

OUR TEAM



NEELAM DASWANI
INTEGRATIVE NUTRITION HEALTH COACH



Neelam Daswani, an Integrative Nutrition Health Coach certified by the Institute of Integrative Nutrition in New York City, specialises in Hormone Health. Her holistic approach focuses on addressing root causes of imbalances and disease, extending beyond dietary advice to encompass stress management, sleep optimisation, and lifestyle improvements.

Over three years, Neelam has guided more than 150 clients towards optimal wellness, providing personalised one-to-one coaching sessions. Her influence extends to corporate entities and hotels, where she has conducted workshops on topics such as "Living To Become Your Most Optimal Self" and "Breaking The Cycles of Stress, Poor Sleep & A Bad Diet".

At the core of Neelam's philosophy is the understanding that food is just one form of nourishment. She emphasises the intricate interplay between diet, stress management, self-talk, and adequate rest in achieving whole health, highlighting the crucial connection between emotions, digestion, and gut health.

Whether working with adults, teenagers, men, or women, Neelam's goal remains constant: to empower individuals to become their most optimal selves. Her comprehensive coaching addresses various aspects of health, including sleep quality, dietary choices, exercise, mindfulness, and self-care. With her expertise and passion for holistic wellness, Neelam continues to inspire and guide individuals towards healthier, more balanced lives.



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