



Naina Singhanian

**Registered Dietitian and Functional
Nutritionist**

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

Can you win Over Diabetes??

Turned Vegan, Switched to Millets, Gone on a Low Carb Diet. Still not seeing the Expected Improvement in the Blood Sugars? While these can make the Sugar Management slightly better, these steps are not the ultimate step to achieving a fab control/ reverse Diabetes!!

Here is why:

The issue can lie majorly in 2 places:

- Production of Insulin
- Uptake of Insulin in the Cells

Production of Insulin in Type 1 is compromised and there is usually no going back apart from managing it with external insulin.

There are certain cases where the Pancreas overworks to produce more insulin because the cells in the body is not able to absorb the insulin causing high Blood Sugar. The Stage at which you identify can be a gamechanger in working on managing/ reversing the condition. But First, you need to get the following Tests done to be able to identify the **stage of the Diabetes**.



Diabetes Educator



Certification in
Nutrition Exercise and
Fitness



Yoga Teacher's Trainer

The five stages of Diabetes:

Stages	Undergo Regular Check if you have.....	Tests to Confirm the Stage
1. Insulin Resistance	<ul style="list-style-type: none"> -A Genetic History of Diabetes -High Stress Levels -Your Triglycerides have been more than 150 in the past - Been detected with Hypothyroid/ PCOS recently 	<ul style="list-style-type: none"> -Insulin and Glucose Fasting -Insulin and Glucose Post Prandial -C-peptide -GTT
2. Prediabetes	<ul style="list-style-type: none"> -Genetic History of Diabetes -Hba1c was around 5.9 in the past -Suffering from Hypothyroid/PCOS -Sudden weigh gain/weight loss 	<ul style="list-style-type: none"> -HbA1c -Insulin and Glucose Fasting -C-Peptide
3. Diabetes		
4. Advanced Stage	After passing Stage II, it is advisable to get yourself checked every quarterly	<ul style="list-style-type: none"> -Hba1c -Lipid Profile -Creatinine -GFR
5. End Stage		

Once the Stage is known, it becomes easier to work on the specific problem area that is aggravating the condition based on the Symptoms and the Reports. For eg.

- 1.Sensitizing the cells for better uptake of insulin by supplementation and reducing the visceral fat
- 2.Stress management by reducing inflammation, increasing antioxidants
- 3.Lifestyle Modifications that will synergistically work towards increasing the anti-inflammatory markers there by reducing free radicals and stress
- 4.Improving the Gut Health: By working on improving the gut health (if the problem is gut) can improve the overall uptake of glucose thereby increasing the energy production.

Know about Diabetes from one of the best!!

Breaking some Myths and stating some Facts with renowned Diabetologist:

Dr. Harsh Atul Hirani

Consultant Diabetologist | Researcher | BNI Trainer
M.B.B.S.,F.Diabetology,CCDR,CCGDM.(Chennai,India)
C.C.D.M. (Joslin Diabetes Centre , U.S.A.)



1. Is Diabetes a Genetic Disease or a Lifestyle Disease? What is the percent contribution of each towards developing the condition as per you?

Accurately dividing the incidence between genetics and lifestyle is challenging due to:

- Complex interactions: Both factors interact and influence each other, making it hard to isolate their individual effects.
- Lack of specific data: Large-scale studies with detailed genetic and lifestyle information are needed for precise calculations.
- Variations across individuals: Genetic susceptibility and the impact of lifestyle factors can vary significantly from person to person.

Nevertheless lifestyle modifications could potentially prevent up to 70% of type 2 diabetes cases.

2. How many types of Diabetes exist. Are all forms of Diabetes reversible? When on path of Reversing Diabetes, what is an average duration that one can take to reverse it?

As on 2023 there are 38 types of Diabetes, but the most common ones are Diabetes Type I , II and Gestational diabetes. Other uncommon could be Pancreatic Diabetes, Fibrocalculus pancreatic diabetes. **About 80-85% are suffering from the common types of Diabetes.** With right tests one can diagnose the type of Diabetes before beginning of the treatment.

3. What role does CGM (continuous glucose monitoring) technology play in reversing Diabetes?

CGM has taken the Diabetes care at a transformative level. When Fasting and Post Prandial takes in to account the blood sugar only of 2 hours, the fluctuations of the sugar between the readings, the balance 22 hours is not something these two readings account for as opposed to the CGM that takes the reading of glucose within a gap of as less as 5 minutes to help us shift our course of treatment from **estimate based treatment to evidence based treatment.** This helps us to customize our course of treatment **preventing over/undermedication.**

4. As a Diabetologist, who treats Diabetes through Medicines, how important are factors of Diet, Lifestyle to be able to reverse/ manage Diabetes.

Lifestyle and Diet act as a strong foundation for any kind of medications to start to work.

Alone medicines are not enough because a few years down the line the efficacy of the medicines will go down. **Lifestyle and Diet is one consistent thing which will help in long term sugar control.**

5. As a Diabetologist what is your goal while you treat patients suffering from Diabetes?

The primary goal is sugar control but with it is important to prevent any organ complications that arises due to fluctuation in sugars. This needs regular monitoring, systematic check ups to prevent the complications.

6. When should an individual consult a Doctor to manage his or her Diabetes.

The patient has to consult a Diabetologist right when the hba1c is between the 5.7-6.5. If at this time the intervention is immediately done with a coordination of Doctor, Lifestyle Consultant and a Dietitian, we can expect better weight, fitness, sugar management and we can prevent it to advance to a full blown diabetes.

If the Hba1c is above 6.5, the intervention becomes even more important to prevent aggressive Therapy in future because Diabetes has already set in.

HbA1c above 8.5-9 becomes an extremely critical stage and immediately needs attention.

7. 3 things that are non negotiable for someone suffering from Diabetes as per you. (food lifestyle etc)

i. **Food and Lifestyle Intervention:** The Foundation of a sustainable Diabetes Management is this. You can't be only on medications and expect it to work for years. Food and Lifestyle play an integral role.

ii. **Timely Checkup:** Hb1Ac (quarterly). Lipid, Kidney and Liver profile (every 6 monthly). Retina checks, Urine microalbuminuria, Sonography of abdomen, Dental Care (Yearly) should be carried out regularly to intervene in time.

iii. **Mental Health:** The effect of your state of mind has a large impact on your Blood Sugars. Hence, working on an overall Mental Health is something that has to be given equal weightage.

Moong Falafels

A Recipe that is **quick, easy, healthy** and **Diabetes Friendly**. You can make them for an evening snack or combine with hummus, veggies and sourdough to make a complete meal. You can even alternate it with other chickpea or rajma to add variety.

Serving 3-4 servings

Ingredients:

- 2 cups dried moong (4 cups sprouted OR You can use moong lentils soaked overnight if you don't have sprouted moong and want to make it in a hurry)
- salt to taste
- 1 cup fresh herbs chopped (mint, coriander)
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1 tbsp oil (of your choice)
- 1/2 tsp baking soda
- Juice of 1 Lemon

Method:

- Preheat oven to 175c
- Process all ingredients into a food processor till fully combined and the mixture sticks together
- Add the baking soda, it will fizz up when combined and then mix throughout the batter
- Place baking paper onto a tray and make small balls of the mixture.
- Brush with oil and place into a preheated oven for about 15 minutes or until golden brown and crisp.
- Relish with Green chutney!!



Case study:

Patient description

33-year-old woman | 90 kgs. | 145 cms | HbA1c - 8.9
Health Goal: Control her Diabetes and Fatloss

Patient History over Assessment

Physical

- Weight gain in the past 10 years
- Smoking, Alcohol
- Sedentary lifestyle

Emotional/ Mental:

- Series of breakups
- Lost both the parent in the span of 2 years
- Living on her own in US
- Seeing a therapist

Medical:

- Cancer of the Uterus
- PCOS
- Recurrent Lung Infections
- Depression
- Diabetes

How did we begin?

The First Step:

- Get a Routine in Place
- Get her Accountable
- Start working of Destressing Tools
- Get her Portions in Check
- Started with Fat First

The Second Step:

- Sensitize her cells with nutrients through therapeutic supplementation (Chromium, Omega 3, Vitamin D, B12, Policosanols)
- High Fibre, Low Carb and High Protein Diet
- Work towards working on her mitochondrial function

The Third Step:

- Increase Antioxidants (Vitamin C, Magnesium, ALA)
- Increase Fat and reduce Carbohydrate Further
- 30 mins of Workout/Yoga/ Pranayama for atleast 4-5 days week

Where do we stand today?

Towards the End of Step Two – HbA1c= 6.8, Weight= 85 kgs

(3 months Apart)

Towards the End of Step Three- HbA1c = 6.2, Weight = 81 kgs

(3 months Apart)

As on Date on Routine Followup- HbA1c= 5.8, Weight= 79 kgs

Holistic Diabetes Program

The Valentine Couple Program

- One Program for Two
- Diet Plans, Lifestyle Recommendations
- Recipes, Grocery List Made Easy
- Food Preparations Made Easy
- Whatsapp and Call Support



Investment cost= Rs 28000 for a Couple/ Quarterly

Diabetes Diet Program

- Assessment Session
- Diet Plans, Lifestyle Recommendations
- Trackers and Regular Followups
- Recipes
- Whatsapp and Call Support



Investment cost= Rs.21000/ Quarterly

Premium Diabetes Care Program:

The Program gives an overall Diabetes Support for better coordination between all the care providers whose only goal is to manage/ reverse the condition without any delay and hence with best team we offer a Premium Diabetes Program.

Inclusions:



Diet Program



Diabetologist



Yoga and
Pranayama



Blood Investigation



Psychologist

Investment cost = Rs.45000/ Quarterly