

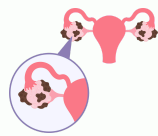


Are your Hormones Acting Up!!

As per the latest stats in 2019,



a whopping 1,00,000 IVF cycles had been conducted in just a year.



1 in every 8 women on an average suffer from PCOS

Issues like Endometriosis, PCOS, Fibroids, Infertility has become so rampant in the past 20 years that there are hardly any research from that time.

Before jumping to any conclusions, it is important to understand the symptoms caused due to Hormonal Imbalances. Most common ones are :

- **Irregular and Painful Periods**
- **Acnes/Hairfall**
- **Extreme Mood swings (anxiety, depressed, stress eating)**
- **Weight Gain (especially around the waist)**
- **Bloating**
- **Tired Even after Long Hours of Sleeping**
- **Scanty/ Heavy Periods**
- **Headaches before Periods**

If you experience even two of the above symptoms, then read on because something that is within your control can be causing it. Knowing the trigger can be a game changer!!

About Naina Singhanian

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



Functional Nutritionist



Registered Dietitian
Lic No- 132016

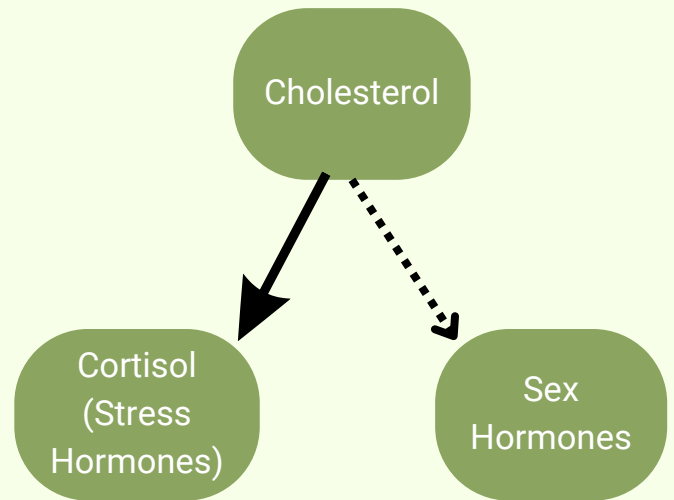


Yoga Teacher's Trainer

These are the three major trigger factors I contribute this whole bunch of hormonal imbalances to:

1. Stress

Because Stress needs the same raw material as the Sex Hormones, too much of Cortisol levels will prevent normal hormonal production leading to hormone imbalance. Weight Gain, PCOS, Insulin Resistance ,Hypothyroid are a common at such times.

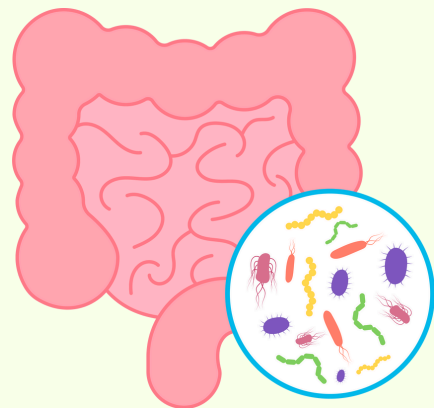


2. Estrogen Disrupting Compounds (EDC)

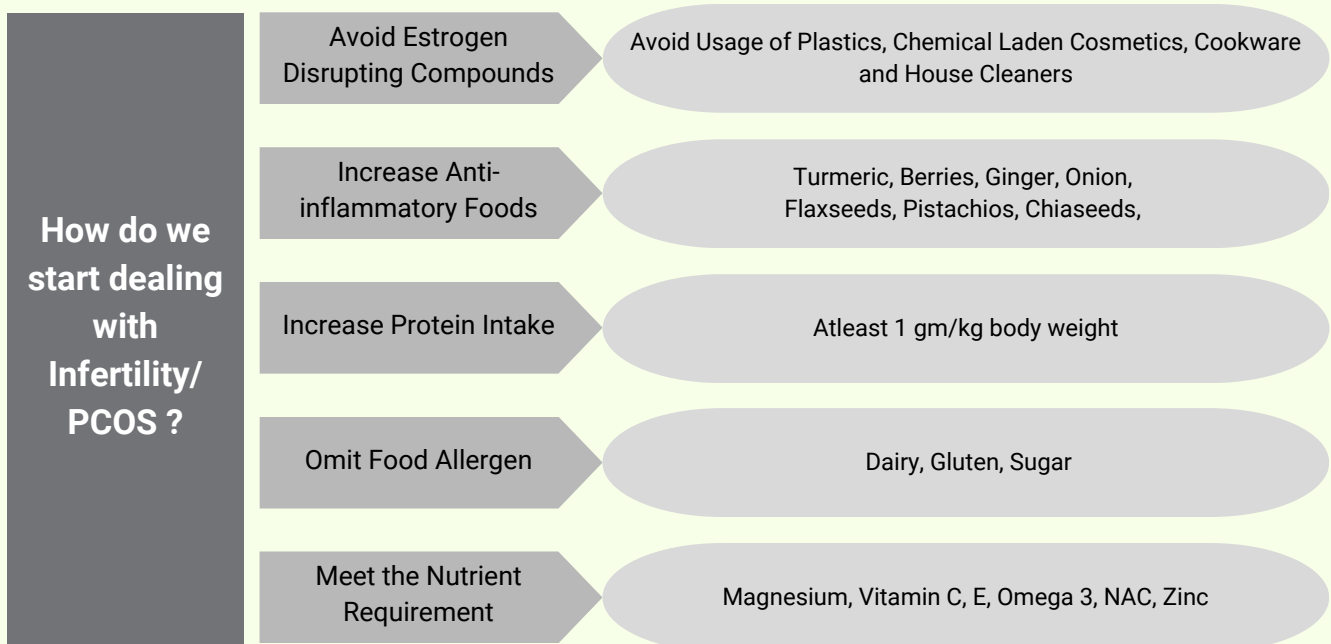
Certain Compounds can often disrupt the production of natural estrogen. They only look like estrogen but do not function like one. Result? Infertility
Eg of EDC: cosmetics, perfumes, home cleaners, plastics (BPA)

3. Gut Health

A poor Gut will cause that bad bacteria to easily get into the system. This bacteria decides which hormones stay or is to be eliminated. With bad bacteria, the processing is a problem which then causes inflammation leading to other issues like estrogen dominance, endometriosis/ fibroids, insulin resistance, high cholesterol to name a few!!



One of the commonest way to deal with the hormonal condition today is **Birth Control Pills**. I wont go on about why one shouldn't consider them but I will definitely tell you that there is a much more natural, sustainable and sure shot way of regulating your hormones and you should consider it first and foremost before resorting to anything.



The above measures (esp the first 4) are to be included no matter what hormonal conditions are you suffering from.

The fifth one is very individualistic and case to case and hence it is extremely important that you get an opinion from an experienced expert for the way forward. You can however, ensure that the basic important nutrients like D3, B12 are met!!

The Formula to see the results is as follows:

Lifestyle Habits + Food + Stress Management Tools = Regulated Hormones

If not complete, it will bring you to a much better place !!

The journey of Getting Body to work normally can get overwhelming. While these are guidelines to get started immediately, a correct diagnosis with a root cause definitely helps in designing an action plan that addresses the root cause and can expedite the process.

We do offer a Customised Program for that. You can find the details of the same in the Offer Section!!

FAQS:

Can PCOS have an effect on my fertility?

Yes. PCOS leads to multiple cysts in the Ovaries. These cysts confuses the body's reproductive system. These cysts are small follicles that do not mature which is important for pregnancy to take place. So it might not always lead to infertility but the chances of getting pregnant definitely reduces with it.

My periods have not been normal for the past couple of months? What should I do?

Hormones are extremely sensitive. Excessively Stressed? Have had a traumatic Episode? Shifted Places? Drastic Weather Change? Have had a Hard Exhausting Month? Not been sleeping for weeks? Been eating Junk regularly? It will all show in your Hormones through your Menstrual Cycles!!

Give your body atleast 3 months to improve before resorting to any Pills. Not just wait but work towards it with right Food and Lifestyle.

Can I reverse PCOS?

PCOS is a Lifestyle Disorder. When you work on sustainable ways to manage it, you can successfully manage it and its side effects.

Why have I been put on Metformin to manage my PCOS?

PCOS and Insulin Resistance is a mutually inclusive occurrence. The blood sugar is what needs to be managed and hence Metformin is a common tablet prescribed in PCOS. At the same time you have to keep a close watch on the kind of nutrition you adopt, if you are looking at improving the condition in the long run sustainably.

I have very severe pre-menstrual symptoms. Is it normal?

No it is not normal, there are high chances that the estrogen/ progesterone ratio is high. Issues like Endometriosis, PCOS and Fibroids can aggravate it. This needs to be worked upon through food sources (to eliminate excess estrogen) and work on the gut health with stress management.

Recently, I have been feeling very drowsy to an extent that I don't want to wake up in the morning?

Feeling low on energy especially in the mornings is a common symptom. Intake of coffee and sugar can disrupt your cortisol levels even more. Check for the Symptoms I mentioned above. If you see even two of them then you should consider getting some further investigations done to confirm.

What diet is best for managing PCOS/ to improve fertility/ Estrogen Dominance?

A high Fat, high Protein, Low Carb Diet is ideal. Having said that, it is also important to include various nutrients based on your symptoms, assessment and reports that will work on the root cause of the condition. While "the how to start dealing with it" is what I have already mentioned above, it can get confusing and overwhelming for some to work towards it. I offer a Discovery call in order for you to get that confusion out of the way and how to get started. I am offering some amazing Women Health Offers only for this month. Do check out the following section for the same.

For those time of the Month - Chocolate Guiltfree Brownie

Ingredients

Ripe Avocado - 1/4

Almond Butter - 1 tbsp

Nut Flour - 2 tbsp

Plant Protein - 1 scoop

Plant Milk - 150 ml (or as per preferred consistency)

Coconut Sugar - 1 tbsp (as per preferred sweetness)

Method:

Bring all the above ingredients together and pulse really well. Refrigerate it/ microwave it as per your preference and Dig in!!

About the Recipe:

When the body is in need of good fats and carbohydrates. This recipe does the trick of adding some good form of fat to the body at the same time satiating the craving. High Magnesium from the chocolate will help in easing the menstrual cramps and bloating drastically too. So splurge in guiltfree

This can be relished especially around your luteal phase and start of menstruation!!

Note: The above Recipe serves about 1 serving.

(Our Programs are extremely customised and offer such amazing recipes as well :))



CASE STUDY:

Every case we handle is unique. The process might seem simple, but it takes a deep understanding and deep reasoning to initiate with any foods or supplementation. Does food alone cure it? The answer is no. It takes a holistic management (body and mind) to reset the Body. This is a simplified version of how I went about with one such patient who was struggling with Fertility!

Patient Description: 33-year-old woman, 5.4 ft, 88 kgs, suffering from PCOS,

Goal: looking at weight loss and increasing her chances to conceive



Patient History and complains:

- PCOS since the age of 17 yrs of age
- She has been on low-carb and Keto Diets twice in the past to lose weight
- mood swings and more prominent PMS Symptoms in the past 1 year
- Poor Sleep Quality, Hair fall
- Family history of Depression, Diabetes, Hypothyroid and Hypertension



Lab Reports: High Free Testosterone, High Prolactin levels , Low T3 Levels, High Cholesterol

Diagnosis: PCOS
High Cortisol Levels

Treatment

Stage one Low Carb Diet, Inclusion of Omega 3

Stage two Supplements like D3, B12, Magnesium, Pranayama

Stage three Zinc, Myo-inositol, B complex, Passion Flower tea, Ashwagandha and Strength Training

Result: In a span of 2 months, her PMS symptoms had improved drastically. She had lost about 6 kgs of weight, inches more so. Her Energy Levels had improved drastically.

Note: We haven't cured the issues completely, but we are in the path of progress. This journey can be slow. But it will be sustainable and the results you will see will be astounding!!



International Women's Program

Who is it for: Women of all Ages above 13 years

Women are unique. And as unique and superior we might be, we are equally complex due to the whole lot of hormones that our body harbours! The Program is woman centric where we keep everything into consideration while curating a suitable Diet Program for you including your hormones!!

On account of International Women's Month, we are offering a Jodi Offer!! 2 Women can enroll with us at a price of 1!!

Benefits You are bound to Experience

- Lose weight Without Fad/ Calorie Deficit Diets
- Regulate your Periods
- Reduce the PMS Symptoms
- Increase the Energy Level
- Manage PCOS/ Insulin Resistance



Actual Pricing Rs. 42000 for 2

**Offer Price Rs. 21000 (BOGO- Buy one get one Free)
Price Valid till March 31st**



Beat Diabetes Program

Any One with an HbA1c more than 5.6

Diabetes is an unknown evil demon that not only causes a high blood sugar but a whole lot of complications. For the ones who are suffering from Diabetes will find the following experience relatable:

1. Bloating within an hour after eating meals
2. Feeling Low on Energy
3. Low Sex Drive in Females and erectile Dysfunction in Males
4. Sleepy especially after Meals
5. Fat around the Stomach

Our Program not only works towards managing Diabetes but also works towards reversing it. This means reversing all the above symptoms and side-effects that you might be experiencing due to High Sugars* (t&c)

Benefits You are bound to Experience

- Drop your HbA1c by as high as 2.5%
- Improve in Overall Energy
- Inch Loss
- Improvement in Cholesterol Levels
- Better Sleep



Program Inclusion

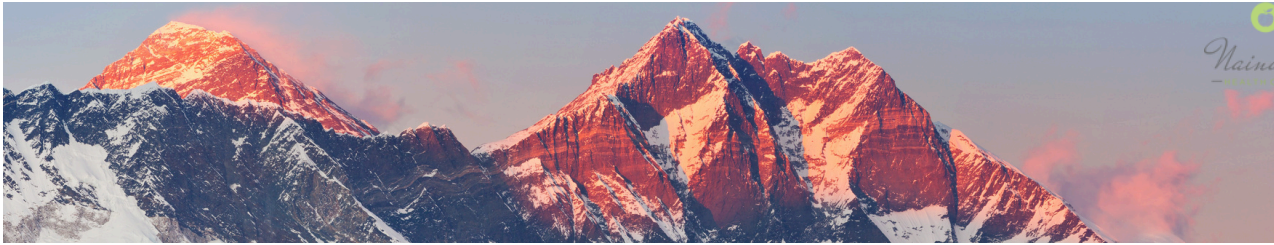
- 13 Week Program
- 7 Consult Sessions with Naina
- Weekly Whatsapp Checks
- Diabetes -Friendly Recipes
- Diet Plans
- 12 Sessions of Yoga



Actual Pricing Rs. 24,000

Offer Price Rs. 21000

Valid till 24th March



Vacay Trim Program

Going for a Vacation to a Tropical Destination??

Vacations are meant for two things!! To have one of its kind appearance and second to be able to capture the memories perfectly in the photos!! The tickets are set, the whole itinerary is curated but are you photo ready??

Well if not then this is your last chance to work on it before you hit the roads!! Our Summer HHealth Program are meant to help you lose those extra inches in simple yet effective way!!

Benefits You are bound to Experience

- Lose Significant Inches
- Look Toned

Program Inclusion

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



Actual Pricing Rs. 21000

Offer Price Rs. 18000
Valid till 10th March





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

- Lose Significant Inches
- Look Toned
- Know how to Make Healthy Food Choices even when you travel



Program Inclusion

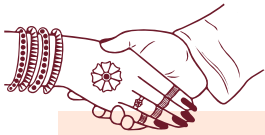
- 12 Weeks Program
- Diet Plans for Inch Loss
- Recipes
- 7 Consults with Naina
- Weekly Whatsapp Checkins



Actual Pricing Rs. 21000

Offer Price Rs. 18000

Valid till 10th March



Wedding Slim Program

Brides and Grooms Getting Married in 2024

Lets Face it!! We all want to look our best and the hottest on our D-Day. Not to forget the phase after i.e. Honeymoon. This special program has been curated to help you attain extra glow, get slimmer and toned look.

The path to achieve requires you to start months before just like the preparations of the wedding.

Benefits You are bound to Experience

- Lose Significant Inches
- Look Toned
- Get a Glowing and Clear Face



Program Inclusion

- 12 Weeks Program
- Detox Plan
- Diet Plans for Inch Loss
- Recipes
- 7 Consults with Naina
- 10 Face Yoga Session



Actual Pricing Rs. 24000

Offer Price Rs. 21000

Valid till 24th March



Referral Program

Our constant endeavour is to give the best services to our clients. We are forever grateful to the trust that you have and constantly referring us to your family, friends and family.

As a Part of goof Gesture, we would like to extend an appreciation only for our valued clients till date.

With every Individual that onboards with us for a Quarterly Program, referred by our past clients, the client gets a voucher worth Rs. 3000 which can be redeemed against any service that he/she chooses to avail.

This particular offer is Valid till the Month of MAY!!



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