



# Indira Pulliadath

Nutritional Therapy Practitioner,  
Pharmacoeconomist, AIP  
certified coach, cookbook  
author and RA warrior.

Indira Pulliadath knows first-hand that living with Rheumatoid Arthritis can be debilitating, overwhelming, and very scary. She has helped hundreds of women living with RA feel the joy and relief of a pain-free life.

Indira is a Pharmacoeconomist, Nutritional Therapy Practitioner, AIP Certified Coach, cookbook author and fellow RA warrior. Indira has created an integrated program of diet and lifestyle strategies that supports and empowers RA sufferers so they can get back their health, energy, and best life.

Available for:

- Motivational speaking
- Podcast guest bookings
- Social Media collaborations
- Cooking demonstrations

## SIGNATURE TOPICS

- ✓ Holistic management of Rheumatoid Arthritis
- ✓ Eat well to feel well
- ✓ Fusing Indian flavours with AIP
- ✓ Gluten & Dairy-free Indian
- ✓ Breath-work & Meditation

*Get in Touch!*

✉ [hello@rheumatoidstrong.com](mailto:hello@rheumatoidstrong.com)

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