

# 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



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## 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**

