



Healthy Lifestyle @ Your Doorstep



IT'S NOT A SHORT TERM DIET.
IT'S A LONG TERM LIFESTYLE CHANGE.

Waking up early to run to the office, entire day sitting at the desk and forgetting to take the mid morning or pre lunch meal and returning home all drenched and just dumping food and sleeping is the lifestyle of most of us today. We are so busy that we hardly have time to take care of our health. By the end of the day we do not have time to even think about it.



Do you know google shows over 71,00,000 results when you search for weight loss diet plans? Still most of us are struggling with weight issues. Do you know why..??

The reason is absence of **coaching, motivation, follow up and monitoring**. All of us know without monitoring each and every plan fails so is the health plan.

Importance of Health Coaching in today's world

Most of us have tried shedding weight in a short-cut way by self dieting - reducing the food intake and cutting down on fats, eating low calorie diets etc. We do not realize that these wrong eating practices make us prone to many health issues and doesn't help us in sustainable weight loss. This makes us more frustrated and irritable as the efforts go all futile.

NutriHealth Coaching has a customised approach which is designed as per an individual's personal needs and requirements. For example most of the people know that Diabetics should avoid starchy foods and monitor their sugar regularly. But a health coaching facility can tell you beyond this - they will help you adjust your food habits, suggest you healthier food alternatives, keep a check on your sugar level and make changes in your diet as and when required. Health coaching goes beyond the prescription notepad and helps in educating the client, which in the long term help individuals become more qualified and confident in managing their health.



The Use of Technology

Today the world revolves around technology and we all love technology. We at NutriHealth use the best technology in the form of software which makes us aware about each and every client. We stay in touch with our clients through mobile application YuWoW. We proudly boast that we are just a click away from you...!!

5 Most Common Nutrition Mistakes We Often Make

- **Skipping Meals:** Skipping meals slows down your metabolism and makes you gain weight instead of losing.
- **Not Eating Fats:** Fats not only have fat soluble vitamins but also helps in weight loss. When eaten properly, fat can be extremely beneficial in promoting metabolism and fat-burning, stimulating hormone production and aiding weight loss.
- **Starving during the day and eating too much in the dinner:** As the day dawns, so is our metabolism. Metabolism is at its highest during the morning. That is why it is said - "Eat breakfast like a king, lunch like a prince and dinner like a pauper!" Most of us skip our breakfast and lunches and hog at dinner times. This does not help in weight loss instead will make you fat as whatever you eat after starvation is stored and not burnt.
- **You stop eating fruits because it has sugar:** The most common mistake we make is avoiding fruits in the attempt of avoiding sugars. Fruits contain vitamins, minerals and fiber that actually helps in weight loss.
- **You eat less food but stumble on its GI:** Most of our clients complain that they eat only one biscuit for the breakfast and still gaining weight. The truth behind this is the culprit white flour, sugar, fat and preservatives added to that one biscuit. It is better to take low GI foods in moderate quantity rather than eating smaller portions of high GI food.



Our Vision

Our vision is not only to create a world class healthcare organization but also to be the most respected name in empowering the women and building an institution of knowledge, research and training. We help people actualize their highest potential of well being, effectively and with sensitiveness.

Mission

Our mission is to harness the age old wisdom of Ayurveda and integrating this wisdom with modern scientific knowledge of nutrition, providing the preventive healthcare.

Our Values

- Transparency
- Ethical
- Integrity
- Ownership
- Perseverance

About NutriHealth

Driven by the concept of wellness and preventive healthcare, Dr. Shikha Sharma, an allopath from Maulana Azad Medical College, Delhi launched NutriHealth in 1998. Actively working in the field of weight management and lifestyle related disorders since inception, we have come a long way in the last 20 years to develop steadfast health programs backed by solid scientific knowledge.



Our unique concept of bringing together the modern medicine techniques and the principles of Ayurveda of different food types for different body constitution helps us prepare personalized diet programs (have sent over 2 million diet plans till now) which has helped us successfully coach people on healthy food habits not only in India but across the countries.

We have clients spread across the entire globe including USA, UK, Canada, Australia, New Zealand, UAE, South Africa, Kenya, Egypt, Singapore, Germany, Philippines and many more.

How is Vedique Nutrition different from the Regular Nutrition

What comes first to your mind when you talk about Vedique?? Mortar and Pestle with some herbs lying in it... isnt it?



But Veda is way beyond this. Veda provides a complete knowledge.

Regular Nutrition science nowhere talks about the right and wrong food combinations which Vedique Nutrition does. All of us know about the regular nutrition - calories, good fats, bad fats, sugars etc. but we hardly know about the right fat, right food combination, wrong food combination.

Vedique Nutrition helps in identifying right foods for an individual. For eg. if you are Kapha prakriti and consuming lot of milk for calcium - you are consuming a food that also carries some ill effects like water retention or bloating. So you need to switch to other alternatives for calcium. Same way if you are Pitta Prakriti you must avoid eggs during summers as it might aggravate pitta and cause acidity, bloating and diarrhea.

Best Minds and Knowledge Put Together

How well do you know your body..??

We at NutriHealth understand your unique body type and educate you about your own body. We diagnose the root cause and then the line of treatment starts from working on that root cause. To ensure that our clients get the best fusion of Medicine, Nutrition and Ayurveda -in which we are the pioneer,we have a team of Qualified Nutritionists who hold Master's degree in Food, Nutrition & Dietetics and Doctors who are B.A.M.S. (Bachelor of Ayurvedic Medicine and Surgery) with 10+ years of experience in healthcare. We take pride in telling that we hire best of the people and train them to be the better professionals.



Benefits of taking our services



commitments.

- **Convenience:** In today's world, where we are not running with the time instead time is running ahead of us. So taking care of our health becomes inconvenient with other demanding jobs. We are a bunch of technology driven professionals who understand your need of convenience so we are available on all the platforms - chat, video calls, our mobile based application and phone calls. NutriHealth offers an advisory which is so convenient that it helps you remotely without affecting your other
- **Safety:** Since we do not advice any harmful pills or injections our program is completely safe for all age groups.

- **Capability of the Coach:** Today lot of people in the market claim themselves to be a diet expert without having actual knowledge and qualification. But we hire only the qualified and experienced Doctors and Nutritionists.
- **Many Brains Working Together:** Most healthcare organisations do not invest in Research or Training so end up giving repetitive diets. But we have a dedicated **Research Team** which keeps training our Nutritionist and Doctors about latest nutritional developments.
- **We provide benefits over and above weight loss:** We not only focus on weight loss but also on therapeutic improvements to ensure that our clients get treated in a scientific way.
- **We Value the Health of our client Over Profit:** Healthcare is an area which needs professional ethics more than anything else. Our presence in this field for the last 20 years and growing recommendations from Doctors and treated clients has given us a reason to take pride in our job.

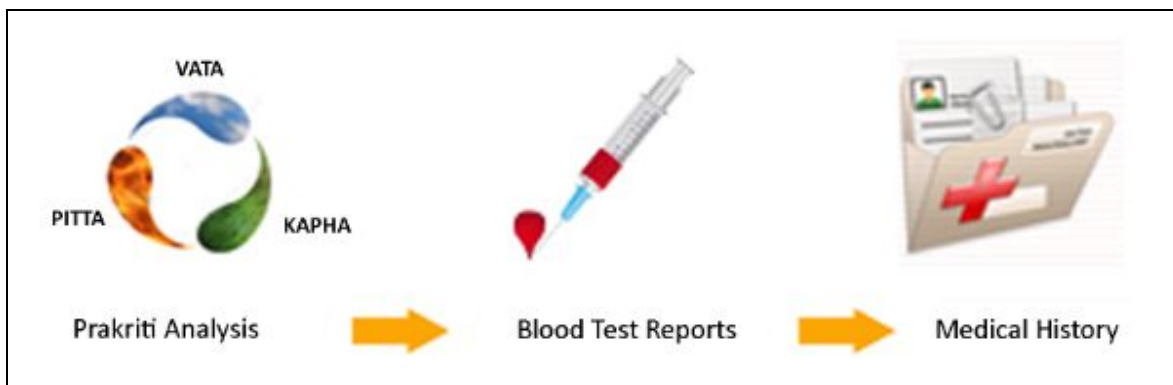
The solution to any kind of lifestyle related issue is NutriHealth - as we offer an advisory which is convenient and helps you remotely without affecting your other commitments. We use the best technology to reach you. We believe in preventive healthcare, hence, we work on the basics of correcting the lifestyle and eating pattern. We deliver affordable, personalised, scientific & convenient service which will transform your health and life.



TIME
MONEY
HEALTH

Finding the Balance

How We Work



Entire solution protocol is built to provide solutions that cater to the specific needs of the individual. The protocol is based on the combination of an individual's unique Prakriti (indicates body type), blood group and health status (through blood test).

Our Services:

Weight Management	PCOS Management	Diabetes Management Program	Cholesterol Management Program	Program for Specific Needs (Pregnancy, Sports Person etc.)
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Our Product Solution:

- Anti Aging Kit
- Detoxification Kit
- Skin Nourishment kit
- Diabetes Management Kit
- Cholesterol Management Kit
- Weight Management Solution in a Box
- Lungs Detoxification Kit (Anti Pollution Kit)

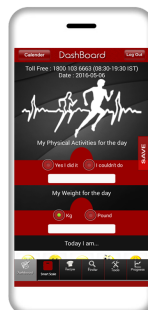


Testimonials:



YuWoW App:

- Personalised Diet Plans
- Free Weight Loss Recipes
- Free Diabetic Dashboard
- Vedic Prakriti Analysis



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