



Your Health Partner



“*Achieving Optimal Health is a choice of small simple daily habits followed over a significant period of time*”



Neerav Mehta

Founding Partner of HANKS INTERNATIONAL



- Certified Nutrition & Wellness Advisor (Level1)
- Over 21 years of practical experience
- Guiding people towards leading a healthy lifestyle



OBESITY

The unseen pandemic

A precursor to various lifestyle diseases like High Blood Pressure, Diabetes, Fatty liver, Arthritis and many more....

OBESITY : Lifeshapers 8 week Fatloss program

- BK-45 is a FAT LOSS program.
- The goal of this 45 day program is not just to lose weight but to incorporate habits that can be easily followed even after 45days so that the fat that you lose does not come back.

Neerav's personal journey and experience is helping a lot of people lose visceral fat and get healthy



Success Story

Sound Designer



Corporate Executive






Gut & Liver Health

Gut & Liver Health

- An estimated 35-40% of Indian Adult population have sluggish gut health which is not functioning optimally

- Air Pollution, processed foods, a carb dense diet, chemical adulteration in fruits & vegetables, alcohol consumption and smoking are some factors that impact liver functioning





Lifeshapers 3 weeks Gut & Liver Health program

- The **DETOX** program is aimed at giving a jumpstart to a healthy liver function by addressing simple lifestyle changes and aiding it adequately with nutrition helpful for a well functioning liver



Get Healthy-Stay Healthy

- A nutritious diet, Regular exercise, positive mind-set and adequate sleep are the pillars of a healthy lifestyle.
- Following the above habits can help:
 - Sportsmen
 - Athletes
 - People suffering from Asthma, high blood pressure, diabetes, cardio-vascular diseases, arthritis, cancer...
 - Pregnant & Lactating mothers.
 - Frequent travellers



200+

Whoa! Total Success Stories
and counting...



ANY QUESTIONS?

You can find me at

📞 @ +919892213145

✉️ hanksinternational@gmail.com

📷 <https://www.instagram.com/neerav.kanan?igsh=MXM3Mmx5ZGg4dGN5MQ==>

📘 <https://www.facebook.com/neerav.kanan?mibextid=ZbWKwL>

🌐 www.linkedin.com/in/neerav-mehta-30

🌐 <https://hanksinternational.com/#contact>

