

Suman Agarwal - **Celebrity Nutritionist and Fitness Trainer**

In this era of FADS and Facts one name that is being celebrated in the nutrition industry for over a decade is that of -Suman Agarwal.



Suman Agarwal- a modern day woman of substance is the founder of Selfcare India. Being an entrepreneur, an author, a classical singer, a passionate dancer adds to her dynamic persona. The head start of Suman's journey dates back in the year 2001 when she became an Oxford certified nutritionist (Certificate Course in Food and Nutrition, Oxford University, U.K (Aff)). After which she went on to become a qualified fitness trainer from the National Institute of Aerobics (Certificate Course in Fitness from NIA). Her debut as an author was with her book "The Don't Diet Diet Cook Book" . Since then she has written two books namely, "Unjunked" - Healthy eating for weight loss and her latest book "Superkids" .

Suman has been influencing the lives of over 15000 people across the globe and still counting. Her clientele include the country's most powerful industrialists and Bollywood personalities.

With her extensive work in her field she has become the Honorary Member of Rotary Mumbai Divas and also an Advisory board member of Annam- an organization that helps underprivileged children and women in Mumbai city by providing nutrition supplements. Looking at the pace at which her venture "Selfcare" is growing and different facets of lifestyle management she has been involved in, it came as no surprise that Suman bagged the Best Nutritionist Award at the Vogue Beauty awards in the year 2015.

Suman founded Selfcare in the year 2001 and at present runs two clinics in Mumbai and one in the city of joy Kolkata. She heads these clinics with a team of 15 Nutritionists and strength of 30 employees.

Selfcare has to offer a vast range of services ranging from weight-loss to weight-maintenance or weight-gain, pregnancy diet to lactation, diet for senior citizens, diets for boosting immunity, post cancer treatment, hypertension, arthritis , migraine ,PCOD, endocrinal disorders, food allergies, child nutrition and so on.

"You are Unique" is the belief behind each plan being offered at Selfcare. There are different packages available that are tailor made for an individual by Suman and her team. She knows that food isn't just a mode of sustenance but also connects you culturally and socially. She understands that people who are put on very strict limited diets cannot sustain it over a longer period, because of which Selfcare does not provide diets for mere weight gain or weight loss but has a holistic approach towards client health.

Selfcare takes care of you even when you are on the Go! There are plans that fit in your travel itinerary while you are away from home! Communicating, Sharing, Listening open doors that previously didn't exist! Believing in this concept Selfcare organizes various interactive sessions in the corporate sector and schools as a health awareness initiative.

The recent venture by Suman along with her daughter, Priyanka Agarwal is making Selfcare a click away! Online diet programs for overworked and busy individuals, which enables them to monitor their health from the comfort of their workplace or home.

Suman has a vision to soar far and high, she knows diet beyond papers and has the holistic approach a client needs. She takes you through your very first step towards the change till you are the change.