



PELONNGWE
WELLNESS RETREAT & SPA

HOLISTIC • COMPASSIONATE • TRANSFORMATIVE



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Afrovedic Healing Institute
Bryanston, Sandton, Johannesburg

CHEMO BRAIN

The Hidden Side Effect. The Real Struggle.

Chemotherapy-related cognitive impairment affects a large share of patients during and after treatment. It is a genuine change in how the brain processes information — not a lack of effort, and not something to push through alone.



*You are not imagining it.
You are not alone.
Clarity can be reclaimed.*



Memory lapses.
Forgetting appointments, names, or recent conversations.



Word-finding difficulty.
Losing your train of thought mid-sentence.



Mental fatigue.
Feeling drained after simple tasks that once felt easy.



Trouble focusing.
Difficulty concentrating or multitasking as before.



A scattered, "foggy" feeling.
A sense of mental static that doesn't lift with rest alone.



THE AFROVEDIC PATHWAY

A structured journey from fog to clarity



SUPPORTIVE MODALITIES

How each practice lends a hand



HYPERBARIC THERAPY

Oxygenation of the body & the brain
Helps increase oxygen delivery, reduce inflammation and support overall healing, energy and mental clarity.



AYURVEDA SHIRODHARA

A steady stream of warm oil across the forehead, traditionally used to quiet a racing or scattered mind and ease sleep.



MINDFULNESS MOVEMENT

Gentle yoga & breathwork
Slow, seated or supported sequences with pranayama to ease fatigue and bring attention back to the body.



ANCESTRAL PRACTICE

Ancestral grounding rituals
Guided ancestral connection work to hold emotional steadiness through the disorientation treatment can bring.



GUT-BRAIN THERAPY

Colonhydrotherapy
A gentle, thorough cleansing of the colon helps support the gut-brain axis, reducing toxin load and supporting mental clarity and overall wellbeing.



DOSHA NUTRITION

Constitution-based eating
Warm, grounding foods suited to gut-brain axis, Vata state, often at the root of a scattered, foggy mind.



OZONE THERAPY

Oxygen-ozone therapy supports circulation, reduces inflammation and oxidative stress, and promotes cellular healing.



INTEGRATIVE THERAPY

Photobiomodulation
Low-level light therapy sessions offered as part of a broader wellness plan to support energy and relaxation.



COMMUNITY

Guided reflection circles
Small-group conversation space to name what chemo fog feels like, without having to explain it from scratch.



Please note: this protocol is offered as complementary, supportive wellness care and does not replace oncology treatment, diagnosis, or medical advice. Please continue all prescribed treatment and speak with your treating doctor before beginning any new therapy.

BEGIN THE JOURNEY

Come as you are — foggy days included

Afrovedic Healing Institute
Pelonngwe Wellness Retreat & Spa
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*You don't have to do this alone.
We're here to walk with you
from fog to clarity.*

