic and Psychosomatic Science
- ✓ Mind, Body, Emotions and Lifestyle understood together
- ✓ Personalized therapeutic guidance and home practice
- ✓ Personalized session audio and complimentary Urdhva Wellness Kit
- ✓ Prevention, immunity and total wellness
- ✓ 30+ years of clinical and yogic experience

Every individual's condition and life journey is different. Therefore, therapy is personalized according to the person's **problem, state of mind, lifestyle, emotional patterns, goals and progress.**

**Same disease does not always mean the same wellness journey.**

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## Areas of Wellness Support

Urdhva Wellness Therapy supports people dealing with:

- Stress, anxiety, depression and emotional disturbance
- Sleep, concentration and confidence problems
- Lifestyle and psychosomatic disorders
- Chronic pain, migraine and digestive concerns
- Diabetes, high blood pressure and weight problems
- Women's and men's wellness concerns
- Addiction and repetitive behavioural patterns
- Student, youth and professional challenges
- Family and relationship problems
- Preventive, personal and spiritual wellness

 **Explore What We Treat**

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 **Real People. Real Experiences.**

Many people have shared positive transformations in their **physical health, mental peace, emotional balance, sleep, digestion, energy, confidence, relationships and overall quality of life.**

Every individual's experience is different. These real stories help people understand Urdhva Wellness Therapy and begin their journey with greater trust and positivity.

 **Watch Patient Success Stories**

<https://youtube.com/playlist?list=PLrlUZovdYSliL4VoWrm7wxw4IGCwhPHpB>

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## **Guided by Dr Paresh Mehta**

**Dr Paresh Mehta (MBBS, YCB)**

**Medical Yoga Therapist & Wellness Expert**

Dr Paresh Mehta brings together more than **30 years of medical, yogic and psychosomatic experience.** His approach understands and guides the complete person—not merely an isolated symptom or disease.

 **Meet Dr Paresh Mehta**

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## **Start Your Wellness Journey**

If you are facing a physical, mental, emotional, family-related, lifestyle or chronic mind–body problem, begin by briefly sharing your concern.

After understanding your condition and wellness goal, personalized guidance will be provided regarding the appropriate next step.

**WhatsApp: +91 93136 81866**

**Urdhva Wellness Clinic, Bhuj–Kutch**

 [\*\*Connect on WhatsApp\*\*](https://wa.me/919313681866)

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# ABOUT — WHO I AM

## Meet Dr Paresh Mehta

**Medical Yoga Therapist • Wellness Expert • Consultant Family Physician**

I am **Dr Paresh Mehta (MBBS, YCB)**, founder of Urdhva Wellness Clinic.

For more than **30 years**, I have worked in the fields of Modern Medical Science, Yogic Science and Psychosomatic Medicine. This clinical and yogic experience became the foundation of **Urdhva Wellness Therapy**.

My purpose is not merely to treat disease, but to understand the complete person and guide them toward **physical health, mental peace, emotional balance, positive energy and higher awareness**.

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## Experience and Expertise

- MBBS — B.J. Medical College (1994)
- Psychosomatic Medicine training — Indian Society for Clinical & Experimental Hypnosis (1994)
- Government-recognized Yoga Wellness Instructor (YCB)
- Medical Yoga Therapist and Wellness Expert
- Consultant Family Physician
- Former Resident Medical Officer at Civil Hospital and GAIMS, Bhubaneswar
- 25 years of hospital medical service
- Lecturer and guide in Yoga and Naturopathy education
- 30+ years of medical, yogic and wellness experience

I have also conducted wellness seminars, camps and group sessions for universities, schools, government and private institutions, Rotary Clubs, yoga studios, courts, jails and community organizations.

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## Why I Developed Urdhva Wellness Therapy

During my medical practice, I observed that physical treatment alone is sometimes insufficient.

Stress, suppressed emotions, relationships, lifestyle and subconscious patterns may continue to influence a person's health—even when medical reports are normal.

**Urdhva Wellness Therapy** extends our understanding beyond the physical body toward the **Mind, Energy, Awareness and Inner Consciousness**.

By integrating Medical Science, Yogic Science and Psychosomatic Understanding, I developed a personalized system that works in the direction of **Root-Cause Wellness and Deep Inner Transformation**.

**Where Medical Science Ends, Urdhva wellness therapy Starts.**

My clinical and yogic understanding also recognizes that some deep impressions may be understood through past experiences, sanskar and, within Yogic Philosophy, past karma or past-life sanskar.

The purpose is not to remain focused on the past, but to move toward **inner purification, higher awareness and positive transformation**.

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## **My Wellness Philosophy**

Every person's problem, life situation and wellness journey is different.

Therefore, I do not follow one fixed method for everyone. Therapy, guidance and home practice are personalized according to each individual's **condition, emotional patterns, lifestyle, personal requirements and progress**.

The therapist is a guide and medium. The deeper healing intelligence already exists within the individual.

**Your Subconscious Mind Is Your Inner Doctor.**

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## **Our Mission**

To guide people toward drug-free, personalized and root-cause wellness through the integration of:

**Medical Science + Medical Yoga + Mind–Body Understanding + Guided Inner Transformation**

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## **Our Vision**

**Healthy Individual**



**Healthy Family**



**Healthy Society**



**Healthy World**

Our mission is not limited to freedom from disease. We want every person to live a more **healthy, peaceful, joyful, energetic, balanced and aware life.**



**Begin Your Personal Wellness Journey**

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## **METHODOLOGY — HOW WE HEAL**



### **The Science of Guided Healing**

Urdhva Wellness Therapy is a personalized and drug-free guided wellness system integrating:

- ✓ Modern Medical Science
- ✓ Medical Yoga and Meditation
- ✓ Psychosomatic Medicine
- ✓ Subconscious Imagination and Reprogramming
- ✓ Personalized Home Practice
- ✓ Guided Inner Transformation

It understands the individual as one interconnected system of **Mind, Body, Emotions, Lifestyle, Subconscious Patterns and Inner Energy.**

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### **Understanding the Mind–Body Connection**

Chronic stress, fear, emotional conflict and negative patterns can keep the body's stress response active.

Over time, this may influence:

- Sleep
- Digestion
- Pain

- Energy
- Immunity
- Emotional balance
- Overall health

Modern Science is increasingly explaining the Mind–Body Connection. Yogic Science has understood this inner connection for thousands of years.

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## The Subconscious Mind

The subconscious mind carries many deeper emotions, memories, beliefs, impressions and habitual patterns.

Its powerful language is:

**Imagination • Feeling • Visualization**

Through appropriate guidance, the person's focus gradually moves from illness, fear and negativity toward **wellness, confidence, inner balance and positive transformation**.

**Where focus goes, energy flows.**

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## Root-Cause Curative Approach

Two people with the same disease may not have the same root cause.

In one person, chronic stress may be important. In another, emotional trauma, lifestyle patterns, relationships or a deep subconscious conflict may be involved.

Therefore, Urdhva Wellness Therapy considers:

- Physical condition and medical history
- Mental and emotional state
- Stress and psychosomatic factors
- Lifestyle and relationships
- Subconscious patterns and sanskar
- Inner energy and awareness
- Personal and spiritual goals

The direction is not merely symptomatic—it is a **Root-Cause Curative Approach**.

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## Personalized and Guided Therapy

Basic meditation, relaxation and positive thinking can be practised at home. But **information and transformation are not the same.**

Working with deeper Mind–Body and Subconscious Patterns requires experienced, personalized guidance.

Therefore, the complete therapeutic process remains guided by a Medical Yoga Therapist and is customized according to the person’s requirements and progress.

**Reveal the Concept. Keep the Full Process Personalized and Guided.**

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## **The Wellness Journey**

Depending upon individual requirements, goals and progress, a personalized plan may generally include **7 to 21 or more sessions.**

The journey may include:

- Consultation and assessment
- Guided personal therapy
- Personalized therapeutic music and session audio
- Regular home practice
- Follow-up guidance
- Urdhva Wellness Kit
- Personalized daily wellness schedule

The personalized audio and **Urdhva Wellness Kit** support continuity, positive focus and regular practice beyond the clinic.

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## **Three Phases of the Wellness Journey**

According to each person’s condition, goals and progress, the personalized Urdhva Wellness journey may move through three phases:

### **Phase 1 — Therapy**

Disease Removal, Mental Peace and Emotional Healing.

### **Phase 2 — Wellness**

Immunity Enhancement, Success and Prosperity.

### **Phase 3 — Optional Spiritual Wellness**

Spiritual Growth, Conscious Living and Swasthya Mrityu—healthy, peaceful and conscious completion of life.

The duration, number of sessions and complete therapeutic process remain personalized and guided according to individual requirements and progress.

## **Seven Dimensions of Total Wellness**

Urdhva Wellness Therapy works toward:

1. Physical Wellness
2. Mental Wellness
3. Emotional Wellness
4. Family Wellness
5. Social Wellness
6. Occupational Wellness
7. Spiritual Wellness

Together, these seven dimensions guide the individual from illness toward complete physical, mental, emotional, social and spiritual wellness.

Its highest purpose is to develop the awareness to live—and ultimately complete life—with health, peace and consciousness.

**Heal the Subconscious Mind → Heal the Body → Transform the Life.**

 **Discuss Your Wellness Journey**

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## **TREATMENTS — WHAT WE TREAT**

### **Personalized Wellness for the Whole Person**

Urdhva Wellness Therapy supports physical, mental, emotional, lifestyle, relationship and spiritual wellness through personalized guidance.

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### **Mental and Emotional Wellness**

- Stress, anxiety and excessive worry
- Fear, panic and phobias
- Depression and emotional disturbance
- Negative thinking and low confidence
- Trauma-related stress
- Mood and sleep problems

- Psychosomatic stress
  - Emotional and behavioural concerns
- 

## **Sleep, Pain and Neurological Wellness**

- Insomnia and poor-quality sleep
  - Headache and migraine
  - Chronic and psychosomatic pain
  - Back pain and sciatica
  - Muscle, joint and spine problems
  - Supportive wellness in long-term neurological conditions
  - Speech and communication concerns
- 

## **Lifestyle and Chronic Problems**

- High blood pressure
  - Diabetes
  - Weight concerns
  - Thyroid-related wellness
  - Asthma and breathing concerns
  - Heart-related lifestyle risks
  - Immunity and low energy
  - Chronic and autoimmune problems
  - Healthy ageing and prevention
- 

## **Digestive Wellness**

- Gas, acidity and indigestion
  - Constipation
  - Gastritis and peptic ulcer
  - IBS and GERD
  - Stress-related digestive symptoms
  - Eating and weight patterns
- 

## **Women's Wellness**

- Menstrual and hormonal concerns
- PCOS/PCOD
- Fertility and pregnancy wellness

- Garbh Sanskar
  - Menopause
  - Low libido and sexual-wellness concerns
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## **Men's Wellness**

- Premature ejaculation
  - Erectile and performance concerns
  - Nocturnal emission
  - Fertility-related wellness
  - Sexual anxiety and addictive patterns
  - Prostate-related supportive wellness
- 



## **Addiction and Habit Transformation**

- Smoking and tobacco
  - Alcohol and substance-related habits
  - Gambling
  - Internet and gaming overuse
  - Food-related addictive patterns
  - Nail biting, thumb sucking and hair pulling
- 



## **Students, Youth and Professionals**

- Examination anxiety
  - Concentration and memory
  - Academic pressure
  - Time management
  - Self-confidence
  - Professional stress and productivity
  - Sports and performing-arts performance
  - Personality development and life direction
- 



## **Family and Relationship Wellness**

- Marital and family harmony
- Emotional communication
- Relationship conflicts
- Social confidence

- Life-partner and personal goals
  - Work–life balance
- 

## Preventive and Spiritual Wellness

- Immunity enhancement
- Preventive lifestyle guidance
- Meditation and conscious living
- Inner awareness and life purpose
- Success and prosperity
- Spiritual growth
- Healthy, joyful and meaningful living

Every person's condition is different. Personalized guidance is provided after understanding the individual's complete situation.

### Ask About Your Concern

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## Wellness Session Options

### **Personal Therapy Sessions**

One-to-one guided sessions personalized according to the individual's problem, state of mind, lifestyle, emotional patterns and progress.

### **Personal Wellness Sessions**

Advanced personalized sessions for prevention, immunity, success, inner growth, spiritual wellness and total life transformation.

### **Family Wellness Sessions**

Guided sessions for two or more family members, supporting collective wellness, positive communication and family harmony.

### **Group and Public Wellness Sessions**

Programs for students, youth, women, families, professionals, institutions and communities.

Topics may include:

- Stress management
- Healthy lifestyle and immunity
- Garbh Sanskar and maternity wellness

- Student and youth wellness
  - Women's wellness
  - Relationships and family harmony
  - Professional wellness and success
  - Healthy ageing
  - Meditation and spiritual growth
- 



## SUCCESS STORIES

### Real People • Real Problems • Real Transformations

Many individuals have shared positive experiences after receiving personalized guidance through Urdhva Wellness Therapy.

These transformations include:

- Reduced stress and greater inner peace
- Better sleep and relaxation
- Improved digestion, energy and freshness
- Positive changes in chronic and lifestyle problems
- Emotional healing and confidence
- Better concentration and performance
- Improved relationships and family harmony
- Greater inner awareness and spiritual growth

Every person's experience and result are different. These are genuine personal experiences—not promises of identical results.

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### What Supports Positive Transformation?

- ✓ Personalized guidance
- ✓ Quality and regularity of sessions
- ✓ Sincere and active participation
- ✓ Personalized audio and home practice
- ✓ Complimentary Urdhva Wellness Kit
- ✓ Deep relaxation and inner awareness

✓ Medical, Yogic and Psychosomatic Integration

✓ Patience, follow-up and positive focus

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## Watch Patient Success Stories

<https://youtube.com/playlist?list=PLrlUZovdYSliL4VoWrm7wxw4IGCwhPHpB>

## Start Your Own Wellness Journey

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## VIDEOS

### Understand Wellness More Deeply

Our videos provide practical understanding of **Medical Yoga, Mind–Body Wellness, Subconscious Patterns, Stress, Sleep, Chronic Problems, Meditation and Healthy Living.**

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## Start Here

### Your Mind Can Heal Your Body

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Understand how the subconscious mind, emotions, stress and lifestyle influence the body—and why personalized guidance matters.

<https://youtu.be/QyCFkyemjRE>

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## Patient Success Stories

Watch real experiences shared by people during their wellness journeys.

<https://youtube.com/playlist?list=PLrlUZovdYSliL4VoWrm7wxw4IGCwhPHpB>

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## **Drug-Free Cure**

Explore physical, mental, emotional and lifestyle problems through Medical, Yogic and Mind–Body perspectives.

<https://youtube.com/playlist?list=PLrIUZovdYSlgfLpnkz0H3e6HZsSAoJqwc>

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## **Group Healing Sessions**

Watch guided family, group and public wellness programs.

<youtube.com/playlist?list=PLrIUZovdYSljqbUijyxLlmn2JhQQwTaks>

Public videos create awareness and understanding. Personalized transformation requires guidance according to your individual condition.

## **Consult for Personalized Guidance**

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# **BLOGS**

## **Medical Yoga and Mind–Body Wellness**

The Urdhva Wellness Blog integrates **Medical Science, Yogic Wisdom, Psychology, Mind–Body Understanding and more than 30 years of clinical experience.**

Explore practical and trustworthy articles on:

- Stress, anxiety and emotional wellness
  - Sleep and deep relaxation
  - Lifestyle and chronic disorders
  - Medical Yoga and meditation
  - Subconscious mind and psychosomatic wellness
  - Women's and men's health
  - Family and relationship wellness
  - Student and professional development
  - Preventive and spiritual wellness
- 

## **Featured Topics**

- Your Mind Can Heal Your Body

- Why Stress Affects Sleep and Physical Health
- Medical Yoga: Where Medical Science Meets Yogic Wisdom
- Why the Same Disease May Need a Different Wellness Journey
- Information versus Transformation
- From Illness to Wellness: The Meaning of Urdhva
- Root-Cause Understanding in Chronic Problems

Articles provide understanding and awareness. When a concern is persistent or deeply connected with stress, emotions and lifestyle, personalized guidance may be necessary.

 **Discuss Your Concern**

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## **CONTACT US**

### **Start Your Wellness Journey**

If you are experiencing a physical, mental, emotional, family-related, lifestyle or chronic Mind–Body problem, share your main concern with us.

After understanding your condition, history and wellness goal, we will guide you regarding the appropriate next step.

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### **WhatsApp**

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<https://urdhvaclinic.com>

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## Clinic Address

**Urdhva Wellness Clinic**

**Dr Paresh Mehta (MBBS, YCB)**

95, Kalapurnam Society  
MES Road, Bhuj–Kutch 370001  
Gujarat, India

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## Session Duration and Suggested Value

- **Consultation Session — 30 minutes**
- **Personal Therapy Session — 60 minutes — ₹2,000**
- **Personal Wellness Session — 90 minutes — ₹3,000**
- **Family Wellness Session — 90 minutes — ₹5,000**
- **Group Wellness Sessions — WhatsApp: 93136 81866**

The listed amounts represent the **Suggested Value per session**.

Every therapy and wellness journey is personalized according to the individual's condition, requirements and progress.

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## Small Value—Priceless Benefits

Your health is one of life's most priceless assets.

A Personal Therapy or Wellness Session includes **60–90 minutes of personalized guidance, personalized audio for home practice and a complimentary Urdhva Wellness Kit**.

The journey works toward **freedom from disease, natural healing, improved immunity and total physical, mental, emotional, family, social, occupational and spiritual wellness**.

We readily spend thousands of rupees on everyday needs, comforts, eating out, hobbies and social occasions. At the same time, the cost of illness, medical investigations, medicines and hospitalization can be much higher.

**In comparison, these wellness benefits are truly priceless, while the Suggested Value offered for your long-term health and total wellness is very small.**

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## The Science of Offering Value

According to your actual financial capacity, you may offer less or more than the Suggested Value.

According to the **Energy Exchange Principle**, for deep benefits and faster results, it is important to offer **100% according to your genuine capacity after every session**, with devotion to the Supreme Power that heals you.

**100% capacity** means honestly offering whatever amount you are truly capable of offering—whether less or more than the Suggested Value. The value should be offered in **cash immediately after completing each session**.

This contribution reflects the **Value, Sincerity and Commitment** you give to your own health. It encourages regular home practice and helps make your wellness journey deeper and more effective.

The value offered supports the world-welfare work of the Supreme Power that heals you.

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## Before Contacting Us

Please share:

- Your name, age and city
- Your main problem
- How long the problem has continued
- Relevant diagnosis or treatment history
- Your primary wellness goal



**Start Your Wellness Journey on WhatsApp**

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## Frequently Asked Questions

### Is Urdhva Wellness Therapy the same for everyone?

No. Therapy, guidance and home practice are personalized according to each person's condition, lifestyle, emotional patterns, requirements and progress.

### How many sessions may be required?

Depending upon individual needs, goals and progress, a personalized plan may generally include **7 to 21 or more sessions**. Not every individual requires every phase or the same number of sessions.

### Can I practise at home?

Yes. Personalized session audio and home-practice guidance are provided when appropriate. Regular practice helps maintain continuity after the clinic session.

### **What is included in the Urdhva Wellness Kit?**

A complimentary Urdhva Wellness Kit is provided to support positive focus, regular home practice and inner awareness. It may include the Urdhva Wellness Sleeping Mask, personalized audio, wellness diary and other practice-supporting items.

### **Can I learn the complete therapy from the website or videos?**

The website and videos explain the concept. The complete therapeutic process remains personalized and guided because **information and transformation are not the same**.

### **Should I stop my current medicines?**

No. Prescribed medicines should not be stopped or changed without consulting the treating doctor.

### **Can family members participate?**

Yes. Personal Therapy, Personal Wellness, Family Wellness, Group and Public Wellness Sessions are available according to individual and collective requirements.

### **Are results the same for everyone?**

No. Every person's condition, participation and wellness journey are different. Patient Success Stories represent individual experiences and do not promise identical results.

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## **Stay Connected with Urdhva Wellness**

### **YouTube**

<https://www.youtube.com/@urdhvawellness>

### **Instagram**

<https://www.instagram.com/urdhvawellness>

### **Facebook**

<https://www.facebook.com/WellnessWithDrParesh>

### **X (Twitter)**

<https://twitter.com/urdhvawellness>



## FOOTER

**Urdhva Wellness Clinic**

**Drug-Free Wellness • Root-Cause Understanding • Medical Yoga Therapy • Guided Inner Transformation**

**Dr Paresh Mehta | Medical Yoga Therapist & Wellness Expert**

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**Heal the Subconscious Mind → Heal the Body → Transform the Life.**

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### Medical Disclaimer

*The information provided on this website is intended for general wellness education. It does not replace individual medical diagnosis, emergency care or treatment advice.*

*Individual conditions, experiences and results vary. Urdhva Wellness Therapy should be used with appropriate professional guidance. Prescribed medicines or ongoing medical treatment should not be stopped, reduced or modified without consulting the treating doctor.*

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