



Kiran Zahra

I am a **Certified Health Coach**, a **Nutrition Therapist** and loving mother of one. I decided to become a health coach and a nutrition therapist to fulfill my passion of working with women, children and parents to improve their health and family life.

I received my training at **Integrative Nutrition** in New York City as well as **SNHS**, UK. I am certified by the *American Association of Drugless Practitioners* as well as *The International College of Holistic Medicine* and has obtained Continuing Education Units from **Purchase College, State University of New York**. I am an accomplished health writer with my articles been published in major newspapers. I practice online with my clients for their nutritional needs and offers individual health and nutrition coaching specially to

Could one conversation change your life?

Contact me today for an individual consultation

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When was
the last time
you talked with
someone about
your health
and received
the personal
attention
you deserve?

No one diet works for everyone.

As a Health Coach, I am your personal advocate for living an energized and passionate life. I work with my clients to help them create happy, healthy lives in a way that is flexible, fun, and free of denial and discipline. By working together, we can discover the food and lifestyle choices that best support you. Making gradual, lifelong changes enables you to reach your current and future health goals.

Imagine what your life would be like if you had clear thinking, energy, and excitement every day.

It's rare for anyone to get an hour to work on improving their health with a trained professional. Join me for a one-hour health consultation to discuss your unique situation and determine how I can help you reach your personal goals. I am here to create a supportive environment while we explore what really works for you.

Food changes everything.



Have you been wanting to:

- improve your eating habits?
- understand your body better?
- make your self-care a priority?
- feel confident in choosing and preparing better food for you and your loved ones?
- experience an increase in overall happiness in your life?

Welcome to My Program.

My personalized program for you will radically improve your health and happiness. Together, we'll explore concerns specific to you and your body and discover the tools you need for a lifetime of balance.

During the course of the program you will:

- set and accomplish goals.
- explore new foods.
- understand and reduce cravings.
- increase energy.
- feel better in your body.
- improve personal relationships.

My Program Includes:

- Two, one-hour sessions per month
- Group seminars and classes covering a variety of health-related topics
- E-mail support between sessions
- Handouts and other materials
- Food samples and self-care products
- A monthly newsletter

Could one conversation change your life?

Find out by scheduling a free one-hour health consultation. Contact me at: bssfls@gmail.com