WisebiteNutrition™
Nourish Balance Flourish

The Power of Nutrition: Empowering Women 45+ to Navigate Menopause with Confidence and Grace

Meet Raksha Shah, MA, RDN



As a seasoned 'Pharma to Fork' Dietitian and entrepreneur, my mission is to support women 45+ through their perimenopause, menopause, and post-menopause transitions by addressing hormonal imbalances, gut health, and midlife body composition shifts.

Through my evidence-based 'POWER Nutrition Framework,' I guide women to reclaim their energy, nourish their bodies, and flourish through every phase of their menopausal journey—without counting calories or obsessing over the scale. Whether you're dealing with weight gain, belly fat, or fatigue, I am here to provide practical, personalized solutions that fit seamlessly into every**BODY**

As seen in VOGUE EVERYDAY HEALTH FAST COMPANY Lose It!



EXPERTISE

As an expert in women's midlife health, my insights and tips have been featured in major publications like **VOGUE , LoseIt , Everyday Health and Fast Company.** I collaborate frequently with healthcare professionals and media to elevate awareness about the role nutrition plays in women's health.

I've written and been featured in **more than 10 articles**, and I'm one of the go-to dietitians for midlife wellness advice. My passion lies in making nutrition simple and approachable, especially for busy women looking to balance their hormones, gut health and revitalize their body composition changes.

PROFESSIONAL AFFLIATIONS

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THE NUMBERS

Featured in more than 10+ bylined articles to date

300+
NEWSLETTER SUBSCRIBERS

3K+
TOTAL SOCIAL REACH

7.3K
WEBSITE REACH

200+
@WISEBITENUTRITION_RDN

250+
@WISEBITENUTRITION_RDN

1K
@WISEBITENUTRITION LLC

ALL STATS AS OF APRIL 2024

SERVICES

- 1:1 Personalized Nutrition and Wellness Coaching
- Group Workshops and Challenges
- Corporate Wellness Programs
- Media and Speaking Engagements
- Brand Strategic Planning and Marketing Communication

What an honor it is to work with Raksha. She has an abiding passion and expertise in nutrition and healthcare that's exciting to see. Her commitment to this field, to her clients, and all those around her is wonderful. She's inquisitive and constantly learning new things.

Raksha is a smart, empathic, growth-oriented leader. She's an active listener, focusing on the individual client or team member, all the while seeing the big picture.

Raksha is able to draw on her deep industry experience in pharmaceuticals, strategic leadership, both at Fortune 100 & 500 companies and early-stage product launches. expertise in nutrition and preventative healthcare.

Linda Lautenberg - Co Founder - Evolveme

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