

Therapeutic Nutrition

With every passing day natural imbalance is on a rise. It is the hurry and worry of modern life, compounded by improper eating habits, stress and pollution, which is telling on human health.

"While traditional Indian food has high nutritional value, changing lifestyles seem to favour foods which undervalue health and well-being." As a result the various disorders we are encountering include: Heart diseases, Diabetes, Hypertension, Food allergies, frequent cold and infections, Digestive problems, and many more.....

"Give the body what it needs and the body heals itself"

If you are suffering from even two or more of the above conditions, it might be a cause of nutritional imbalances. N-lite brings to you a complete course of therapeutic care by addressing to your specific nutritional problems.

Benefits of Healing with Nutrition

We offers the right high powered nutrition therapy that will help you to get that harmonious balance that leads to total happiness you to achieve;

Improved energy and vitality

Better sleep, less irritability

Relief from constipation, diarrhoea, bloating and other digestive problems

An end to aches and pains caused by chronic conditions such as arthritis, migraines, PMS

Achieving and maintaining your correct weight

Reduced chance of developing a degenerative illness and much more.

Personalized nutritional therapy

We believe that Nutritional support is fundamental to patient care and needs vary on an individual basis. Medical nutrition therapy provided by our nutritionists includes:

Review of what you eat and your eating habits,

Analysis of your present nutritional status, and

Formulation of your nutrition treatment plan.

We will help you through various nutritional problems like:

Lifestyle disorders

Hypertension, obesity, Hypercholesterolemia, Heart problems, Diabetes etc)

Underweight

Osteoporosis/Arthritis/Gout/Joint pains

Stones

Gastric Disorders

Frequent infections

Hormone malfunction

Depression/Stress/Anxiety/Sleep disturbances

Nutritional deficiencies

Kidney diseases

Food allergies

Liver disorders

Tube feeding guidance



By:-

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