



HELLO

BELIEVERS

**Welcome to Healthywise SYNERGY Comprehensive
27 Days Thyroid Tune Up workshop**





**ARE YOU READY
TO **TRANSFORM**
YOURSELF?**

healthywisebysushila



BENEFITS YOU WILL GET IN 27 DAYS

- **Weight-loss of 1-5kg (varies person to person)**
- **Increase in energy levels throughout the day**
- **Improvement in quality of sleep**
- **Lowered anxiety and stressed levels**
- **Improved mental health and clarity**
- **Balancing Thyroid to normal levels (varies person to person)**
- **Develop a healthy routine**
- **Learning healthy detox recipes for lifetime**
- **Learning balancing Throat Chakras**
- **Naturopathy for thyroid**
- **Increase in skin glow and cleaning of skin**
- **A well thyroid educator to help others and yourself "Because you are... Important to Us"**





27 DAYS THYROID

TUNE UP COURSE

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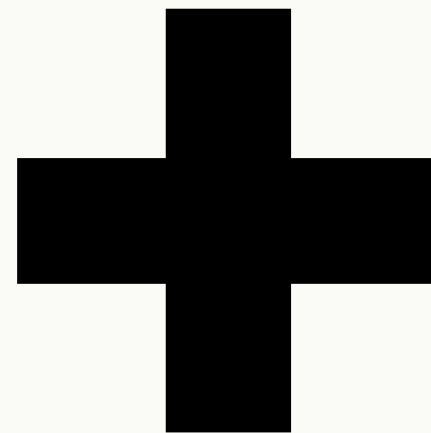


HEALTH & WELLNESS

Stress Management Consultation



~~RS 9,000~~
RS 3,000



YOGA LIVE SESSIONS

5 Simple yoga for Thyroid
Face Yoga
Strength Training



~~RS 9,000~~
RS 3,000



[healthywisebysushila](https://www.healthywisebysushila.com)

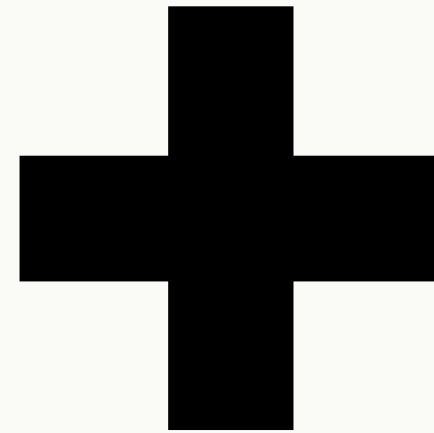


Thyroid Diet Recipe E-Book

Nutrition Rich Diet Plan
For 27 Days



~~RS 10,000~~
RS 4,500



HARMONAL IMBALANCE

- 01-Education on healthy living
- 02 -Counselling session with habit coach / phycologist
- 03- Habit tracker sheet



~~RS 12,000~~
RS 6,000



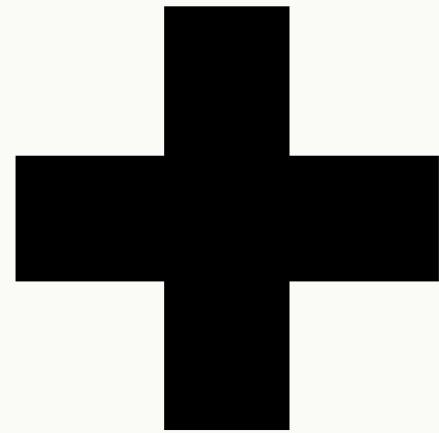


REGULAR FOLLOW UPS

*ACCOUNTABILITY PARTNER,
WHATSAPP GROUP SUPPORT*



RS 5,000
RS 1,400



**GOAL-ORIENTED
PLANNING- 3 LIVE SESSIONS
TO KEEP U ON TRACK WITH
+ DIETICIAN/NUTRITIONIST**



RS 5,000
RS 1,400



YOU Are important to us!

The last Y in SYNERGY stands for Your SYNERGY guide to a healthier, happier, and more fulfilling life. This is a digital guide that is tailored to your individual needs and goals, and it provides you with the information and support you need to achieve them.

The guide also includes access to a community of other people who are on the same journey as you

**WORTH
RS 5000**



1
DOs &
DONTs

2
TRAVEL
GUIDE

3
SYNERGY-
ROADMAP
TO YOUR
GOALS

4
AFFIRMATION
GUIDE

**Your SYNERGY guide to
a healthier, happier, and
more fulfilling -YOU**



Total Synergy Thyroid Tune Up course Cost is Rs 27400/-



SPECIAL FESTIVAL OFFER FOR THE COURSE

Total Synergy Cost Rs 27400/- only

SPECIAL OFFER

Rs 11,000 only



**As requested by many people and keeping in view of
Healthywise Mission to create a community of 100000
medicine free people"**

**We are offering the course at just Rs 1100/- only
Course starting from 15 Nov**

Batch -11

What are you waiting for

**Don't miss the opportunity to See NEW YOU before the
New Year comes 🏆**



ENROLL NOW

Payment at

8130079402 (Paytm)

CONTACT SUPPORT



☎ +91 81300 79402

✉ healthywisebysushila@gmail.com

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SYNERGY COMPREHENSIVE HEALTH AND WELLNESS GUIDE
FOR STRESS MANAGEMENT

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- 2)
- 3)COUNSELLING WITH HABIT COACH

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REGULAR FOLLOW UPS

- 1) SUPPORT GROUP
- 2) ACCOUNTABILITY PARTNERS



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GOAL ORIENTED PLANNING

- 1) 3 LIVE SESSIONS WITH DIETICIAN/NUTRITIONIST TO KEEP U ON TRACK TO ACHIEVE YOUR GOALS

Y

YOU ARE IMPORTANT TO US

- 1) YOUR SYNERGY ROADMAP GUIDE
- 2) TRAVEL GUIDE
- 3) DOs & DON'Ts
- 4) AFFIRMATIONS



SYNERGY COMPREHENSIVE HEALTH AND WELLNESS GUIDE FOR STRESS MANAGEMENT



Mental well-being is a crucial aspect of overall health and quality of life, and it plays a particularly significant role for thyroid patients. The **fluctuations** in thyroid hormones can significantly impact mood, energy levels, and overall well-being, making it essential to address mental health concerns alongside physical symptoms. Here are some specific stress-related challenges that thyroid patients may encounter and potential solutions to manage these challenges:

Anxiety: The unpredictable nature of thyroid disorders and the constant need for monitoring can lead to heightened anxiety levels.

Depression: The combination of physical symptoms and emotional fluctuations can contribute to depressive feelings among thyroid patients.

Emotional sensitivity: Thyroid hormone imbalances can heighten emotional reactivity, making individuals more prone to irritability, mood swings, and emotional outbursts.

Brain fog: Thyroid hormone fluctuations can affect cognitive function, leading to difficulty concentrating, memory problems, and a feeling of mental foggy.



SYNERGY COMPREHENSIVE HEALTH AND WELLNESS GUIDE FOR STRESS MANAGEMENT



WEEK-1

- DAY-1. INNER HOUR /ME TIME
Progressive Muscle Relaxation
- DAY-2 BLISSFUL MORNING SESSION AT 6:00 AM DAILY
- DAY-3 Cognitive-behavioral therapy (CBT)
- DAY-4 The Magical Health
- DAY-5 Circadian Cycle Rhythm
- DAY-6 SUPPORT GROUP
- DAY-7 DOWN THE MEMORY LANE-APPRECIATION TIME



7 DAYS DETOX PLAN





YOGA & EXERCISES

WEEK-2

- DAY-1.** WEEKLY DIET PLAN
LIVE SESSION STRENGTH TRAINING 7:00 P 5 DAYS A WEEK
- DAY-2** FACE YOG2
- DAY-3** Cognitive-Behavioural therapy (CBT)
- DAY-4** LIVE SESSIONS ON YOGA FOR THYROID
- DAY-5** THROAT CHAKRA ACTIVATION
- DAY-6** NATHROPATHY REMADIES FOR THYROID
- DAY-7** DOWN THE MEMORY LANE-APPRECIATION TIME





NUTRITION RICH SCIENTIFIC DIET PLAN AND COUNSELLING SESSION

WEEK-3

- DAY-1. WEEKLY DIET PLAN
LIVE SESSION STRENGTH TRAINING 7:00 P 5 DAYS A WEEK
- DAY-2 E-RECIPIE BOOK
- DAY-3 GROUP ACTIVITY
- DAY-4 LIVE SESSIONS WITH DIETICIAN/ NUTRITIAN
- DAY-5 DOUBTE SESSION
- DAY-6 CONTEST
- DAY-7 DOWN THE MEMORY LANE-APPRECIATION TIME





EDUCATION ON HORMONE IMBALANCE ,ROADMAP TO ACHIEVE YOUR GOALS, YOU ARE IMPORTANT TO US

WEEK-4

DAY-1. WEEKLY DIET PLAN
LIVE SESSION STRENGTH TRAINING 7:00 P 5 DAYS A WEEK

DAY-2 HORMONE BALANCING E BOOK

DAY-3 AFIRMATIONS

DAY-4 LIVE SESSIONS WITH HABIT COACH/ SPECIALIST

DAY-5 DO'S & DONT'S

DAY-6 CONTEST

DAY-7 COMPLETION CEREMONY, CERTIFICATE OF PARTICIPATION AND YOUR SYNERGY ROADMAP EGUIDE T
HAPPIER YOU BECAUSE YOU ARE IMPORTANT TO US.





**Wish You Health Team
Healthywise AND DIET
WITH RIYA**

