



## Dr Varsha Gorey

M. Sc ( Food & Nutrition) MD (Alt. Med) 26+ Years Experience

Dr Varsha Gorey is a top Dietitian Nutritionists in Mumbai at Apollo Hospitals Navi Mumbai . Book appointment online with Dr Varsha Gorey at Ask Apollo.

### Hospitals

Apollo Hospitals, Mumbai ,

Doctor's Working  
Weekdays  
Mon - Sat

Doctor's Working  
Hours  
12:00 - 16:00

Phone Icon  
Call Now

Calendar Icon  
Book Appointment

## Overview

Dr Varsha Gorey is a distinguished Nutrition & Dietetics based at Apollo Hospitals Navi Mumbai. With an impressive 26 years of experience in the medical field, she has dedicated her career to providing exceptional healthcare services to patients. She holds M. Sc ( Food & Nutrition) MD (Alt. Med), showcasing her extensive training and commitment to medical excellence. She is proficient in multiple languages, ensuring effective communication with a diverse range of patients.

She is known for her patient-centric approach, emphasizing the importance of understanding each patient's unique needs and medical history. Her expertise encompasses a wide range of conditions related to Nutrition & Dietetics, enabling her to deliver precise diagnoses and treatments. She ensures that patients receive care tailored to their individual health requirements.

In her practice, Dr Varsha Gorey goes beyond treatments by educating patients about their health conditions. This empowers individuals to take active roles in managing their health and making informed decisions. By fostering a supportive and understanding environment, she builds trust and ensures long-term health management strategies for patients.

Dedicated to staying updated with advancements in her field, Dr Varsha Gorey actively collaborates with other healthcare professionals to provide comprehensive care. Her commitment to improving health

outcomes continues to leave a lasting impact on the lives of her patients, solidifying her reputation as a trusted name in Nutrition & Dietetics.

## Experience

- More than 20 years of Experience in Wellness,
- More than 5 years in Clinical Nutrition
- Worked as Lecturer, Corporate Consultant on Diet & Life style Management

## Membership

- Member of IDA ( Indian Dietetic Association) L- 0423

## Awards

- Established department independently in SIMS&RC
- Member for ethical committee
- Organized, participated and chairperson in CME's
- Swatch Bharat Mission and programme member

## Frequently Asked Questions

### 1. Where does Dr. Varsha Gorey practice?

Dr. Varsha Gorey currently practices at Apollo Hospitals Navi Mumbai, located in Mumbai.

### 2. Who is Dr. Varsha Gorey?

Dr. Varsha Gorey is a highly experienced Nutritionist / Dietitian with 26 years of expertise in the field. She is known for providing exceptional patient care and advanced medical treatments.

### 3. Why do patients choose Dr. Varsha Gorey?

Patients trust Dr. Varsha Gorey for her expertise, patient-centric approach, and commitment to providing the highest standard of care. She is well-versed in the latest medical advancements and ensures personalized treatment for every patient.

#### **4. What is Dr. Varsha Gorey's specialization?**

Dr. Varsha Gorey specializes in Nutrition & Dietetics, with expertise in Personalized Diet Plans, Medical Nutrition Therapy, Weight Management Programs, Gut Health Optimization, Sports Nutrition.

#### **5. What are Dr. Varsha Gorey's medical qualifications?**

Dr. Varsha Gorey holds prestigious qualifications, including M. Sc ( Food & Nutrition) MD (Alt. Med).

#### **6. How many years of experience does Dr. Varsha Gorey have?**

Dr. Varsha Gorey has 26 years of experience in the medical field, treating various conditions related to Nutrition & Dietetics.

#### **7. How can I book an appointment with Dr. Varsha Gorey?**

You can book an appointment with Dr. Varsha Gorey through: Online: Visit

[<https://www.apollohospitals.com/book-doctor-appointment/>](<https://www.apollohospitals.com/book-doctor-appointment/>) to schedule an appointment.