

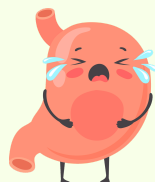


# Uncomplicating the Complicated Weight Loss Saga

Before you jump to the conclusion that you can just not lose weight. I want you to be really sure!! Weight Gain could be because of two reasons:



1. **Overfeeding:** You are feeding the body way more than you need



2. **Processing Dysfunction:** The body is unable to process everything right that you are feeding to it

## About Naina Singhanian

Helped 1300+ people to lose weight sustainably and take control of their blood sugar level and maintain it.



Functional Nutritionist

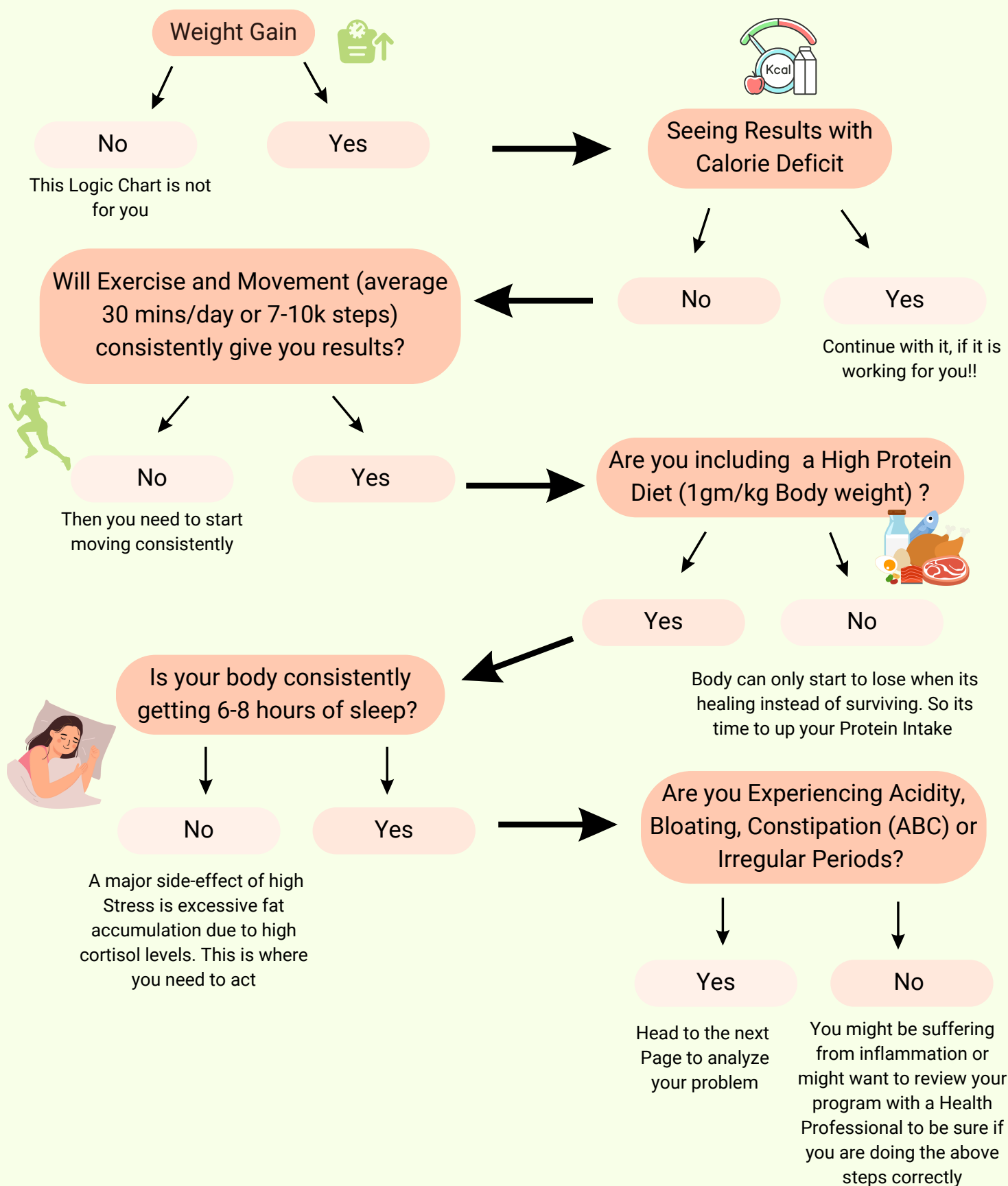


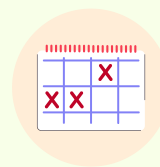
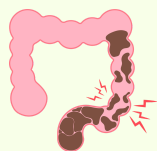
Registered Dietitian  
Lic No- 132016



Yoga Teacher's Trainer

And to gauge the cause I have a very easy Logic Flow Chart for you to pinpoint as to **why you might not be seeing the results!!**





If you said yes for the **ABC (Acidity, Bloating, Constipation)** then your body has a problem of digesting the food well due to which none of the above aspects are effective. You need to fix the digestive system

If you said yes for **Irregular Periods**, your body is struggling with Hormonal Imbalance like Hypothyroid, PCOS, Anemia, Insulin Imbalance. Getting this corrected will eventually ease the process of Fat Loss.

In both the end scenarios the **Calorie in and Calorie out Equation will not count** because no matter how less or more you feed the body, it will still be inefficient in breaking the food down and instead storing it and adding more toxins in the body..

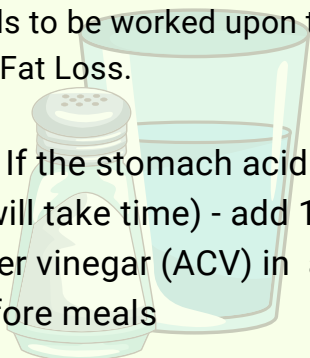
**Check your Agni:** if the Bloating and Acidity is due to adequate Stomach Acid or not, here is a quick way of checking and correcting the problem.

### The Bicarbonate Test:

In 120 ml of Water add 1/4 tsp of Baking Soda and drink it.

If you burp within 3 minutes, the body has enough stomach acid but if you burp after that then the body is low on stomach acid. This means that the digestive system is what needs to be worked upon to see the results of Fat Loss.

**Solution:** If the stomach acid is low (the burping will take time) - add 1 tbsp of apple cider vinegar (ACV) in a cup of water before meals



**Disclaimer:** If you have stomach ulcers, do not take the ACV. Take professional Help

Hormonal Conditions have a huge list but to start with if you are experiencing a lot of **fatigue or tiredness** especially after waking up, feeling bloated immediately after meals or have **irregular periods** or suffering from **Hypothyroid and Diabetes** then its time to manage it before working only on Fat Loss. And starting on the below solution is a good place to begin:



### Solution:

- Sleep on Time. Regularize your Sleep timing
- Follow Elimination Diet
- Ensure that you Move.
- Add 1 minute of Humming to your daily routine.
- Replenish any Nutrient Deficiency that you might have.



The process of Fat Loss is pretty straight forward really unless your body is suffering from any complication or imbalance.. That is the time when you have to let an experienced Health Profession un-complicate it for you before it is too late..



# Here are 5 Strong Root causes why you might not be losing weight.. Which one is yours!!

Fill them up and send it back to us on our WhatsApp number (+91 95949 63210)

Give us your root cause and we will tell you 3 things that you can adopt to correct it and see results in your Fat loss.

1. This prevents the liver from metabolising food for the next 72 hours  
A \_ \_ O \_ \_ L
2. This particular hormone does not only increase your stress levels but also increases inches around your waist  
C \_ \_ T \_ S \_ \_
3. The metabolism can go sluggish causing weight gain due to this hormone  
T H \_ \_ \_ \_ \_
4. This is a common symptom that you will face if your digestion is not normal especially after eating meals  
\_ \_ O A \_ \_ N G
5. This health issue is considered genetic. It hampers sugar metabolism and prevents you from eating Mangoes!  
\_ \_ \_ \_ E \_ E \_



# Protein Packed Kebabs

## SERVES - 2

Use them as Dinner or Evening snack time. Rich in Protein and Fibre. You can prepare them and refrigerate it and use them over the days if there is limited time.



## Ingredients

- ½ cup kidney beans (rajma) pressure cooked in 2 cups water
- 1 potato/raw banana, pressure cooked in ¾ to 1 cup water
- 2 to 3 teaspoons oil – for sauteing onions
- ⅓ cup chopped onions
- ½ teaspoon Ginger Garlic Paste or 2 to 3 garlic cloves + ½ inch ginger crushed to paste
- ¼ teaspoon turmeric powder
- ½ teaspoon red chilli powder or cayenne pepper
- ½ teaspoon Garam Masala
- 2 tablespoon gram flour (besan) or chickpea flour
- ½ teaspoon lemon juice or ½ teaspoon amchur powder (dry mango powder) – add as per taste
- 1 to 2 tablespoons oil – for pan frying
- salt as required

## Method:

### Soaking And Cooking Kidney Beans

- Soak the rajma beans in enough water overnight or for 8 hours.
- Next day drain all the water. Rinse the rajma beans very well in running water.
- Then place the rajma beans in a pressure cooker. Add salt.
- Pour 2 cups water. Pressure cook the rajma beans till they have softened well.
- pressure-cook rajma for 20 minutes on a medium flame. This takes about 6-8 whistles on a medium flame.
- When the pressure settles down on its own in the cooker, open the cooker. Mash a few rajma beans and check if they have softened. If not, then pressure cook for some more time.
- Drain the rajma beans well and keep them aside.

### Cooking Potatoes

- In another cooker or a pot or pan or steamer, boil 1 medium or large potato.
- If pressure cooking, then cook the potato in ¾ to 1 cup water for 2 to 3 whistles.



## Method:

### Making Rajma Kebab Mixture

- When the potato becomes warm, peel and begin to mash it with a fork or masher.
- Now add the rajma.
- With a masher mash the rajma beans. Keep aside.
- In a small pan, heat 2 to 3 teaspoons of ghee. Add the chopped onions.
- Saute the onions till translucent or light brown.
- Now add ginger-garlic paste or crushed ginger-garlic.
- Saute till the raw aroma of both ginger-garlic goes away.
- Add besan or gram flour.
- Saute for 2 to 3 minutes.
- Then add turmeric powder, red chilli powder and garam masala powder.
- Mix very well. Switch off the flame.
- Now add this sauteed onion + spices mixture to the mashed rajma + potato mixture.
- Add ½ teaspoon lemon juice or ½ teaspoon amchur powder or ½ teaspoon dry pomegranate powder. You can add less or more as required.
- Season with salt.
- Mix very well. Check the taste and add more salt, spices or lemon juice or amchur powder if required.
- Then shape into small or medium-sized balls first and then flatten them.

### Pan Frying Rajma Kebab

- Heat 1 or 2 tablespoons of oil in a pan. Place the kebabs.
- On low to medium heat, pan-fry the rajma kebabs. When the base becomes golden, flip and fry the second side.
- Fry the rajma kebabs till they are evenly cooked, golden and crisp.
- Remove the rajma kebab from a plate or tray.
- Serve rajma kebabs hot or warm with any chutney or dip. You can also bake them in the oven to avoid excess oil.

### Experiment:

- You can make your own alterations to the Recipe. Add chickpea, red channa or any other beans of your choice.
- Add carrots, sweet potato, yam, cauliflower, broccoli. Add colours with multiple veggies. Use cruciferous veggies to help in detoxing..
- Make it in bulk and store it to use throughout the week.
- Add sesame seeds or seeds of your choice. ( cycle sync with seeds if you are trying to regulate your hormones)



## Beat Diabetes Community Program (14 days)

First Batch - 4-18th May



We all believe that medications are an answer to managing Diabetes. But quite frankly, **the management is a short lived journey** without implementing right diet and mindfulness practices.

Infact how your body manages blood sugar clearly decides the state of mind, the energy, the digestion, the productivity of you every hour..

This Program is designed to help you **identify the triggers** that cause blood fluctuations and natural foods and practices that will be effective in maintaining your blood sugar levels..

This Program is **Accountable, Affordable and Empowering**

### Who is it for:

1. Diabetes Type 2
2. Prediabetes

### Also for those who are experiencing:

1. Abdominal Obesity
2. Energy Crashes
3. Low Concentration
4. Frequent Infections
5. PCOS
6. Insulin Resistance
7. Frequent Cravings
8. Mood Swings, Irritability



### **Topics the Program will cover:**

- 1. Implications of Uncontrolled Sugar Spikes**
- 2. Signs and Symptoms**
- 3. Complications that we are looking at preventing (What can Insulin Resistance lead to)**
- 4. Functional Lab Reports to identify Insulin REsistance early and prevent**
- 5. Art of Combining Food to make a perfect meal to balance glucose (7 Day of Weekly Menu)**
- 6. Food Label Reading**
- 7. Eating out Options**
- 8. Micronutrients to Managae Insulin Resistance**
- 9. Essential Supplement List**

### **Program Inclusion**

- 4 Live Session with Naina online
- 8 hours of daily Whatsapp support (5 1/2 days a week)
- Meal Plans to help you stabilize blood sugar Routine
- One-one call with our Nutritionist after the Program
- Diabetic Friendly Recipes
- Functional Foods and Supplements to help you with you blood sugar levels

**We are offering a special fee of Rs. 2500 for our first 20 participants. After that, the fee will increase to Rs. 4000.**

**For Enquiries and Registrations: Whatsapp “14 Days” on +91 95949 63210**





## Beat Diabetes Program

Any One with an HbA1c more than 5.6

Diabetes is an unknown evil demon that not only causes a high blood sugar but a whole lot of complications. For the ones who are suffering from Diabetes will find the following experience relatable:

1. Bloating within an hour after eating meals
2. Feeling Low on Energy
3. Low Sex Drive in Females and erectile Dysfunction in Males
4. Sleepy especially after Meals
5. Fat around the Stomach

Our Program not only works towards managing Diabetes but also works towards reversing it. This means reversing all the above symptoms and side-effects that you might be experiencing due to High Sugars\* (t&c)

### Benefits You are bound to Experience

- Drop your HbA1c by as high as 2.5%
- Improve in Overall Energy
- Inch Loss
- Improvement in Cholesterol Levels
- Better Sleep



### Program Inclusion

- 13 Week Program
- 7 Consult Sessions with Naina
- Weekly Whatsapp Checks
- Diabetes -Friendly Recipes
- Diet Plans
- 12 Sessions of Yoga



**Quarterly Program Cost: Rs. 24,000**



## Fat Loss Program

Looking at losing sustainable Inches more than Weight on the Scale

Anyone can Lose Weight, but losing Fat without compromising on the muscle in the body can get challenging. More than often the weight you lose is usually water/ muscle Weight. Most of the Weight Loss Programs lead to Weight Loss that is temporary only to bring you back to where you had started. Our Programs are curated in such a way that you lose inches sustainably without reducing your metabolism

### Benefits You are bound to Experience

- Lose Significant Inches
- Look Toned
- Know how to Make Healthy Food Choices even when you travel



### Program Inclusion

- 12 Weeks Program
- Diet Plans for Inch Loss
- Recipes
- 7 Consults with Naina
- Weekly Whatsapp Checkins



**Actual Pricing Rs. 21000**

## Referral Program

Our constant endeavour is to give the best services to our clients. We are forever grateful to the trust that you have and constantly referring us to your family, friends and family.

As a Part of goof Gesture, we would like to extend an appreciation only for our valued clients till date.

With every Individual that onboards with us for a Quarterly Program, referred by our past clients, the client gets a voucher worth Rs. 3000 which can be redeemed against any service that he/she chooses to avail.

This particular offer is Valid till the Month of MAY!!



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