

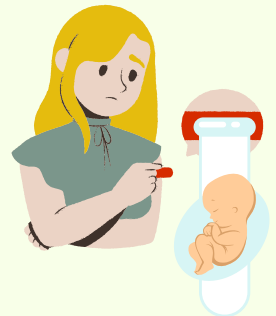


FEEDING FERTILITY

The rate of infertility issues are on the rise in India.

While as a couple it can get challenging, anyone who has had a first experience with a woman undergoing this phase knows how it can exhaust her mentally and physically.

Add cycles of IVF-Weight Gain, Low Self Esteem, Stress, Depression, Pain, the feeling of Hopelessness and Confusion are some of the many additions **she has to deal with for months and years together..**



About Naina Singhanian

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

I see quite a few women regularly in the following phases of their lives:



1. Under 35 but because of physiological defect/ issue they go with IVF
2. Under 35 and have been struggling to get pregnant for quite some time
3. Above 36 years and wanting to work on nutrition while undergoing treatment
4. Women who want to work on their own health before conceiving to pass on healthier genes to their babies



In 3 of 4 cases (unless the results and tests says so), our goal is to **INCREASE** the ODDS by **regulating the Hormones**, Stress, Gut and Nutrient Status for **better chances of conceiving..**

HERE IS A FACT ABOUT NUTRITION BEFORE I GO AHEAD WITH THIS!!!

I am not giving entire credit to Nutrition. As a strong believer of Holistic Healing, I believe, to solve a problem one needs to take help of multiple modalities sometimes. In my cases, I have realised that **State of Mind** and **Nutrition Status** can go a long way in correcting certain defects/ pathways to reach the final destination..

And hence ensuring that the body is replenished enough right from the beginning can increase your chances drastically!!

This is how you can begin:

Step 1: Get your full Body Check up done especially, Diabetes, Lipid, Liver, Thyroid, Inflammatory Markers, Iron Studies, Hormonal Panel done to check where do you stand.



Step 2: Replenish the body with nutrients that might have been deficient eg:

	Nutrients	quantity	
	Vitamin D	target 50 ng/ml	
	Vitamin B12	target 600 pg/ml	
	Magnesium	200 mg	
	Omega 3	1000 mg	
	high Protein Diet	1 gm/kg body weight	

Step 3: Work on the Stress Management tools (in my May Issue of Health Bites)
- Pick any 2 and start from there

Step 4: Get help from an experienced **Qualified Nutritionist** to then assess and help you fill this gap. She will be able to guide you not only with what deficit is on the reports but to help your hormones sync more effectively with you through nutrition..

Ideally getting help from the right professionals from the start will really fasten the process but you can still double check and follow the above steps even if you are on your own to ensure that you are covering all the bases!!

Note: when you are on a High Protein Diet:

Ensure that you avoid Dairy (choose only if you are 200% sure about it being organic) to add protein components.



Instead Choose Dals, Pulses, Nuts, Eggs, Lean Meats. Go ahead and use a good quality Plant Protein to meet the requirement if you are a vegetarian or unable to meet the basic requirement!



This is how We began working with a Woman who wanted to conceive

READ ON... 

Success From Period Sync Program



33 yrs old woman

Weight-70 kgs

Height- 162cm

FAMILY HISTORY OF:

Diabetes

Depression

Hypothyroid

Lung disease

Assessment

- Subclinical Hypothyroid
- PCOS
- Keto diet for months
- Irregular periods since 6 months
- Extreme PMS since a year
- Drowsiness & hairfall (for couple of years)



Course of Nutrition Management

High protein, low carb diet + vit D, B12, Se, Zn, vit A, vit C, Mg



Myonitol, moderate carb, breathwork



Asanas & postures to activate the Apana Vayu



Stress management tool



Lost weight + 10 weeks pregnant on 30th May

(inches)	23 February 2024	9 March 2024	26 March 2024	6 April 2024
Chest	39	38.5	38	38
Neval	38	37	37.5	36.5
Lower Abdomen	42	41	40	39
Hips	45	45	44.5	44.5
weight	84.3	81.9	81.3	79.5

About Period Sync Program

Increasing the chances of getting pregnant by making your body and system conducive through optimal nutrition! By regulating the hormones even better, a woman syncs with her natural clock better.

Not only that, you will also be able to manage your stress levels better which is often one of the common reasons for the Hormones going off whack.

The Period Sync Program is a very Personalised Program that needs to be practical and customised as per your conditions..

Whether you are just trying to get back to yourself, treating hormonal conditions or trying to get pregnant.

This program caters to every woman who is menstruating!!

For Women experiencing:

- PMS
- Unexplained Weight Gain
- Irregular Periods
- PCOS
- Uterine Fibroids
- Endometriosis
- Infertility
- Shorter/ Longer Period Cycles

Expect:

- Regular Periods (atleast begin to)
- Improved PMS
- Improved Stress Levels
- Fat Loss
- Better Sleep
- Improved Digestion

**The investment cost for 3 months program is 21000 INR
FOR ENQUIRIES [CLICK HERE](#) AND MESSAGE "PERIOD SYNC"**

WE ARE AVAILABLE FOR OFFLINE CONSULTS AT PRABHADEVI!! FOR
IN PERSON APPOINTMENTS. WHATSAPP "1 ON 1" ON
[+919594963210](https://www.whatsapp.com/chat?phone=91919594963210) FOR ENQUIRIES AND APPOINTMENTS

7 Days Sugar Sync Program!

Second Batch - July (21st-27th)

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**.. Its not a Diet Plan you have to follow but put the fundamentals and principles into use to see transformations.

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. Functional Lab Reports to identify and prevent Insulin Resistance early on
3. Art of Combining Food to balance glucose
4. 7 Day of Weekly Menu
5. Hacks to prevent Sugar Spikes
6. How to Read Food Labels and decide if they are healthy
7. Micronutrients to Manage Insulin Resistance
8. Essential Supplement List

Program Inclusion


- 2 Live Session with Naina online (2 Sundays)
- 1 Live Meditation Session (with a Yoga Therapist)
- 8 hours of daily Whatsapp support (Monday-Saturday)
- Meal Plan to help you stabilize Blood Sugar Routine
- One-one call with our Nutritionist after the Program
- Diabetic Friendly Recipes
- Stress Management Tools
- Functional Foods and Supplements to help you with your blood sugar levels

Investment cost : 1999 INR (Only 10 spots are open)

**For Enquiries and Registrations: Whatsapp “Sugar Sync” on +91 95949 63210
OR**

[Click here to reserve your spot](#) with a message “sugar sync”

**This is what the Participants from
the First Batch of Sugar Sync
Have to Say!!**

READ ON 

What Sugar Sync Participants have to Say!!



Naina Singhanian's 14-Day Sugar Sync program profoundly impacted my approach to nutrition and health. Naina's unique ability to explain the intricate science of diet and health in an accessible, visual manner stands out. Her method of using actual images and relatable discussions transformed my understanding of food and its dietary constituents.

Through the program, I have become more thoughtful about my food choices, mindful of their nutritional content, portions, and the sequence of eating during meals. This newfound awareness has significantly benefited me over the past few days. While I recognize there is still much to learn, I am grateful for the solid foundation Naina has provided.

Naina's practical and neutral approach to addressing diabetes and weight-related issues is particularly commendable. She treats these concerns with the same straightforwardness as a common headache or back pain, which is both refreshing and reassuring. Her balanced perspective demystifies health challenges, making them more manageable.

Starting this program under Naina's guidance has been a special and transformative experience. Her expertise, combined with her ability to simplify complex concepts, makes her an outstanding educator and mentor in the field of nutrition and health. I look forward to continuing this journey and imbibing more of her invaluable instructions



**- Prasant Nachane, CEO and MD
Kalinga Inceptum Pvt Limited**

Tap to know Jigar's experience with the sugar sync program and how he lost 6kgs in just a month