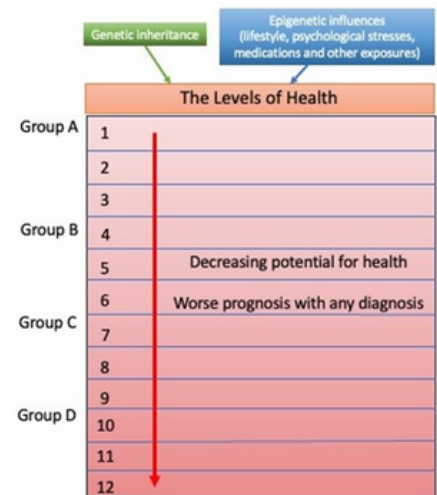


# WORKSHOP 21

**DATE: 20/09/2023**

**TIME: 8.30 AM**

## Levels of Health' as a novel clinical tool for assessing prognosis and treatment response in chronic diseases



105 minutes

*The "Levels of Health" theory brings forth the idea that every individual is born with a potential for health that is determined at the moment of conception by various factors operative then and the potential is either achieved or forgone by the lifestyle and stresses. At any given point, an individual can thus be categorized into a Level of Health. The purpose is to provide a likely prognosis with more accuracy. Real world cases will be demonstrated to elucidate the factors that determine the level and therefore the prognosis, along with the theoretical background and practical tools to work with.*

1. Levels of Health – the theory and its relevance to integrative practice by Dr Seema Mahesh
2. Real world cases demonstrating determination of Levels of Health, and the treatment outcome by Dr Mahesh M
3. Practical exercise – participants will be invited to take each other's health history and encouraged to decide the level of health – 30 mins.
4. Q&A – 15 mins.

## Speakers

**Dr Seema Mahesh**

**Dr Mahesh M**