

Holistic Nutrition & Health

CERTIFICATION COURSE | LIVE PROGRAM

**BATCH 19 | 28 JULY - 18 AUGUST 2023 | 6-8 PM
(10 Sessions) Mon | Wed | Fri**



**Discover How You Can Transform Your Health Through True Nourishment
And Learn Powerful New Ways To Heal Yourself By Yourself & Support
Your Family & Friends**

Contact: +91 8448331324 & 9630162732 | holisticnutrition@wellcure.com

WHY WE SHOULD DO THE COURSE?

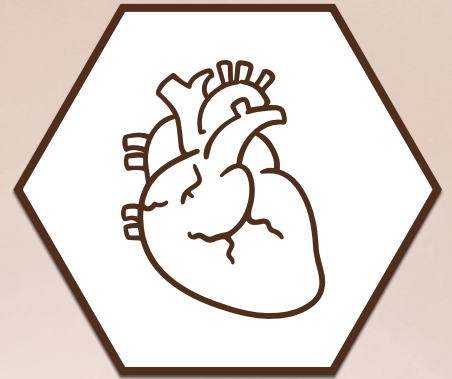
Lifestyle Diseases Like Cardiovascular, Diabetes, Hypertension, Asthma & Respiratory As Well As Cancers Are On The Rise & Doctors Don't Have The Time To Help Population Build A Healthy Lifestyle, So Responsibility Lies In Your Own Hand.



Over 61 Per Cent Of All Deaths In India Attributed To Lifestyle Or Non-Communicable Diseases



Every 12th Indian A Diabetic- India Ranks Second In The List Of Countries With Highest Diabetes Patients



More Than 2.7 Million People In India Die Of Heart Diseases Every Year- 52 Per Cent Of Them Below The Age Of 70



India Had An Estimated 22.2 Million Chronic Copd Patients And Around 35 Million Chronic Asthma Patients In 2016



Diet-Related Diseases Lead To 60 Per Cent Premature Deaths In India



Dr. Gauri Rokkam

(Holistic Nutritionist & Expert Trainer)

- Ph.D. (Research On Fresh Coconut) SVYASA Yoga University, Bengaluru
- M.Sc. (Food & Nutrition), Bangalore University Topper
- Certified Nature Cure therapist International Institute of Mahayoga & Natural Hygiene, USA
- Certified Diabetes Educator - St. John's Hospital, Bengaluru
- Certified Yoga Instructor & Therapist - SVYASA University, Bengaluru
- Certified Lactation consultant, Manipal Hospital, Bengaluru
- Certified Sports Nutritionist - Mount Carmel College, Bengaluru
- Trained in Yogic management of back pain, Dr. Omkar, IISc, Bengaluru
- Diploma - "Nutrition for health promotion & disease prevention", University of California, San Francisco, USA
- Diploma in "Nutrition & Health Education", IGNOU
- Certification in "Yoga of the Yoga Sutras", Hindu University of America, USA



“Those who think they have no time for healthy eating, will sooner or later have to find time for illness”

After 17 successful batches & 300+ participants, Join me @Wellcure to unlock true health in this Signature Course

Holistic Nutrition & Health Certification Course

- Empower yourself with the basics of Holistic Nutrition
- Learn latest research and evidential insights into the root causes of lifestyle disorders & reverse them.
- Adapt & Make a simple but significant shift to eating & living
- Achieve Wellness for a lifetime!
- Course Certificate on Completion

BOOK NOW!

- Homemakers: Make informed food & lifestyle choices for family’s health.
- Doctors & Health Professionals: include diet prescriptions & treat the causes of disease instead of drugging for symptoms.
- Naturopaths, Yoga therapists & fitness professionals: add the knowledge of “Right Foods” to get amazing health outcomes.
- Vegans: Adopt Healthy Veganism. Move to holistic & unprocessed foods.

[Click Here to know More](#)



[Click On The YouTube Button For More Info](#)

“If you want to prevent diseases & preserve health, this is the course for you!”

Eating made simple & healthy for all

"Being in Health" might be the best way to avoid diseases but it cannot be achieved quickly in a day. It's a process of doing everything in life properly (eating & living) every day, to get to a state of HEALTH & WELLBEING

Conducted by

Dr. Gauri Rokkam

Holistic Nutritionist
Ph.D. (Yoga & Life Sciences)
M.Sc. (Food & Nutrition)

**Program Details:
(Batch 19)**

28 July – 18 August 2023

10 Sessions (20 hrs.)

Mon | Wed | Fri (6 - 8 PM)



See what's in store
What previous participants had to say.

What's So Different About What I Teach?



Every input into our body that nourishes us is “**food**”. Natural elements (Panchabhutas) that make up our body, inputs through our senses and thoughts we encourage in our minds, all contribute to our health. I have brought in the concept of **Panchabhutas** from Taittiriya

Upanishad and explained how to use all the elements to **prevent disease** and use them as treatment if in disease. Ways of adapting each element into our lifestyle and its benefits are explained in detail with scientific data, concepts from all three philosophies and prescriptions from the scriptures.

Space element – fasting, **Air element** – pranayama & breathing, **Fire element** – sunbath & sun exposure, **Water element** – the right amount of water consumption & Nature cure therapies, and in **Earth element** – I begin nutrition concepts.



Here I explain the **benefits of fibre** (keeping food - unrefined & wholesome) and why it is the **most important** and magical nutrient which can not only prevent all diseases and promote health but can **reverse diseases**. All major lifestyle disorders like obesity, diabetes,

cardiovascular diseases, and gut disorders are discussed with causes and how wholesome food helps reverse them.



Here I bring in the **Nature Cure** concept of why the fear of diseases is not warranted. How **toxins** built in the body create disease and ways to stop toxin build-up. Innate intelligence and the capability of the body in curing itself when we do not accumulate toxins and create

the right atmosphere by eating and **living healthily** is discussed in detail.

What's So Different About What I Teach?



GRAINS

Here I explain why **carbohydrates** are an absolute necessity for health and life, contrary to the myth of low-carbohydrate diets. How to make consumption of grains and their products healthy. Each grain is discussed **based on research**.



FRUITS, VEGGIES & GREENS

Here, I explain how we can encash this class of foods which are nature's gift to get all the **healing materials** to the body - vitamins, minerals, antioxidants and phytochemicals from food and food alone, and not use supplements and why they are harmful, with a lot of scientific data.

Concepts like the **alkalinity** of the foods and their importance in health are dealt.



SUGAR

Here I explain why it is more important to understand the ill effects of getting high fructose while everyone talks about the harmful effects of **high glucose** on health. Other refined sugars like jaggery and honey are discussed in detail. Suggestions on alternatives to sugar and a few

healthy sweet recipes are discussed so that we don't feel deprived of satisfying our sweet tooth.



LEGUMES

Here I explain with scientific proof, why the craziness around increased proteins and specifically, animal proteins is a cause for concern for both **human and the planet's health**. We need the right sources and quantity of proteins and how to get them safely. Plant

dairy alternatives are discussed.

What's So Different About What I Teach?



FATS

Here I explain how fats are important for **optimum body functioning**. Why coconut fats despite being saturated fats, are healthy? Which sources of fats and in what quantities are healthy, and which are not and why. Some sample deep-fried dish recipes which can be turned healthy using simple ways are discussed.

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YOGIC PHILOSOPHY OF FOOD

Here I use a lot of research data and Bhagavat Gita shlokas of Satvic, Rajasic and Tamasic **foods classifications** to prove the influence of food on the mind and personality. How “the mind” is the culprit in the wrong lifestyle and how to correct it.



TIPS & TRICKS FOR HEALTHY EATING

To help people sustain what they have learnt from the course, I have given lots of tips based on my experience of working with **1000's of clients in these 25 years**.



Hear What People Are Saying

[Click Here to View Participant Testimonials Video](#)

“Just Took Me A Few Seconds To Decide That I Want To Do The Course. This Is The Mother Of All Courses, Abundant In Content, And Very Low In Cost. And The Returns From This Course Are Right From The First Class Itself.”

Harsh Vardhan
Leadership Coach, India



“Dr. Gauri, What You Have Taught Me And The Rest Of The Folks In The Course Is Something That I Wouldn’t Have Learned, Even If I Read 10 Or 100 Books. The Best Thing, What I Like About This Course Is It’s Designed So Beautifully.”

Manpreet Kaur
Director-Payments, USA

“Ever Since I Became A Mother, You Know, I Wanted To Start At Right For My Kid. And, I Think I Hit The Gold Mine. I’m Seeing Some Changes In My Parents, You Know, They’re Going And Taking The Sunbath Upstairs. And My Husband Is Not Ordering Food Outside To Say So. Lovely”

Shivani Pal
HR Manager, India





Get Started With Your Health Journey Today!

Course Booking Links:

<https://elearning.wellcure.com/Holistic-Nutrition-and-Healing-Certification-Course>



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