

# Heal Thy Self

WITH DR. GAURI ROKKAM

## Holistic Nutrition & Health Certificate Course

Duration: 25 hours

Food has the power to shape our health journey. Our lifestyle choices can lead us towards vitality or illness. The decision rests with us. This comprehensive course equips participants with the knowledge and understanding necessary to maintain a healthy balance of Aahara (food), Vihara (lifestyle), and Vichara (mind space). By making informed choices, we can support and promote health while preventing diseases.

Course Objectives:

- Simplify the understanding of Food and Nutrition.
- Explore the impact of whole and plant-based foods on the body, optimizing health potential.
- Provide practical tools and evidence-based recommendations for immediate implementation towards vibrant health.
- Gain insight into common health disruptors and learn actionable steps to positively influence the body's biochemistry.

Who it is meant for:

- Suitable for individuals seeking personal health and fitness improvements, regardless of scientific background.
- Ideal for those wishing to maintain or improve family health with no prerequisite knowledge required.
- Professionals in health, yoga, fitness, nutrition, and beauty can enhance their expertise to better serve clients.

Instructor:

Dr. Gauri Rokkam, a renowned Holistic Whole Food Plant-Based (WFPB) Nutritionist, known for her impactful teaching and approachable coaching methods.

## Key Course Chapters:

### 1. Chapter on Food:

Explore the holistic concept of nutrition, incorporating elements from Taittiriya Upanishad, and understand how to integrate all aspects into a healthy lifestyle.

### 2. The Importance of Fiber:

Learn about the vital role of fiber in preventing and reversing major lifestyle disorders such as obesity, diabetes, and cardiovascular diseases.

### 3. Understanding Diseases:

Discover the principles of Nature Cure and the body's innate ability to heal itself when supported by a toxin-free lifestyle.

### 4. Vitality and Vital Energy:

Explore the distinction between food as a source of energy and the body's inherent vitality, crucial for maintaining health.

### 5. Grains, Fruits, Vegetables, and Greens:

Delve into the nutritional benefits of these natural foods and understand their role in promoting health and vitality.

### 6. Sugar and Sweeteners:

Learn about the impact of different sugars on health and explore alternatives to satisfy sweet cravings.

### 7. Plant Proteins vs. Animal Proteins:

Understand the health and environmental implications of protein sources, emphasizing the importance of plant-based alternatives.

### 8. Healthy Fats:

Explore the role of fats in the body and learn to distinguish between healthy and unhealthy sources.

### 9. Yogic Philosophy of Food:

Gain insights into the influence of food on the mind and personality, drawing from research data and ancient wisdom.

### 10. Tips and Tools for Healthy Eating:

Receive practical guidance for sustaining healthy habits beyond the course, based on the instructor's extensive experience.

### 11. Yoga and Meditation:

Understand the role of yoga, pranayama, and meditation in managing stress and promoting overall well-being.

**Now is the time to take control of your health journey and empower yourself with the knowledge to thrive.**