



THE HOLISTIC CARE

MAKE LIFE POSITIVE WITH US



WEB ADVERTISING MEDIA KIT



ABOUT US

The Holistic Care promoting a holistic understanding of the unity of life recognizing the challenges of high-speed global change, we foster the well-being of the entire human family by promoting holistic understanding. The Holistic Care also promotes the cause of intelligent art of living a healthy, peaceful, spiritual value based life of lofty ideals & moral values through alternative medicine systems like Yoga, Ayurveda, Reiki..... It should also manifest the inner divinity & spiritual energies of humankind.

TRADITIONAL AD PLACEMENT

We accept advertisements for our website www.theholisticcare.com (only a limited number of advertising space is offered). This site has quality content on health care, disease and conditions, alternative medicines etc..

TRAFFIC DETAILS

Currently the site has 20,000+ pages, and is growing rapidly. The majority of web traffic comes from Google, Yahoo, Live with hundreds of ranked keywords. We have an exhaustive inventory of quality niches that can send targeted traffic to your website.

Page Views Per Month 2,00,812

Unique Visitor Per Month 60,723

FLEXIBILITY

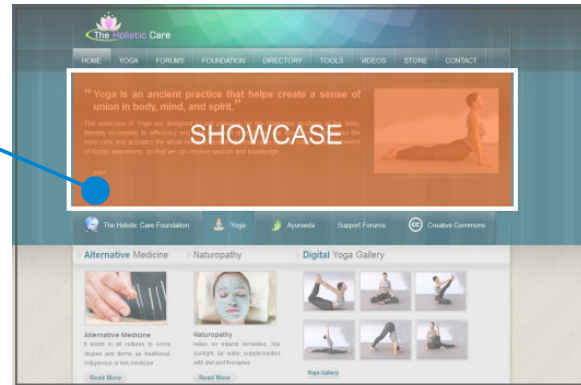
Not only do we offer a wide range of placements, we are also open to providing customized solutions for your unique requirements.



AD PLACEMENT ON THE HOLISTIC CARE FRONTPAGE

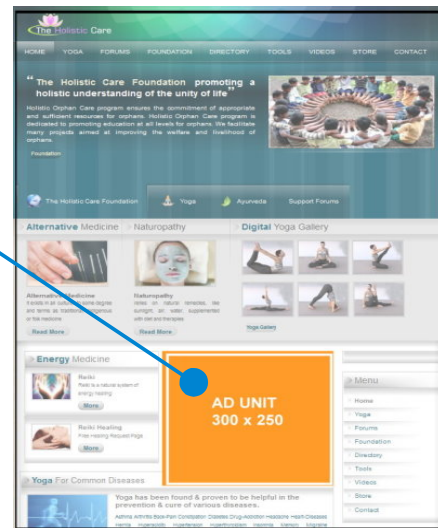
POSITION - SHOWCASE

Position – Showcase
Page included - Homepage
Price - \$500/month
 \$1200/3 months
 \$2000/6 months
 \$3000/12 months



POSITION – AD UNIT 300 x 250

Position – AD Unit
Page included - Homepage
Price - \$250/month
 \$600/3 months
 \$1000/6 months
 \$1500/12 months





THE HOLISTIC CARE FORUM

The Holistic Care Health and Wellness forum(<http://www.theholisticcare.com/forums>) is a discussion and support forum for those seeking health and longevity through natural supplements, yoga, ayurveda, reiki and holistic lifestyle.

POSITION – AD UNIT FORUM 240x68

Position – BANNER 240 x 68
Page included –Forum Homepage+ 10000 pages
Price - \$150/month
 \$300/3 months
 \$450/6 months
 \$700/12 months

POSITION – AD UNIT FORUM 200x200

Position – RIGHT AD UNIT
Page included –Forum Homepage+ 10000 pages
Price - \$150/month
 \$300/3 months
 \$450/6 months
 \$700/12 months

The screenshot shows the forum's homepage with a green header and a navigation menu. A blue circle highlights a banner area at the top right labeled 'BANNER 240 X 68'. Another blue circle highlights a red-bordered ad unit on the right side labeled 'AD UNIT FORUM 200 X 200'. The main content area displays a list of forum topics and subforums, including 'Holistic', 'Energy Medicine - Reiki', and 'Ayurveda'. A 'Main Menu' sidebar on the right contains links like 'View unanswered posts' and 'View active topics'. A 'Login Form' is also visible at the bottom right.



YOGA SUBDOMAIN

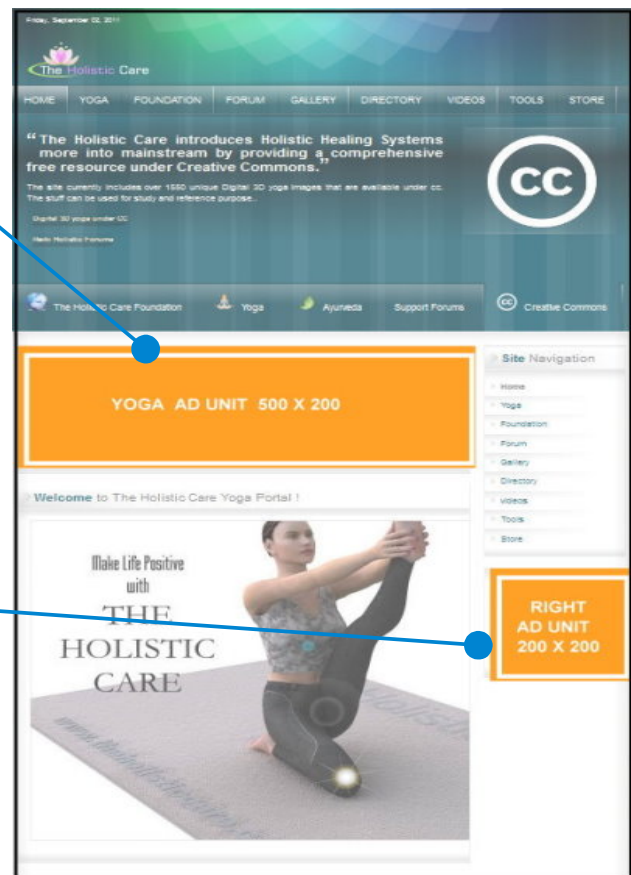
<http://yoga.theholisticcare.com> is a sub-domain of theholisticcare.com this section is a resource for the understanding and spreading of this sacred science of yoga. The site currently includes over 1550 unique Digital professionally created, fully textured, high resolution 3D digital images created by us. This stuff can be used for study and reference purpose we have made it available under cc.

POSITION – AD UNIT FORUM 500x200

Position – YOGA AD UNIT
Page included – Yoga Homepage
Price - \$200/month
\$400/3 months
\$600/6 months
\$900/12 months

POSITION – AD UNIT FORUM 200x200

Position – RIGHT AD UNIT
Page included – Yoga Homepage+ 2000 pages
Price - \$150/month
\$300/3 months
\$450/6 months
\$700/12 months





TEXT LINK ADS ON STATIC HTML PAGES

Beside above dynamic cms pages we have 400+ static html pages with an exhaustive inventory of quality niches that generates huge organic traffic to our website.

Text Link Ads are served as static links that can help your natural (organic) search engine rankings. Flat price per ad for a 30 day ad run. Never worry about cost per click or CPM rates.

Position – Content Price - \$90/month/page

Position – Right Price - \$80/month/page



The screenshot shows a website page for 'The Holistic Care' with a navigation menu (HOME, YOGA, FORUMS, FOUNDATION, DIRECTORY, TOOLS, VIDEOS, STORE, CONTACT). The main content area is titled 'Obesity Weight Management with Yoga' and includes three images of a person's torso. The text discusses the health hazards of obesity and provides advice on weight management. The right sidebar contains a 'MENU' section with links to various services and a 'YOGA' section with a list of yoga practices.

Obesity
Weight Management with Yoga

Today millions of people of all age group across the globe facing this health hazard of Obesity. Obesity makes life lazy and sedentary. Body becomes weak it decreases the possibilities of longer life span. Common ailment the bones of buttocks, knees and spinal column becoming brittle.

The muscles of the stomach are ordinarily helpful to the glands secreting internally. But because of the fat collecting on the belly, hernia is caused. Overweight people have an increased risk of high blood pressure, heart disease, and other illnesses. Losing weight reduces the risk.

Ask Your Doctor About Sensible Goals
Your doctor/ physician or other health professional can help you set sensible goals based on a proper weight for your height, build and age. Men and very active women may need up to 2,500 calories daily. Other women and inactive men need only about 2,000 calories daily. A safe plan is to eat 300 to 500 fewer calories a day to lose 1 to 2 pounds a week.

Therapeutic weight loss, in individuals who are overweight, can decrease the likelihood of developing diseases such as diabetes. Overweight and obese individuals face a greater risk of health conditions such as type 2 diabetes, heart disease, high blood pressure, and osteoarthritis. For healthy weight loss, a physician should be consulted to develop a weight loss plan that is tailored to the individual.

Weight loss occurs when an individual is in a state of negative energy balance. When the human body is spending more energy in work and heat than it is gaining from food or other nutritional supplements, it will catabolize stored reserves of fat or muscle.

MENU

- Forum
- Alternative Medicine
- Yoga
- Energy Medicines
- Ayurveda
- Reiki
- Free Energy Healing
- Kundalini Reiki
- Ayurveda Reiki

YOGA

- Kundalini Yoga
- Hatha Yoga
- Bhakti Yoga
- Raja Yoga
- Shakti Karma
- Yama
- Niyama
- Asana
- Pranayama
- Pratyahara
- Dhiana
- Dhyana
- Samadhi
- Jnana Yoga
- Karma Yoga
- Tantra Yoga
- Faq Yoga
- Naturopathy
- Yoga Nidra
- Deep Relaxation

[Causes for Obesity](#) [Sitemap](#)