

# HEART PROGRAM

The cardiac/Healthy heart diet emphasizes foods such as vegetables, whole grains, and oily fish. These foods are beneficial for heart health. The diet also limits certain foods that are high in sugar and salt, as these increase the risk of heart disease. Our Senior dietitians are experts and have been working with clients to support heart health after heart surgeries or if you just want to balance your lifestyle to maintain a healthy heart.

## What to Expect

Dt Gagan along with team of our experts, has designed the Healthy heart program which revolves around balanced nutrition, optimum exercise, emotional balance, and good sleep. Regain health with these lifestyle changes and see your life changing. In this program, you will not only get diet plan, but also personalised exercise routine, stress management activity, emotional counselling and personal guidance with our experts and Dt Gagan.

## Program Features:

We Focus on the four pillars of health for all round development of your body

- Balanced nutrition
  - Adequate exercise
  - Good sleep
  - Stress management.
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- **Personalized Diet plans** shared every 14 days – we believe in sustainability and 14 days diet plan resets your body and helps in sustainable long term results
  - **We work on the root cause** of the problem and aim for the long term improvement of your health and lifestyle. We will teach you ways to manage your lifestyle despite your busy schedule.
  - **Assigned Personal Senior Dietitian** will create a Customized Plan for you based on your lifestyle, availability of ingredients, allergies etc after studying your medical history and your health goals.
  - **A personal Whats App group** consisting of your Personal Senior Dietitian, Fitness expert and Relationship Manager for all your needs, queries and support.
  - **A Relationship Manager** will be assigned who will be monitoring everything in the group and will ensure that all your needs and requirements are being fulfilled according to the plan. She will also be motivating you throughout the program and hair treatments, products and courses.

- **Consistent reporting and updates:** We will continuously review your progress and discuss your challenge every week. Your personal Senior Dietitian will call you weekly for progress and updates and your relationship manager will call you every 15 days.
- **Regular Detox plans** are shared as required to help support your body's repair mechanisms. Detox plans help to detoxify and cleanse your body. They also help in reducing body inflammations and toxin removal which makes your weight loss journey more efficient.
- **A 15 day workout plan** will be shared by our Fitness expert based on your long term goals. You can follow this plan for lifetime to stay fit.
- **Medical reports will be reviewed** and Medication will be advised, if required.
- **Dietitian and fitness expert support** is available from Monday to Saturday 9 a.m. to 7 p.m. You can discuss all your concerns related to diet plan, exercise, recipes or any other concern you have in terms of your diet program. Our team is available to support you from the very beginning till the end of your journey  
*Note - Time zones other than IST will be handle accordingly and will be discussed before starting the plan.*
- **An exclusive 4-week Stress Management online course** by Dt Gagan. In this course, Dt Gagan has discussed about stress, its impact on our lives and how we can cope with it. Various physical and cognitive strategies are shared as well.
- **10% off for lifetime** for you and your family on all skin and hair treatments, products and courses.

# Heart Program With Mindfull and Emotional Eating Approach

Fast track your results and Take Ownership of your Health

**Conducted by Head of faculty: Dt. Mahima Khanna Kaur , A clinical Dietitian , Eating Psychologist and Wellness Expert**

Enrollment to this program is exclusive with Head Dt.

Mahima. Along with all features in Gold you will get Weekly Video Live Sessions . Dt. Mahima will Work on **Mindset shift, Mindful eating and Emotional wellness** which will give you Permanent and Phenomenal body transformation

**Find Freedom with food and Release emotional weight with:**

- POWERFUL MINDFUL EATING TOOLS , TASK AND TECHNIQUES.
- SHIFT YOUR BELIEFS AROUND IT ON A DEEPER LEVEL - SPIRITUALLY, MENTALLY and PHYSICALLY

This is an easier and much more effective way to not just lose weight but also to maintain your ideal body and lifestyle, while enjoying vibrant health. Once you master this technique, this lifestyle shift is freely yours

## Program Features

- Gold package features
- Weekly Live Session with Dt Mahima (60 min)
- Tools for breaking the binge eating cycle
- Tools and techniques for working with emotional eating
- Simple strategies for natural hunger regulation
- Hidden reasons to weight gain
- Building Healthy Habits – Neuro - linguistic Programming, Cognitive Behavior Therapy and Mindfulness

# HOW IT WORKS

## THE PRE-CONSULTATION STAGE

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- Once you register online you will get a call from our experts within 24 hrs.
- On call we will discuss your concern and choose the best plan suitable for you based on your goals, lifestyle, occupation and culture.
- Based on the program, details will be shared with you.

## CONSULTATION STAGE

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- Intro-call will be set up where you will share further details with our senior dietitian. You can also share your medical reports at this point.
- A Team comprising of senior dietitian, relationship manager, fitness expert and doctor (depends on the plan selected by you) will be allotted to you. This will be your personal team throughout the program.
- Weekly follow up calls with the complete team to review progress.
- Special meal planning for special occasions like work travel, holiday, wedding, festivals, etc. such as Navaratri plans, detox plans, other fasting plans, etc

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## POST-CONSULTATION STAGE

- A post-consultation guidelines summarizing all the learnings from the program and also practical guidelines for most of the situations you will face going forward will be shared.

[VISIT PROGRAM PAGE](#)

DO YOU STILL HAVE QUESTIONS?

Get a **FREE** consultation call  
with my team

Click the button below

GET YOUR CONSULTATION



*“The groundwork  
of all happiness  
is health”*

VISIT NOW



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