

MONA SHARMA

Celebrity Nutritionist



ABOUT MONA

Mona Sharma is a **dynamic** leader and **entrepreneur** in the health and wellness industry who works with high profile clients around the world. **As Will Smith, Julianne Hough, Hrithik Roshan's nutritionist, she has a recurring role on the Facebook series Red Table Talk where they profile her work with Will, and the entire Smith family's healing journey.** Having grown up living on an Ashram, Mona has seen first-hand the healing power of food and mindfulness. Her approach is rooted in this philosophy - food as medicine, movement as therapy and mindfulness as the journey to optimize health. This was the foundation that led to her recovery from two heart surgeries, debilitating anxiety and ultimately changed her career path from a high-profile corporate job. Mona is also the founder of **Xicama**, an innovative line of functional beverage products that deliver gut health and immune-boosting benefits of the superfood jicama, and broke sales records as an official beverage of Coachella 2019.

X

WEBSITE HITS

99K+

IG FOLLOWERS

2.5K+

YOUTUBE SUBSCRIBERS

PURPOSE

I help people raise their vibration by changing their thoughts and feelings that take them out of balance and feeling good. High vibration is a state of being that's connected to happiness and joy. When you are in this state, you naturally choose the things that are good for you. Although I focus on food as medicine to heal the body, I've first learned that we must address our state of being first. So that we can thrive and live the life of our dreams, not just think or stress about it.

MONA'S IMPACT

When we use organic, whole foods not only as nourishment, but as medicine, we heal and prevent illness and disease in our bodies. My own journey showed me the healing we seek lies in our hands. Our complex relationship with food reflects our relationship to ourselves, and by addressing our mental well-being and happiness first, we set the stage for food to truly function as medicine. Tapping into the power of nature frees our bodies' healing potential and deepens our connection to ourselves.

When we give voice to our truth and speak up about what makes us sick, our healing truly begins. By identifying trauma and releasing it, we get to the core issue of our illness. We can nourish ourselves to fuel health and happiness instead of dieting, which so often feeds our sadness, creating a scar over the cause of the imbalance. Healing begins effortlessly from this point. We are restored to wholeness. We return to our true nature, free from disease and dysfunction.



STATISTICS

**INSTAGRAM
FOLLOWERS**

99.2+

**ENGAGEMENT
PERCENT**

2.97%

AVG. LIKES

4681

AVG. COMMENTS

187

DEMOGRAPHICS

FEMALE

53.6%

MALE

46.4%

LOCATION

NEW YORK + LA

PRICING

IG POST: \$1200

IG VIDEO: \$1600

IG CAROUSEL: \$1600

IG STORY (3 FRAMES): \$500

IGTV: \$1800

BLOG POST PACKAGE (INCLUDES BLOG, IG POST AND IG STORY): \$2800

VLOG POST PACKAGE (INCLUDES VIDEO EMBEDDED IN BLOG, IG VIDEO AND IG STORY): \$3400