



COLOURFUL CURE

AN AYURVEDIC GUIDE
TO WELLNESS



A HEALTH BOOK BY
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Integrative Nutritionist & Health Coach



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INTRODUCTION

I am Karishma Shah, and my journey began not amidst the tranquil serenity of the mountains, but in the buzzing clinics of metropolitan cities and the hushed realms of research libraries.

I dedicated myself to understanding the human body, particularly the subtle and powerful dance of hormones and their undeniable influence on our holistic well-being.

Even in the heart of scientific advancements, I felt an intuitive pull towards a deeper alignment an intricate interplay of the physical, mental, and spiritual realms. As I delved into ancient scriptures and global traditions, a recurring mantra echoed, "You are what you eat." But this was more than just a statement about physical nutrition. It was a profound revelation that our essence, our very core, is molded by what we absorb—be it food, thoughts, or energies.



This understanding birthed a question in me: Could the vibrancy of the foods we consume, especially their colors, offer more than just physical nourishment? Could those be the bridge to holistic healing?

Inspired by this newfound perspective and backed by rigorous research, I created the Realignment Program. It was not just a dietary framework but a spiritual odyssey. A journey where colors transcended their visual beauty, becoming guides to align our hormones and achieve harmony within.

Today, as Karishma Shah, I am not just a researcher or a spiritual explorer. I am a guiding light for those seeking a balance, a harmony that transcends the physical. Through the Realignment Program, I offer a path that promises alignment of body, mind, & spirit, fostering healing from the root cause.



CHAPTER 1

UNDERSTANDING OUR ENERGY SPECTRUM



CHAKRAS, HORMONES, AND THE HUMAN ENERGY FIELD

Imagine your body as a giant battery, powered by different energy centers or "hotspots" from the top of your head to the base of your spine. These hotspots are called chakras. Each chakra is like a mini power station, making sure different parts of you are charged up and ready to go

A QUICK DIVE INTO CHAKRAS

Ever felt butterflies in your stomach
when you're nervous?
Or a heavy weight on your chest when you're sad?
These feelings are your chakras in action.



ROOT CHAKRA (Muladhara)

LOCATION Base of the spine

JOB This chakra is all about feeling safe and grounded.

EXAMPLE Remember the comfort of being at home, wrapped in a warm blanket during a storm? That's the root chakra making sure you feel secure



SACRAL CHAKRA (Svadhishthana)

LOCATION Just below the navel

JOB It manages our creativity, passions, and emotions.

EXAMPLE Ever felt a burst of inspiration while painting or dancing? That's the sacral chakra flowing freely.



SOLAR PLEXUS CHAKRA (Manipura)

LOCATION Stomach area, above the navel

JOB This chakra governs our confidence and control.

EXAMPLE That feeling before a presentation where you stand tall and believe in yourself? That's your solar plexus chakra in action.



HEART CHAKRA (Anahata)

LOCATION Center of the chest

JOB It's the center for love, compassion, and kindness.

EXAMPLE You know the warmth and happiness you feel when hugging someone you care about? That's your heart chakra shining bright.



THROAT CHAKRA (Vishuddha)

LOCATION Throat

JOB It controls communication, expression, and truth.

EXAMPLE That moment when you finally speak up about something you believe in? Your throat chakra is helping you find your voice.



THIRD EYE CHAKRA (Ajna)

LOCATION Between the eyebrows

JOB This chakra is all about intuition, wisdom, and imagination.

EXAMPLE Ever had a 'gut feeling' about something and been right? That's your third eye chakra giving you a nudge.



CROWN CHAKRA (Sahasrara)

LOCATION Top of the head

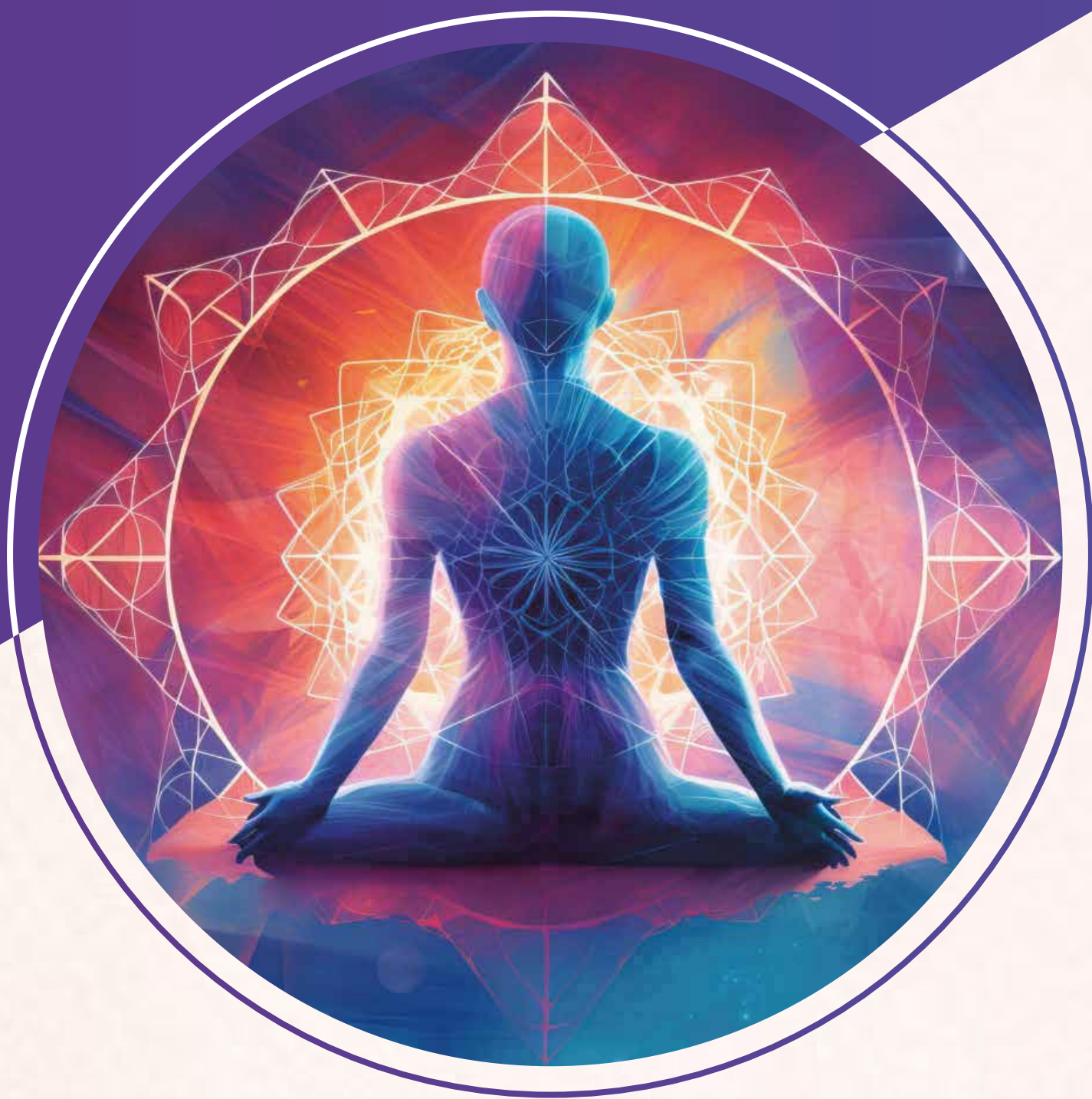
JOB It connects us to the universe and higher states of consciousness.

EXAMPLE You know those moments of deep peace during meditation or a feeling of being connected to everything around you? That's your crown chakra opening up.



THE IMPORTANCE OF BALANCING CHAKRAS

KEEPING LIFE IN HARMONY



Chakras as Wheels of Energy

Imagine a series of interconnected gears or wheels in a clock. If one gear gets stuck or moves too slowly, it affects the movement of the entire clock. Similarly, our chakras are like these wheels, each one spinning and providing energy to specific parts of our lives. If one chakra is out of balance, it can throw off the harmony of our entire system.

WHY IS IT CRUCIAL TO BALANCE CHAKRAS

PHYSICAL HEALTH AND WELL-BEING

EXAMPLE

The Root Chakra, located at the base of the spine, plays a role in our feelings of security and stability. If it's blocked, you might experience fatigue, lower back pain, or even anxiety about basic needs like money or shelter.

By balancing this chakra, you could alleviate these symptoms & feel more grounded.



EMOTIONAL AND MENTAL BALANCE

EXAMPLE

The Heart Chakra, in the center of the chest, is tied to our capacity for love, compassion, & connection with others. If it's out of whack, you might struggle with relationships or feel distant from loved ones. Balancing this chakra can open you up to deeper emotional connections and understanding.



ENHANCING PERSONAL GROWTH AND SELF AWARENESS

EXAMPLE

The Third Eye Chakra, positioned between the eyebrows, is linked with intuition, imagination, and understanding. When it's blocked, you might feel stuck in life or unable to see the "bigger picture" of situations. By clearing and balancing this chakra, you could tap into a deeper understanding of yourself and the world around you.



IMPROVING INTERACTIONS AND RELATIONSHIPS

EXAMPLE

The Throat Chakra, located at the throat, governs communication. If it's unbalanced, you might find it hard to express your thoughts or feel misunderstood. Balancing this chakra can pave the way for clearer communication and healthier interactions with others.



IN CONCLUSION

Balancing chakras is akin to tuning a musical instrument. Just as an out-of-tune guitar can disrupt a whole concert, an imbalanced chakra can unsettle our entire life. By ensuring each "wheel" or chakra spins harmoniously, we can ensure a more fulfilling, balanced, and harmonious experience in our daily lives. Whether you're looking to heal physically, connect deeper emotionally, grow personally, or improve relationships, chakra balancing can be a guiding light on your journey.

HORMONES

THE BODY'S BEHIND-THE-SCENES MANAGERS



What Are Hormones, Anyway?

Imagine your body is a bustling city, with many departments and activities happening at once. Now, if this city doesn't have a good communication system, things can get chaotic, right? Enter hormones. They are like the city's messengers or mail carriers, rushing from one department to another, delivering vital messages that ensure everything runs smoothly.

KEY PLAYERS IN THE HORMONE WORLD

Let's break down a few major hormones and see how they influence our everyday life.

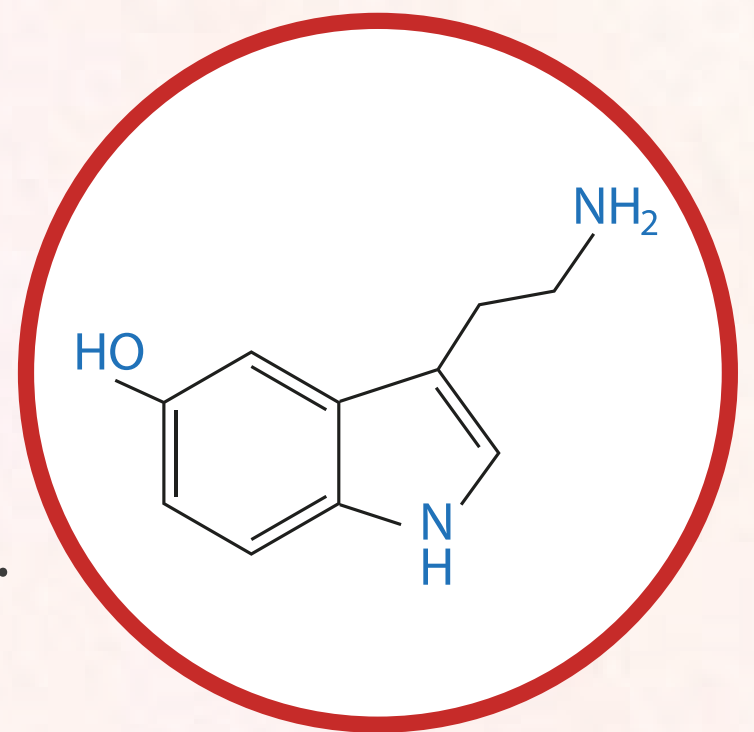
SEROTONIN THE MOOD BOOSTER

ROLE

Often termed the "feel-good" hormone, serotonin helps regulate mood, sleep, appetite, and even some cognitive functions.

EXAMPLE

Remember the last time you bit into a piece of dark chocolate or had a hearty laugh with friends? That light, happy feeling you experienced was, in part, due to a surge in serotonin. It's like the city's public entertainment system, ensuring citizens (in this case, your body's cells) are upbeat and happy.



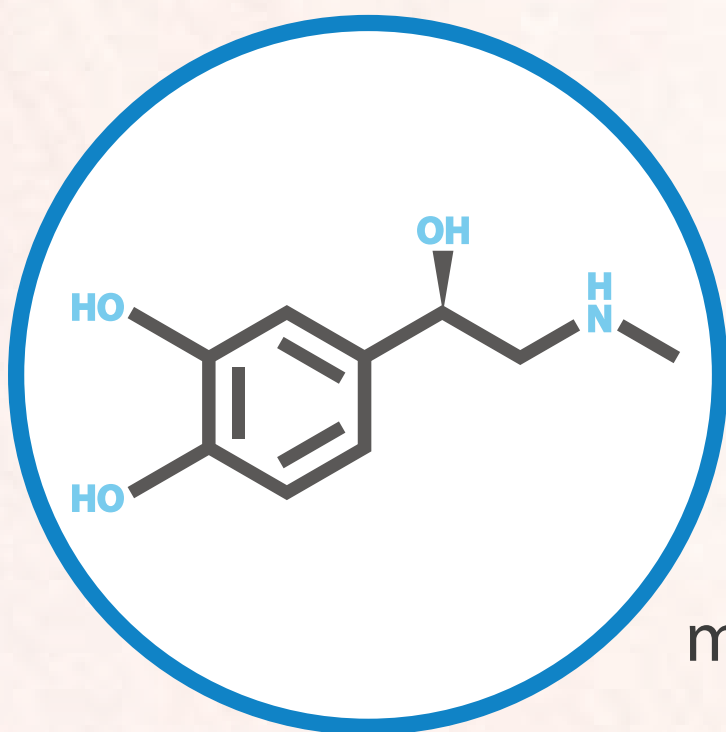
ADRENALINE THE ACTION HERO

ROLE

Adrenaline prepares our body for sudden action, whether it's to face a threat or tackle a challenge. It increases heart rate, pumps more blood to muscles, & sharpens our senses.

EXAMPLE

Ever had that sudden burst of energy when you're late for work, and you need to catch the bus? Or the racing heartbeat when you hear a sudden loud noise? That's adrenaline kicking in. It's like the city's emergency response team, ready to jump into action whenever needed.



INSULIN

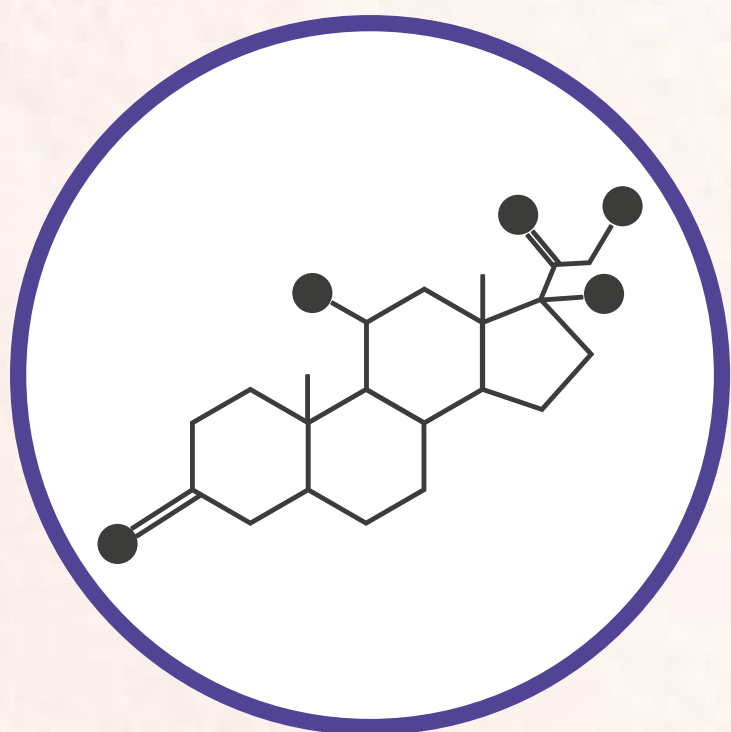
THE ENERGY DISTRIBUTOR

ROLE

Insulin helps our body store and use sugar and fat from the bloodstream. Think of it as the manager of our body's energy supply.

EXAMPLE

After a big meal, when you feel full and content, insulin gets to work, ensuring that the food you ate (especially the sugars) is stored or used up properly. It's like the city's electricity board, ensuring power (energy) is distributed where it's needed and stored for future use.



CORTISOL

THE STRESS MANAGER

ROLE

Produced in the adrenal glands, cortisol helps the body respond to stress. It regulates metabolism, reduces inflammation, and controls the sleep-wake cycle.

EXAMPLE

Feeling the pressure of a deadline or worried about an upcoming event? That alert, on-the-edge feeling is due to cortisol. It's like the city's alarm system, alerting everyone to potential problems and ensuring they're

CHAKRAS & HORMONES

THE DYNAMIC DUO OF OUR WELL-BEING



Chakras

The Radio Stations of Our Body Each chakra, akin to a radio station, plays tunes resonating with specific aspects of our life. But if there's a disturbance in their broadcast, our overall well-being can be impacted.

Hormones

The Fine-Tuners Hormones act as the regulators, ensuring our chakras play the right tune. They help modulate our feelings and reactions, keeping us balanced.

THE TEAM-UP AND WHAT HAPPENS IF A CHAKRA IS UNBALANCED

CONFIDENCE AND SELF-ESTEEM

(SOLAR PLEXUS CHAKRA
AND ADRENALINE)

SCENARIO

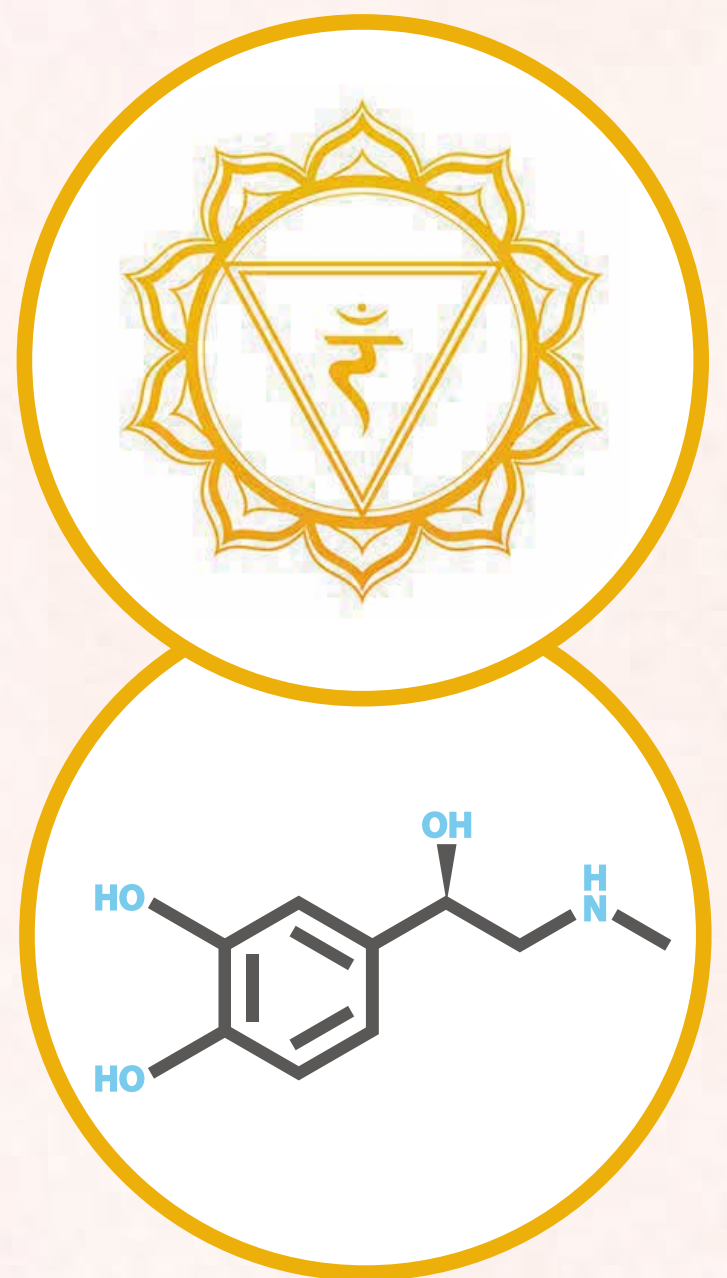
Preparing for a presentation,
nerves and doubts creep in.

CHAKRA & HORMONE TANGO

The Solar Plexus Chakra, center of
self-confidence, might be low on energy.
In response, the body releases adrenaline
to boost alertness and courage.

What if this chakra is unbalanced?

A persistently unbalanced Solar Plexus Chakra
might lead to chronic self-doubt, difficulty making
decisions, and feelings of powerlessness.

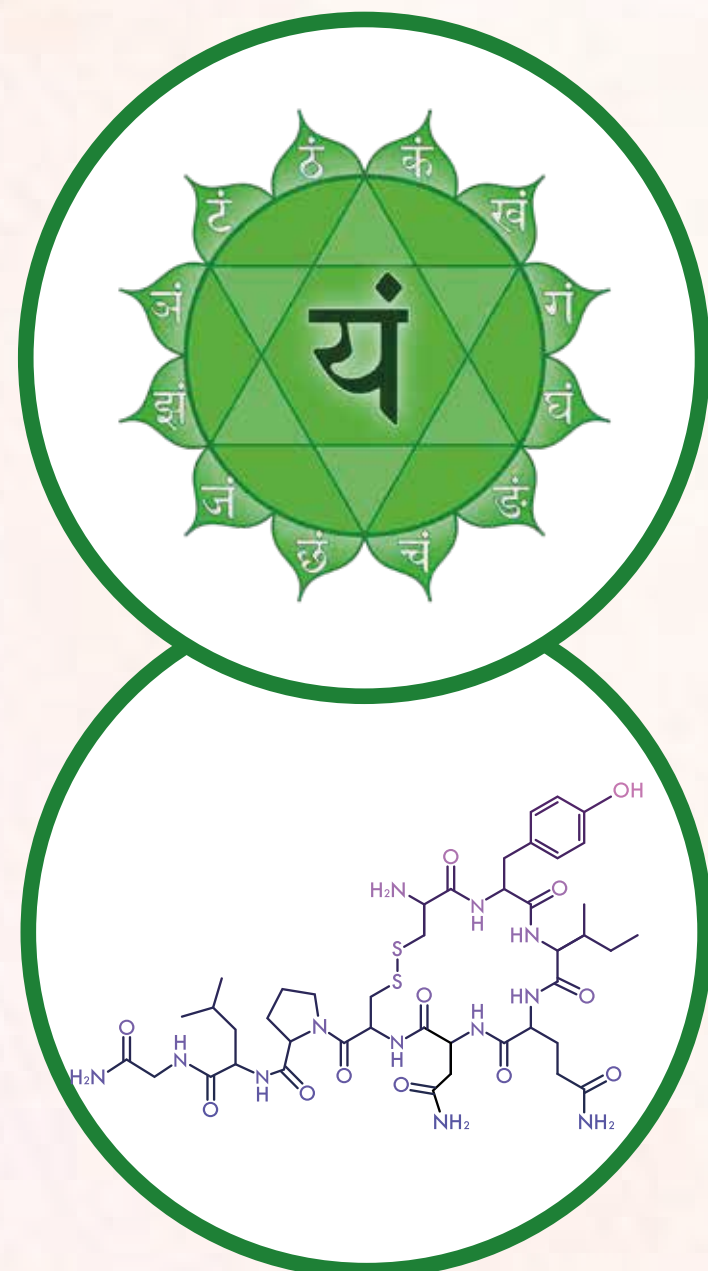


(HEART CHAKRA AND OXYTOCIN)

Embracing a loved one after a
challenging day brings warmth & comfort.

The Heart Chakra, hub of love and compassion, thrives. As you connect, the body releases oxytocin, amplifying feelings of bonding.

When the Heart Chakra isn't balanced, you might experience feelings of detachment, difficulty in forging close relationships, or even feelings of unworthiness of love.

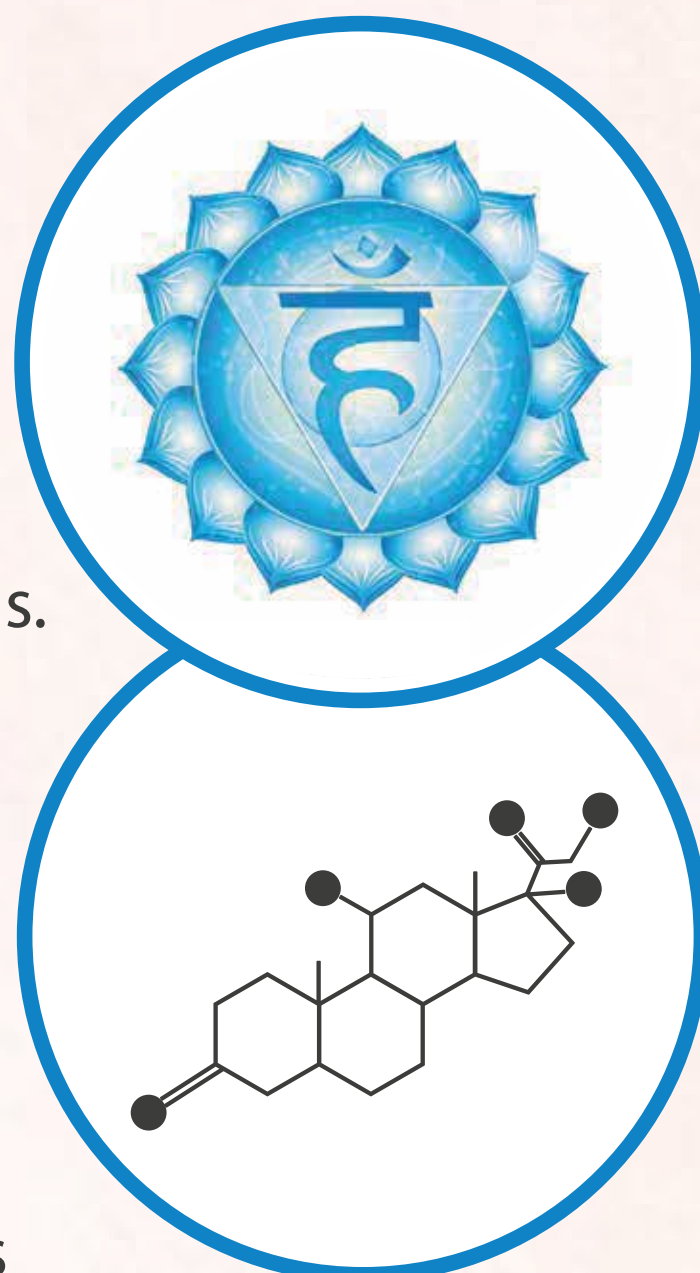


(THROAT CHAKRA AND CORTISOL)

Amidst a heated discussion, expressing your perspective becomes challenging, stress builds.

The Throat Chakra, vital for communication, might be stifled. Sensing the tension, the body increases cortisol, the stress hormone.

An unbalanced Throat Chakra can manifest as communication barriers, frequent misunderstandings, or even a fear of expressing one's thoughts and feelings.





COLORS OF THE SPIRITUAL SPECTRUM

Food colors have always been nature's way of indicating the various nutrients and benefits they carry. Just as colors have spiritual significance, the foods of these colors also align with our chakras and overall well-being.



RED - THE FOUNDATION

SPIRITUAL INTERPRETATION

Red signifies life force, grounding, and survival instincts.

FOOD EXAMPLES

Tomatoes, strawberries, red bell peppers, pomegranates.

RESONANCE WITH OUR STATE

Consuming red foods can boost our energy and vitality. Think of how revitalized you feel after a strawberry smoothie or a tomato salad. It's not just physical; it's an energy alignment with our base chakra.



ORANGE - THE SACRAL DELIGHT

SPIRITUAL INTERPRETATION

Orange represents creativity, pleasure, and emotional harmony.

FOOD EXAMPLES

Oranges, carrots, apricots, sweet potatoes.

RESONANCE WITH OUR STATE

Orange foods can stimulate our creative juices and foster emotional balance. A carrot juice or an apricot snack can invigorate our sacral chakra, enhancing joy and emotional fluidity.



YELLOW - THE SOLAR RADIANCE

SPIRITUAL INTERPRETATION

Yellow embodies personal power, confidence, and clarity.

FOOD EXAMPLES

Bananas, corn, pineapples, yellow peppers.

RESONANCE WITH OUR STATE

Yellow foods can sharpen our intellect and boost our self-confidence. Ever felt the mental clarity after a banana snack or corn on the cob? It's your solar plexus chakra lighting up!



GREEN - THE HEART'S EMBRACE

SPIRITUAL INTERPRETATION

Green signifies love, balance, and harmony.

FOOD EXAMPLES

Spinach, kale, broccoli, green apples.

RESONANCE WITH OUR STATE

Green foods nurture our heart chakra, fostering compassion and healing. A green salad or a kale smoothie can soothe a troubled heart and restore emotional equilibrium.



BLUE - THE THROAT'S MELODY

SPIRITUAL INTERPRETATION

Blue denotes communication, truth, and expression.

FOOD EXAMPLES

Blueberries, blackberries, plums (deep blue-purple hue)

RESONANCE WITH OUR STATE

While true blue foods are rare, those that come close, like blueberries, can aid in selfexpression and truth-telling. A bowl of blueberries might just help clear that throat chakra blockage.



INDIGO - THE THIRD EYE'S INSIGHT

SPIRITUAL INTERPRETATION

Indigo echoes intuition, wisdom, and inner peace.

FOOD EXAMPLES

Eggplant, purple grapes, purple kale.

RESONANCE WITH OUR STATE

Indigo foods nourish our third eye, deepening intuition and insight. A plate of roasted eggplant or a handful of purple grapes can enhance inner vision.



VIOLET/PURPLE - THE CROWN'S CONNECTION

SPIRITUAL INTERPRETATION

Violet resonates with spiritual connection and enlightenment.

FOOD EXAMPLES

Purple cabbage, purple asparagus, elderberries.

RESONANCE WITH OUR STATE

Violet foods aid in our spiritual connection. A salad tossed with purple cabbage or an elderberry tea can elevate our consciousness and connect us with the universe.

The colors of our food are not just for visual appeal; they're nourishment for our soul and our energy centers. By consciously integrating these colors into our diet, we can align our physical and spiritual well-being, promoting holistic health.



CHAPTER 2

SACRED NOURISHMENT



In every civilization, food has held a place of reverence. Whether through rituals, blessings, or the sheer act of consumption, there's an understanding that food is more than just sustenance. It's an energy, a divine connection between the earth and us. In this chapter, we delve into the spiritual essence of food and how color-coded foods play a significant role in our well-being



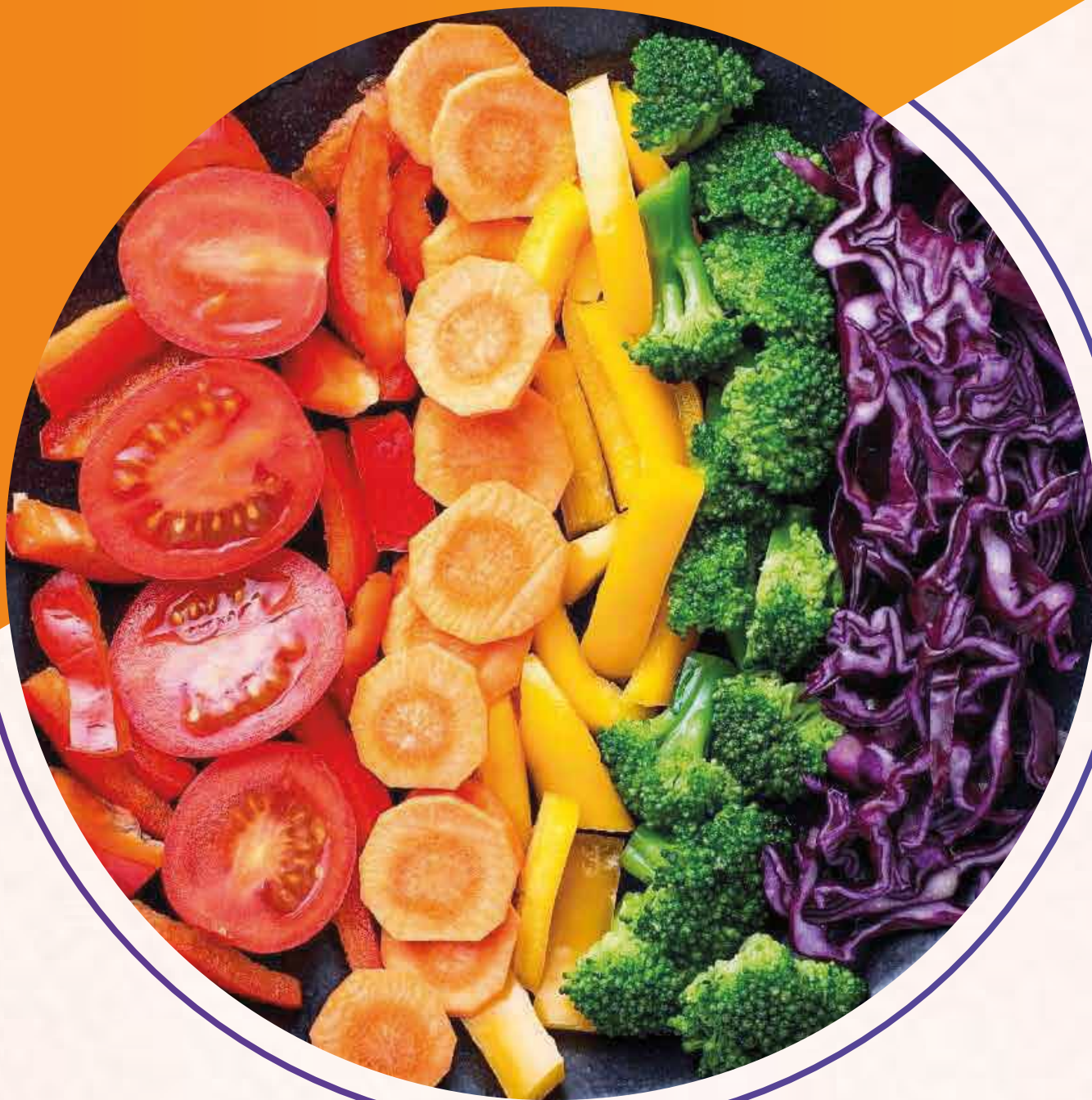
THE SPIRITUAL ESSENCE OF FOOD

Every morsel of food we consume carries an energy, an essence that goes beyond its nutritional value. Ancient civilizations recognized this, and it's why they offered food to gods, seeking blessings in return. When we eat mindfully, recognizing the energy within our food, we not only nourish our bodies but our spirits as well.

THE ENERGY EXCHANGE

Imagine a ripe apple hanging from a tree. It's absorbed the sun's rays, the earth's minerals, and the air's oxygen. When we consume that apple, we're not just eating a fruit; we're partaking in nature's energy cycle, connecting with the cosmos in a profound way

COLOR-CODED DIVINE FOODS



Our universe is vibrant,
and colors are its expressions. Similarly, colorful foods
are not just a feast for the eyes but a
spectrum of energies that resonate with
our inner chakras

ORANGE FOODS



ORANGES



CARROTS

Enhance creativity and emotional balance,
resonating with our sacral chakra.

RED FOODS



TOMATO



STRAWBERRY

They invigorate our base chakra,
grounding us, making us feel more secure and
passionate about life.

YELLOW FOODS



BANANA



CORN

Other yellow foods empower our solar plexus chakra,
boosting self-confidence and clarity.

GREEN FOODS



KALE



SPINACH



GREEN APPLE

nourish our heart chakra,
fostering compassion and healing.

BLUE & INDIGO FOODS



PURPLE CABBAGE ELDERBERRIES

Resonate with our crown chakra,
connecting us to the divine

VIOLET FOODS



BLUEBERRY

EGGPLANT

PURPLE KALE

Align with our throat and third-eye chakras, aiding in
expression and intuition.

RITUALS AND BLESSINGS FOR SACRED CONSUMPTION :-

When we approach food with gratitude and reverence, we enhance its nourishing qualities, making the act of eating a sacred ritual.

MINDFUL EATING :-

Before consuming, take a moment to be thankful. This simple act brings awareness and elevates the dining experience.

BLESSINGS :-

Ancient cultures often had prayers or blessings before meals. Create your own or adopt one that resonates with you. For instance, "May this food nourish my body, soul, and spirit. I am grateful for the energy and love it

OFFERING :-

In many traditions, a small portion of food is set aside as an offering to the divine, a way to acknowledge the universe's bounty.

Sacred nourishment is about recognizing the deeper essence of what we consume. By understanding the spiritual significance of food, its colors, and approaching it with reverence, we transform a mundane act into a divine communion.



CHAPTER 3

SACRED RITUALS AND PRACTICES



Our daily routines shape our lives, and by integrating spiritual practices into these routines, we not only honor the divine within but also achieve a harmonious balance between our physical, emotional, and spiritual selves.

This chapter delves into daily routines for spiritual alignment, tapping into the energy of colors, and adopting lifestyle habits that pay homage to the divine essence within us

DAILY ROUTINES FOR SPIRITUAL ALIGNMENT



A daily routine can become a sacred ritual,
connecting us to the divine, grounding our energy,
and setting the tone for the day.

MEDITATION

Meditation, At its core,
is about connection and awareness.
Here's how to integrate colors into your meditation



RED MEDITATION (Root Chakra)

Visualize a deep, glowing red orb at the base of your spine. This radiant energy grounds you, connecting you to the earth beneath.

As you breathe in, feel the power of stability and strength. Envision roots growing from your base, anchoring you firmly to the earth. Every inhalation draws in security and passion, while every exhalation releases fears and uncertainties.



ORANGE MEDITATION (Sacral Chakra)

Picture a warm, shimmering orange light just below your navel. This light is playful and creative, pulsating with energy. As you breathe, feel this chakra igniting your passions, creativity, & emotions. Let the orange hue revitalize your zest for life, enhancing your connection to others and your own body. Every breath in draws joy and vitality, and each breath out releases inhibitions and emotional blockages



YELLOW MEDITATION

(Solar Plexus Chakra)

Imagine a bright, golden-yellow sun at your solar plexus, just above your navel. This is your center of personal power and self-worth. Breathe into this sun, letting its energy expand, making you feel more confident, assertive, and clear in your thoughts and actions.



GREEN MEDITATION

(Heart Chakra)

Visualize a soft, verdant green light in the center of your chest. As you breathe in, feel this light expanding, radiating warmth and compassion. Imagine this green energy healing any emotional wounds, allowing you to give and receive love more freely.



BLUE MEDITATION

(Throat Chakra)

Imagine a serene blue light at the base of your throat. As you breathe deeply, visualize this blue energy expanding, clearing any blockages, and enhancing your ability to communicate, speak your truth, and listen with empathy.



INDIGO MEDITATION

(Third Eye Chakra)

Envision a deep indigo light, like the night sky, between your eyebrows. This is your third-eye chakra, associated with intuition and insight. Breathe in and out, feeling this indigo energy growing stronger, enhancing your intuition, foresight, and inner wisdom.



VIOLET MEDITATION

(Crown Chakra)

Picture a vibrant violet light at the top of your head connecting you to the divine. This crown chakra meditation links you to higher realms of consciousness. Breathe in the universal energy from above, and as you breathe out, imagine this violet light cascading down, enveloping your entire being in spiritual awareness and divine love.



WHITE MEDITATION

(for some traditions that use white as a higher crown chakra)

Visualize a brilliant white light, like a halo, hovering just above your head. This radiant energy represents pure consciousness and connection to the cosmos. As you breathe, imagine this white energy showering down like gentle rain, purifying, and elevating your spirit.

CHANTING

Using mantras or chants can help in aligning our energies. For example, chanting "LAM" can help in grounding (associated with the color red/base chakra), while "VAM" can stimulate the sacral chakra (associated with the color orange).

VISUALIZATION

Visualization exercises can be incredibly powerful. For instance, before consuming a green vegetable, visualize its energy healing and nourishing your heart chakra, fostering compassion and love

LIFESTYLE HABITS

Our actions, habits, and intentions shape our reality. By adopting practices that honor the divine, we create a harmonious balance

GRATITUDE

Start or end your day with a gratitude ritual. List down three things you're grateful for. This simple act shifts your focus from lack to abundance, aligning with the universe's plentiful nature.

FORGIVENESS

Holding onto resentment or grudges can disrupt our hormonal balance, especially stress hormones like cortisol. A forgiveness ritual, where you release and let go of old hurts, can be liberating for both the spirit and the body

MINDFULNESS

By integrating sacred rituals and practices into our daily life, we create a bridge between the spiritual and the mundane. This alignment not only honors the divine within but also supports our holistic well-being, including the delicate balance of our hormones.

By integrating sacred rituals and practices into our daily life, we create a bridge between the spiritual and the mundane. This alignment not only honors the divine within but also supports our holistic well-being, including the delicate balance of our hormones.





CHAPTER 4

THE DEEPER CONNECTION
HORMONES & THE SPIRIT



Our body is a wondrous vessel, speaking to us through myriad ways. Often, hormonal imbalances aren't just physical disruptions but messages from our spirit or higher self, signaling deeper spiritual misalignments. This chapter dives deep into this connection and offers a pathway to heal by tuning into spiritual awareness.

LISTENING TO THE BODY'S DIVINE MESSAGES



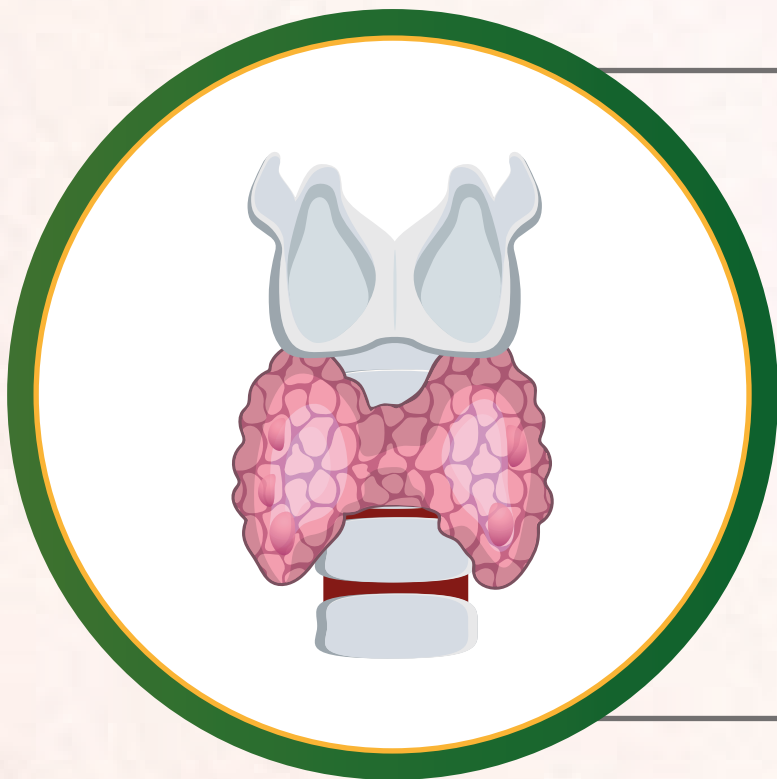
Imagine your body as a radio, tuned into a divine frequency. Sometimes, static (in the form of hormonal imbalances) interferes with the clear reception of messages.

These disruptions are not mere accidents; they are signals asking us to tune back into the divine frequency.



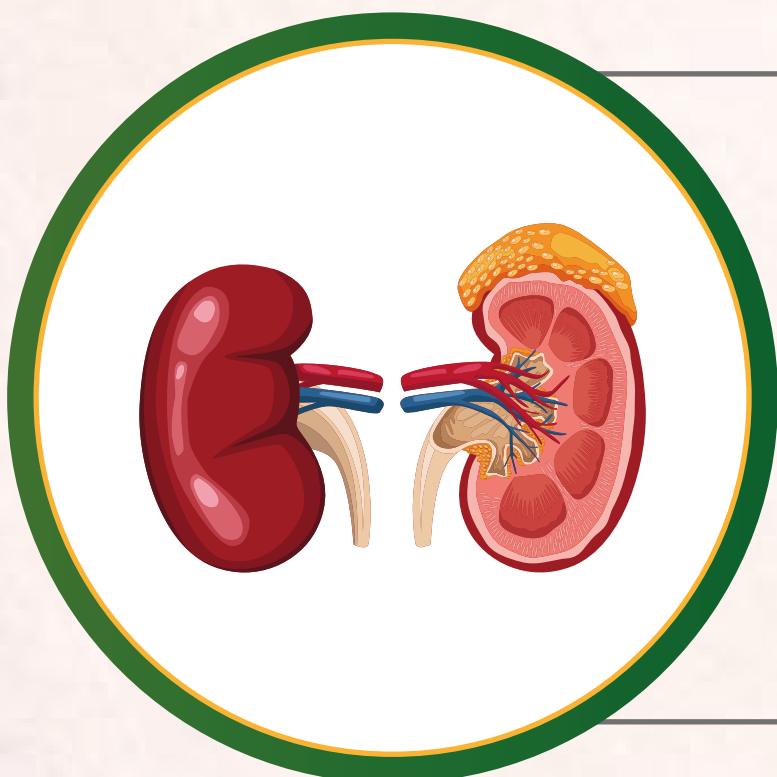
Menstrual Irregularities

Spiritual Perspective: Might not just be a hormonal hiccup. Could it be a call to reestablish connection with the feminine divine within?



Thyroid Issues

Spiritual Perspective: The throat chakra governs our thyroid. Imbalances here might be an invitation to speak our truth or release suppressed emotions.



Adrenal Exhaustion

Spiritual Perspective: Our adrenal glands manage stress. Fatigue might be the spirit's way of saying we're burdening ourselves with worldly matters and need to reconnect with inner peace.

Healing Through Spiritual Awareness

Rather than merely masking symptoms, spiritual healing addresses the root cause, fostering holistic well-being. By tapping into our intuition, we can understand and address the underlying issues causing hormonal imbalances.



Meditative Insights

Taking quiet moments to meditate can help in understanding what our body & spirit are trying to convey. For instance, persistent dreams about water might indicate a need to address emotional imbalances, possibly linked to the sacral chakra.



Intuitive Eating

Pay attention to food cravings.
Sometimes, the body & spirit
guide us towards foods that can
help heal specific chakras.
Craving for red foods like
tomatoes?
Maybe it's time to ground
yourself and address the
root chakra.



Energy Reading

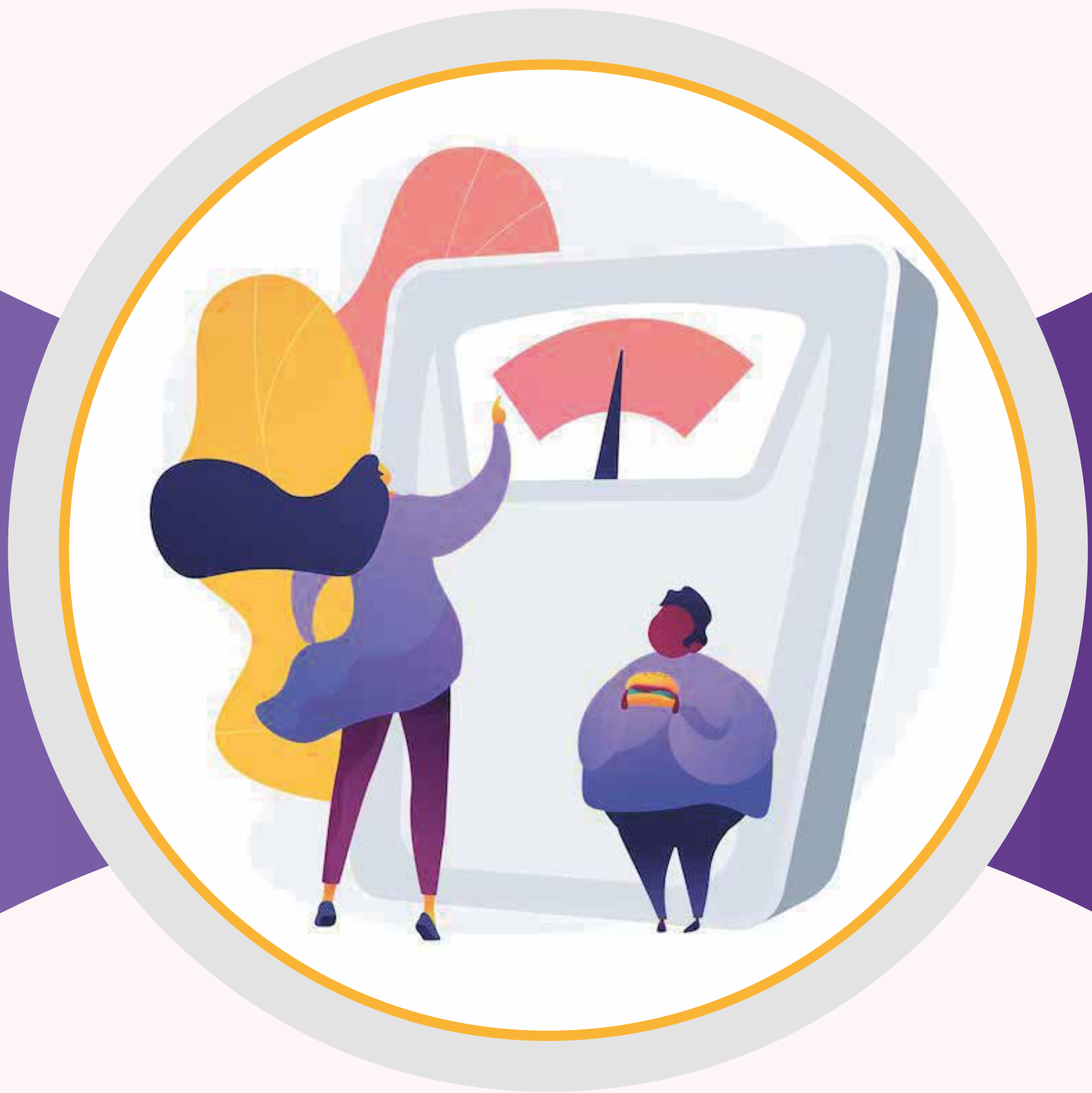
Some people are adept at
reading energy fields.
Consulting them can provide
insights into which energy
centers are misaligned,
potentially affecting hormonal
balance.

Understanding the deep-seated connection between hormones and the spirit can revolutionize the way we approach health. By seeing hormonal imbalances as divine messages and responding with spiritual awareness, we can heal at every level - physical, emotional, and spiritual.



CHAPTER 5

**SPIRITUAL INSIGHTS
ON BODY WEIGHT**



In the Re-Alignment Program by Karishma Shah, we delve into a fresh perspective on body weight. Instead of seeing it solely as a measure of health, we regard body weight as a reflection of our spiritual well-being. Our bodies are indeed the temples of our soul, and the state of this temple can provide insights into our spiritual alignment or misalignment.

BODY WEIGHT AS A REFLECTION OF SPIRITUAL WELL-BEING



The scales do not just show numbers;
they mirror the soul's journey. Our weight can be a
spiritual barometer, indicating how grounded, aligned,
or in tune we are with our highest self.



Excess Weight

Spiritual Insight: At times, our souls carry the weight of unresolved emotions, traumas, or past life burdens. These may manifest physically as added weight, acting as layers of protection or stored energy waiting to be released.



Under Weight

Spiritual Insight: On the flip side, being underweight might indicate a disconnection from Earth energies or a resistance to fully inhabit the physical realm, perhaps due to past traumas or deep-seated fears.

Embracing Body Weight with Compassion and Understanding

While understanding the spiritual implications of body weight is essential, it's equally crucial to approach this topic with immense love, compassion, and without judgment.

PRACTICE OF SELF-LOVE

Daily affirmations can play a vital role.
Stand before a mirror, gaze into your eyes, and say,
"I love and accept you just as you are."
This practice, fundamental in the Re-Alignment Program,
reaffirms our self-worth beyond physical appearance.

BODY ACCEPTANCE MEDITATION

Visualize your body as a sacred vessel,
each part having a unique story and purpose.
Send waves of gratitude and love to
every inch of your being, embracing its present state.

JOURNEY OF SPIRITUAL GROWTH

Recognize that your body is in a constant state of flux,
just like your spiritual journey. Committing to spiritual
practices, whether meditation, chakra balancing,
or energy healing, can naturally lead to a body state that
reflects inner peace and alignment

In the Re-Alignment Program by Karishma Shah,
we don't merely aim for a 'perfect' body but strive for a
harmonious connection between body and spirit.

By understanding the profound link between
body weight and spiritual wellbeing, we can embark
on a transformative journey of love, acceptance,
and growth.



THINK OF LIFE AS A BIG, BEAUTIFUL PAINTING

Your health and happiness are the bright colors
that make the picture complete.
This book is like a paintbrush, helping you fill in the colors.

Your readiness to make a change is the blank canvas,
ready to be turned into a masterpiece.
But remember, making this masterpiece – your best self –
doesn't happen overnight.

**It takes time, care, and the right guidance.
Let's start painting this
beautiful picture together.**

JOIN OUR RE-ALIGNMENT PROGRAM BY

Karishma Shah

where each individual is lovingly guided
on the path of holistic healing.

Embark upon a transformative expedition to harmonize your hormones,
Align your chakras, and embrace
the nourishing embrace of colorful, healing foods.



Why Join Our Re-Alignment Program

- 1:1 Support by Nutritionist Karishma Shah & Team
- Regular follow up calls and WhatsApp support
- Access to Invaluable Resources
- Exercise and Lifestyle Guidance
- Chakra Balancing
- Ayurvedic Dosha Analysis & Treatment Sessions
- Personalised Diet Chart
- Ayurvedic Nutrition and Lifestyle Guidance
- Personalised Chakra Balancing Sessions
- Mental Health Therapy Sessions
- Nutrition and Health Coaching Sessions

What Can You Expect After This Program

- Holistic Wellness
- Emotional Stability
- Balanced Hormones
- Weight Management
- Higher Energy Levels
- Better Mood



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