

# INUEN CERTIFICATION COURSE

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**BE A NUTRITIONIST, HEALTH COACH  
AND ENTREPRENEUR**



## WHAT IS INUEN

Institute for Integrative Nutrition and Entrepreneurship is an online and offline course to become an internationally certified nutritionist, health coach and an entrepreneur.

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BEGIN YOUR HEALTH &  
WELLNESS JOURNEY AND START  
EARNING A 6-FIGURE MONTHLY  
INCOME WITH US!

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## OUR MISSION & VISION

**Mission:** To create nutritionists, health coaches and financially independent adults in the health and wellness field.

**Vision:** To see a disease-free and financially-free generation by making them skilful, empowered and certifying them at the nutrition school INUEN.

## ABOUT US

**INUEN** - Health and Wellness Business School powered by Integrative Nutritionist and gut health coach, Payal Kothari. Accredited by **IAO - International Accreditation Organization, USA.**

## WHY US?

***“All diets fail, but transformations succeed!”***

*- Payal Kothari*

The course is conducted by nationally and internationally certified clinical, integrative nutritionist and gut health coach Payal Kothari and a team of experts in their fields. She has been in this field for more than a decade and has over 200 press and media articles published in Vogue, Hindustan times, Mint Lounge, Indian Express, Times of India, Mumbai Mirror, Femina, GQ, Society and many more. She is the go-to person for weight loss, gut health and overall wellness. Her certifications include, IIN New York, USA, MedVarsity – Apollo hospital, K11, ACSM (practical), Yoga USA, NLP – John Grinder (founder of NLP), Antano & Harini and many more.

***www.payalkothari.com***

***Instagram handle – payalkotharinutrition***

***Facebook – payalkothari***

***YouTube – The Payal Kothari Show***

***LinkedIn – Payal Kothari***

## PAYAL KOTHARI'S PRESS & MEDIA

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**WHAT'S  
HOT**  
IF IT'S HAPPENING, IT'S HERE.

**VOGUE**

**WOMAN**  
INDIA TODAY

**THE WEEK**  
THE BEST OF THE U.S. AND INTERNATIONAL MEDIA

**YOUR  
STORY**

**the  
quint**

  
**THE HINDU**  
South India's No.1 English daily

  
**THE TIMES OF INDIA**

**spice ROUTE**  
THE INDUSTRY MAGAZINE

**THE ECONOMIC TIMES**

**rediff.com**

**hindustan times**

**POP**  


**GQ**

THE ECONOMIC TIMES  
**ET Panache**

**GLAMRS**

  
**my  
SMART  
Life**

**mint**

**FEMINA**



## THIS PROGRAM IS CHANGING LIVES

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**30 KGS COUPLE WEIGHT LOSS**



**LOST 29 KGS IN BELGIUM**



**LOST 8 KGS IN 6 WEEKS - SINGAPORE**





**LOST 15 KGS - PUNE**



**LOST 22 KGS IN JAIPUR**



LOST 18 KGS - MUMBAI PHOTOGRAPHER



LOST 9 KGS - MUMBAI - HOUSEWIFE





**Men's gut health & wellness**

## MENS GUT HEALTH & WELLNESS - MUMBAI

**MumbaiMirror**

**PAYAL KOTHARI**  
Integrative Nutritionist & Gut Health Coach

1/3

**A FAMILY'S FITNESS JOURNEY**  
Collectively, this family of four lost 91 kg in six months. This is what they learnt along the way

**Payal Kothari** says that the secret to losing weight is not just diet, but also lifestyle changes. She emphasizes the importance of gut health and the role of probiotics in maintaining a healthy digestive system. She also mentions the importance of staying hydrated and getting enough sleep.

**Surabhi Dhar** says that she lost 15 kg in six months. She attributes this to a combination of factors, including a healthy diet, regular exercise, and the guidance of Payal Kothari. She also mentions the importance of staying motivated and having a support system.

**Arvind** says that he lost 10 kg in six months. He attributes this to a combination of factors, including a healthy diet, regular exercise, and the guidance of Payal Kothari. He also mentions the importance of staying motivated and having a support system.

**Shruti** says that she lost 10 kg in six months. She attributes this to a combination of factors, including a healthy diet, regular exercise, and the guidance of Payal Kothari. She also mentions the importance of staying motivated and having a support system.

**Family lost 90 Kgs with Payal kothari**

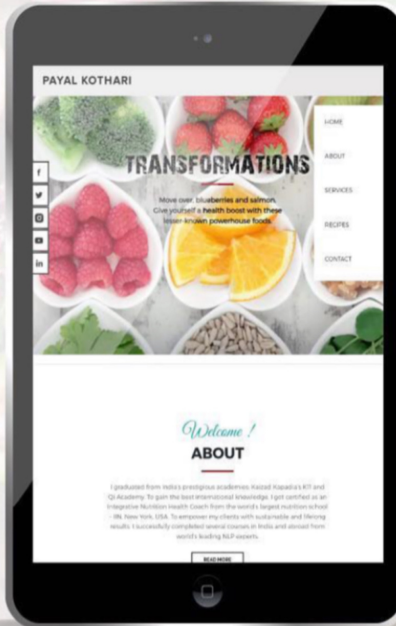
## FAMILY TRANSFORMATIONS - 90 KGS - MUMBAI

## PAYAL KOTHARI

Integrative & Functional Nutritionist

“ I have followed my sister-in-law & Nutritionist Payal Kothari's morning routine of having cold pressed Coconut oil first thing in the morning it has helped me greatly to eradicate my acidity & skin dryness to a larger extent. ”

**REEMA  
SHAH**



[www.payalkothari.com](http://www.payalkothari.com)



***Pageant contest***

**PAYAL AS A JUDGE FOR A PAGENT CONTEST**





LOOK GOOD **LIVE WELL** GET SMART ENTERTAINMENT GQ GEARS MAGAZINE GQ WEDDING COLLECTIVE MORE ▾

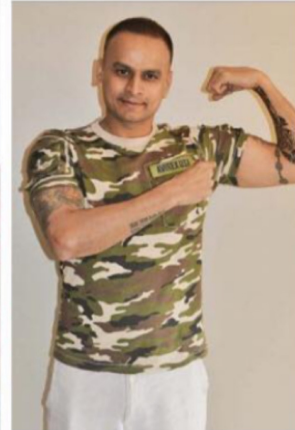
## How this dude lost 30 kg in 5 months by improving his gut health

All it takes is a streamlined nutrition program



Meghana Ganeshan

PUBLISHED: FEB 07, 2019 | 08:30:37 IST



### How to lose weight by improving your gut health

According to Kothari, gut health is the symbiosis of a 100 trillion bacteria in our gut (small intestine where absorption, assimilation, excretion takes place). If this is out of control, the body has food intolerances, and inflammation occurs which leads to bloating and weight gain. So keeping gut health at the epicentre, Kothari devised a weight loss program for Shah to help him lose weight ensuring physical and mental wellness along the way.



**PAYAL KOTHARI**  
Integrative Nutritionist & Gut Health Coach

**LOST 30 KGS - MUMBAI**

## HOW ARE WE DIFFERENT?

- The philosophy of our nutrition and wellness business school is so different and sustainable. Its foundation and roots are like the banyan tree.
- The combination of online and online – LIVE is a different approach, never been done by anyone in the nutrition field.
- A postmodern theory with a bio-individual program, that can be catered to any client.
- Be a part of a platform where your queries will be answered by experts.
- A panel of experts in different fields to guide you in your health and nutrition entrepreneurial journey.

## ABOUT THE COURSE

The modules of the course are curated in a way where the learning is self-paced and yet scheduled. It literally allows you to learn and study at your own pace but also makes you accountable to your coach.

The modules open weekly online and there is an online – LIVE session to by Payal herself to teach you the weekly modules. The session is a group session where in the end all questions, material that is not understood and reflections upon the subject are discussed.

## **HOW WILL THE COURSE HELP YOU?**

The health, fitness and wellness industry are booming and is going to exceed more than 18 billion dollars in the next 5 years. You deserve a chunk from it. Financial freedom is a part of being happy. It allows you to be respected and appreciated, also being able to support yourself and your loved one's is a self-fulfilling and a great honor. Covid-19 has taught us that just one source of income is not enough and practical anymore. Multiple sources of income are essential and most valued in 2020.

## **WHAT WILL YOU LEARN IN THE COURSE?**

Covers a 360-degree approach on nutrition, mental wellness, cooking, workout routines, dietary theories, business, coaching, social media, to entrepreneurship. The INUEN nutrition school has a team/faculty of experts in relation to their field of expertise like workout, coaching, social media, and photography guru's/coaches.

## **WHAT DOES THE COURSE COVER? A QUICK CURRICULUM OVERVIEWS**

The INUEN – Nutritionist & health coach certification covers 15 core principles of health and wellness in 16 weeks/4 months. These 16 video's and principles stem from the 6 primary foundations of holistic wellness.

1. Nutrition
2. Mental & Physical wellness
3. Gut health
4. Exercise and Body energetics
5. Coaching
6. Entrepreneurship
7. Curating Nutrition Plans
8. Recipes and Cooking
9. Social Media
10. Advertising and Marketing
11. Dietary Theories
12. Creating Your Niche
13. Building a 6-Figure Income
14. Using Modalities for Transformations
15. Brand Building

## **DURATION OF THE COURSE AND CERTIFICATE PROTOCOLS**

- The course is both 16 online video's and 16 online – LIVE sessions.
- The online video module unlocks every Monday of the week and is 40-60 minutes in length.
- The online – LIVE session every Thursday of the week is 40-60 minutes each. There are 16 modules to the course and 1 final test to pass, theory and practical.
- The passing requires a minimum of 60% passing in theory and 70% in the practical test.

Wherever you are in your health, wellness and entrepreneur journey it does not matter we will help you begin and scale up your journey.

## WHO ALL CAN JOIN THE CERTIFICATION COURSE?

The course is designed in a way that it can be applied by anyone and everyone who understands English and is ready to unlearn all the myths and BS about nutrition and diets.

- Become an Entrepreneur / Health Coach in Just 4 Months.
- Transform yourself with a training and certification that will empower you and open up career choices like:
  - *a nutritionist,*
  - *nutrition advisor,*
  - *gourmet health chef,*
  - *herbal gut health product/tea expert,*
  - *health coach, corporate nutritionist,*
  - *work alongside a doctor,*
  - *a hospital or a consultant with your very own private practice making real life changes for the health and nutrition industry with your expert knowledge and coaching skills.*

## INUEN NUTRITIONIST AND HEALTH COACHING

Join the global movement and be an entrepreneur in this billion dollar industry along with driving people towards their weight loss transformation journey and disease prevention and management. A nutritionist and health coach is an expert that drives its client towards incorporating healthier lifestyle changes that are sustainable and easy to achieve guiding them throughout the transition.



## COURSE FEES & EARLY BIRD

### The 16 week / 4 month course

Our original fees are **INR 59,000/-, USD820**. But, for our important students early bird signs ups it will be **INR 29,500/, USD 410** only for a limited time period only.

(inclusive of all taxes and all study material and certification).

Limited seats available.

#### **Enrolment details,**

*HDFC bank details Name - Unifying Nutrition & Wellness pvt Ltd company*

*HDFC bank - current account*

*Account 50200049865422*

*IFSC code HDFC0000542*

*Branch name Kamala mills.*

#### **Bonuses include -**

- Payal Kothari's live sessions
- Lifelong membership to the INUEN Facebook community group
- You can have access to our video's for a year and references to a huge good sourced library for life.
- Join the global movement and be an entrepreneur in this billion dollar industry along with driving people towards their weight loss transformation journey and disease prevention and management.

To join now and avail the early bird discount,

**Call +919819485159**

*Thank you.*

*Team INUEN.*