

Nutritionmint Blog Takes Flight Started By A Final year B.pharm Student



Uttarakhand, Dehradun, Apr 10, 2021 ([Issuewire.com](https://www.issuewire.com)) - Akash Bahuguna, a final year B.pharm student, owner, and founder of Nutritionmint.com.

He decided to share his knowledge of food nutrition and how the diet and meals people take affects their body.

[Nutritionmint](#) blog covers the topics that are related to diet, food choices, nutrition facts, tips, scientific researches, and more to value the reader. The blog started to spread the information globally on February 21, 2021.

The food lovers or the ones who are interested in knowing more about how food affects the body and what nutritional food choice is good at what stages of life, it can be any disease situations for which you need to change the diet all these things got covered. Also, the people whose priority is fitness can have a great chance to explore more.

Akash Bahuguna on his studying time sparks the interest to be a healthier person and that spark pulls him to the gym for there he did his best to attain a fit and healthy body. In his journey, he faces many challenges related to nutrition and diet as it plays the main role in being healthy. So, after overcoming all his hurdles he finally decided to move a step further by sharing what he knows.

And for that, he started his first blog Nutritionmint, it's more than a regular blog as the information and knowledge in it are shared by the genuine person who is himself interested to help people and make them aware of the nutrition and related effects of food. He relies on facts and always holds the study evidence for what he says in his blog.

"A water which doesn't flow can become contaminated after some time that is how the knowledge works if it doesn't spread it will more likely to contaminate that's how nature works".- Akash Bahuguna, founder and owner of Nutritionmint.com.

Nutritionmint is a food-focused blog a straightforward goal is to make people fit globally by the data and facts of health-friendly vitamins and minerals, including diet plans, interesting and mouth-watering food choices.

NUTRITION MINT

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Source : Nutritionmint

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