



Transform Your Health Using
Dr. Shikha's Vedique Nutrition Protocol

" Our Body is our most precious asset and to honour and protect our bodies we should only trust the best of healthcare Professionals"

#HonourYourBody

Introduction

Dr. Shikha Nehru Sharma is a medical doctor from **Maulana Azad Medical College**, who realised, while working with heart patients, the importance of preventive healthcare in cardiology. She has been a pioneer in the field of using nutrition as a backbone of preventive healthcare. Her articles In **Hindustan Times - Brunch Magazine** and her programs on **Television** have always been about using **Nutrition** as a form of medicine for treating diseases from the root .



Dr. Shikha Nehru Sharma

The awarded and renowned doctor has created India's First integrated Nutrition protocol by the name of "**Vedique Protocol**"

The unique aspect of this protocol is that it is a combination of **Modern Nutrition along with Vedic Nutrition**. It has incorporated the best of Nutrition science based on individual body type, along with the knowledge of Nutrigenetics (Based on Phenotype assessment), Epigenetics and the science of macros and micros requirement for a healthy body.

At ONE Health we firmly believe that the calorie concept is incorrect and is not based on medical science, hence we do not recommend a low calorie diet .

At **ONE Health** we follow the **3 Step Vedique Protocol**.

Company Name

OneHealth organisation that works under the guiding principles of **Dr. Shikha Sharma**, also has the brand names **Vedique** and **Unitus** added to it.



The services provided by OneHealth are:-

- Online Advisory
- Online Training and Certification Programs
- Vedique Products

3 Step Vedique Protocol

- Dysfunction Correction (0- 6 Months)
- Re-Education and Habit Formation (6 Months - 12 Months)
- Optimisation (12 months onwards)



Our commitment to quality

At **ONE Health** we take your health seriously and only **hire qualified professionals**. The healthcare team which interacts with you consists of qualified Nutritionists, who work under the supervision of qualified **Ayurvedic Doctors**. We have a Quality Audit and Training Department which ensures, that you only get scientific and error free prescriptions. We are also pioneers in initiating "**Compliance Monitoring and Counselling Protocols. Which is at the heart of our programs and makes our programs successful.**" We value our focus on professionalism and a safe and scientific approach.

Teams in the background who work to ensure that you get the best:



Research and Training



Quality and Audits



Ayurvedic Doctors and Senior Nutrition Mentors



People Development Department and Ethics Team



Engineers Team



Operations, Products and Fulfilment Team

**We have 80% Women Employees
and Our Culture is one of the best in the Industries**



Vedique Nutrition Therapy For Lifestyle Disorders

- **51,000+** lives Transformed
- **15+** Life style disorders managed
- **400+** Vedique Nutrition Coaches
- **65+** Health seekers from Countries consult our coaches
- **2,50,000+** Nutrition Plans sent every month



Clients Under Our Treatment Protocol

Over Weight

90%

Hypothyroid

95%

Diabetes

80%

PCOS

70%

Cholesterol

80%

Lifestyle Disorders And Solutions We Offer



Hypothyroid
Management



Menopause
Management



Liver
Management



Detox
Management



High
Cholesterol



Weight
Management



PCOS
Diet



Diabetic
Solution

About Unitus Health Academy

UNITUS academy is founded by **Dr. Shikha Sharma**, who has for the past 21 years developed scientific programs for lifestyle diseases and weight management. For the past 21 years **Dr. Shikha Sharma**, a TED speaker, featured in many health magazines has been giving excellent results in weight loss, lifestyle diseases like **diabetes, hyperlipidemia** and so on. This enrichment and experience of knowledge has been a steady feather of success in this 21-year long journey.



People Behind The Academy

Trainers:

BAMS qualified Ayurveda doctors with minimum 10+ years of experience

Nutritionist qualified in MSc Food & nutrition with minimum 5+ years of experience. Master class by Dr Shikha Sharma (an allopathy doctor from MAMC, New Delhi)

Quality Auditor Team:

Six Sigma black belt to ensure the highest quality of lectures and content being delivered

Herbal Range

Formulated by the team of Dr. Shikha Sharma's Ayurvedic Doctors

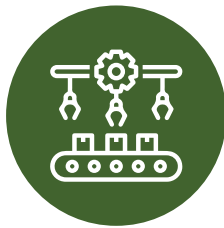
21+ Years Of
Experience



51000+
Patients
Treated



Team of Experienced
Ayurvedic Doctors
& Nutritionists



Packaged in automated
facility with utmost care



100% Pure herbal
extracts with no
side effects



Formulations by
experienced
Ayurvedic doctors



Weight Management Kit

Dr. Shikha's Flagship Product

In the last 21+ years over 51,000 patients have benefited from the expertise of weight management plan.



Herbal Formulation Includes:
Gacula
Rhododendron Infusion
Jasmine Infusion

Benefits

A gentle method of losing weight. The Kit has the 3 of our most popular weight loss products.

This is a convenient kit, which has a metabolic booster herbal formulation (Gacula). Jasmine Infusion, which is a natural replacement to caffeine. It helps to reduce bloating and improves sleep. Rhododendron Infusion is an excellent anti-inflammatory agent.

Vedique® Unique Aspects



**100%
Natural**



**Certified
Organic**



**Superfood
Herbs**



**Gentle & Safe for
frequent consumption**

Herbal Range

What is unique about these products?

The modern day epidemic of internal inflammation is the root cause of many diseases including sudden cardiac death.

One of the very effective ways to control these disorders is to reduce body's inflammation.

The unique aspect of these products is that they are all effective anti-inflammatory agents, hence they protect your organs.



Rhododendron Infusion

Natural antioxidant
Improves body strength
Aids in detoxification
Supports heart health



Jasmine Infusion

Rich in antioxidants
Relieves stress
Promotes sleep
Caffeine free



Gacula

Boosts metabolism
Good for weight loss

Manufacturing Licences of Products

NSF USA GMP Registered | Ayush | FSSAI | DUNS | HALAL
FSSC 22000 | FDA | DSIR Recognition | WHO GMP Certified

 **OneHealth**TM
By Dr. Shikha Sharma

Connect With Us

Email : ask@onehealthplatforms.com



Dr. Shikha's NutriHealth



nutrihealthsystems



+91-7669628778



www.unitusacademy.com

E - 48/9, 1st Floor, Okhla Phase 2, New Delhi - 110020