



Personalized Ultrawellness Program with Smriti and the Team

This is a highly personalized program where we deep dive into your case, using labwork and functional testing for Gut microbiome, infections, hormones, and anything else that may be required for your case, to help identify the root causes and resolve your health issues from the root.

Functional lab testing is totally optional for you. We will provide our recommendations and guidance fully on those, for you to make an informed decision. Basic labwork that you can do in any Indian lab, is also part of this program.

Medical conditions we cover in our program:

- All gut-related diseases like Acidity, GERD, Esophagitis, Barrett's, unknown pains in the abdomen, nausea, excessive vomiting after eating food, Crohn's, Colitis, Inflammation in the colon, ulcers, excessive gas, leaky gut, chronic IBS (constipation and diarrhea), piles, hemorrhoids, bloating, lot of burping, and more
- Symptoms like low energy, fatigue, numbness in hands and feet, cold hands and feet, anemia, varicose veins, poor sleep, not being able to fall asleep, hair fall, body and joint pains, unexplained weight gain, unexplained weight loss, and more
- Chronic Headaches and Migraines
- All skin and scalp diseases like psoriasis, lichen planus, dermatitis, eczema, itchy flaky scalp, excessive dandruff, rashes and itching, hives, acne on the face and body, and more
- Metabolic dysfunctions like Insulin resistance, Pre-diabetes, Diabetes, high cholesterol, high uric acid, high blood pressure, fatty liver, and more

- Autoimmune conditions like Rheumatoid Arthritis, Multiple Sclerosis, Lupus, Vitiligo, Alopecia, Sjogren's, Celiac, Fibromyalgia, and more
- Thyroid-related disorders – Hypo and Hyperthyroidism, Hashimoto's, Graves
- Hormonal issues in men and women like low testosterone, low libido, heavy bleeding during periods, painful periods, endometriosis, difficult PMS phase, no periods, missing periods, irregular period cycles, PCOD, fibroids, cysts, perimenopause, menopause issues, and more
- Brain-related issues like brain fog, short-term memory loss, Anxiety, Depression, anger issues, irritability, low moods, negative thoughts, Autism, ADHD, and more
- Respiratory issues like Asthma, Bronchitis, Breathlessness, Sinus, Congestion, excessive mucus formation, drippy nose, and more

If you do not see your problems listed here, you may contact us on WhatsApp or email us to check, before booking an appointment.

WhatsApp chat support number - +91 9310591448

Email – info@smritikochar.com

What you get from us in the program:

1. Tailor-made meal plans to identify what foods work for your body and which ones cause inflammation. And our meal plans will help you heal from within!

We DO NOT believe in any sort of dieting (vegan, keto, etc), and 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!

Every individual has specific foods that might be aggravating the symptoms and increasing inflammation in the body, and we use our own tailor-made protocols to identify these triggers for you. One food that heals one person can end up causing a lot of inflammation in another person. So, personalization is key to this program.

However, meal planning is a small part of the whole healing process. It is JUST Step #1.

Just cutting out foods that are your triggers today, will NOT help you heal. Because with time, you will just keep developing more and more triggers.

We need to identify why you are getting the inflammation from what you are eating, and for that we need to look into the gut microbiome and the whole process of digestion and absorption. Leaky gut is a common issue, and also needs to be worked upon, to help the gut to heal and to develop a healthy microbiome. A healthy terrain inside your body will make you thrive, feel joyful, and enable you to live a vibrant life.

Remember, we can eat the best possible foods and yet not absorb any of them in our cells if the gut is inflamed. So, the process is much deeper and requires customized work and protocols.

Also, we do not suggest any food allergy testing because all of them show a lot of false positives and negatives, due to antibodies being created to whatever you eat. You will be able to eat most of the foods once your gut is healed, once your digestion is solid, and the immune system stops responding drastically to what you eat.

2. Tailor-made protocols for healing

We recommend food or plant-based natural supplements to heal the gut, fix any deficiencies you have, balance hormones wherever needed, make your body more receptive to insulin in cases of blood sugar issues, clear gut infections, and more.

You will get fully customized protocols from us to fix all your health concerns and the recommendations keep changing during the program, depending on what we are focusing on healing.

3 to 6 months is an ideal time period to completely transform your health!

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 personal choices and timings into consideration and coach you on developing beautiful and small sustainable changes in your life, week on week, in order to heal your body and make these habits for life!

Remember, anything drastic and unsustainable does NOT work in the long term. Always make small changes over a long period of time, so that you are comfortable with the process and can give time and attention to each change.

Do not rush your healing process. It never works long-term!

4. Constant Support

We provide a private WhatsApp chat group for each client, to ask questions during the program, and Smriti is going to be part of this chat group. She oversees progress of all clients and you will be able to directly message her, if you have any questions during the program.

This is available to everyone who opts for our personalized program. All program sessions are with the team, but we have options to have sessions with Smriti as well, at an extra cost.

We take our personalized program very seriously, and we will do our best to make it a magical and transformative experience for you!

Pricing & Schedule:

Smriti will discuss this in your Pre-consultation session, once she knows the case.

Time, efforts, testing and investment involved, will depend on your health issues and the complexity of the case.