

# HEALTH BITES

# All about Sugar!!

**What happens to an object when it is overused??**  
It wears out faster!!



**Sugar is Brains Food**  
*Excessive Sugar Intake* can cause an overdrive leading to loss of memory function



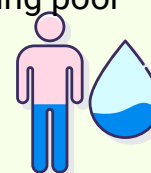
**Sugar gives energy to the Body**  
Excessive Sugar causes body to store Fat causing Obesity



**Sugar is a kickstarter for Pancreas to produce Insulin**  
Excessive Sugar over stimulates the Pancreas causing Diabetes



**Sugar works as a Hydrator**  
Excessive Sugar can leave the Cells of the body dehydrated causing poor nutrition



**Sugar adds extra kick**  
Excessive Sugar soon comes crashing down leaving you anxious, low and in a state of confusion



*Whenever I have a **No sugar Challenge** with a Group!! One of the most common questions that I get is: Isn't it bad to eliminate it entirely from the Body??*

**The Answer to this:** Eating Sugar is going to do way more harm than skipping it entirely. Our Body has the power and mechanism to make its own sugar. So even if you aren't adding sugar in the diet. The body is still producing it within as in when it requires it.



## 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



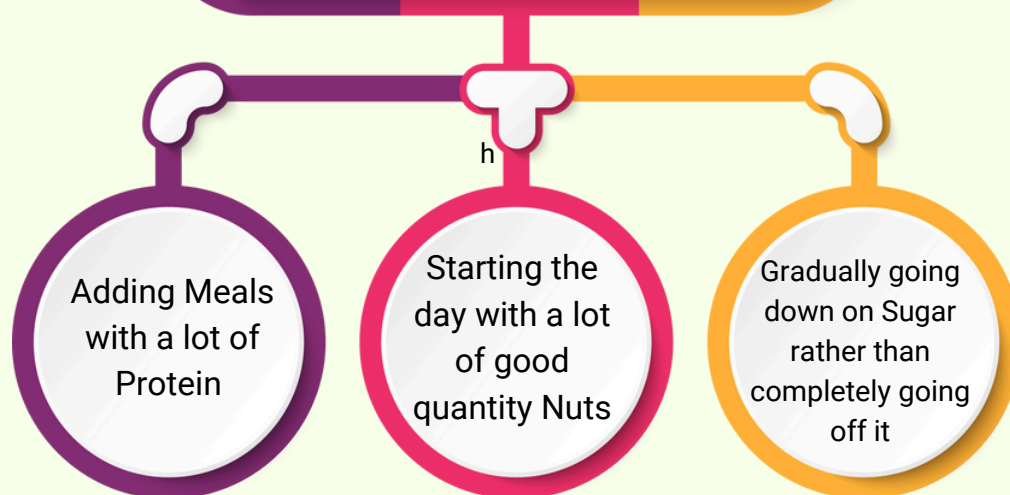
Warning: Whenever you go on "No Sugar". It is very common to experience low energy, to get sugar cravings and feel very restless.



In regular terms, call it **withdrawal symptoms**. But to really explain what is happening: The body is so used to getting the kick from the sugar that is readily available that the brain is used to being at a higher frequency at all times.

"No sugar" is a reality check to know how much the body is actually used to the high sugar in your diet.

## How do you Really Begin?



(Do a strict no sugar only if you have the grit and mindset to commit to it)

## One of the Biggest Myth about Sugar:

Only Processed Sugar is unhealthy and one can include other natural sources like coconut sugar, brown sugar, honey, jaggery.

**Myth Buster:** They might be slightly more healthy because of some micronutrients but they will still cause the same effect in the body as plain sugar would.



## Testimonial Section:



### **Consistency and Discipline can move mountains!!**

“I have been able to roll back time and what I was 9 years ago!! From 108 to 92.7 and more to lose. You have been a constant support!! Thank you for your fanastic advice and expertise which has helped me achieve this feat.”

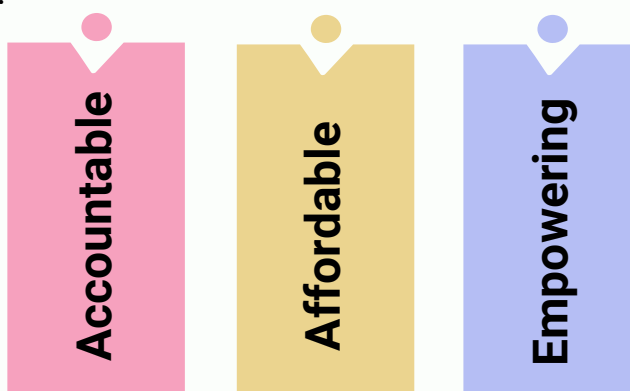


# 14 Days Sugar Sync Program!

## Second Batch - Oct 14th to 27th, 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**.. It's not a Diet Plan you have to follow but we are putting the fundamentals and principles into use 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.](#)

#### Who is it for:

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

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

#### Program Inclusion

- 1 Online Live Group Session with Naina
- Meal Plan to help you stabilize Blood Sugar Routine
- Diabetic Friendly Recipes
- Stress Management Tools
- Functional Foods to help you with your blood sugar levels

#### 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](#)**

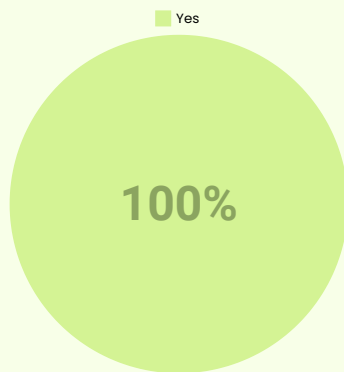
Investment cost : 799 INR (Only 30 spots are open)

**Ice Breaking Session and Gearing up for the Session: 13th October, 10 pm**

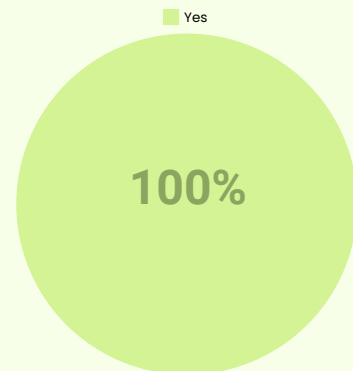
**For Enquiries and Registrations: [Click Here](#) and message "Sugar Sync"**

# 14 days Drop your Inches Challenge

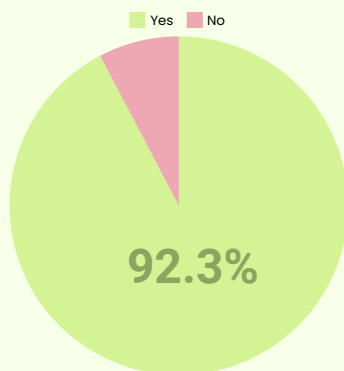
How many saw an improvement in their food craving??



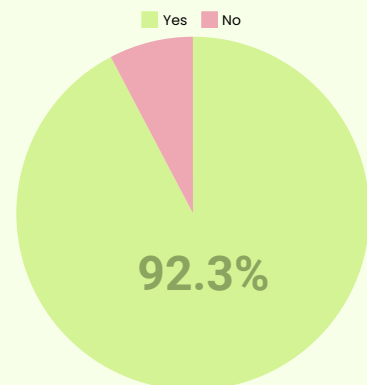
How many of them could build their healthy meal plates towards the end of challenge!



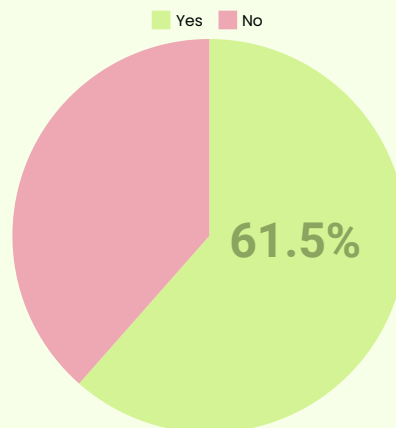
How many experienced improved Energy?



How many slept better with the challenge?



How many experienced inch loss and looser clothes



**Drop your Inches Challenge testimonial**

# DROP YOUR INCHES

## 14-day Challenge

Some Common Sense, Some Knowledge and Consistency can get you to reach your goals much FASTER!!

This is what happened with the Participants in the 14 Days “Drop the Inches” Group Challenge:



With understanding of how to design the meal plates to setting effective simple Health Challenges, we do all of it in these 14 Days!

### Who is it for:

- Who have been struggling to get healthy
- Trying to drop inches (lose fat)
- Trying to set up clean habits
- Looking for some motivation and accountability
- Seeking correct knowledge to be able to design their own Healthy Plan

### Not for the ones who:

- Are suffering from Health Issues/ Illnesses
- Are looking for personal 1-1 interventions
- Are seeking Personalised Diet Plans

Ice Breaking Session and Gearing for the Challenge : 12th October 10 pm IST

**Accountability Fees: Rs. 399/-**

**Last Day to Register: 11th October 2024**

Click on the link to register: [REGISTER HERE](#)



**CONTACT US**



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