



## 6- Weeks Gut Healing & Cleanse Protocol – Designed by Smriti

This is our signature 6- weeks Gut healing and cleanse protocol, designed by Smriti, to coach you on food and lifestyle changes needed to create internal healing, reduce inflammation, fix deficiencies, and create a thriving, healthy body from the inside!

The program is designed to work on the overall healing of the gut and the systemic body, and so a lot of your health issues get resolved, once you follow the step-by-step process, we have created for you.

Issues like indigestion, acidity, bloating, headaches, aches and pains, lack of energy, weight gain, poor sleep, and many more symptoms can drastically reduce or completely go away once you work on reducing inflammation. In just 6 weeks, you will start seeing amazing changes in your health!

### What you get from us in the program:

#### **1. Balanced anti-inflammatory meal plans for 6 weeks, to reduce inflammation in the body and make you heal from within.**

We DO NOT follow or force you to follow any sort of fad dieting patterns and we believe in just eating clean home-cooked regular meals. It is totally possible to heal with foods that you have grown up eating, and no unsustainable diets are needed!

Our meal plans will be Indian meal plans with a lot of choices and flexibility, and balanced meals. We will take your personal food choices (vegan, vegetarian, non-vegetarian) into consideration while giving you the meal plans.

Shopping list for the program will be sent to you before the program starts.

You also get access to our Ultrawellness Recipe Book, created by Smriti and the team, which has some amazing multi-cuisine recipes you can try (continental/thai etc)!

## **2. Supplement protocols to fix deficiencies**

We will guide you on the best possible vitamins and minerals you can buy and use to maintain great health. Shopping links will be provided to you during the program, and all guidance on how to consume them, with dosage.

The key to choosing the right supplements is to buy the most bio-available forms which our body can readily absorb. Most formulas you get in the pharmacies are cheap, synthetic formulas that don't work. And supplements should be clean from any processed chemicals, additives, artificial colors etc. The dosage, formula, extraction process, source – everything matters!

## **3. Coaching on food and lifestyle habits**

Each one of you have your own routines, work life, family life and timings for eating, sleeping and a lifestyle you follow.

We will take your lifestyle into consideration and coach you on developing beautiful and small sustainable changes in your life, week on week, to heal your body and make these habits for life!

**Pricing and Schedule:**

6 sessions in total - First session for 30 mins, and 5 follow-up sessions (15 mins each) in subsequent weeks, to discuss your meal plan and lifestyle changes to be made each week.

You will get WhatsApp support during your program, in between the sessions.

All sessions and support for this program are with the team. Sessions are conducted on weekdays only (Mon-Fri). The appointment schedule will be discussed with you before booking your calendar.

Program Fee: INR 85,000 plus 18% GST = INR 1,00,300

The fee is non-refundable, once paid.

You may request for Smriti to be present in your first session at an extra cost of Rs 15000. In this case, your total fee will be INR 1 lac plus 18% GST = INR 1,18,000.

Pls see: This program is not focused on any specific diseases, and hence no testing or lab work will be needed for this program.

**If you want to join this program, please send a WhatsApp message to +919310591448 to sign up.**