



Transform Your Health Using
Dr. Shikha's OneHealth™ Holistic Nutrition Protocol

" Our Body is our most precious asset and to honour and protect our bodies we should only trust the best of healthcare Professionals"

#HonourYourBody

Introduction

Dr. Shikha Nehru Sharma is a medical doctor from **Maulana Azad Medical College**, who realised, while working with heart patients, the importance of preventive healthcare in cardiology. She has been a pioneer in the field of using nutrition as a backbone of preventive healthcare. Her articles In **Hindustan Times - Brunch Magazine** and her programs on **Television** have always been about using **Nutrition** as a form of medicine for treating diseases from the root .



Dr. Shikha Nehru Sharma

The awarded and renowned doctor has created India's First integrated Nutrition protocol by the name of "**OneHealth Holistic Nutrition Protocol**"

The unique aspect of this protocol is that it is a combination of **Modern Nutrition along with Holistic Nutrition**. It has incorporated the best of Nutrition science based on individual body type, along with the knowledge of Nutrigenetics (Based on Phenotype assessment), Epigenetics and the science of macros and micros requirement for a healthy body.

At OneHealth we firmly believe that the calorie concept is incorrect and is not based on medical science, hence we do not recommend a low calorie diet .

Proud to be a
Harvard Business case study
in wellness!



**Harvard
Business
Review**



**Indian Medical Association New Delhi Branch
Award of Excellence in Nutrition**

3 Step OneHealth Holistic Nutrition Protocol

- Dysfunction Correction (0- 6 Months)
- Re-Education and Habit Formation (6 Months - 12 Months)
- Optimisation (12 months onwards)

Our commitment to quality

At **OneHealth** we take your health seriously and only **hire qualified professionals**. The healthcare team which interacts with you consists of qualified Nutritionists, who work under the supervision of qualified **Holistic Medicine Doctors**. We have a Quality Audit and Training Department which ensures, that you only get scientific and error free prescriptions. We are also pioneers in initiating "**Compliance Monitoring and Counselling Protocols**. Which is at the heart of our programs and makes our programs successful. We value our focus on professionalism and a safe and scientific approach.

Teams in the background who work to ensure that you get the best:



Holistic Medicine Doctors



Expert Nutrition Coaches



Yoga Expert



Emotional Health Coach



Research Audit & Training Team



Technology and App Team



Operations Team



Products Team



Program Flow

1	First Consultation and Health Risk Assessment, Medical history and Unique Body Type Assessment with Holistic Health Doctor.
2	Holistic Nutrition Planning and Dynamic Modifications by Qualified Nutritionist. According to your medical history and body type.
3	Twice a week Compliance Monitoring and Motivational Counselling.
4	Once a month online webinar with Dr. Shikha Nehru Sharma.
5	Weekly Knowledge sessions by an experienced Senior Holistic Health Doctor.
6	Session with our Emotional Health Coach - life can be overwhelming. Being truly healthy isn't just about your body—it's about taking care of your mind and emotions too
7	Recorded Yoga Sessions and Online live Group Yoga Session.
8	Organic Nutraceuticals according to health needs. (Only within India)*
9	Personal Relationship Executive and Concierge Services. Personal Customer Care executive for support during the program.
10	Nutrition App with Thousands of Recipes and Knowledge Videos and Chat Feature with Nutritionists.
11	Video Consultation feature by our Doctors and Nutritionists.
12	Tracking of Health goal progress during the program and Final Analysis Brochure at the end of the program.

OneHealth Holistic Nutrition Therapy For Lifestyle Disorders

51,000+ lives Transformed

15+ Life style disorders managed










600+ Holistic Nutrition Coaches

65+ Countries - From where Health seekers consult us

2,50,000+ Nutrition Plans sent every month



Lifestyle Disorders And Solutions We Offer

 <p>Hypothyroid Management</p>	 <p>Menopause Management</p>	 <p>Liver Management</p>
 <p>High Cholesterol</p>	 <p>Weight Management</p>	 <p>PCOS Diet</p>
 <p>Detox Management</p>	 <p>Diabetic Solution</p>	 <p>Cancer Solution</p>

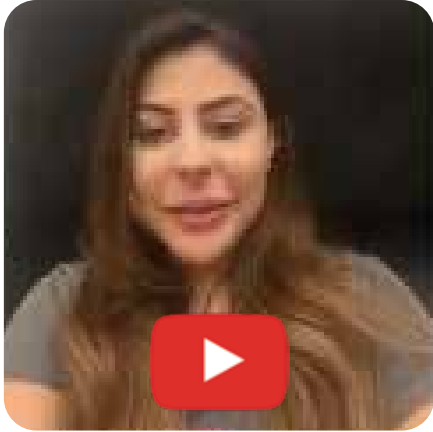
Testimonial



Mrs. Zabin Somjee



Mrs. Shail Ranyal



Ms. Sanjana Chadha



Ms. Akshita Arora



Mr. Niting Chaturvedi



Mrs. Monika Agrawal



Connect With Us

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