

HEALTH BITES

Stress Weighing you Down??



About Naina Singhania

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



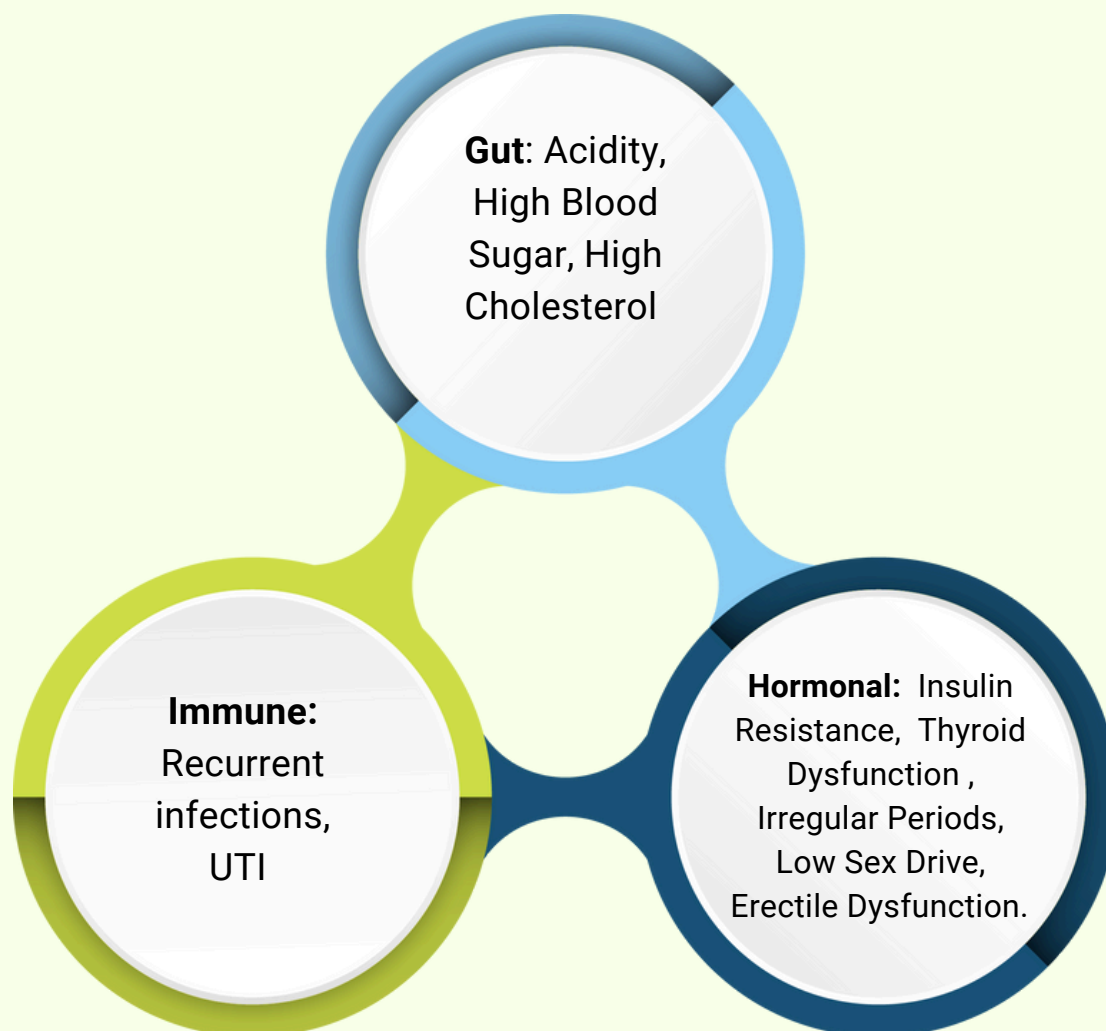
Registered Dietitian



Diabeter Educator

The above are classic symptoms of **High Stress Levels** especially when you don't have the bandwidth to handle them! And Stress alone can cause multiple functional failures

Stress has the potential to impact on 3 Levels in the body:



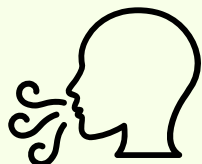
If I have to mention for the sake of remembering the effect Stress has on Body and Mind :

- S**timulation
- T**ension
- R**estlessness
- E**xhaustion
- S**exdrive
- S**leeplessness

“Everyone has the ability to increase resilience to stress. It requires hard work and dedication, but over time, you can equip yourself to handle whatever life throws your way without adverse effects to your health. Training your brain to manage stress won't just affect the quality of your life, but perhaps even the length of it.- **Amy Morin**”

I am going to share **6 effective tools** that have the power to increase the resilience of your body to handle Stress.

How will these tools and ingredients help?? While some prevent over stimulation, the others bring more awareness and mindfulness causing the mind to respond to the stress than abruptly reacting to them.. The food ingredients will replenish with the exhaustive sources of nutrients allowing your mind and body to function more optimally..



1. **Breathwork:** Especially Bramhari. The breathwork where you exhale with a hum like a bee. Alternatively you can even Chant Om while you exhale!!

When: After waking up, before meals, before going to bed.

Why: Because that will activate your parasympathetic nervous system (the relaxing nerves)



2. **A Cold Shower** - A few minutes of Cold Shower can drastically reduce the stressors by releasing the endorphins, a neurotransmitter that reduces the feeling of anxiety. It also enhances the Immune System and Mindfulness.

When: Atleast once a day. Preferably in the morning.

How: 2 Minutes of Cold Shower towards the end of your Morning Shower



3. No Blue Lights: The lights emitted from gadgets increase the secretion of cortisol leaving you hyper, impatient and irritable. It also reduces melatonin, a hormone that induces sleep. This prevent the body from healing optimally leading to compromised Immunity and Gut.

When: 30 mins before bedtime and after waking up.

How: Avoid Phones, Televisions, Iphone and TV Screens.



4. Include 3 Supplements Regularly: Magnesium, Zinc and Vitamin D. Magnesium and Zinc nutrients used optimally when the body is Stressed. By supplementing the body with them, the body gets enough time and energy to heal and rejuvenate itself.. Vitamin D also called as a happy Hormone ensures that the body has a robust Immune system too.. Do speak to a Health Professional to find the nutrient bests suitable for you

When: Include Vitamin D in the morning and balance around Bedtime for best results



5. Low Carb Diet: Excessive Sugars Means faster Aging. It also generates Free Radicals and contributes to sugar spikes resulting in brain fogs..

How: Add High Protein and reduce intake of cereals in Breakfast



6. Grounding: This act alone has the power to reduce inflammation, support quality sleep and fight inflammation thereby contributing in the overall healing

When: Anytime in the day

How: Walk Barefeet on ground/ grass



14 Days Sugar Sync Program! Second Batch - June (9th-23rd)

We all believe that medications are an answer to managing Diabetes. But quite frankly, **the management is a short lived journey** without implementing right diet and mindfulness practices.

If medicines could cure, you would not be Diabetic anymore. The Diet and Lifestyle you adopt cannot have an expiry Day either. But the difference between the two is that, you will not have side effects with the latter.

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

- 3 Live Session with Naina online
- 8 hours of daily Whatsapp support (5 1/2 days a week)
- 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
- A Whatsapp Community

We are offering a special fees of Rs. 1999 till 1st June in the Early Bird Offer. After that, the fees will increase to Rs.2999.

For Enquiries and Registrations: Whatsapp "14 Days" on +91 95949 63210

[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