



Shweta Diwan's
The HealthMechanix®
Your Body Deserves The Best

Your Body Deserves the Best
We create Healthy Habits not Restrictions
Proudly transforming lives since 2010

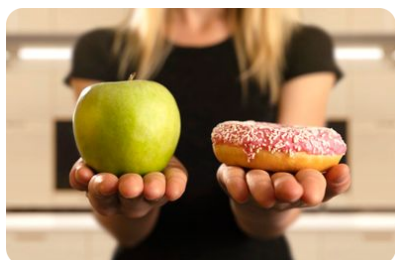
WHAT WE DO



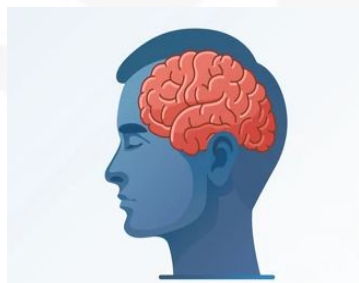
Specialize in
disease reversal
plans



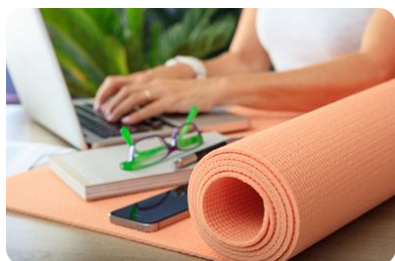
45763+
Happy Clients



Conduct Nutrition
Education Programs
in school, universities
and institutions



Brain Wave
Analysis



Corporate
Employees
Wellness
Programs



Sound Wave
Therapy



WHAT WE DO



Write articles for newspapers

Pioneer, The Hindu, Times of India, Deccan Herald, Sunanda Magazine, Ravishing, Business Standard, Hindustan Times, Yahoo news, Business World



We work closely with TV & Bollywood Celebs and Politicians as well



We also hold online sessions and edu-talks remotely



SERVICES WE OFFER



Our Scientifically Structured Programs Include:-

- | | | |
|---|--|--|
|  Fat Loss / Gain Program |  Hypertension Mgmt Program |  Gut Healing Mgmt Program |
|  Immunity Boosting Program |  Brain Wave Analysis |  Pre/Post Pregnancy Program |
|  During/Post CORONA RECOVERY Program |  Acidity Mgmt Program |  Organ Cleanse Plans |
|  Thyroid Mgmt Program |  Stress Mgmt |  Child Health Plans |
|  PCOS/PCOD Mgmt Program |  Uric Acid Mgmt Program |  Liver Mgmt Program |
|  Diabetes Mgmt Program |  Gluten/Lactose Allergy |  Cholesterol Mgmt Program |
|  Lifestyle Mgmt |  Mind & Body Detox Program |  High Performance / Focus Program |

BRAIN WAVE ANALYSIS



- We provide **Mental Wellness** Tech based solutions.
- Provide end-to-end services and solutions in the field of mental health using technology to corporates for higher productivity among employees
- These solutions help in **determining** the **state of the mind** of a person that is measured with a 92% **accuracy**
- Made by IBM Team USA, this technology is patented and verified by various organizations

- Brain Analysis Report is generated within 2 minutes that contains 30+ parameters of the mind.
- There are no questions asked to the employee.
- Reports are backed by data.
- Problem identified and solved using personalized solution.
- Results of the solution seen within 2 weeks and these changes can be measured.

- We provide technology and solution in the form of customized soundtrack to individuals
- We provide technology to organizations and professionals who are helping individuals fighting mental ailments. They have a choice to opt our solution for their participants.

Healthy employees are productive employees

An investment in the health of your employees is money well spent. A tailored nutrition wellness program from The Health Mechanix will result in:

1. Greater staff retention
2. Improved workplace morale
3. Decreased absent days
4. Increased Productivity
5. Increased quality of work

Corporate Employee Wellness Programme



Inclusions :

1. Nutritional Seminar/Webinar
2. Healthy eating workplace challenge
3. Weight loss champion, Top transformation winner
4. 1:1 employee consultations
5. Food, Fitness & Lifestyle Journals.
6. Detailed Assessment of employees including height, weight, BCA including BMI.
7. Assessment of their medical history and current concerns by analysing their bio medical reports.
8. Omega screening tests
9. Solution providing for all concerns
10. Daily workout solutions
12. Meal plan solutions as per requirement

WE CAN REFINE AND REINVENT YOU/YOUR TASK FORCE

THIS!



is a fascinating work of machinery !
it drives you to work,
it makes travel easy giving comfort...
AND YOU SERVICE IT EVERY 10,000 KM.

THIS!



is also a fascinating work of machinery !
it drives your lifeline,
it helps you travel to your dreams...
AND HOW WELL DO YOU SERVICE IT?

BENEFITS TO PARTICIPANTS

Age 5-17year	17 year and above	30 year and above	50 and above	Health Issues covered
Improvement in studies	Career path	Better sleep	Enhancement in their present condition	Migraine
Obedience	Increased focus	Great work efficiency	Relaxation	Stress
Balanced behaviour	Decision making	Balance between work and family	Satisfaction	Insomnia
Intuition of doing right thing	Increase understanding	Better intuition for future growth	Joyful	Anxiety
				Any type of phobia

"To do anything of value, we need to have healthy body. A healthy body is a prerequisite for a healthy mind & greater efficiency. It is no coincidence that people who are successful are healthy & fit."

We also provide solutions for differently abled which will enhance present their condition.

Important Links

Instagram: <https://www.instagram.com/drshwetadiwan/>

Website: <https://drshwetadiwan.in/index.html>

Practo: <https://www.practo.com/delhi/therapist/dr-shweta-dewan-dietitian-nutritionist>

Facebook: <https://www.facebook.com/thehealthmechanix/>

You tube: <https://www.youtube.com/@thehealthmechanix>

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