

# A COURSE IN MIRACLES USING FOOD AS MEDICINE

MIND · BODY ·  
GYAN



**\*Instructional: Know your Foods  
And  
Q & A's**

\*See modules below

The course will teach you to become your own 'Food Doctor', and heal your ailments through food -- *diabetes, weight loss/gain, candida, GERD (acid-reflux), asthma, insulin resistance, autoimmune disorders (all), Irritable bowel disorders (constipation, colitis, Crohn's, Ulcerative, thyroid, SIBO, skin autoimmune conditions, gout, lupus), menopause, PCOS, cancers, inflammation, leaky gut, depression, anxiety issues, alopecia, skin issues, insomnia, food intolerances.*

I've got you covered!

**Modules will take place every Tuesday's & Saturday's at 4 pm, on Instagram Live via a private group called Mind Body Gyan (which you will have access to, once you have made the payment)  
They will be saved for you to review later from July 1st to July 31st**



## **MODULE 1: ACIDIC FOODS**

Foods causing cellular breakdown

Walking you through the entire list

What happens when you ingest them?

Bacteria break down

Cellular breakdown

Q & A

## **MODULE 2: CARBOPHOBIA**

The truth behind your carbohydrates

How much is okay, what works?

The energy of good sugars from grains

Why is it so important to include: specifically, for which conditions?

Q & A



## **MODULE 3: POWERFUL PROTEINS**

Protein basics and essentials (Vegans, Vegetarians and Non-vegetarians)

How do vegetarians up their quotient?

The truth behind protein powders

How to eat my meat for balance

Increase protein quotient in beans

Q & A

## **MODULE 4: VEGETABLES**

The best of the bunch

What Indian diets miss out on?

What sea vegetables can I include and how

How do I adapt for the seasonal changes?

Raw vs Cooked

## **MODULE 5: FERMENTATION**

Leaky gut and its implications

What worsens our guts?

Why detoxes work/or don't work for many

Eating for good gut bacteria



## **MODULE 6: FRUITS/NUT & SEEDS AND SNACKING**

In what conditions does too much of fruit not work?

Fruits and the interference eating it the Indian-way

Raw Vs cooked

Natured Vs De-natured

Snacking options

Calcium building with seeds, how to include

Q & A

## **MODULE 7: MEAL PLANNING**

How to plan a balanced menu

Walk away with a 2 week menu plan

Q & A

## **MODULE 8: ANTI-AGING**

Why we age faster

How and what to supplement with?

Key antioxidants through foods

Q & A



# Course Guidelines

- Each live will run for 45 to 60 minutes with a Q & A.
- For those enrolling from outside India, you can access lives over the same group via IGTV as they will be saved for the month. All sessions will be saved on IGTV to re-visit later again for all participants.
- During the instructional part of the module, the comments will be shut of and you can ask all your questions at the end of each session.
- Recordings of the session will not be permitted.
- No individual recordings will be provided post the course completion.
- Recordings will last for 45 minutes to 60 minutes, and we will log on again for Q & A if we do not finish.



# REGISTRATION PROCESS

Follow website for payment instructions

Send us a screenshot of your payment

Also, name, email address, insta id and phone number.

Call **9819035604** for more queries or write to [shonaalii@macrobioticsindia.com](mailto:shonaalii@macrobioticsindia.com)



## List of ailments, I have worked on

Irritable bowel disorder (Crohn's disease, ulcerative colitis, chronic constipation, GERD syndrome, leaky gut); fibromyalgia, cancer: rectum, colon, breast, lung, prostate, ovarian; cancer markers; skin issues (psoriasis, urticaria, skin glow, dark circles); thyroid; PCOD; depression (anxiety); OCD; hair fall; menopause; allergies; food intolerances; conditions associated with low immunity; weight loss/gain; diabetes; heart disease, autoimmune conditions.

Detailed list on [soulfoodshonali.com](http://soulfoodshonali.com)

Recipient of Vogue 2020 'Best Nutritionist'  
Times (of India) SheUnltd for Health food 2019

List of Bollywood Clients includes: Katrina Kaif, Zoya Akhtar, Siddarth Malhotra, Hema Malini, Javed Akhtar, Esha Deol, Jaqueline Fernandez, Tabu, Neha Dhupia, Shekhar Kapur, Kabir Bedi, Nivin Pauly, and Dalip Tahil to name a few.

