

**AS Nutri Help is a dedicated team of nutrition experts focused on helping clients eat healthier. We offer personalized nutrition plans, practical tips, and easy-to-understand information to support your health goals. Our mission is to empower you to live a healthy and balanced life.**

## **Our Services**

- Personalized Plans**
- Nutrition Education**
- Meal Planning**
- Weight Management**
- Healthy Habits Coaching**



# DIET PLAN



- 🍓 Vegan Diet
- 🍓 Carnivore Diet
- 🍓 Whole30 Diet
- 🍓 Liquid Diet
- 🍓 Intermittent Fasting
- 🍓 Diet for Weight Regulation and Obesity
- 🍓 Diet for Sleep-Wake Cycles and Mood
- 🍓 Endocrine Effect of Diet
- 🍓 Diet for Immunity
- 🍓 Diet for Common Gastrointestinal Disorder
- 🍓 Diet for Dyspepsia and Peptic Ulcer Disease
- 🍓 Diet for Dermatoses
- 🍓 Diet for Cognitive Function

- 🍓 Diet for Respiratory Diseases
- 🍓 Diet for Renal Diseases
- 🍓 Diet for Hepatobiliary Diseases
- 🍓 Diet for Hemostasis
- 🍓 Diet for Diabetes Mellitus and Insulin Resistance
- 🍓 Diet for Hypertension
- 🍓 Diet for Cognitive Function
- 🍓 Diet for Pregnancy and Lactation
- 🍓 Diet for the Menstrual Cycle
- 🍓 Diet for Early Development
- 🍓 Diet for Adolescence
- 🍓 Diet for Bone Metabolism and Osteoporosis

- 🍓 Diet for Cancer
- 🍓 Diet for Neurologic Disorders
- 🍓 Diet for Rheumatologic Diseases
- 🍓 Diet for Wound Healing
- 🍓 Food Allergy and Intolerance
- 🍓 Eating Disorders
- 🍓 Malnutrition
- 🍓 Diet for Senescence
- 🍓 Diet to Preventing Food Poisoning
- 🍓 Ergogenic Effects of Foods and Nutrients
- 🍓 Diet for Athletic Performance

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