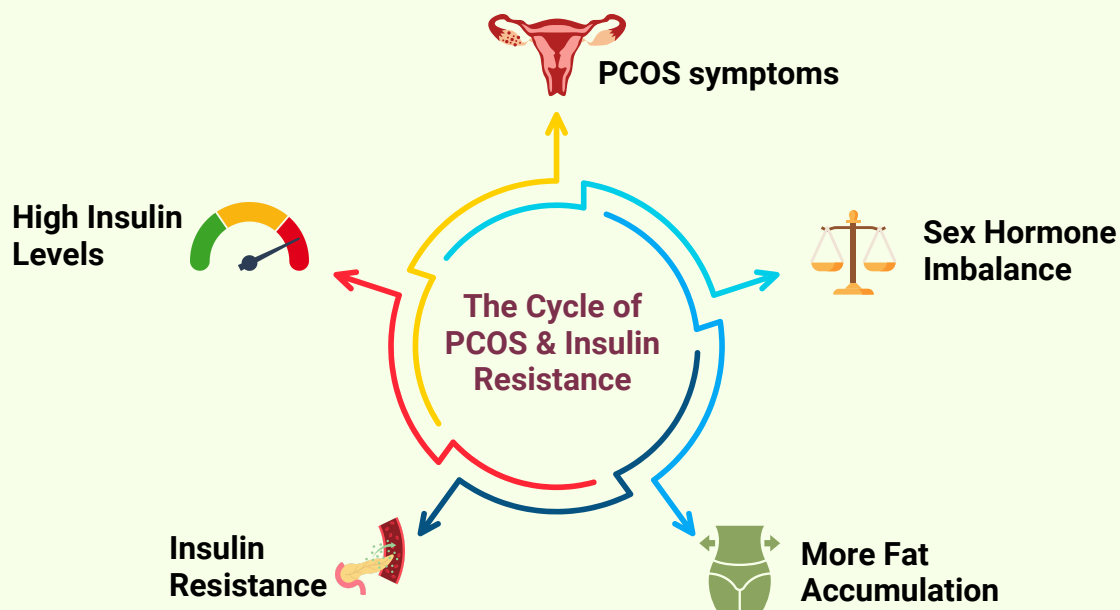


## HEALTH BITES

# Diabetes, Cause or Result of PCOS and Infertility?

Fact: More than 50% of women with PCOS develop Type 2 Diabetes by the age of 40.

We don't know what comes first but we definitely know one thing by now; it's a vicious cycle.




*You might even agree with me if you are/know anyone suffering from PCOS that both are interlinked since the condition comes with a prescription of one of the most common sugar management drugs like **METFORMIN**.*




### About Naina Singhania

Having worked with over 1400+ individuals in the span of 12 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

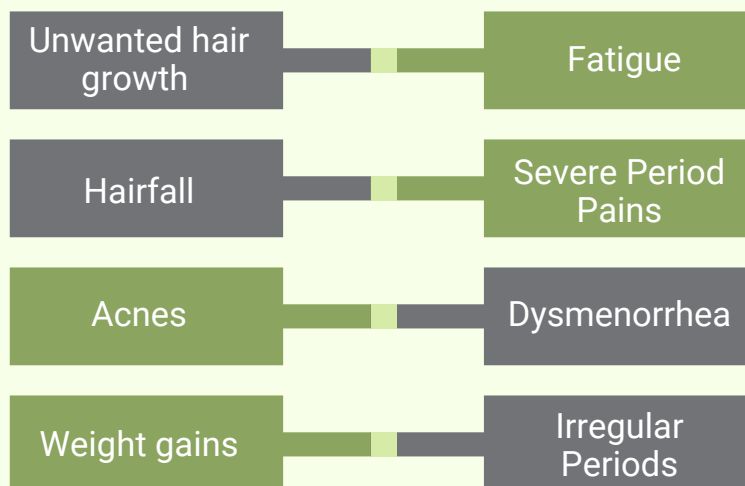
 Diabetes Educator

# Conventional Methods to treat PCOS:

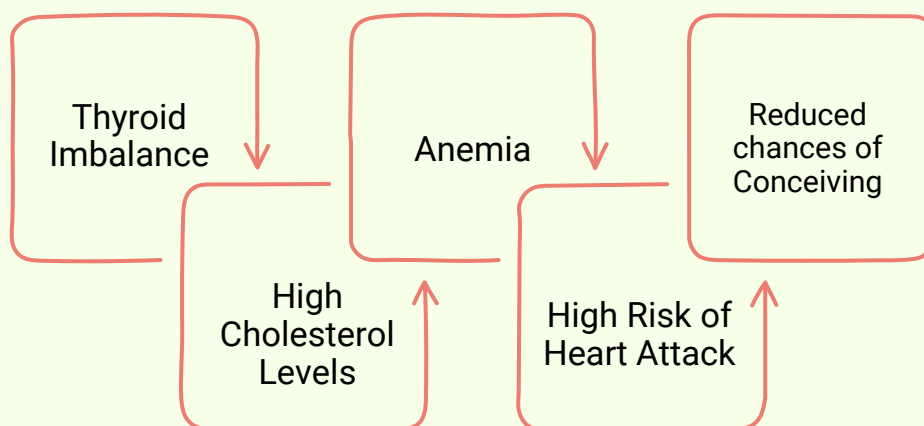


While these measures might get the symptoms in control temporarily with a lot of effort, it only acts like a band-aid, a temporary solution with whole lot of side effects.

## Some Common Symptoms of PCOS are



Not only the above symptoms but you might also see the following issues in the course of time:

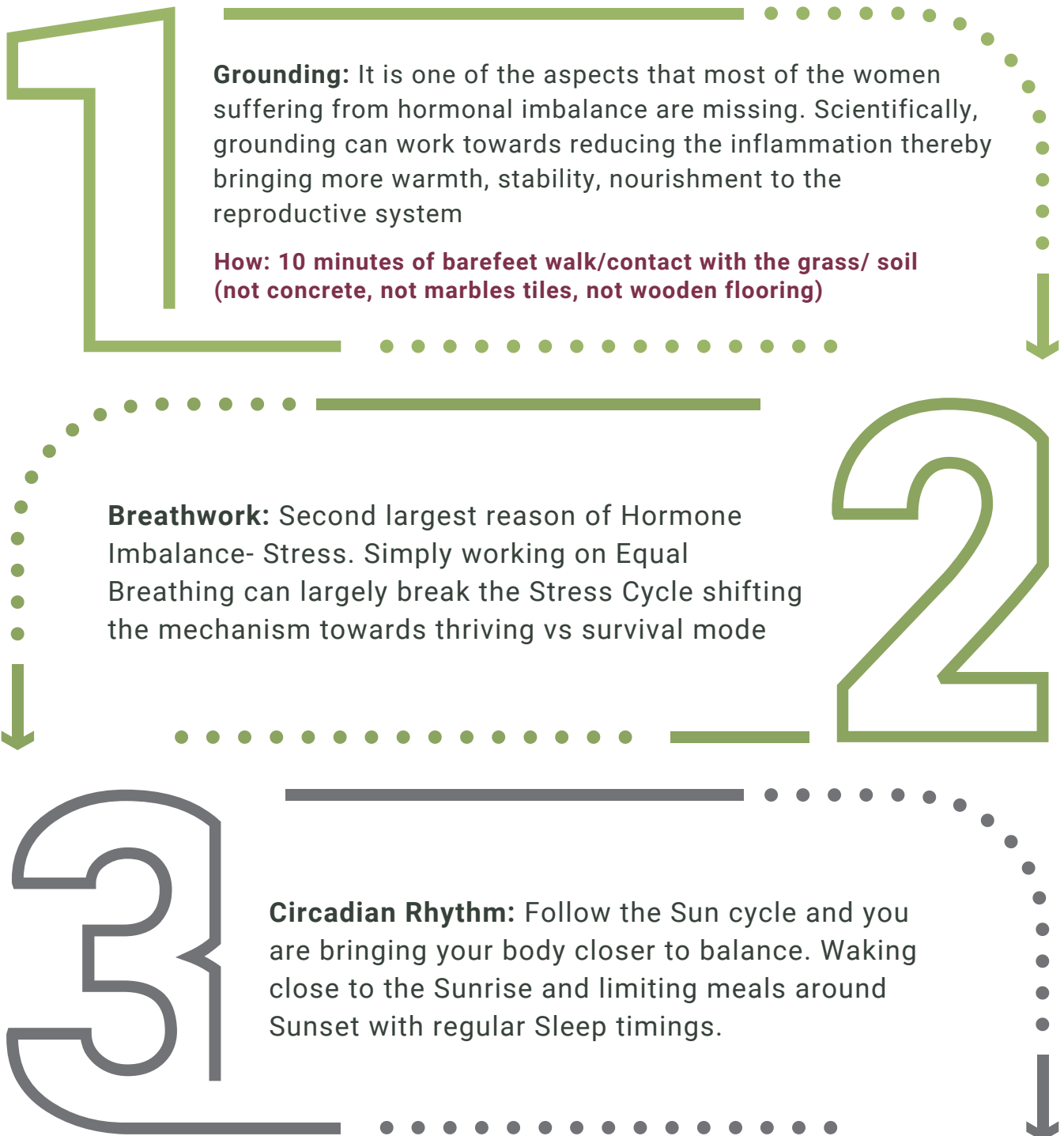


**So if you think that PCOS is just about weight gain, it is not, it is also about managing your SUGARS!!**

Now to permanently get rid of them needs a long route: **Lifestyle Transformation**

**And here are my first 3 picks to anyone struggling to manage PCOS and Infertility**

## Lifestyle



# Diet

**High Protein Diet:** a High Protein Breakfast can really set the tone for the day

**Elimination diet:** Let go of ingredients that you know will add further inflammation and cause hormone imbalance. Dairy, Sugar, Wheat are few knowns.

**Replenishing the basic Nutrition:** Vitamin D, Methyl B12. Target your range to be atleast 60 and 600 respectively.

Get **Magnesium rich foods** in the form of Nuts, Seeds and Cacao

Add 4 gms of Myonisitol split into two (consider 40:1 of Myo: d chiro)

A detailed Diet Plan can really be magic. But if you have to start on your own, start with the above recommendations.

If you would like to get a detailed assessment with us, then you can connect with us on +91 95949 63210

# Case study of a 36 year old Woman with Diabetes

36 year old Female, suffering from PCOS for 6 years and Diabetes Type II

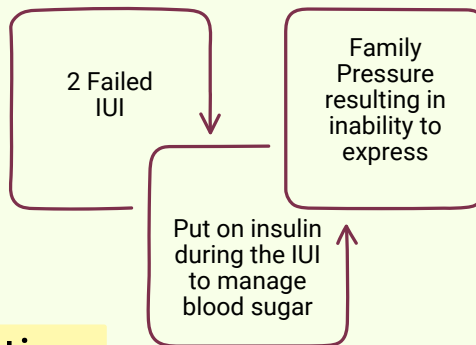
**Her Goal:** To Conceive **Complains:** Low Energy, Food Allergies, Weight Gain

## Blood Test Interpretation:

High Inflammation Markers: Low vit D, High Homocysteine ,High ESR and High GGT

Poor Hormonal Markers: Insulin Fasting slightly high (12.8) , HbA1c- 7.7, Low Progesterone, slightly elevated TSH, Low DHEA Levels

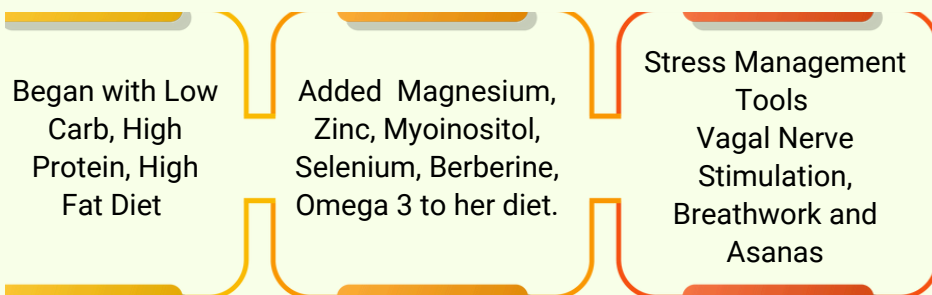
## Problem:



## Final Interpretation:

1. High Stress Levels and constant Pressure to Prove led to immense pressure
2. The DHEA levels being low and Inflammation being high was confirming that the body was not ready to conceive.
3. Subclinical Hypothyroid, TSH levels were 3.7 with some symptoms which was again not very favourable considering the goals she had
4. Her Hba1C inspite of rapid and long active insulin were not within control
5. Her High Fasting sugar levels were a cue of high cortisol levels/ stress
6. Her Vitamin Profile was in lower normal range

## Action Plan:



## Result:

- Her Units of Insulin had to be halved since she started to go in Hypoglycemia
- Her PMS symptoms were much better
- She slept better
- Lost 3.5 inches in 45 days
- More Centered and Vocal about her thoughts
- More Energetic

# 14 Days Sugar Sync Program!

## Third Batch - 10th to 24th November 2024

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**.. We are putting the fundamentals and principles in place to see transformations.

This Program is



Jigar used the small tweaks shared in the program and lost 6 kg weight.  
[Tap here to know more about his experience.](#)



Prashant went from 6.8 to 6.1 HbA1C during [the Sugar Sync program](#).

### Program Inclusion

- 2 Online Live Group Session with Naina
- Weekly Meal Plan to help you stabilize Blood Sugar Routine
- More than 40 Diabetic Friendly Recipes
- Stress Management Tools
- Functional Foods to help you manage your blood sugar levels
- Daily guidance on meals to empower you with suitable modifications

#### Who is it for:

1. Diabetes Type 2
2. Prediabetes
3. PCOS
4. Uncontrolled Sugars

#### Not for the ones who are:

1. Diabetes Type 1
2. Advanced Stage Diabetes
3. Kidney Failure/ Heart Patients

[For more details on the Sugar sync program tap here](#)

**[For registration tap here](#)**

Investment cost : 2499 INR (Only 20 spots are open)

For Enquiries and Registrations: [Click Here](#) and message "Sugar Sync"



## **Manage Your PCOS with a Discovery Call @ Rs. 2999:**

- Get assessed to understand the root cause and suitable recommendations.
- A 40 minute call to understand every facet and suggest a Plan of Action accordingly.
- An Action Plan will include ( Diet, Lifestyle and Supplementation suggestions)





**CONTACT US**



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Youtube



Prabhadevi Mumbai

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