

HEALTH BITE

RD Lic no 132016| Diabetes Educator|Yoga Practitioner|Functional Nutritionist



1. Losing Weight incorrectly can cost you health

Losing WEIGHT is not a Big Deal. But losing it by compromising on the Nutrition Profile leading to multiple side-effects is a common affair I see. How so??

Here is the thing. For most of us, the simple logic is eat less to lose more. Result: **Nutrient Deficiency**. This can cause Multiple Health Issues.

IF I HAVE TO NAME A FEW:

- Dull Skin
- Hair fall
- Scanty Periods
- Low Sexual Drive
- Hypothyroid
- Insulin Resistance
- Constantly Low of Energy
- Bloating and Constipation
- Losing Temper (frequent shift in temperament)
- Lower Appetite



The cause is mostly because we were so focused in counting calories that we unconsciously missed the basic daily requirement of nutrients!!

To help you address this aspect here is my list of nutrients that I always suggest individuals to be mindful about with a healthy well balanced diet to ensure to cover the bases.

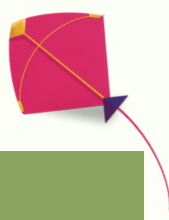
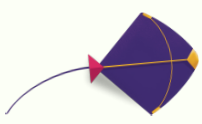
a. **Magnesium:** one of the nutrients that is needed for almost all the processes. It has a large role to play in combating stress, building healthy bones, inducing sleep, clearing your stomach and regulating hormones.

b. **Vitamin D:** Along with Calcium, do not forget to add this nutrient which can be a game changer in relieving mood swings and boosting Immunity.

c. **Vitamin B12:** This particular nutrient works wonders in detoxifying the system along with improving the nerve health and Hemoglobin

d. **Omega 3:** Ensures that the body is supple enough to absorb all the nutrients, protects the joints, improves the heart and brain health and regulates hormone synthesis.





2. Uttarayana Special

Bone and Fertility Boosting Black Til Chikki



Nutritionally more potent than the White Sesame seeds, the black sesame has many benefits to play

INGREDIENTS:

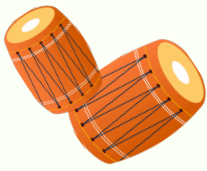
- 1 cup sesame / til- black
- 1 tsp ghee
- 1 cup jaggery / gud



METHOD:

- Dry roast 1 cup sesame in a dry pan on low flame till it splutters.
- In another kadhai heat 1 tsp ghee and add 1 cup jaggery.
- keep stirring on medium flame till the jaggery melts completely.
- Boil the melted jaggery on low flame till it turns glossy and thickens.
- Check the consistency, by dropping jaggery syrup into a bowl of water, it should form a hard ball. If not then boil for another minute and check.
- Add roasted sesame seeds to this jaggery syrup. Stir well making sure the jaggery syrup coats well.
- Immediately pour the mixture over butter paper or onto a steel plate greased with ghee. Be quick, otherwise the mixture turns hard and will be difficult to set.
- Make a rectangular block while it is hot. Use rolling pin to roll the slightly thick block.
- Allow to cool for a minute, and when still warm cut into pieces.
- Once totally cooled, store them in a container. They can be easily eaten for up to a month.





3. Frequently asked questions

I have been experiencing a lot of Hairfall?



Topical measures like minoxidil, amla, rosemary oil, eggs can probably work temporarily.

However, *the root cause of hair fall is always internal which needs to be addressed to get a permanent solution. It could be poor gut, hormone imbalance, nutrient deficiency, low iron levels.*

Addressing that usually solves the problem. We always suggest you get a thorough assessment done from a Health Expert to address the issue.

I have been putting on weight and feeling tired lately.

Tiredness can be possibly caused due to low Vitamin D levels, low Hemoglobin, Hypothyroid, uncontrolled Diabetes, Insulin resistance, sluggish Liver and low Stomach Acid.

Once identified we take a couple of months to correct it with a targeted diet but you will start seeing the improvement in the energy in the span of 2-3 weeks.



I have been extremely strict with my diet. Still have not achieved any weight loss

In most of the cases of Plateaued weight, one of the main causes of not seeing further fat loss is the low metabolism and creating a sense of urgency/fear in the body due to calorie deficiency causing the body to accumulate anything it eats in the form of fat.

To address this particular issue, it is important to get the metabolism capacity up.

As Health experts we do this through specific nutrients (vitamins and minerals). Correcting the gut health can be a game changer. We work holistically to get sustainable results...

Why we are worth your Investment



As part of my ongoing commitment to providing you with the highest quality service and ensuring the sustainability of my nutrition consultation program, we would like to let you know about an upcoming pricing adjustment.

Starting February 1, 2024, there will be a revision in the fees for my nutrition consultation services. This adjustment is necessary to ensure continued access to top-notch nutrition expertise 🙌 and maintain the exceptional standard of care you have come to expect from me.

As a Functional Nutritionist, I work towards finding the root causes of health problems rather than just concentrating on the problem at hand. 🌱 I figure that through thorough assessment and blood reports! 🩸

This way, I can diagnose the conditions early on and prevent them before they convert into full-blown disease conditions, from where there is no going back, and to add, this also takes a toll on the quality of life!! 😞 By studying your blood reports through the perspective of Functional Nutrition, I can diagnose the risks early on and reverse them while I can! 🔄

Some of the Diseases that I have effectively worked on:

Reversing Prediabetes

Improving Hypothyroid

Improving high Triglycerides and High Cholesterol

Fatty Liver

Chronic Acidity

We use the following information to get you to your best version:

- **Understanding your Body Type to Suggest the best suitable Food ingredients**
- **Lab analysis to connect the dots as per Functional Medicine**
- **A tailor made sustainable diet to help you reach your health goals**

Online consultations; The investment cost now is 15000 and is going to be 18000 from 1st February 2024 (3 months period)

In person (offline) consultations; The investment cost now is 18000 and is going to be 20000 from 1st February 2024 (3 months period)

Your healthier, happier self is just a call away! Dial 95949 63210 to begin your journey today. Let's make it happen! 🙌



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