

HEALTH BITES

What Decides Spot Fat Gain?

Noticed the Place of your Stubborn Weight in the Body?



While Men usually put on around their abdominal area



Women have the tendency of putting it in different locations of the body.



Yes, Genetics has a role to play, but a lot of where you put on weight is also determined based on your lifestyle and hormones.

Want to see how the problem decides the place of Fat and How I work with **WOMEN** in achieving the **Fat Loss Goals** effortlessly?? **READ ON**



About Naina Singhanian

Having worked with over 1300 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



Diabetic Educator



Upper Abdominal Fat:

Also called as Visceral Fat. You will observe this pattern of Fat Accumulation on the Waist between your Chest and Navel. This fat accumulation is often due to **Insulin Resistance** or **High Stress Levels**. This accumulation is also evident around **Menopause**.

How do you deal with it:

1. **High Protein** Breakfast and Dinner
2. Incorporate **Stress Management Tools** (details in May Issue of Health Bites)

Low Abdominal Fat:

This is often seen in Women who might be suffering from **Estrogen Dominance** like cases of Fibroids, Endometriosis. This pattern is common in Women. This condition is also common when there is some kind of **Gut Dysbiosis** due to which there is excess Estrogen in the body causing lower belly fat.

How do you Deal with it:

1. Work on **detoxifying the liver** for elimination of toxins
2. **Foods that eliminate excess estrogen**





Fat Around Upper and Lower Abdomen:

Seen mainly in women, the cause is to do with hormonal **imbalance**. One of the most common occurrence is in women with PCOS .

How do you Deal with it:

- Correcting the **Body's Clock** as per Circadian Rhythm
- Improving the **Liver Function and Gut Health** through the **Functional Foods**

Fat Around Hips and Thighs:

You observe a pattern similar to an inflated balloon/pot belly. Starting from upper abdomen till below navel.

Sedentary Lifestyle, no physical activity, excessive alcohol can often lead to this kind of Fat accumulation.

How do you Deal with it:

- **Strength Training**
- Adding **Fat Burning Nutrients**
- High Protein, Low Carb Diet



Identifying the pattern and accordingly working on the possible cause can greatly ease the process of Fat Loss **especially for Women**. Instead of simply concentrating on Calorie Deficit, Managing Hormones and Stress are a priority because just like Women, their Body is unique too.. And one kind of diet will never work for two Women..

Do you want to know how I uniquely designed something for one such woman who was struggling with host of Health Issues???

READ ON... 

How Did one such Woman Benefit from the Period Sync Program!

33 yrs old woman

Weight-70 kgs

Height- 162cm

Suffering from:



Hashimoto
Thyroiditis

Terrible
cravings

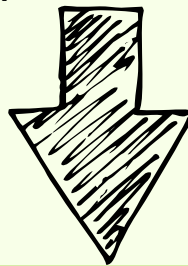
Low on
Energy

Stubborn
weight

Sleepy all
day

Periods
(2-3 times a year)

PCOS for
15 years



Within 45 Days of Period Sync Program

The TSH is
within normal

First normal
periods

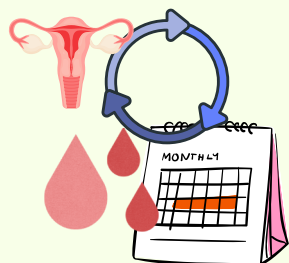
7kgs of
Fat loss

More
Energy

No Food
Craving

Wakes
up Fresh

(inches)	03/04/2024	19/04/24	18/05/24
Chest	39.8	39	37.5
Upper Abdomen	39.2	38.5	34.5
Lower Abdomen (below navel)	41.2	41	38
Hips	40.2	39	37.5
Weight (kgs)	70	67.5	63



Period Sync - Program from June

“PERIOD PAIN is normal”

Discomfort Yes But PAIN - No..

The kind of Pain and Discomfort that you experience around the Periods actually tell you about state of your body and hormones and it can largely be managed through Diet and Lifestyle!! The Pain, PMS, Weight Gain, Energy Levels largely depend on what your body chooses the entire month!

This Program is for Women who are Menstruating, who for the longest time have been struggling to manage **PMS symptoms** and **unexplained Weight Gain**. This One - One Personal Program is driven to help you attain a Painfree Period and help you improve the symptoms pertaining to it

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

FOR ENQUIRIES [CLICK HERE](#) AND MESSAGE “PERIOD SYNC”



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 Plans 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

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

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

WE ARE AVAILABLE FOR OFFLINE CONSULTS AT PRABHADEVI!!! FOR IN PERSON APPOINTMENTS. WHATSAPP "1 ON 1" ON +91 9594963210 FOR ENQUIRIES AND APPOINTMENTS

May Batch- Sugar Sync Results!!

