



Heal Yourself with **MY NATURE COACH**

Herbal Remedies that Nourish the Body, Mind, & Soul

We, at My Nature Coach believes in is being committed to maintaining excellent quality and delivering with integrity. We value the trust of our customers and by being honest and consistent in what we provide, we honor this trust. We remain firmly committed to our principles and are guided by our ethics which helps us in fair executions and maintaining focus towards our aim.



About of My Nature Coach

My Nature Coach is an Ayurvedic Brand that focuses on promoting wellness through natural medicines and lifestyle changes. This Brand is led by **Dr. Abhisek Bhattacharya**, Doctor of Naturopathic Medicine with specializations in **Health, Nutrition & Diabetes Management**.

Our bodies are always working to heal and remain healthy by itself. Most of the diseases that we face today- like obesity, diabetes, hypertension, heart disease, cancers, infertility, hypothyroid, chronic kidney disease, etc. – are basically lifestyle diseases.

We need to understand what part of your lifestyle is causing the disease, and then change it. Once the cause is removed, the body is free to heal. As long as the cause remains, disease free life is difficult.

Benefits of herbal medicines in human body

1. Herbal medicines are natural and safe. Herbal medicines are made from plants, which have been used for centuries to treat various ailments. They are generally considered to be safe and free of side effects, as they are made from natural ingredients.
2. Herbal medicines can be used to treat a wide range of conditions, including digestive problems, skin conditions, respiratory issues, and even mental health issues.
3. Herbal medicines can help boost the immune system and improve overall health. Many herbs contain antioxidants that can help protect the body from free radical damage and reduce inflammation.
4. Herbal medicines can be used to treat chronic conditions such as arthritis, diabetes, and high blood pressure.
5. Herbal medicines can help reduce stress and anxiety levels, as well as improve sleep quality.
6. Herbal medicines can help improve digestion and reduce bloating and gas.
7. Herbal medicines can help reduce the risk of certain types of cancer by providing antioxidants that can help protect cells from damage caused by free radicals.



Dr. Abhisek Bhattacharya (BNYS/DNYS)

Doctor Of Naturopathic Medicine And Advance Diploma, Health And Nutrition Life Coach, Fully Accredited Certificate In Natural Medicine And Herbalism, Specialization In Diabetes Management From UEMS-EACCME (Institution Of European Union Of Medical Specialist)

“Living a disease-free life is something that we all strive for. It is a goal that can be achieved through healthy lifestyle choices, such as eating a balanced diet, exercising regularly, and getting enough sleep. Additionally, it is important to practice good hygiene and get regular check-ups with your doctor to ensure that any potential health issues are caught early. With the right lifestyle choices and preventive measures, it is possible to live a long and healthy life free of disease.”

MNC Offered Health Coach

What is Health Coach ?

A **Health Coach** is a professional who supports individuals in making positive health-related changes in their lives. They help clients develop and implement personal wellness plans by encouraging healthy lifestyle changes. Unlike medical professionals who may prescribe treatment plans, health coaches focus on behaviour modification and support to help clients achieve goals related to **NUTRITION, EXERCISE, WEIGHT LOSS, STRESS MANAGEMENT, and OVERALL WELLNESS.**

Scope of Health Coach as Profession ?

World Report: The health and wellness coaching market is growing due to increased customer demand for fitness, meditation, and nutrition apps.

The market is projected to reach \$14.22 billion in 2023, and revenue is expected to grow at a compound annual growth rate (CAGR) of 12.30% from 2023 to 2028. By 2032, the market is predicted to hit over \$29.12 billion, growing at a CAGR of 6.60% during the forecast period 2023 to 2032.

Indian Report: According to Statista, the health and wellness coaching market in India is expected to grow to INR US\$1,916.00 million by 2024, with a compound annual growth rate (CAGR) of 17.31% from 2024 to 2028.

This is expected to lead to a market volume of INR US\$3,628.00 million by 2028. The market is also expected to have user penetration of 12.94% in 2024, and 15.95% by 2028.

Bangladesh Report: The Health & Wellness Coaching market in Bangladesh is projected to reach a revenue of US\$88.60m in 2024.

It is expected to show an annual growth rate (CAGR 2024-2028) of 11.80%, resulting in a projected market volume of US\$138.40m by 2028.

What a Health Coach can do?

A health coach can perform a variety of roles to support their clients in achieving their health and wellness goals. Here are some key points outlining what a health coach can do:

- 1. Assess Health and Wellness Goals:** Work with clients to identify and clarify their health and wellness goals.
- 2. Develop Personalized Plans:** Create tailored plans that align with the client's lifestyle, preferences, and objectives, focusing on areas such as nutrition, exercise, stress management, and sleep.
- 3. Provide Nutritional Guidance:** Offer advice on healthy eating habits, meal planning, and understanding nutritional information to improve diet and nutrition.
- 4. Encourage Physical Activity:** Suggest and develop exercise plans that fit the client's interests, abilities, and goals to increase physical activity and fitness.
- 5. Support Behaviour Change:** Use behaviour change techniques to help clients modify unhealthy behaviours and adopt new, healthier habits.

6. **Motivate and Inspire:** Act as a source of motivation and encouragement, helping clients stay focused and optimistic about their progress.

7. **Monitor Progress:** Regularly check in with clients to monitor their progress towards their goals, making adjustments to plans as needed.

8. **Educate on Health and Wellness:** Provide education on various health topics, including the importance of sleep, stress reduction techniques, and understanding risk factors for chronic diseases.

9. **Offer Accountability:** Serve as an accountability partner, encouraging clients to stay committed to their goals and hold them accountable for their actions.

10. **Provide Emotional Support:** Offer support and understanding in dealing with emotional challenges related to lifestyle changes, such as stress, frustration, and setbacks.

11. **Facilitate Problem-Solving:** Help clients identify challenges and barriers to their goals and work together to find practical solutions.

12. **Advocate for Healthy Living:** Encourage a holistic approach to health and wellness, advocating for a balance between physical, mental, and emotional well-being.

By fulfilling these roles, health coaches play a critical part in helping individuals make positive health changes that can lead to lasting improvements in their quality of life.

Which Diseases can address by Health Coach?

Health coaches can address a wide range of conditions and lifestyle-related diseases by supporting clients in making healthier choices and implementing lifestyle changes. Here are some of the diseases and conditions that health coaching can help address:

1. **Obesity and Weight Management Issues:** By assisting in the development of healthy eating and exercise habits.

2. **Diabetes (Type 2):** Through dietary changes, weight management, and physical activity to help control blood sugar levels.

3. **Heart Disease:** By promoting heart-healthy behaviours, such as improving diet, increasing physical activity, managing stress, and quitting smoking.

4. **High Blood Pressure (Hypertension):** Through lifestyle interventions like diet modification (e.g., reducing sodium intake and other food habits), regular physical activity, and stress management techniques.

5. **High Cholesterol:** By advising on diets that are low in saturated fat and cholesterol and high in fiber, alongside regular exercise.

6. **Metabolic Syndrome:** By assisting in the management of the condition through weight loss, increased physical activity, and dietary changes to improve metabolic health.

7. **Chronic Stress and Anxiety:** Through stress-reduction techniques, mindfulness, and promoting a balanced lifestyle.

8. **Depression:** By encouraging physical activity and other lifestyle changes that can have a positive impact on mental health.

9. **Chronic Pain Conditions:** Such as arthritis, by promoting physical activity, healthy eating, and weight management to reduce pain and improve function.

10. **Sleep Disorders:** By helping to establish healthy sleep habits and routines for better sleep quality.

11. **Digestive Disorders:** Such as irritable bowel syndrome (IBS), by supporting dietary changes and stress management techniques.

12. **Preventive Health Care:** By promoting a healthy lifestyle that can prevent the onset of many chronic diseases.

It's important to note that while health coaches can support and guide clients in managing these conditions, they do not diagnose or treat diseases and should work in conjunction with medical professionals. Clients with serious or complex health issues should always consult healthcare providers for medical advice and treatment.

How to become a Health Coach? And Earning Potential?

ACC - Associate Certified Coach

Comprehensive Training:	ACC - Associate Certified Coach	
Duration	7 weeks – 15 hours	
Minimum Qualification	10 th Standard with (PQB) , Graduate preferred (Any Stream)	
Course and Exam	14 hours of coursework and 1 hour of examination	
Affordable Course Fees	ACC certification is ₹15,999/-, a SPECIAL offer ₹1,999/- DISCOUNT – 14,000/-	
Earning Potential	IN INDIA	₹200 to ₹1,000 / consultation* - Monthly ₹50K* to ₹2L*
	IN USA	\$50 to \$200 / consultation* - Monthly \$2K* to \$10K*
	IN UK	£40 to £150 / consultation* - Monthly £800* to £8,000*
	IN BANGLADESH	BDT 400 to BDT 1,500/consultation* - Monthly BDT 40K* to BDT 150K*

*Depending on the number of clients and sessions AND of course your fee per consultation.

Can you Upgrade in this field?

Advanced Learning Opportunity: After achieving your ACC, you have the opportunity to advance to the **Master Health Coach (MHC)** level.

MHC - Master Health Coach

Comprehensive Training:	MHC – Master Health Coach	
Duration	12 weeks - 30 hours	
Minimum Qualification	ACC	
Course and Exam	28 hours of coursework and 2 hour of examination	
Affordable Course Fees	MHC certification is ₹41,999/-, a SPECIAL offer ₹21,999/- DISCOUNT – 20,000/-	
Earning Potential	IN INDIA	₹500 to ₹2,000 / consultation* - Monthly ₹150K* to ₹5L*
	IN USA	\$150 to \$400 / consultation* - Monthly \$6K* to \$30K*
	IN UK	£120 to £350 / consultation* - Monthly £2000* to £16,000*
	IN BANGLADESH	BDT 1000 to BDT 3,500/consultation* - Monthly BDT 90K* to BDT 400K*

*Depending on the number of clients and sessions AND of course your fee per consultation.

What Will Health Coaches Get after completion of Course?

Upon completing the health coach training with "My Nature Coach," participants can expect to receive a comprehensive package of rewards and opportunities that extend beyond mere financial gains. Here's what graduates can look forward to:

- 1. Worldwide Valid Certification:** Earn an Associate Certified Coach (ACC) or Master Health Coach certification that is recognized worldwide, opening up international career opportunities.
- 2. Internship Opportunities:** Gain practical experience with an internship from "My Nature Coach," allowing you to apply what you've learned in a real-world setting and build your resume.
- 3. Professional Badge:** Receive a professional badge upon certification completion, which can be used to enhance your professional profile on social media, business cards, and other marketing materials.
- 4. Network Expansion:** Join a network of health coaches, providing opportunities for collaboration, mentorship, and continuous learning within the community.
- 5. Access to Resources:** Get access to ongoing support and resources from "My Nature Coach," helping you stay updated on the latest in health coaching practices and wellness trends.
- 6. Career Advancement Opportunities:** With the certifications and experience gained, you'll be well-positioned for career advancement, whether you're seeking higher-level positions within health and wellness organizations or aiming to grow your own health coaching business.
- 7. Professional Development:** The course and subsequent certification offer a solid foundation for continuous professional development, including the possibility of specializing in areas such as nutrition, fitness, mental health, and more.
- 8. Marketability:** The combination of certification, practical experience, and professional branding materials enhances your marketability to potential clients and employers in the health and wellness industry.

These outcomes from completing the health coach training with "My Nature Coach" not only signify a commitment to your professional development but also equip you with the tools, credentials, and experience necessary to make a significant impact in the field of health and wellness.

How to Apply as a health coach?

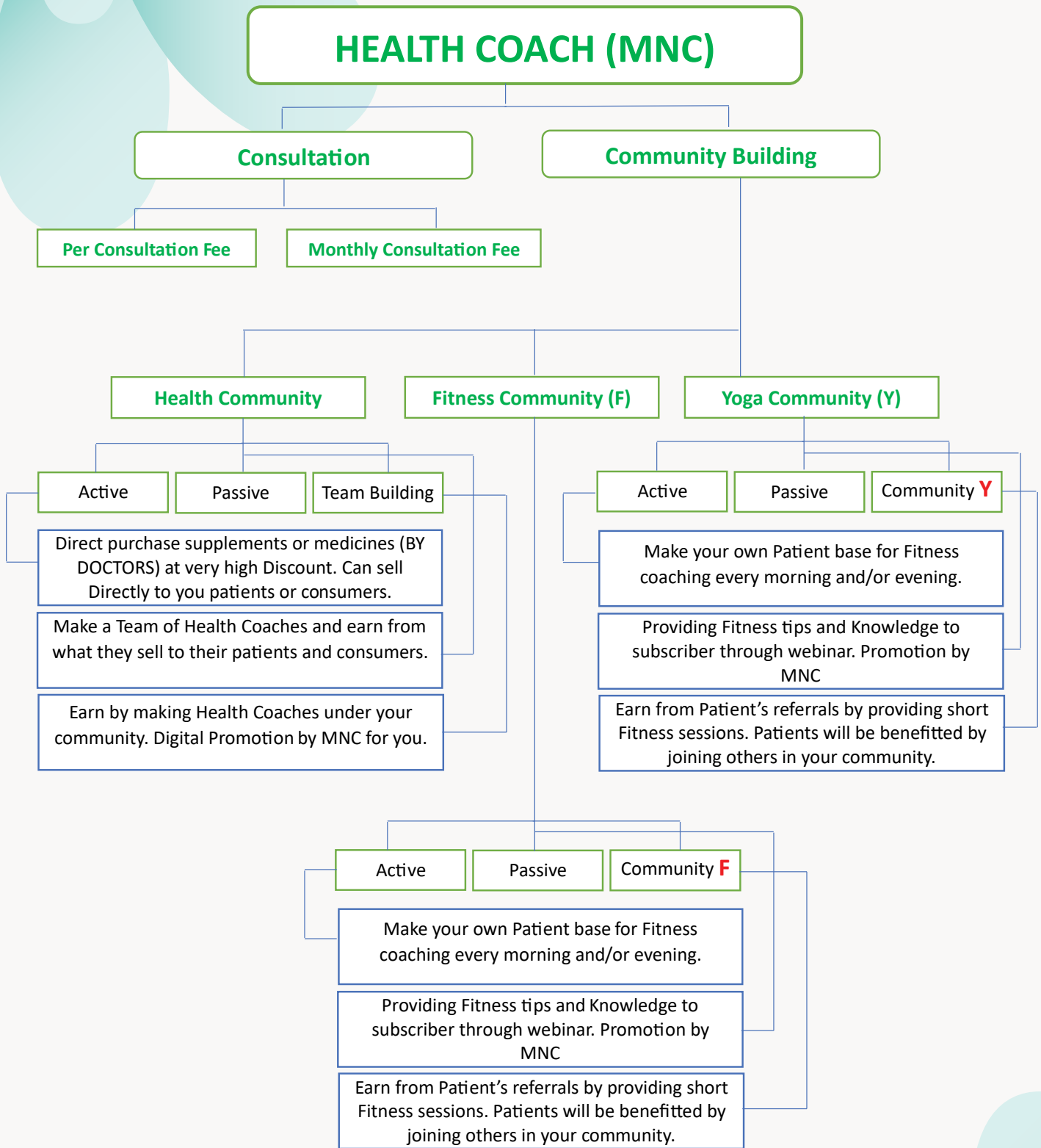
To apply for a position as a Health Coach at My Nature Coach, you can follow these steps:

- 1. Visit the Health Coach Page:** Go to the MNC Website Health Coach page & Click on "Register Now" Button.
- 2. Fill Out the Application Form:** Provide your personal details such as name, qualifications, location, and phone number.
- 3. Upload Your Document:** Attach your credentials to the application form.
- 4. Submit the Application:** Review your information and submit the application along with Registration Fee.

After submitting your application, you may need to wait for the recruitment team to review your application and contact you regarding the next steps in the hiring process. Good luck!

Any Career Opportunity with MNC?

Sure, we do have. Please look into the diagram for better understanding.



What will be the income on Career Plan Community Wise?

Health Community:

- 1 INR = 1.35 BDT = 0.012 USD = 0.010 Pound = 5 BV
 - a. EXAMPLE --- Purchase of INR 500 = 657 BDT = 6.00 USD = 4.74 Pound = 2500 BV
- Passive** income will be on Purchases done by your *Junior Health Coaches*

ACTIVE

Direct Discount: 15% (ACC) to 30%(MHC)

PASSIVE

Binary on BV(one:one):

10000:10000 = 1000 BV (10%)

Team Benefit on minimum 2500 BV:

Level 1 = 100 BV

Level 2 = 60 BV

Level 3 = 45 BV

Level 4 = 30 BV

Level 5 = 30 BV

Level 6 = 25 BV

Level 7 = 10 BV

Team Building

Level 1 = 1500 BV

Level 2 = 800 BV

Level 3 = 600 BV

Level 4 = 400 BV

Level 5 = 250 BV

Level 6 = 150 BV

Level 7 = 100 BV

Level 8 = 75 BV

Level 9 = 75 BV

Level 10 = 50 BV

Fitness Community:

ACTIVE

Income Type: Salary

Minimum Criteria: One Active Community Member

Health Coach Salary:

Per Active Community Member = 1000 BV

TA Per Active Community Member = 250 BV

PASSIVE

Paid Webinar – at least one / month

- Per Member = 250 BV

Community (F)

Referrals by your Community Member

Level 1 = 250 BV

Level 2 = 125 BV

Level 3 = 125 BV

Yoga Community:

ACTIVE

Income Type: Salary

Minimum Criteria: One Active Community Member

Health Coach Salary:

Per Active Community Member = 1000 BV

TA Per Active Community Member = 250 BV

PASSIVE

Paid Webinar – at least one / month

•Per Member = 250 BV

Community (Y)

Referrals by your Community Member

Level 1 = 250 BV

Level 2 = 125 BV

Level 3 = 125 BV

Shaheb Chattopadhyay, the Brand Ambassador of **My Nature Coach**, embodies natural wellness, promoting health, herbal remedies, and integrity.



Shaheb Chattopadhyay
Brand Ambassador, MNC

Our Services & Products

My Nature Coach offers a range of wellness packages designed to cater to various health needs. Here's a brief overview of their wellness packages:



Diabetes Reversal Program Package:

A comprehensive 90-day challenge aimed at reversing Type 2 Diabetes, reducing dependency on medicines, & providing customized diet plans.

MRP : ₹ 23,999

Duration : 90 Days or 3 Months*

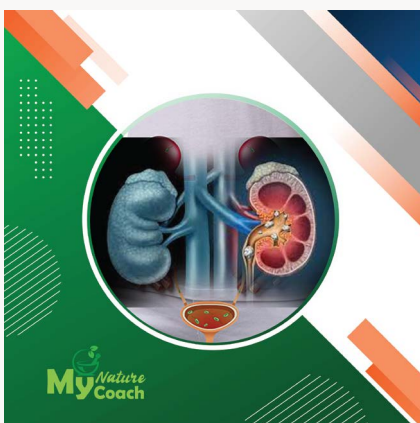


MNC Heart Care Package:

Focused on heart health, this package includes consultations and natural remedies for maintaining a healthy cardiovascular system.

MRP : ₹ 19,199

Duration : 60 Days or 2 Months*

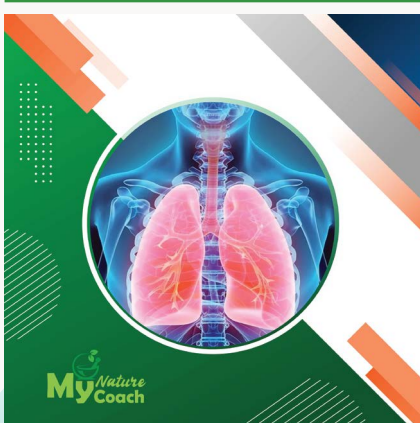


MNC Kidney Care Package:

Tailored to support kidney health, this package offers guidance and Ayurvedic solutions for kidney care.

MRP : ₹ 19,199

Duration : 60 Days or 2 Months*

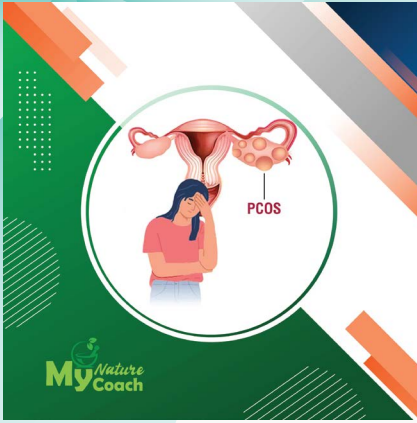


MNC Lungs Care Package:

Focused on Lungs health, this package includes consultations and natural remedies for maintaining a healthy cardiovascular system.

MRP : ₹ 19,199

Duration : 60 Days or 2 Months*



MNC PCOS/PCOD Programme:

A specialized program for managing Polycystic Ovary Syndrome/Disorder with natural treatments and lifestyle advice.

MRP : ₹ 19,199

Duration : 60 Days or 2 Months*



MNC Weight Management Programme:

Offers a holistic approach to weight loss and management through diet, exercise, and natural supplements.

MRP : ₹ 22,999

Duration : 90 Days or 3 Months*

*Duration of the wellness package may change upon the physical, mental and emotional changes of the patient.

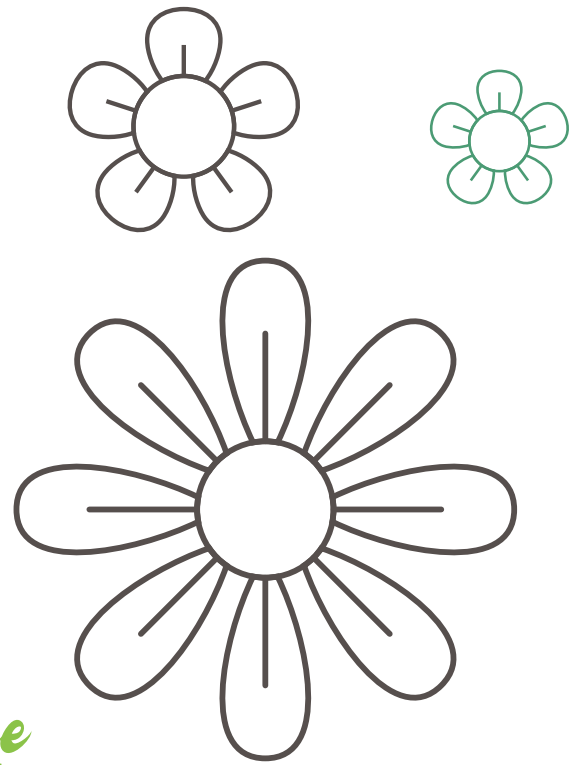
Our Products :

My Nature Coach (www.mynaturecoach.com) is a premier online herbal medicine store, specializing in natural health and wellness products. Our extensive range includes herbal remedies, supplements, vitamins, and other trusted natural health products. Our mission is to deliver the finest quality natural health products to our valued customers at competitive prices.

We are dedicated to helping our customers achieve their health goals by providing top-notch products and services.

Explore our website at mynaturecoach.com and navigate to the “My Nature Mart” tab. There, you can conveniently purchase our wellness medicines based on your doctor’s prescription.





My Nature Coach



www.mynaturecoach.com



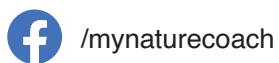
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