



Ever Healthy

Nutrition Academy

Discover the art of healing where understanding roots leads to true wellness.



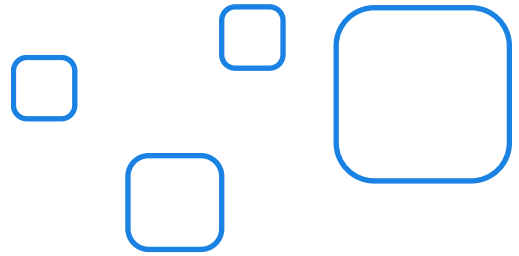
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Why everhealthyindia?

At EverHealthy India, our nutrition courses redefine excellence. As a clinical and functional nutrition academy, we blend innovation and expertise to shape leaders in the field. Join us for a transformative educational journey.



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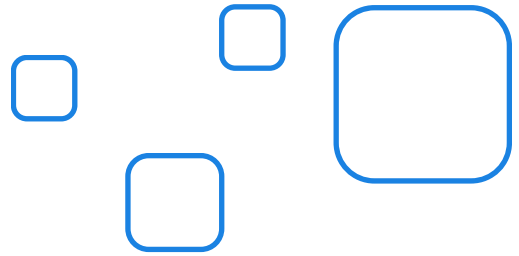


Table of Content

Basic Nutrition Program

- The Science of eating (basics of nutrition with clinical and functional approaches)
- Anatomy and Physiology
- Fundamentals of yoga



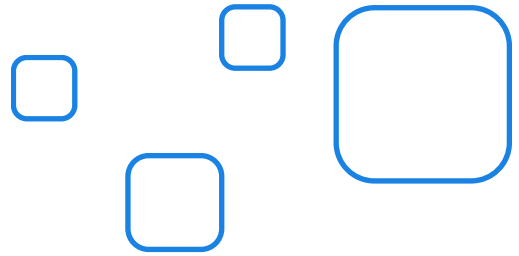
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Essential Clinical Nutrition Program

- The science of eating
- Anatomy and Physiology
- CBC Analysis Course (how to read blood reports)
- Sports nutrition
- Prenatal nutrition
- Nutrition therapy (Diet Planning)
- **Bonus:-**
- Fundamentals of yoga
- Face yoga



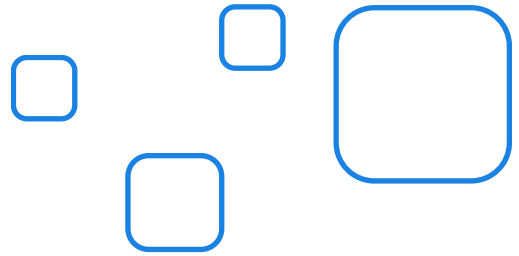
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Advanced Clinical Nutrition Program

- Basic Nutrition Program
- Essential Clinical Nutrition Program
- 200 Hrs. YTT (Certification in Yoga)
- CBC Analysis Course
- Pediatric nutrition
- Six months internship
- **Bonus:-**
- Postnatal nutrition



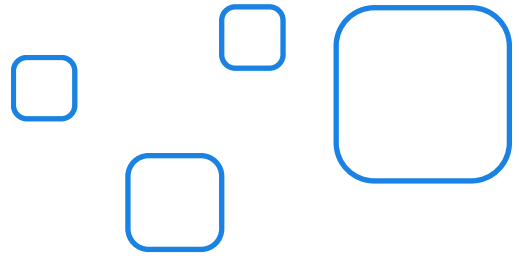
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Functional Nutrition Mastery Program

- Advanced Clinical Nutrition Program
- Functional Nutrition Course CBC
- Analysis Course
- Life time Validity



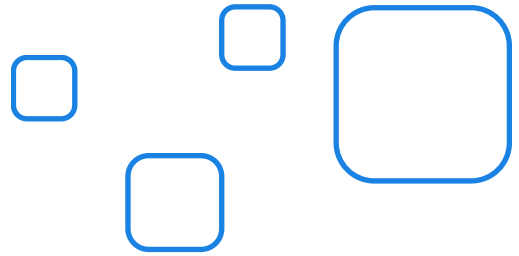
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How are we different?

We are health detectives, specialize in different health conditions, crafting tailored plans for various diseases we take a holistic approach, investigating root causes of health concerns and emphasizing preventive measures. We offer advanced insights beyond the basics, making it ideal for those seeking personalized and detailed nutrition guidance.



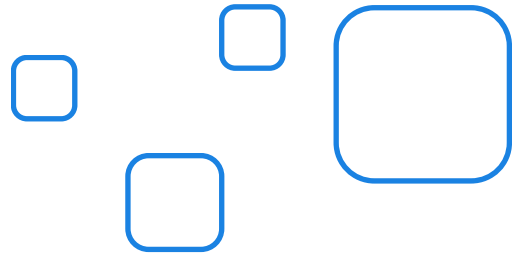
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What is root cause analysis?

Root cause analysis involves digging deeper to identify the fundamental factors influencing a person's health or nutritional challenges. Instead of merely addressing symptoms we aim to uncover the underlying reasons for these issues. By addressing the root causes, we can create more targeted and sustainable plans to improve overall health and well-being.



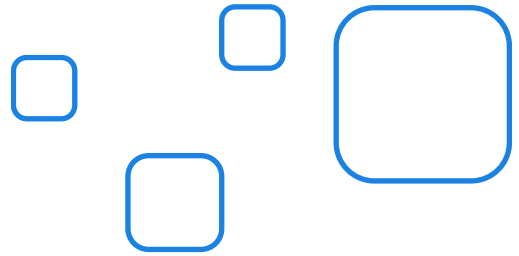
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Bio individuality

Each person is unique, and there is no one-size-fits-all approach to health and nutrition. Individuals have distinct genetic makeup, lifestyle factors, and preferences, influencing how they respond to various foods, diets, and treatments. We guide personalized approaches, tailoring recommendations to suit an individual's specific needs for optimal health.



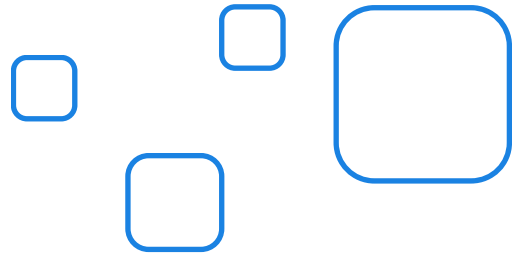
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Importance of blood chemistry analysis

- Blood chemistry provides a holistic snapshot of the body's internal environment, offering comprehensive insights, allowing for a more personalized and effective approach to health.
- "Even with a 'normal' blood test, persistent symptoms signal things aren't truly normal. , we get into optimal ranges, diagnosing issues based on symptoms for a more comprehensive understanding.



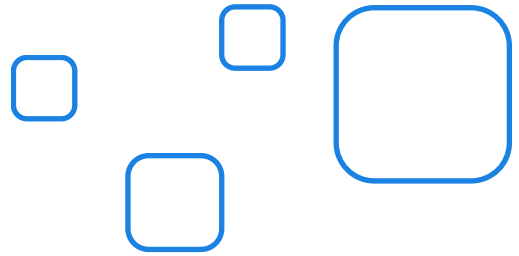
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**Conventional
Laboratory Range**

**Males: 4.6 – 6.0 X 10⁶/mm³
Females: 3.8 – 5.1**

Optimal Range

**Males: 4.2–4.9 X 10⁶/mm³
Females: 4.0–4.5**

Alarm Ranges

**Males: <3.8 or >6.0
Females:<3.5 or >5.0**



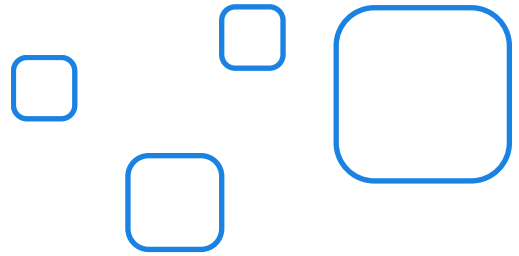
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what is functional nutrition?

Functional nutrition is an approach that emphasizes personalized, science-based strategies to address the root causes of health issues rather than just treating symptoms. The focus is on achieving balance and addressing imbalances in the body through a holistic and individualized approach.



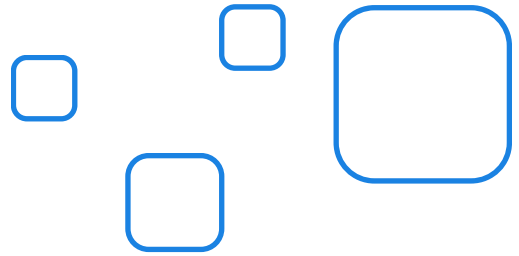
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Mind body integration

Mental and emotional well-being significantly impact physical health, and vice versa. This concept recognizes the influence of thoughts, emotions, and attitudes on the body's functioning. Practices like yoga, mindfulness, meditation, and holistic approaches to health aim to foster mind-body integration, promoting overall well-being by addressing the interconnected nature of mental and physical health.



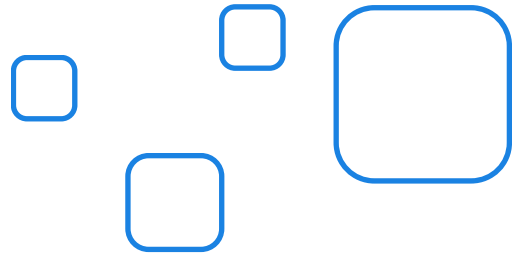
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Key blood markers for chronic diseases

Inflammation Markers

- C-reactive protein (CRP)
- Erythrocyte sedimentation rate (ESR)

Blood Sugar Regulation

- Fasting blood glucose
- Hemoglobin A1c

Lipid Profile

- Total cholesterol
- LDL (Low-Density Lipoprotein)
- HDL (High-Density Lipoprotein)
- Triglycerides

Hormonal Health

- Thyroid panel (TSH, T3, T4)
- Cortisol levels

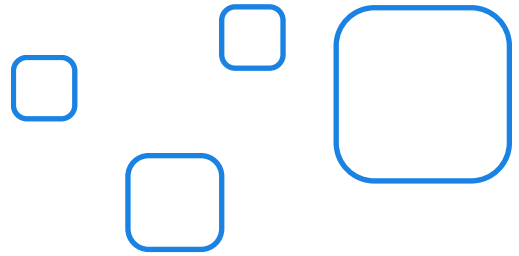
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Nutrient Status

- Vitamin D levels
- Ferritin (iron levels)
- Vitamin B12

Liver Function

- Alanine aminotransferase (ALT)
- Aspartate aminotransferase (AST)
- Gamma-glutamyl transferase (GGT)

Immune Function

- White blood cell count
- Immunoglobulin levels



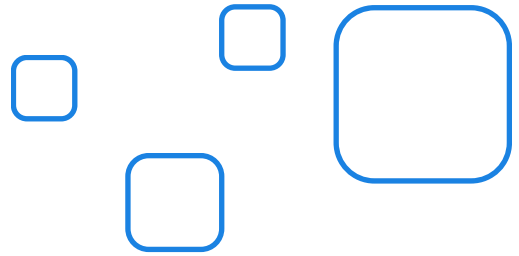
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Continuous professional development:-

We ensure continuous professional development in our nutrition course by offering ongoing learning opportunities, incorporating the latest research, and providing resources to stay updated in the dynamic field of nutrition. Our commitment is to empower you with the most current and relevant knowledge for a successful and evolving career in nutrition.



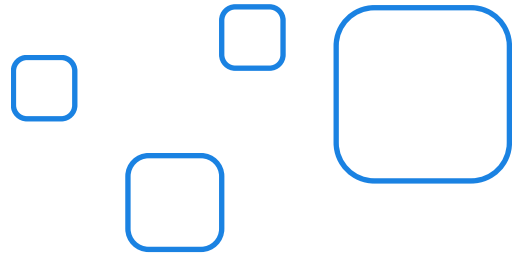
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Link between sleep, health and diseases:-

Quality sleep is crucial for maintaining optimal physiological and cognitive functions, impacting host metabolism and immunity. The intricate relationship between sleep and health reveals that adults averaging less than seven hours per night face an increased likelihood of developing chronic conditions. Additionally, poor sleep quality is linked to a higher prevalence of depressive symptoms.



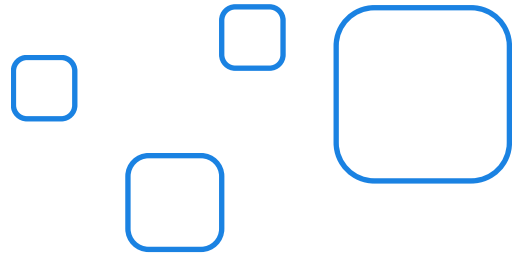
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Who can join??

The nutrition course welcomes individuals with a passion for nutrition or those aspiring to become health coaches. It is open to anyone eager to enhance their understanding of nutritional concepts and wellness coaching.



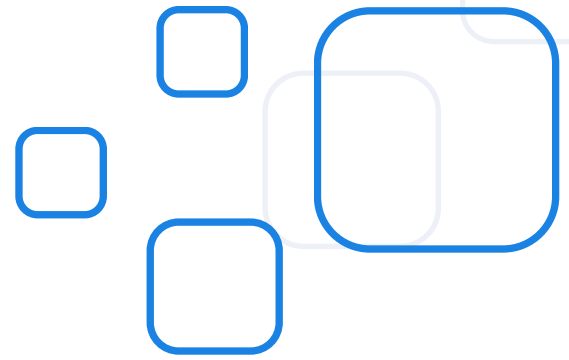
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