

THERAPEUTIC DIET DESIGNING

Ayurvedic Masterclass



5 Days session to Design your own Diet Plan

STEP BY STEP GUIDE TO
THERAPEUTIC DIETS,
WEIGHT/FAT LOSS DIET &
HOW TO SUSTAIN IT FOR
BETTER HEALTH



HEALTH AT YOU
ISO CERTIFIED

Basic Guidelines

- This course will give you a well rounded insight on Therapeutic Diet Designing as well as weight/fat loss diet designing as per Ayurveda and how to sustain it for better health
- The session is a 5 days masterclass divided into 1.5 hour live interactive session
- The session will be held in English & Hindi on zoom / google meet application
- Health At You will reward a course completion certificate (ISO CERTIFIED)
- Plan is Non - Refundable



Plan Structure

Below Topics to be Covered :

1. Ayurveda

- Definition
- Health As per Ayurveda
- Difference between modern Nutrition & Ayurveda

2. Concept of Tridosha & Prakriti

3. Eating as per Dosha's

- Six Tastes
- Diet as per Dosha
- Foods as per seasons

4. Dinacharya

5. Correct way of fasting

6. Importance of mealtime

7. Why low calorie diets don't work

8. Psychological management of weight gain

/obesity

9. Do's and Don'ts for weight gain / obesity



Plan Structure

Below Topics to be Covered :

10. Fad Diets for weight loss

1. Keto Diets

2. Vegan Diet

3. Mediterranean Diet

4. Intermittent Fasting

11. Therapeutic Diets

- Diabetes

- PCOS

- Hypothyroidism

- Hypertension

12. How to curb sugar & salt cravings

13. How to manage eating out

14. Incompatible food combinations

15. Herbs for Therapeutic Diets & weight/fat loss

16. Role of Physical activity to manage obesity

17. Diet Designing

Charges : ₹ 14,999

Limited Offer : ₹ 7,999/-

