

WELCOME TO CELEBRITY NUTRITIONIST
SHONALI SABHERWAL'S
'BEAT THE BLOAT'
WORKSHOP



IF YOU ARE SUFFERING WITH

- BLOATING
- FLATULENCE
- ABDOMINAL DISCOMFORT
- PROTRUDING BELLY AFTER (ESPECIALLY MEALS OR OVERALL)

THEN THIS WORKSHOP IS FOR YOU TAKEAWAYS

- LEARN TO RECOGNISE THE DIFFERENCE BETWEEN THE ABOVE SYMPTOMS
- FOODS THAT TRIGGER THE BLOATING SYMPTOMS AND WHY DO THEY HAPPEN
- 1 JAPANESE REMEDY THAT CAN BE USED TO CALM SYMPTOMS & SOURCING OF 1 INGREDIENT IN PARTICULAR (**DEMO SAVED AS REEL ON INSTAGRAM CHANNEL TO VIEW HOW TO MAKE IT**).
- TEST NEEDED IF SYMPTOMS PERSISTS
- WHAT TO ASK YOUR DOCTOR

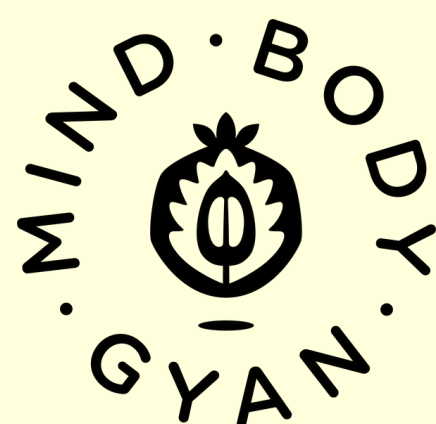
DATE: **APRIL 20TH, 2024**

TIME: **6-7 PM**

INSTAGRAM LIVE ON MIND_BODY_GYAN

COST: 2950/-

RECORDING WILL BE SAVED ON INSTAGRAM FEED TILL APRIL 30TH TO VIEW AGAIN OR FOR THOSE WHO MISS THE LIVE SESSION



Course session Guidelines

- Live will run for 60 minutes, includes Q & A [15 minutes].
- For those enrolling from out of India, you can access lives over the same group as they will be saved, till APRIL 30th, 2024. No extensions will be given after this date.
- During the instructional part of the live session, no questions will be answered, the comments will be turned off. There is a Q &A section after the session finishes.
- Recordings of these sessions is not permitted.
- No individual recordings of the sessions will be provided, during or after the program is completed.
- No written recipe will be provided, as demo of remedy will be saved on Instagram feed to watch.



Registration Process

For those accessing from India and abroad please access from the website www.soulfoodshonali.com Mind Body Gyan page, under 'Shop'

Additionally, for those whose payments do not work due to some reason payment details are below do

send name, email id, insta id and phone number to 9820431224 as a whatsapp after payment is made, with a screenshot of your payment.

whatsapp 9820431224 for issues

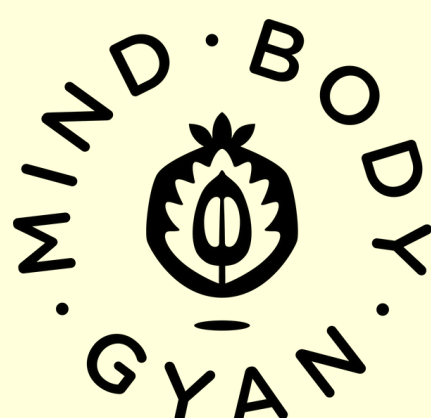
Bank: INDIAN OVERSEAS BANK-ISKCON BRANCH

SAVINGS ACCOUNT NO: 124501000010518

IFSC CODE: IOBA0001245.

SWIFT CODE: IOBAINBB128

ACCOUNT NAME: SHONAALII SABHERWAL



Shonali's Credentials

www.soulfoodshonali.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.; autoimmune conditions.

Detailed list on 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.

