



ENLIGHTEN THIS DIWALI!!

One of the biggest concerns around this time of the Year is Weight Gain!! There are so many parties, events, festivals, weddings. How can one practically even attend them and still lose weight with all the delicacies??

The **calorie out > calorie in** funda is true only if there is no underlying issue, to attain fat loss. There are a lot of people who are doing everything and yet not losing weight, possibly because there are a lot of underlying digestive discomforts/ issues that haven't been addressed.

If you are one of the Individuals who is trying to lose weight and not being able to do so due to multiple digestive issues, then here are **5 steps** that you need to follow to get started correctly:



STEP 5: RECHAKA PRANAYAMA

WHY: It tricks the mind to reduce Stress and Inflammation and regulating the Hormones

HOW: Inhale for 3 and Exhale for 6 (Inhale < Exhale) 1:2 respectively



STEP 4: 10 MINS OF EXERCISE

WHY: So that there is good hormone release and the nutrients can reach every nook and corner

HOW: Begin with 10 mins of any movement. Making you feel more alive?? Increase it as you like..

WHY: Reducing Stress to the Digestive System

HOW: Letting go of wheat, maida, semolina, bulgar wheat, bajra

STEP 3: GO GLUTEN FREE



WHY: Cutting down on the Food that the bad bacteria needs.

HOW: Skipping anything that has direct or indirect sugar (including jaggery and honey)

STEP 2: GO ZERO SUGAR



WHY: Allotting some time to the body to rest and heal.

HOW: Starting with 12 hours and increasing to 16 hours gradually is ideal. (Do this for atleast 3-4 weeks

STEP 1: INTERMITTENT FASTING



Do you have to live with Diabetes??

Is Diabetes Reversal Possible??

Simply put, You can reverse it if your Pancreas is producing normal Insulin. And it will continue to stay reversed if you continue to stay Disciplined and Consistent with the tools that helped you Reverse it.

What do Reversals even mean?

Reversals can mean that you can partially or completely go off oral medications. The medications are necessary if your Pancreas is not working to its optimum. Shying away from them is not the solution. Always get an opinion from a sound Health Professional.

Can you detect if you have started to develop Risk for Diabetes?

Yes, you can. By running a few tests, you can know if you are insulin resistant or not. (this is the stage before prediabetes which if detected can increase the chances of reversals). As functional nutritionist we perform a detailed assessment to connect various symptoms, past history and necessary reports.

Can Diabetes Type 1 Reverse too?

Type 1 Diabetes is when the Pancreas is not Producing Insulin at all. However, with correct Diet Recommendation, the Insulin Dosages can be reduced by correct selection of food.

DID YOU KNOW??

It takes 5-10 years for your body to develop Diabetes and show on your Blood Reports. Genetics contributes only 25% to the risk of Diabetes. 75% is dependent on Environment and Lifestyle.

PROGRAM OFFERINGS FOR THIS MONTH!!

1. 21 Days Reset Fatloss Program:

The Program Focusses on clearing the gut for expediting the Fat Loss Process. This will thereby also help in clearing the skin, improving digestion and energy.

Who is it for?

If you are -

- struggling with Weight Gain
- suffering from Bloating/ Acidity/ Constipation
- suffering from Thyroid/PCOS/Diabetes
- suffering from Allergies
- suffering from Perimenopausal Weight Gain

Then the Program is for you!!

2. 90 Days of Beat Diabetes Program at 10% discount (T&C*)

A Robust Program to manage/ reverse Diabetes Type 2 whether you have just been detected or have been suffering for years.

Whats does it include-

- An Assessment Session to help you Diagnose Root Cause
- Know if your Diabetes can be reversed
- How to get Started
- Detailed Action Plan (Diet, Lifestyle, Stress)
- Recipe / Whatsapp and Call Support

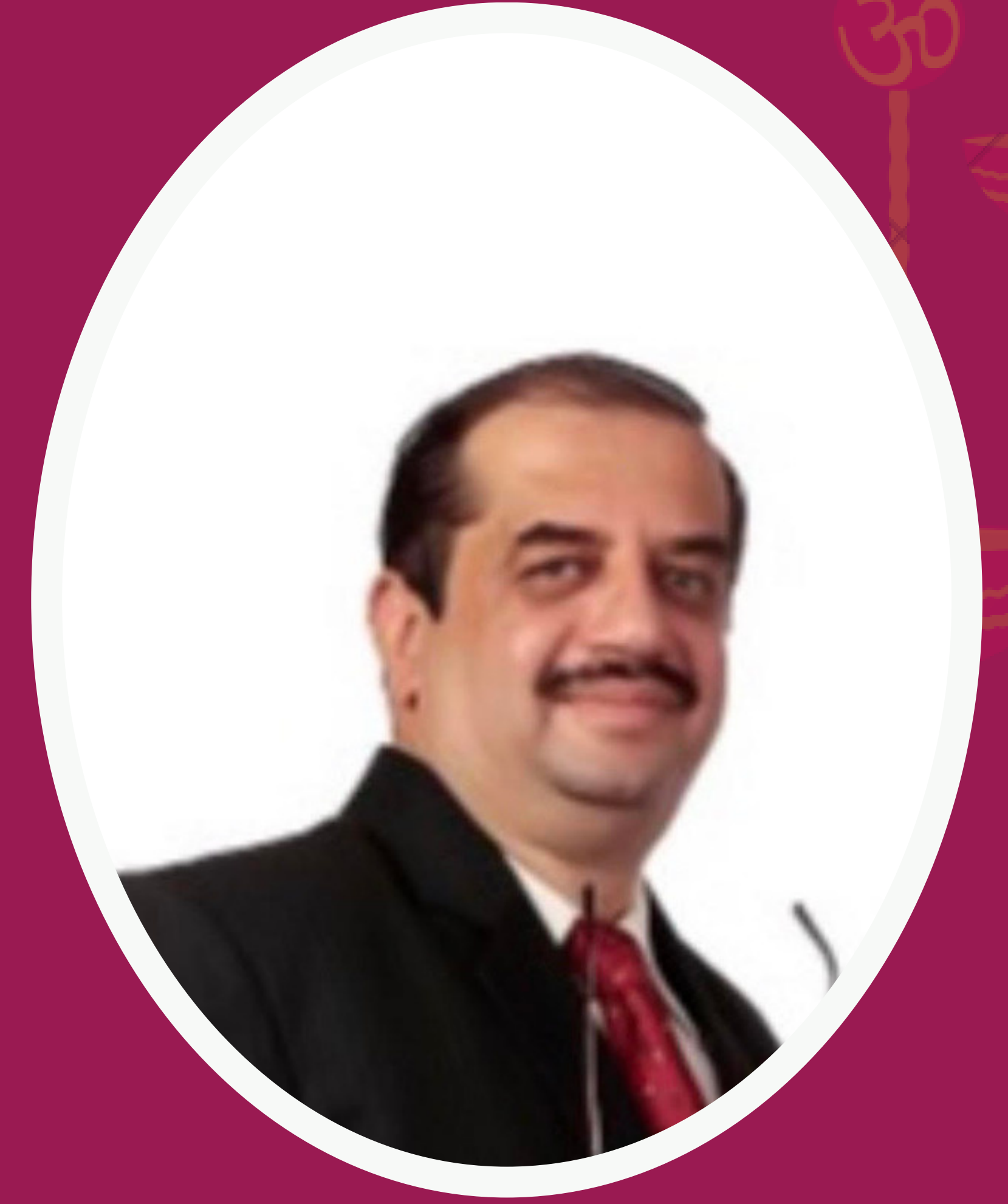


CLIENT CORNER!!

Jacob Williams (Dubai)

Managing Director

I wanted to lose weight and my internal weight loss came to a standstill after losing 10Kgs and stood at 90kgs for a month, which was getting very frustrating as I was trying possibly everything I knew best to lose weight and the scale was not just moving. I was very sceptical of dieticians from my past experience. However since Naina came recommended highly from a family friend I decided to try her out hesitantly.



We started one month into the program and I found her to be extremely knowledgeable and patient. She was telling me to eat more !! while I was prepared to starve more !! I was already on an intermittent fasting program of 16:8. I thought to myself this is never going to work but well why not give it a shot. Surprisingly even though I was eating more the scale started dropping steadily day by day and I lost another 5 kgs in a month. She taught me the difference between muscle loss and fat loss. Taught me to be patient and not try to over do the diet but manage it in more controlled fashion. She changed my exercise routine and diet.

The icing on the cake after all this , she told me just after a month you don't need my services anymore you are doing good by yourself !! Now which professional will ever do that, once they get hold of you no one wants to let go! That's a really rare trait you will find in today's world.

A pure value for money service. I will highly recommend her to anyone who wishes to avail of her services.