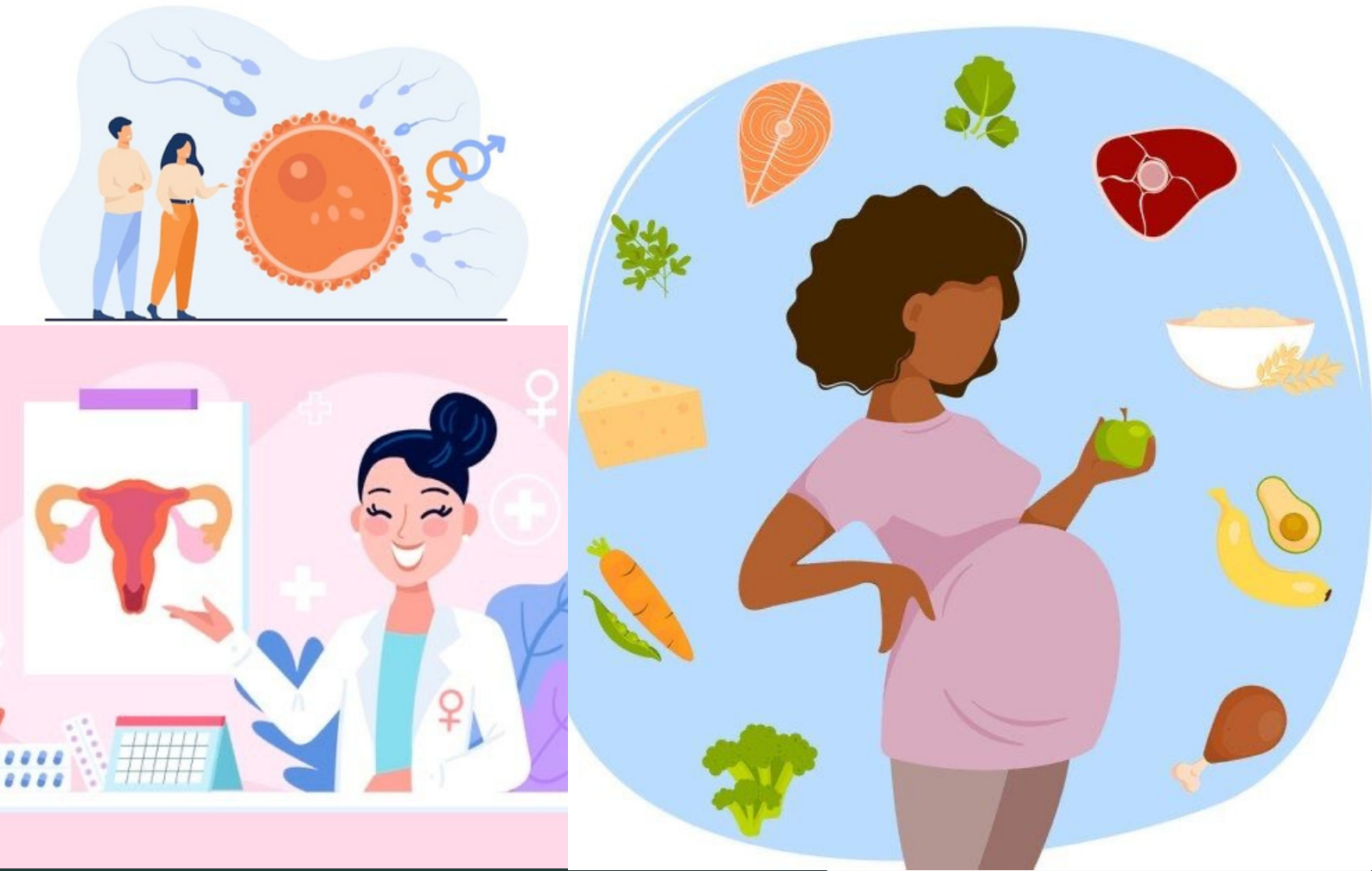


Fertility Nutrition Course

Ayurvedic Masterclass



FERTILITY NUTRITION COURSE

STEP BY STEP GUIDE TO
WOMEN'S HEALTH & THE FACTORS
THAT AFFECT FERTILITY IN MALES &
FEMALES AND HOW TO IMPROVE
INFERTILITY THROUGH NUTRITION

10 DAYS MASTERCLASS



HEALTH AT YOU
ISO CERTIFIED



Basic Guidelines

- This course will give you a well rounded insight on women's health along with the factors that affect fertility in males & females and how to improve fertility through nutrition in both males & females
- This course has highlighted the Ayurvedic perspective of infertility
- The session is a 10 days masterclass divided into 1 Hour live interactive session
- Sessions will be held in English & Hindi
- The content will be shared in the form of Live sessions; held on zoom / google meet application
- Health At You will reward a course completion certificate
(ISO CERTIFIED)
- Plan is Non - Refundable



Plan Structure

Total 10 Live Sessions

9 live sessions on topics given below

1 Live doubt session

Below Topics to be Covered

1. Infertility

- Overview
- Ayurvedic Perspective
- Types of Infertility

2. Factors Causing Infertility

- Effect of Stress
- Effect of Obesity
- Effect of PCOS
- Other Factors

3. Nutrition & Ovulatory Function

4. Nutrition & Female Fertility

5. Nutrition & Sperm Function

6. Nutrition & Male Fertility

7. Dietary Management - Obesity & Infertility

8. Dietary Management - PCOS & Infertility

9. Lifestyle Recommendation

- Physical Activity
- Stress Management

10. Oxidative Stress & its Management

11. Role of Chakras

- Types of Chakras
- Chakra responsible for Fertility
- Nutrition as per Chakras

12. Recipes to boost fertility

13. Herbs to improve fertility

14. Diet Designing

Charges: ₹ 8999/-

