



NIRMAL HEALTH

A Medication- Free Journey to Vitality

 **+91 98109 44605**

OUR ADDRESS 

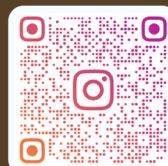
33-34, Huda Market, Sector 14 Faridabad



nirmal_health



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LEENA KESAR

(B.SC., M.SC., D.N.Y.S., D.(Health & Nutrition)

Certified Dietician

Naturopath and Yoga Expert

Over the years, working as a Professional lifestyle consultant and being Associated with many NGO for social Welfare, I have recognised the importance of a healthy Lifestyle. With correct diet, lifestyle and being close to nature can lead to extremely positive and healthy life.

EDUCATION

- Diploma in Diet and Naturopathy from IGNOU (2018)
- Masters of Yoga and Science of Living from Jain Vishva Bharti Institute, Ladnun, Rajasthan, India (2018)
- Diploma in Naturopathy and Yoga from Akhil Bhartiya Prakritik Chikitsa (2004-06)
- Bachelor of Science from Delhi University (1994-96)

PRACTICE

- Certificate in Pranayam & Meditation (2016)
- Certification in Reflexology & Sujok (2016)
- Certification in Acupressure (2010)



NUTRITION AND DIET THERAPY **For a Healthy Weight**

Diet therapy is concerned with recovery from illness and prevention of diseases. Diet therapies are specially designed and prescribed for medical and general nutritional reasons.

NATUROPATHY **Healing from within, Naturally**

Naturopathy is a holistic approach to wellness. Naturopathy supports a person to live a healthy lifestyle. It treats the root cause of a disease and not the symptoms.



YOGA THERAPY **Healing in motion.**

While any type of yoga can bring health benefits, yoga therapy involves employing a variety of yoga practices to try to improve a health condition or to ease a natural process, such as pregnancy.

ACUPRESSURE **Tap into Health**

Accupressure is a traditional healing technique that involves applying pressure to specific points on the body

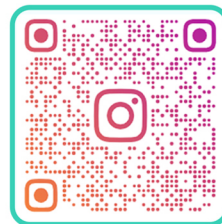




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