Online nutrition service includes:

* An initial nutrition consultation consisting of an approximately 60-minute personalized comprehensive nutrition assessment of your eating habits and the creation of a tailored nutrition plan
* Follow-up nutrition consultations to help patients stay on track and learn practical strategies to help overcome challenges.

**Services:**

* + 1. **Weight Management**
       - 1. **Weight Loss**
         2. **Weight Gain**
    2. **Chronic Disease Management**
       - 1. **Diabetes**
         2. **Cardiovascular Disease**
         3. **Polycystic Ovarian Syndrome**
         4. **Fatigue**
         5. **Thyroid Management**
    3. **Gastrointestinal Health**
       - 1. **Acid Reflux**
         2. **Ulcerative Colitis and Crohn’s Disease**
         3. **Irritable Bowel Syndrome**
    4. **Inflammatory and Auto-immune Disorders**
       - 1. **Celiac Disease**
         2. **Rheumatoid Arthiritis**
    5. **Vegan Diet**
    6. **Sports Nutrition**
    7. **Pregnancy**
    8. **Indian Keto Diet**

**Services**:

## WEIGHT OPTIMISATION: WEIGHT LOSS AND WEIGHT GAIN

At Nutrition and You, [Weight Management Program](https://nyulangone.org/locations/weight-management-program), we provide medical solutions for weight loss, focusing on nutrition, activity, and lifestyle changes. We create a plan that is specific to each person’s needs and goals.

1. Weight Loss: Successful and permanent weight loss requires the right frame of mind, a working knowledge of the components of food, the willingness to adopt new eating patterns and the ability to challenge old habits. Consistency, staying ‘on-track’ and accountability for one’s actions are important factors in losing and sustaining weight loss. There are many positive benefits of weight loss:  
   – Loss of excess body fat  
   – Improved energy levels, self-esteem and body image  
   – Healthier pregnancies and healthier newborns  
   – Reduction and reversal of insulin resistance and diabetes  
   – Improvements in blood pressure  
   – Prevention, reduction and reversal of heart disease  
   – Reduced inflammation and oxidative stress  
   – Decreased risk of some cancers  
   – Improvements in hormone function

Nutrition and You will provide you healthy dietary guideline to help maintain your health, as well as recommending changes to your dietary habits according to your needs.We tailor each plan and identify the most appropriate strategy for each individual.

1. Weight Gain: For some individuals, the ability to gain weight and improve body composition can be a major challenge. Being underweight can have significant health consequences resulting in fragility, poor energy, reduced quality of life and shortened lifespan. Sustainable weight gain provides many health benefits including:  
   – Increased muscle mass  
   – Improved strength, balance and coordination  
   – Reductions in the onset of muscle wastage (sarcopenia) in the over 50’s  
   – A weight ‘buffer’ to help during periods of compromised health  
   – Re-instatement of regular hormonal cycles and improvements in bone mineral density, in women  
   Nutrition and You, focus on food type and volume, meal timing, snacking and supplementation. We link appropriate strength-based exercise with the nutrition plan to ensure that the weight gains also result in improvements in body composition. As with any weight management plan, consistency, accountability and the willingness to challenge eating patterns, are key to long term success.

## CHRONIC DISEASE MANAGEMENT

Optimal management of chronic health conditions such as heart disease, diabetes and hypertension are critical to minimizing their progression and to improving long-term health.

1. **Diabetes**: Diabetes is one of the most common chronic health conditions affecting long term health and longevity. No longer a disease for older adults, diabetes is now a prominent health risk for children, teenagers and young adults.

Fortunately, if addressed early, diabetes can often be prevented, managed with minimal or no medications and may even be reversed.

For people with, or at-risk of, developing diabetes, adopting permanent changes in diet and lifestyle can:

* Dramatically improve blood sugar control
* Reduce or discontinue the need for diabetes medications
* Improve weight, body composition and fitness

There are a number of proven and effective nutrition and lifestyle strategies for preventing, managing and reversing diabetes. Here you will get a proper guideline about food which can help you to improve your health condition.

* 1. **Cardiovascular Diseases:** Preventing cardio vascular disease is crucial for longevity. The disease develops in childhood, progresses with age and is the leading cause of death and disability worldwide. Depending on one’s age and health, making appropriate changes to diet and lifestyle patterns can prevent, slow and even reverse the progression of this life-threatening disease.  
     Fortunately, many dietary strategies have been established that reduce the risks for cardio vascular disease. Nutrition and You, draw upon the most appropriate and sustainable strategies for each individual, to manage this serious health condition.

**﻿**

* 1. **Polycystic Ovary Syndrome (PCOS)** is a serious health issue that affects a significant number of women during their childbearing years. Unfortunately, many women have PCOS but are unaware of it.

Unexpected weight gain and an irregular menstrual cycle can sometimes suggest the development of PCOS. The hormonal imbalances associated with PCOS can increase the risk of infertility, diabetes, sleep disturbances, cancer and depression.

Many women with PCOS find weight loss frustratingly difficult. As such, Nutrition and You helps to develop a highly specific dietary and lifestyle approach to address this condition. With patience, diligence and appropriate expectations, we often achieve successful and sustainable improvements in body composition and blood sugar control.

* 1. **Fatigue:** Fatigue is a feeling of constant tiredness and weakness which can be physical, mental or a combination of both. It is a symptom, not a condition, and for many people fatigue is caused by several factors working in combination together.

These may be lifestyle, psychological and well-being-related or an undiagnosed health condition that results in fatigue. Left unaddressed, fatigue affects concentration and memory, the ability to cope with the challenges of daily life and many other aspects of health and well-being.

We take a complete approach towards understanding the underlying causes of fatigue and its subsequent management. Stress and psychological factors are also considered. Nutrition and You helps to develop practical nutrition and lifestyle changes that provide effective and permanent solutions to the root causes of fatigue.

* 1. **Thyroid Management:** Uncontrolled Thyroid leads to weight gain which further aggravates thyroid imbalance. Modification in eating patterns and daily lifestyle can break this vicious circle.

The first step in natural treatment of hypothyroidism is to eliminate the causes of thyroid dysfunction, such as inflammation, overuse of medications, nutrient deficiencies and changes in hormones due to stress. The hypothyroidism diet eliminates foods that can cause inflammation and immune reactions and instead focuses on foods that help heal the GI tract, balance hormones and reduce inflammation.

Nutrition and You Diet clinic ensures to provide conscious and consistent plan for their everyday intake of food to prevent further health damage that could disrupt their everyday routine.

## GASTRO-INTESTINAL HEALTH

Gastro-intestinal health disorders range from mild to serious and are often resilient to treatment. Changes in diet and lifestyle frequently improve and even resolve many of these conditions.

1. **Acid Reflux:** Acid reflux or heartburn is a very common gut complaint that can lead to serious complications. Reflux occurs when some of the acid content of the stomach flows up into the oesophagus, creating a painful burning sensation in the lower chest, often after eating.

GERD affects people of all ages, often because of various lifestyle factors. Body weight, certain food, medications and pregnancy have all been linked to acid reflux and GERD. Without treatment, GERD can lead to serious health concerns including an increased risk of cancer.

Fortunately, there are many dietary and lifestyle strategies that can be applied concurrently, in reducing the symptoms and sometimes even the cause of reflux. We at Nutrition and You, identify as many appropriate strategies as possible to help reduce reflux symptoms so that the need for medications is reduced or eliminated altogether.

## Ulcerative Colitis & Crohn’s disease

Ulcerative colitis and Crohn’s disease, collectively known as inflammatory bowel disease (IBD), are 2 chronic inflammatory diseases of the gastrointestinal tract. Although their cause is uncertain, abnormal activation of the immune system and an altered microbiome may be significant contributors. IBD can occur at any age but usually presents before the age of 30. It can be debilitating, with frequent relapses and it is associated with other types of inflammation and an increased risk of colon cancer.

Until recently, nutritional recommendations for IBD treatment were poorly developed and the main approaches were centred around bowel rest. Based on new research, we apply specific anti-inflammatory and microbiome-focussed eating plans, as an addition to the limited existing medical options, to help better manage this disease.

**Non-Celiac gluten sensitivity**: Non-Celiac gluten sensitivity (NCGS) or gluten intolerance is a gastro-intestinal disorder that is often mistaken for Celiac disease or a wheat allergy. It shares similar symptoms to Celiac disease such as brain fog, headache, fatigue, gas, bloating and abdominal pain, but is a less severe condition.

As there is no test to diagnose NCGS itself, it is diagnosed in people who experience symptoms after consuming gluten but test negative for wheat allergy and Celiac disease.

If an individual has NCGS, the extent they need to eliminate gluten from their diet will depend on their symptoms and their levels of tolerance. With the rise in awareness of gluten’s potential impact on health, a low gluten diet is now easy to implement and manage. Nutrition and You help better manage the gastro-intestinal discomfort of NCGS but also build low-gluten, microbiome-enhancing diets that may address auto-immune disease at its potential core.

1. **Irritable bowel syndrome**: Irritable bowel syndrome (IBS) is a common gastro-intestinal disorder that has significant impact on a person’s quality of life. Symptoms of IBS include: cramping, abdominal pain, bloating, gas, diarrhea or constipation, or both.

Most people with IBS experience times when the symptoms are worse and times when the symptoms improve or completely disappear. In general, it is a condition that is not cured but requires long-term management. IBS causes digestive discomfort but generally does not cause inflammation and does not increase the risk of inflammatory bowel disease and colon cancer.

For most people, IBS can be well managed through diet, lifestyle and, if required, stress management.

## INFLAMMATORY & AUTOIMMUNE DISORDERS

Inflammation is a common feature of auto-immune disease such as rheumatoid arthritis, psoriasis and Celiac disease. Modification of eating patterns play a major role in helping the body to heal.

1. **Celiac Disease**: Celiac disease is a serious auto-immune disorder where the ingestion of gluten leads to damage of the small intestine. As a result, nutrients cannot be properly absorbed into the body. It is a hereditary condition that can develop at any age. Left untreated, Celiac disease can lead to further health problems such as: type 1 diabetes, multiple sclerosis, anaemia, infertility and intestinal cancer. Unfortunately, Celiac disease is frequently undiagnosed, or diagnosis is significantly delayed. Of great concern is that the later the diagnosis, the greater the risk of development of additional auto-immune disorders and diseases.

People with Celiac disease must stop eating all foods containing gluten. Even trace amounts will continue to damage the linings of the small intestine. Total gluten elimination for life is the only effective treatment for this disease.

Removing gluten from the diet can be difficult. We help create a 100% gluten-free eating style that is non-restrictive, healthy and sustainable. Symptoms usually reduce within days and the small intestines completely heal within months.

**b.Rheumatoid Arthritis**: Rheumatoid arthritis is a chronic inflammatory disease in which a compromised immune system makes a misguided attack on the joints. Its cause is unclear, however, onset is usually during middle age and women are 3 times more likely to be affected than men.

Early treatment can reduce the pain and disability resulting from rheumatoid arthritis. Traditionally, pain and anti-inflammatory medications are used, however, they often have significant side effects and don’t address the underlying cause of the disease. We target inflammation and immune function at a nutritional level and create eating styles that are both anti-inflammatory and immune-boosting. Pain is reduced, mobility improves and there is a reduced need for medications. Furthermore, it is possible that we are addressing the disease at its root cause and not just addressing its symptoms.

1. **Vegan Diet** : Vegetarian is defined as avoiding all animal flesh, including fish and poultry. Vegetarians who avoid flesh but consume animal products such as milk, cheese and eggs are ovo-lacto vegetarians. Those who abstain from all animal products are referred to as pure vegetarians or vegans.

Scientific research has clearly demonstrated the remarkable benefits of a plant-based diet, with the health benefits increasing as the amount of food from animal sources decrease. Carefully planned and healthy vegetarian diets can help prevent cancer, prevent and reverse diabetes and heart disease, lower blood pressure, reduce inflammatory conditions and better manage asthma.

Some people still have concerns whether a vegetarian diet can provide all the essential nutrients to sustain health. However, with appropriate knowledge (and supplementation when required), it is very easy to have a very well-balanced plant-based diet. Vegetarian eating is appropriate for all stages of life including pregnancy, breast-feeding, infancy, children, adolescence, adulthood, older adulthood and for athletes. Our goal at Nutrition and You is to ensure that any individual who transitions towards plant-based eating is well informed and has all the education and skills necessary to greatly improve their health and longevity.

1. **Sports Nutrition**: Whether one is a beginner, recreational athlete or elite competitor, proper fueling and nutrition is fundamental to improving athletic performance. Through targeted nutrition strategies, athletes can:  
   – Improve power to weight ratio  
   – Reduce body fat  
   – Maintain energy levels, fluid balance and hydration during exercise and competition  
   – Improve recovery and minimise injury  
   Based on energy needs, training schedules and performance levels, we create targeted hydration and nutrition plans focusing on the sporting outcomes required. We address appropriate day-to-day nutrition, pre- exercise/competition, during-exercise/competition and recovery nutrition. Successful application of these strategies is as important as the training itself to achieve athletic performance gains.
2. **Pregnancy:** Pregnancy is a vital time of growth and development during which the mother’s nutrition greatly influences both her health and the health of her baby. The food that the mother consumes is the main source of nourishment for her unborn, so it is very important that she eats nutrient-rich whole food.

 Proper nutrition helps optimise her baby’s growth and development. Although pregnant women require more calories during pregnancy, weight gain should be a gradual process. Women who are underweight when falling pregnant may need more calories, and women who are carrying extra weight may require fewer calories. Epigenetics, an emerging field of science, suggests that factors such as diet, lifestyle and stress can impact the health not only to the person exposed but to the health of their offspring.  Pregnant women influence their unborn child in subtle and significant ways depending on their nutritional and lifestyle habits immediately before and during pregnancy. Epigenetics plays a role in the transmission of a mother’s good and bad habits to her child’s health. This also holds true to the father, as their sperm is also influenced by their dietary and lifestyle choices.

We address pregnancy from planning through to post -pregnancy weight loss.  Improving nutrition and achieving optimal weight prior to pregnancy has positive epigenetic consequences. Women have specific nutritional needs during pregnancy and there are nutritional strategies that may improve cognition and brain development of the baby. Regulated slow and steady weight gain is an important aspect of a healthy pregnancy.  Breast feeding has its own nutritional needs and requirements. If breast-feeding, post-pregnancy weight loss needs to be carefully managed to ensure that lactation is not compromised. By addressing nutrition and lifestyle before, during and after pregnancy, the mother’s health, baby’s health, and baby’s future health can all be positively influenced.

## Indian Keto Diet Plans

A diet high in fat, with just the right amount of protein and with low amounts of carbohydrates, can unlock weight loss for many people. This is known as a ketogenic diet, which often performs best when supervised by a professional. The main goal of the ketogenic diet is to change the way the body uses energy from food. During this diet, the liver converts fat into fatty acids and a substance known ketone bodies. However, they become useful only when they are fully customised as per personal requirements and body types.

It is very important that [Keto Diets](https://nutri4verve.com/best-dietician-in-delhi-for-keto-diet-plans/" \l "reviews) are well customised so that your body gradually & progressively goes into “Ketosis” and your body starts using “Fats as a Fuel”. Elsewise people face severe side effects of Keto Diets including Ketoacidosis.

We at Nutrition and You tailor design Keto diet plans fully Customised Indian Keto Diet Plans according to your lifestyle, office or home schedules, eating habits, and meal preferences.

***About Dietitian Dr. Shakti Sharma***



Dr. Shakti Sharma is one of the Top Dietitian and Nutritionist and founder of Nutrition and You, a private Family Diet Clinic. She is a Doctorate in Food and Nutrition and a Gold medalist in Post-Graduation for Food and Nutrition.

She works with her clients in a holistic approach that helps to improve their relationship with food and reduce the stress about improving lifestyle and food habits.

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Dr. Sharma motivates her clients to try healthy twist to traditional recipes, lead healthier happy life through nutrition and exercise. She believes temporary results are not the targets, the focus should be on the overall health.

She is expert in Weight management, Diabetes Mellitus, Heart Healthy Diets and deals different Digestive problems. She is a certified Keto Diet expert. She treats every person as new experience and has succeeded in treating both Normal and Therapeutic diets with positive feedbacks. Her relationship with clients is commendable with her friendly approach and open communication. She believes and succeed in her own method of approach without depending on medicines or supplements

**AWARDS AND ACHEIVEMENTS**

* She is a Gold Medalist for securing I position in Post-Graduation. (Food and Nutrition stream).
* She has a Gold Medal for securing I position in Post-Graduation (All Streams)
* She has a Gold Medal for securing I position in Bachelors of Home Science.
* Best Paper presentation Award at National Seminar on Child Nutrition- To extend the Life expectancy.
* Appreciation Award by Slum Soccer Organization, Nagpur.
* Biggest Achievement is her passion in the field of Nutrition and Dietetics and she is able to consult online, her clients are from different parts of the world.

**QUALIFICATIONS**

* Doctorate in Home Science (Food and Nutrition)
* U.G.C. NET for Lectureship
* M.H.Sc. (Foods and Nutrition) from M.H. College of Home Science and Science for Women Jabalpur, Rani Durgawati University, Jabalpur.
* B.H.Sc. from M.H. College of Home Science and Science for women Jabalpur, Rani Durgawati University, Jabalpur.
* Diploma in Naturopathy and Yoga Sciences from Akhil Bhartiya Prakratik Chikitsa Parishad, New Delhi.
* Certified Diabetes Educator.