



THE ANTI-INFLAMMATION BLUEPRINT

ONLINE WORKSHOP

Join Macrobiotic Nutritionist, Shonali Sabherwal for inflammation workshop.

January 18th, 19th, and 25th, 2025
6:30 to 7:15 PM IST.

[@SoulFoodShonali](https://www.instagram.com/SoulFoodShonali)





A 2025 KICKSTART WORKSHOP

START YOUR ANTI-INFLAMMATORY JOURNEY

Kick off the new year with a transformative **3-module workshop** by **Shonali Sabherwal**, designed to help you combat inflammation and embrace a healthier, balanced lifestyle.

Delivered **live on Instagram in a private group**, this **interactive course** will guide you in understanding inflammation, its triggers, and adopting sustainable anti-inflammatory habits.

Each session is packed with actionable insights, **ending with a detailed diet plan** to help you lead an inflammation-free life.

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WHAT IS INFLAMMATION AND WHY TACKLE IT?

Inflammation is your body's natural defense mechanism, crucial for healing and fighting infections. However, when it becomes chronic, it can silently wreak havoc, leading to issues like fatigue, gut imbalances, weight gain, skin problems, and more severe conditions such as diabetes, heart disease, and autoimmune disorders.

Addressing inflammation isn't just about alleviating symptoms—it's about building long-term resilience and health.

I've shared detailed videos on this topic on my social media. If you've found those helpful and want to take your knowledge further, this workshop is your next step!



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KEY LEARNINGS

Module 1: Saturday, 18th January

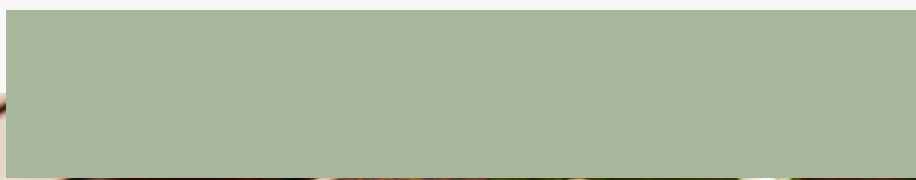
- A quick recap of inflammation.
- Pro-inflammatory foods and lifestyle habits.

Module 2: Sunday, 19th January

- Essentials of an anti-inflammatory diet.
- Lifestyle habits to reduce inflammation.
- Specific anti-inflammatory foods.

Module 3: Saturday, 25th January

- Seasonal adjustments for an anti-inflammatory lifestyle.
- Designing an anti-inflammatory kitchen and home.
- Detailed diet plan for long-term wellness.



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WHY JOIN THIS WORKSHOP?

- **Understand how inflammation affects your health.**

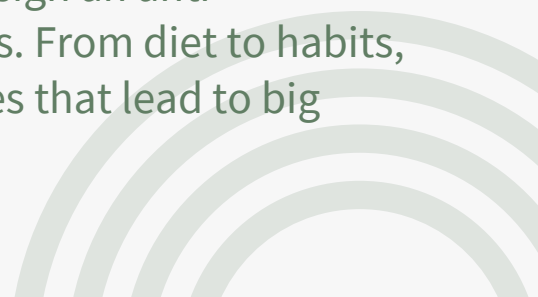
Chronic inflammation can quietly wreak havoc on your body, leading to fatigue, gut imbalances, weight gain, skin issues, and even serious conditions like diabetes and heart disease. This workshop will help you identify how inflammation manifests in your body and why tackling it is essential for long-term health and vitality.

- **Learn to identify and avoid pro-inflammatory triggers.**

Unknowingly, many of us consume foods and maintain habits that fuel inflammation. Through this workshop, Shonali will guide you in recognizing these harmful triggers and provide practical strategies to eliminate them from your daily routine, creating a foundation for lasting wellness.

- **Build a personalized anti-inflammatory lifestyle.**

No two individuals are alike, and neither should their health solutions be. Shonali's workshop equips you with the tools to design an anti-inflammatory lifestyle tailored to your unique needs. From diet to habits, you'll learn how to integrate small, effective changes that lead to big transformations.





WHY JOIN THIS WORKSHOP?

- **Gain practical tips for seasonal adjustments and kitchen makeovers.**

Health isn't static—it changes with the seasons, your environment, and your lifestyle. Learn how to adapt your diet and habits to seasonal shifts while creating an anti-inflammatory kitchen and home environment. These practical tips will make implementing your new lifestyle effortless and enjoyable.

- **Walk away with a detailed diet plan for sustainable health.**

As a highlight of this workshop, you'll leave with a **comprehensive diet plan that incorporates all the learnings from the sessions.** This plan will serve as your roadmap to reduce inflammation, improve energy, and enhance overall well-being, ensuring that the changes you make are not only impactful but also sustainable.

This workshop isn't just about learning—it's about equipping yourself with the knowledge and tools to take control of your health and embrace a vibrant, inflammation-free life.



ANTI-INFLAMMATION BLUEPRINT



HOW WILL THE WORKSHOP UNFOLD?

This workshop will be conducted **online via a private Instagram page** with Shonali Sabherwal with a Q&A session.

Once you are done registering, **you will have to send a follow request on the private Instagram page** and you will be added before the workshop on the Instagram page.

Date: January 18th, 19th, and 25th, 2025.

Time: 6:30 – 7:15 PM IST

Instagram Live with Q&A

Recording of workshop will be SAVED on the private Instagram page and available for the entire month of January to watch for anyone who missed joining LIVE.

Cost: ₹6200/- (includes GST) / \$73

For more details: **WhatsApp to 9820431224** (you can call this number to ask questions before registering).



REGISTRATION

How to register?

- Visit my [website by clicking here to pay online.](#)
- Alternatively, pay amount of **₹6200/-** (includes GST)/**\$73** to the bank account mentioned below; then send your name, your email address & phone number with a screenshot of the payment via:
 - WhatsApp to 9820431224 or
 - Email: shonaalii@macrobioticsindia.com

Bank Details

Bank Name:	INDIAN OVERSEAS BANK
Branch Name:	ISKCON BRANCH
ACCOUNT NAME:	SHONAALII SABHERWAL
SAVINGS ACCOUNT NO:	124501000010518
IFSC CODE:	IOBA0001245
SWIFT CODE:	IOBAINBB128

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WHY SHONALI?

Embark on a transformative journey with Shonali Sabherwal, a renowned macrobiotic nutritionist with decades of experience helping over 12,000 clients worldwide overcome health challenges across 70+ ailments.

Specializing in holistic wellness through the Macrobiotic diet, Shonali's approach addresses chronic inflammation at its core, offering a comprehensive understanding of how diet and lifestyle can be powerful tools in combating this silent disruptor.

Join her in this intensive workshop to uncover the secrets of leading an inflammation-free life. Shonali will share her expertise, honed through years of working with clients and conducting workshops across the globe, focusing on practical tools to restore balance, support long-term health, and empower you to take control of your well-being.

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FOOD IS MEDICINE



List of ailments Shonali has worked on:

Irritable bowel disorder (Crohn's disease, ulcerative colitis, chronic constipation, GERD syndrome, leaky gut); Fibromyalgia;
Cancer: rectum, colon, breast, lung, prostate, ovarian; Cancer markers;
Skin issues (psoriasis, urticaria, skin glow, dark circles);
Thyroid; PCOD; Depression (anxiety); OCD; Hair fall; Menopause;
Allergies; Food intolerances; Conditions associated with low immunity;
Weight loss/gain; Diabetes; Autoimmune conditions.

[Check the Disease Management page on the website soulfoodshonali.com for more information.](http://soulfoodshonali.com)

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FOOTPRINT



- Certified Macrobiotic Nutritionist & Chef from Kushi Institute, USA.
- Ran a successful catering service for 9 years, providing Macrobiotic Vegan meals to over 8000 clients (consultations) addressing 50 different ailments, with 1000+ workshops conducted.
- Recipient of Vogue's 2020 'Best Nutritionist' award and The Times (of India) SheUnltd award for Health Food in 2019/2020.
- List of Bollywood clients includes: Katrina Kaif, Zoya Akhtar, Sidharth Malhotra, Hema Malini, Javed Akhtar, Esha Deol, Jacqueline Fernandez, Tabu, Neha Dhupia, Shekhar Kapur, Kabir Bedi, Nivin Pauly, and Dalip Tahil, to name a few.
- Books: 'The Beauty Diet,' 'The Detox Diet,' 'The Love Diet,' 'Vipassana: The Timeless Secret to Meditate & Be Calm,' 'Finding Your Balance: Your 360-Degree Guide to Perimenopause & Beyond.'
- Podcast: 'Soulfood Conversations' on Audible.

To learn more about Shonali visit www.soulfoodshonali.com

THANK YOU

For more information or any queries relating to the workshop or consultations please get in touch.



CONTACT



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