GOOD HEALTH AND WEIGHT MANAGEMENT SIMPLIFIED

Achieving good health and managing weight is simpler than it seems—it's about balance, consistency, and understanding your body's specific needs.

ABOUT ME

Hello! I’m Dietitian Aparna, a dedicated & certified nutrition expert and your partner in creating a healthier, more balanced life

WHY CHOOSE ME

I firmly believe in the healing power of food and the laws of nature that guide the human body.

I provide personalized guidance designed around your unique food preferences and demanding schedule. My approach includes crafting customized, easy-to-follow diet plans that incorporate everyday foods and lifestyle strategies, effortlessly integrating into your daily routine. With my holistic methods, you can achieve sustainable weight loss, manage chronic conditions, and improve your overall well-being for the long term. My goal is to make healthy living not only achievable but also enjoyable, no matter age or stage in life.

HEALING STORY

I was referred to Dt. Aparna by a colleague, and working with her has been an incredible experience. She is patient during phone consultations and never rushes conversations. Her accurate diagnosis of underlying health issues and holistic guidance, addressing both physical and mental well-being, have been immensely helpful. I especially appreciate the healthy recipes she shares. Dt. Aparna focuses on practical solutions that seamlessly integrate with family dynamics and busy work schedules. As a testament to her effective approach, I even found that my wedding clothes have become loose!- Sancharia

Since I started consulting Dt Aparna, I have experienced a significant overall improvement in my allergies. The seasonal allergies I used to have are now completely gone, and early morning sneezing has disappeared as well- Aadesh

Thanks to Dt. Aparna's dietary guidance, I was able to fit into my old, cherished clothes for a very special family event.- Sonali

ARE YOU EXPERIENCING ANY OF THE FOLLOWING

* Excessive weight or low weight
* Diabetes
* Pregnancy
* Lactation
* PCOD
* PCOS
* Fibroids
* Thyroid
* Poor gut health
* Fatty Liver
* Cardio Vascular Disease
* Hypertension
* Arthritis
* Tumour
* High Uric Acid

All of these can be effectively managed and improved by making the right food and lifestyle changes.

MY SERVICES

* Weight Management & Weight Gain
* Pregnancy and lactation Nutrition
* Diabetes Management & reversal
* Thyroid management & reversal
* PCOD & PCOS management & reversal
* Womens health – Nutrition in Pregnancy and lactation , Nutrition in Thyroid, Nutrition in Menopause & peri menopause, Nutrition in PCOD & PCOS, Nutrition for fiebroids, Nutrition for hormonal imbalance
* Clinical nutrition- CVD, Hyperteniosn, Arthritis, Fatty Liver, Kidney diseases, Gastro Intestinal disorders, Metabolic disorders High Uric Acid
* Kids Nutrition
* Gut repair
* Special Occasion Slimming Program