



Vaidikway

Nutrition & Wellness

NOT GETTING RESULTS DESPITE TRYING?

Weight not reducing even after diet control
PCOS / Thyroid not improving
Sugar levels not stable
Cholesterol still high
Fatty liver diagnosed
Constant bloating, acidity, or constipation
Low energy throughout the day
Cravings for uncontrolled eating
Hair fall or skin issues (acne, dull skin)
Feeling something is wrong despite "normal" reports



COMMON CONDITIONS WE WORK WITH

- Weight Loss / Weight Gain
- PCOS / PCOD
- Thyroid Disorders
- Diabetes / Prediabetes
- High Cholesterol
- Fatty Liver
- Belly Fat / Stubborn Fat
- Digestive Issues
- Hormonal Imbalance
- Hair Fall (Nutrition-related)
- Skin Issues (Acne / Pimples related to diet)
- Fatigue / Low Energy

WHAT WE DO AT VAIDIKWAY

Identify your body pattern
Correct diet mistakes (not just reduce food)
Improve metabolism & digestion
Plan meals based on your lifestyle
Focus on sustainable results

WHAT MAKES THIS DIFFERENT

No crash dieting
No extreme restrictions
No generic diet charts
No supplement pills or shakes
Practical & easy-to-follow approach
Suitable for Indian lifestyle

IF YOUR PROBLEM IS NOT
IMPROVING WITH REGULAR
DIETING, YOU NEED A
DIFFERENT APPROACH.



WHAT YOU CAN EXPECT


Better energy levels
Reduced cravings
Improved digestion
Better control over health conditions
Gradual, sustainable weight management

ONLINE & OFFLINE CONSULTATION AVAILABLE

Dr. Riddhi Sanghani

Lifestyle & Clinical Nutrition Consultant

 **Call / WhatsApp: 9408193220**

 vaidikway2025@gmail.com

 [vaidikway](https://www.instagram.com/vaidikway)  [vaidikway.com](https://www.vaidikway.com)



STOP TRYING RANDOM DIET, START THE RIGHT APPROACH.