Hypothyroidism Nutrition Package

BOOST YOUR METABOLISM AND ENERGY, THE NATURAL WAY.

Struggles

Thyroid issues don’t just drain energy—they influence every system in the body, from head to toe. They are not simply a “disease,” but a lifestyle-driven condition with many root causes: sedentary habits, chronic stress, poor sleep, irregular meal timings, and processed or late-night foods.

The good news? With the right nutrition, herbs, and lifestyle adjustments, thyroid balance is far more achievable than most imagine.

Why Nutrition Matters

- Supports thyroid hormone function
- Restores energy & metabolism
- Corrects nutrient deficiencies

AAHAARAVEDA_NUTRITION

My Holistic Approach

Foods rich in selenium, iodine, and zinc + Ayurvedic support with herbs like guggulu, moringa, and triphala. Easy recipes and lifestyle rituals help sustain thyroid health.

What's Included

- Thyroid-friendly Meal Plan
- Foods to avoid + nutrient-rich swaps
- Herbal support (triphala, moringa)
- Lifestyle guidance for better sleep & digestion

Benefits

- ✓ Improved energy
- ✓ Reduced hair fall
- ✓ Easier weight management
- ✓ Better digestion & mood

Contact us

+91-9573484967
aharaveda.nutrition@gmail.com
aahaaraveda_nutrition

ĀHĀRAVEDA
ANCIENT WISDOM
MODERN NUTRITION
Because You're Unique!