

Is everyone's healthy healthy for you?



FREEDOM FROM THE STEREOTYPE!!



One in three individuals eat healthy but still struggle with multiple health issues. Turns out, THE SO CALLED HEALTHY is not healthy after all.




Instead of following the Universal Healthy, Identify your Body's Healthy and Embrace it!

If you have done everything and still struggle with following Digestive Issues then read through:




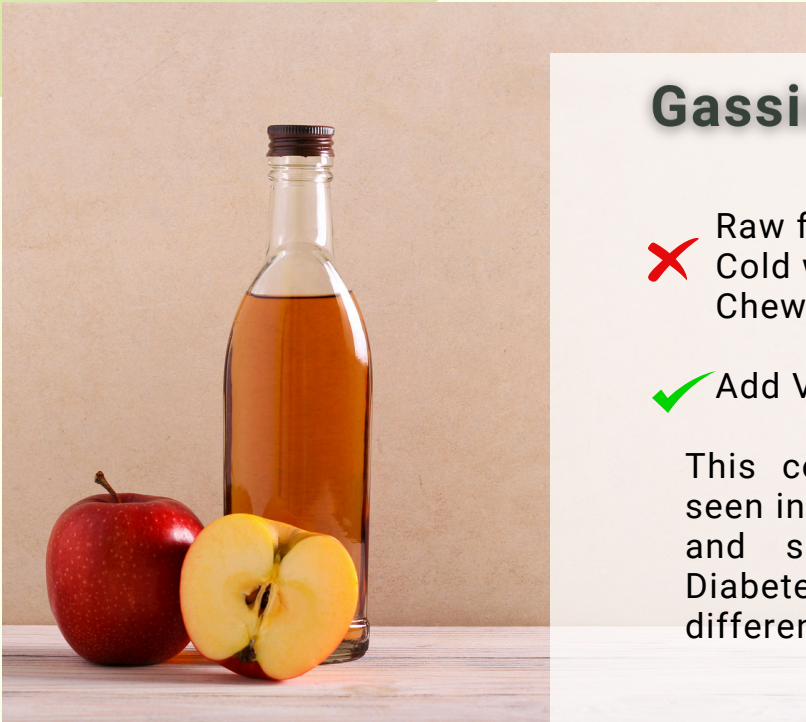
About Naina Singhania

Having worked with over 1400+ individuals in the span of 11 years, Naina works towards finding the root causes through symptoms and blood reports to find a permanent cure through food and lifestyle.

 Functional Nutritionist

 Registered Dietitian

 Diabetes Educator



Gassiness and Bloating

✗ Raw foods
✗ Cold water
✗ Chewing your

✓ Add Vinegar

This condition is also very commonly seen in individuals who have Hypothyroid and suffer from insulin resistance/ Diabetes. In such cases you might need a different intervention.

Interpretation: Raw Salads are healthy but not healthy for everyone. You have to gauge your body to find out whether it works for you or not.

Tiredness and Low Energy

One of the common reasons is the body's inability to process food into calories.

Going low on grains and including cooked food will help in making these two symptoms go away.



Interpretation: Fruits are healthy but in this state can cause your body to feel fatigued and tired. Go high on Veggies and Protein instead.



High Cholesterol Levels

Your liver might be struggling to clean up the system.

✗ No to Alcohol and Oil

✓ Cruciferous veggies
Omega 3 Fatty Acid
Nuts and Seeds
Ghee

Interpretation: Going low on oil is healthy but not on the nuts, seeds that are actually going to give you the much needed essential fats to help in making the blood vessels supple.

Tendency to Catch Cold

No matter how healthy you eat you still keep falling sick. The more antioxidants in the forms of selective cooked veggies and fruits you add, the faster you heal. This is usually because either the body is extremely stressed or it lacks sufficient antioxidants.



Interpretation: Stay away from Dairy (though it is healthy) . Instead of Haldi ka doodh, opt only for a turmeric spiced Kadha. The Dairy can often trigger more mucous generation preventing full recovery of the cold.

These are just tips of the iceberg. As a Functional Nutritionist my job is not just to address one problem but identify the root cause and give a suitable solution. Along with the Assessment, Reading the Blood Reports gives me an insight of the body's functions much more than just high cholesterol/ high sugar/ hypothyroid. It tells me exactly which part of the system is underperforming. Let me show you how with a **real time example**:

Client case study

A patient came to me because she was **struggling with her energy levels. She wanted to address that.**

NOW ON ASSESSMENT:



Family history:

- Hypothyroid
- Hypertension
- Asthma
- Cancer

Constipation (possible liver, cholesterol, thyroid issues)

Multiple food allergies, frequent bloating (possible blood sugar, thyroid, inflammation issues)

Constant tiredness (possible low Iron, sluggish Thyroid, low B12, D3)

Based on the above, I asked her to carry out the following blood Tests to confirm my interpretations:



Diabetes Profile: Detected with Stage 1 Diabetes Type II

Thyroid Profile: High TSH, conversion issue from T4 to T3 due to stress and nutrient deficiency

Liver Profile: Low Alkaline Phosphatase (possible zinc deficiency), high GGT (poor toxin clearance)

Inflammation Profile: Very high inflammation, causing multiple organ malfunction and allergies

Iron Profile: The Iron levels are depleted

What did i do?



Supplements and food to improve liver function and reduce inflammation

Iron, B12, and D3 to correct deficiencies

Selenium, Zinc, Vitamin A, B complex, Mg to increase T3 levels instead of thyroid meds

High protein diet (0.8g/kg body weight)

Good fats from specific nuts and seeds

Client Diagnostic Report

Glucose Fasting	102.40 ↑	75.00-86.00
Hemoglobin A1C	6.10 ↑	4.80-5.50
eAG	128.00 ↑	82.00-111.00
Insulin Fasting	12.37 ↑	2.60-5.00
HOMA-IR	3.13 ↑	0.10-1.00
QUICKI Index	0.32 ↓	0.45-5.00

Blood sugar levels

Thyroid levels

TSH	3.11 ↑	1.30-3.00
T4 Total	6.53	6.00-11.90
T4 Free	1.36	1.00-1.50
T3 Total	97.00	90.00-168.00
T3 Free	2.78 ↓	3.00-3.50
Free T3:Free T4 Ratio	2.04 ↓	2.40-2.70

Cholesterol Total	131.00 ↓	160.00-180.00
Triglycerides	53.00 ↓	70.00-80.00
LDL Cholesterol	76.00 ↓	80.00-100.00
HDL Cholesterol	56.00	55.00-70.00
LDL:HDL Ratio	1.36	0.00-2.34
Non-HDL Cholesterol	74.42	0.00-110.00
VLDL Cholesterol	10.50	10.00-16.00

Lipids and cholesterol levels

Inflammation and Vitamins

Hs CRP	4.00 ↑	0.00-1.00
C-Reactive Protein	2.00	0.00-4.50
ESR	17.00 ↑	0.00-10.00
Homocysteine	15.60 ↑↑	5.00-7.20
VITAMINS		
Vitamin D (25-OH)	33.70 ↓	50.00-90.00
Vitamin B12	151.00 ↓↓	450.00-800.00

Alkaline Phosphatase	63.30 ↓	70.00-100.00
AST (SGOT)	18.50	10.00-26.00
ALT (SGPT)	24.00	10.00-26.00
AST(SGOT) : ALT (SGPT) Ratio	1.30 ↑	0.00-1.00
GGT	30.30 ↑	10.00-17.00

Liver and GB

Iron Levels

Iron Serum	65.70 ↓	85.00-130.00
TIBC	367.20 ↑	250.00-350.00
UIBC	301.50 ↑	130.00-300.00
% Transferrin Saturation	17.89 ↓	24.00-35.00

This was just the beginning but the point is that only blood reports along with a thorough assessment can be a strong asset in finding the actual cause of the problem and solving it..

Do you find yourself stuck with such issues confused what path you should take? Then a detailed Assessment can really be helpful in order to address that!!



August Exclusive Offer

Analyzing your Blood Reports in Depth

Reading the Reports are more than just the Reference Normal Ranges. They can tell you what is going on in your body even before it starts showing up as a disease/ disorder.

Through Detailed Study, one can find out if there is any:

- Infection
- Risk of heart attack
- Risk of diabetes
- Fatty liver/liver disorder
- Risk of anemia
- Immunity related issues
- Root cause of hypothyroid

and much more...

I am offering a **15 minutes of Consult absolutely free** where I will be relating your blood report analysis with your health condition to tell you where you stand. If you are confused what tests to run, you can avail this session too.

And its absolutely Free. Think you might want to know more about your body?? Then message "August Offer" after clicking the Link.....

Tap to book your call



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

- Loose Significant Inches
- Look Toned
- Know how to Make Healthy Food Choices even when you travel
- Improved Productivity and Performance



Program Inclusion

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

