



POMM*

PROGRAM OF ONCO RISK MITIGATION & MANAGEMENT*

A Holistic Approach to Health

CANCER RISK REDUCTION PROTOCOL



"As a medical doctor, I believe in food as medicine."

-Dr. Shikha Sharma

INTRODUCING **POMM**

PROGRAM OF ONCO-RISK MITIGATION & MANAGEMENT

At **OneHealth**, we believe prevention is the cornerstone of long-term wellness.

This combines **Personalized Nutrition, Stress Management, Physical Activity** and **Holistic Practices** to reduce your **risk of cancer** and **enhance your overall well-being**. Keeping **your unique needs in mind**, this protocol empowers you to take control of your health and build **a cancer-free future**.

WHAT IS POMM?

Empowering You to Take Charge of Your Health

Four Pillars of Cancer Prevention

- A. Risk Screening Blood Test**
- B. Holistic Personalised Nutrition**
- C. Holistic Lifestyle**
- D. Compliance to the regime**

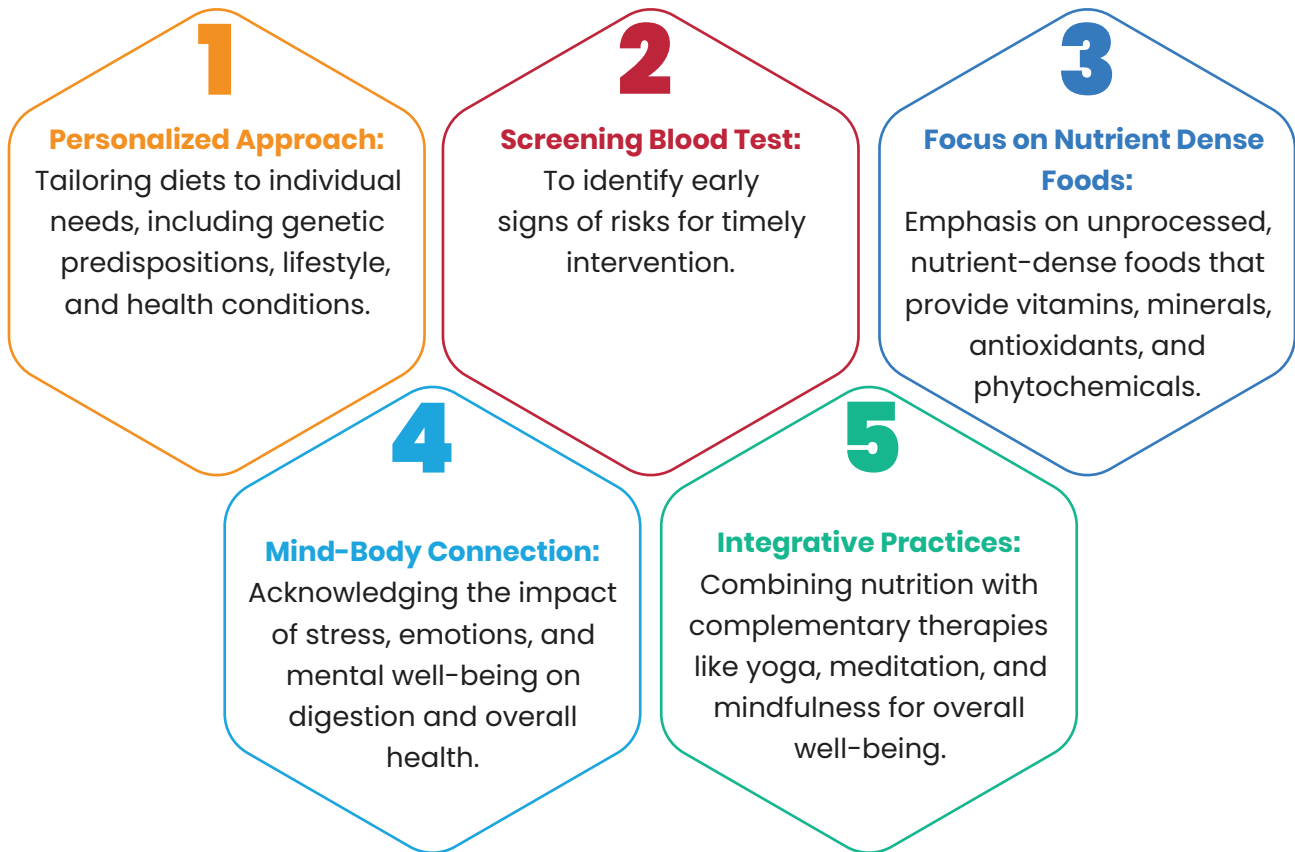




Holistic Nutrition: Nourishing the Whole Self

Holistic Nutrition views **food as medicine** and considers the entire individual—**physical, emotional** and **environmental aspects**—when creating dietary plans.

Our Unique Approach:

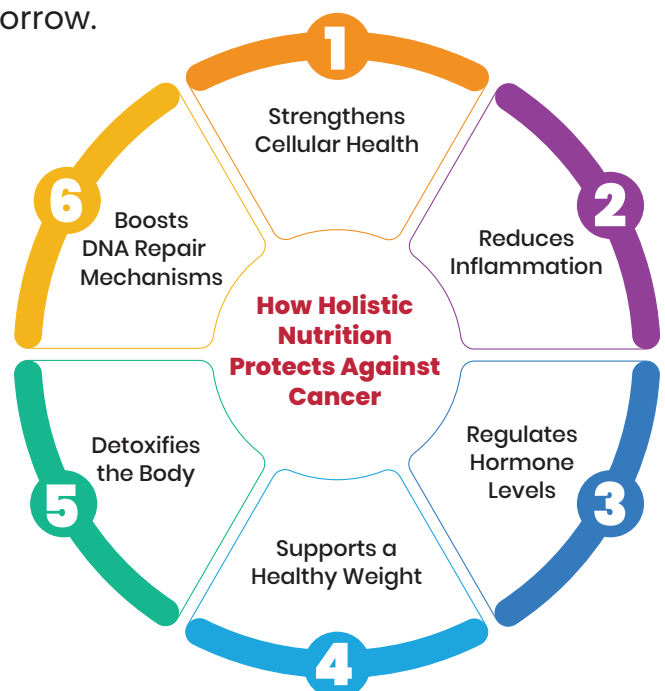


POMM is designed to help you take control of your well-being by adopting evidence-based nutrition and lifestyle changes. Through small, consistent choices today, you can protect yourself from cancer tomorrow.

Medical Nutrition Therapy

Our **expert nutritionists specialize** in creating **personalized cancer** protective **holistic nutrition plans** tailored to individual goals and activities. These plans focus on:

- **Strengthening the immune system**
- **Reducing inflammation**
- **Mitigating cancer risk**





Features of POMM: (Program Of Onco Risk Mitigation & Management)

1 Initial Cancer Screening through Blood Test

Modern Science has progressed so much that through a simple blood test one can detect if the risk of cancer is building up in the body. This test can help to recognise cancers from developing in the future. Hence one can easily be alerted and take a preventive action.

INITIALLY ONCE



2 Personalised Holistic Nutrition according to your body type and Detoxification

Incorporating high-fiber fruits, vegetables, nuts, beans, and healing herbs to reduce carcinogens and boost the body's defense mechanisms. Regular cleansing with herbs supports the body's natural detox processes and overall health.

INITIAL ASSESSMENT ONCE

GROUP SESSION ONCE A WEEK



3 Yoga for Health (Online Group Session)

Gentle yoga and movement routines help maintain energy balance, manage weight, and lower cancer risks.

ONCE A WEEK



4 Stress Management (Online Group Session)

Mindfulness, guided meditation, and relaxation techniques enhance emotional wellness and immunity.

ONCE A WEEK



5 Online Doctor Driven Group Session

Stay updated with the latest cancer-prevention strategies and health research through continuous support and guidance.

ONCE A WEEK





Achieve Better Health with a Holistic, Science-Backed Approach!

Why Choose **POMM**?

- ✓ Proactive approach
- ✓ Personalised solutions
- ✓ Team of 4 Experts
- ✓ Latest screening blood test
- ✓ Convenient and effective



Get Started Today!

Take the first step toward a healthier, cancer-free future by joining **POMM**.

Let **OneHealth** be your trusted partner in health, guiding you every step of the way toward a long, vibrant life.

Who can use **POMM**?

Primary Prevention	Secondary Prevention
People who want to control cancer risk	Patient who want to control cancer relapse

OUR PROGRAMS

3 Months Onco Risk Reduction Program

(*Blood Test Included)

A personalized plan focusing on nutrition and lifestyle changes to enhance immunity and support your preventive journey.



INR 29,000

6 Months Onco Risk Reduction Program

(*Blood Test Included)

An extended program offering continuous adjustments to diet and lifestyle for long-term benefits, reducing inflammation, and boosting overall health.

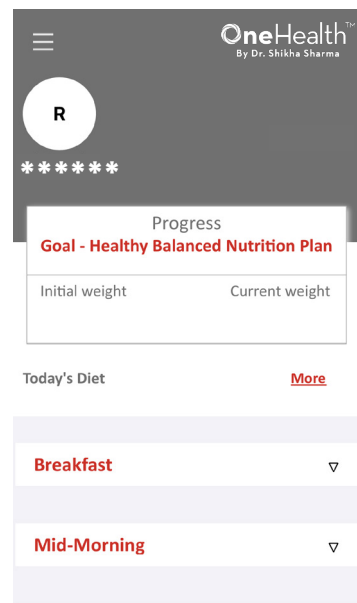
INR 37,000

(*Through Our Blood Test Partners)



Access to OneHealth App:

Unlimited resources, cancer-supportive recipes, and wellness tips to enhance your progress.



Empower your healing with holistic, science-backed care!

Click and Say Yes To Health!





Our commitment to quality

At **OneHealth** we take your health seriously and only hire qualified professionals. The healthcare team which interacts with you consists of qualified **Nutritionists**, who work under the supervision of qualified **Holistic Medicine Doctors**. We have a **Quality Audit and Training Department** which ensures, that you only get scientific and error free prescriptions. We are also pioneers in initiating "**Compliance Monitoring and Counselling Protocols**". Which is at the heart of our programs and makes our programs successful. We value our focus on professionalism and a safe and scientific approach.

OneHealth Holistic Nutrition Therapy For Lifestyle Disorders

51,000+ lives Transformed

15+ Life style disorders managed

600+ Holistic Nutrition Coaches

65+ Countries – From where Health seekers consult us

2,50,000+ Nutrition Plans sent every month



Proud to be a Harvard Business case study in wellness!



Testimonial



Scan QR Code to Watch

Talk to our counselor



Scan QR Code to Talk



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