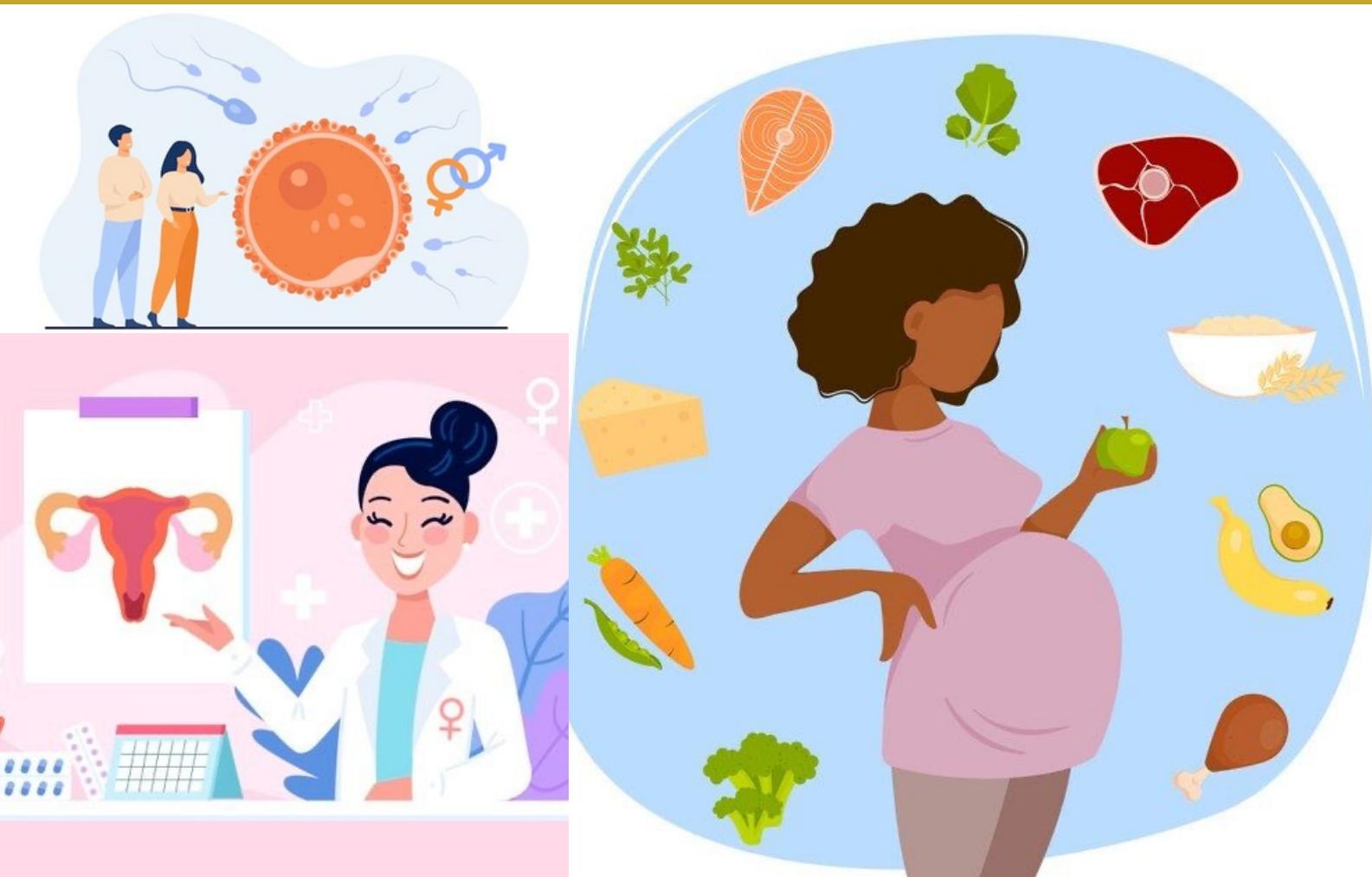


# Fertility Nutrition Course

## 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/-**

