

Shonaalii Sabherwal Healthier Lifestyle Options Pvt. Ltd.





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Shonali is India's first Graduate Macrobiotic Nutritionist/Chef/Instructor from the Kushi Institute, USA - and practicing Macrobiotics in India. She is rated among the top 10 Nutritionists and Wellness experts in the country. Her books and the pioneering work in the field of Macrobiotics in India has put her at the forefront of the health revolution.

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