

Physician-led metabolic health for modern workplaces

Most employees do not need another wellness challenge. They need help understanding what is happening to their health.

Dr Tarang Jain Arora — MBBS, MD, Diploma in Hospital Management, Certified Functional Medicine Practitioner

Integrative and Metabolic Health Physician

The questions your people are already asking

Why are they exhausted by three in the afternoon?

Why is their weight increasing despite trying to eat less?

Why are fatty liver, prediabetes and poor sleep becoming so common?

Why do long hours, irregular meals and constant sitting affect metabolism?

Education does not replace medical treatment. But the right education can make healthier decisions easier.

Three ways a session is run

KEYNOTE

A single talk

One doctor-led talk on a chosen topic, of roughly 45 to 60 minutes, with time for questions at the end.

Suits a wellness day, a townhall, or a first session with a team that has not done this before.

On-site or online.

WORKSHOP

A half-day workshop

Teaching plus worked examples — reading a blood report, planning a working day around real meals and real meetings.

Suits a team that wants to leave with something to act on rather than something to think about.

On-site or online.

SERIES

A multi-session series

Several sessions across a programme, each building on the last, so a topic is covered properly instead of once.

Suits an employer running a health or abilities programme over a quarter or a year.

On-site or online.

Sessions are quoted per engagement rather than from a rate card, so the conversation starts with what you need rather than with a package.

What a session can cover

Fatty liver — Why it turns up on so many routine scans, what it actually means, and what reverses it.

Menopause at work — What changes, why it affects sleep, weight and concentration, and what genuinely helps.

Obesity and weight — The metabolic pattern underneath the weight, rather than another diet challenge.

Tiredness and productivity — The three-in-the-afternoon crash, brain fog and broken sleep — where they come from.

Prediabetes and insulin resistance — The years before a diagnosis, when the numbers are drifting and the most can be done.

PCOS — Beyond hormones — what it does to metabolism, and what a working week can change.

Reading your own blood report — A line-by-line walk through a normal report, so nobody has to panic or guess.

Every topic above has a written explainer published at alitheau.com, so the level the material is pitched at can be checked before anything is booked.

How a session gets arranged

01

You send an enquiry

Tell us who the audience is, roughly what you would like covered, and whether you are thinking on-site or online.

02

We talk it through

A short conversation to scope the session — the topic, the format, and what your people are actually asking about.

03

The date and format are confirmed

Once the shape of the session is agreed, the date, the format and what is needed on the day are confirmed in writing.

Questions employers ask

Who leads the session?

Dr Tarang Jain Arora leads every session herself. There is no panel of associate speakers and nothing is delivered by a partner organisation.

Is this medical treatment for our employees?

No. Education does not replace medical treatment. Sessions explain how metabolic health works and what changes it; they do not diagnose, prescribe, or create a doctor–patient relationship with anyone in the room.

Can people ask about their own health?

There is time for questions, and they are answered as general education. Anything that depends on one person's history, examination or reports belongs in a consultation rather than in a room full of their colleagues.

Can sessions be run online?

Yes. Every format can be delivered at your office or over video, which is how distributed and multi-city teams have joined the same session.

To arrange a session

ENQUIRE

alitheau.com/corporate-wellness

TELEPHONE

+91 99908 92974

DELIVERY

On-site or online, worldwide.

CONSULTING ROOMS

Dr Tarang Jain Arora at Conscient One — Gurugram (Gurugram) · Alitheau Clinic — Vikaspuri (Vikaspuri, New Delhi)

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