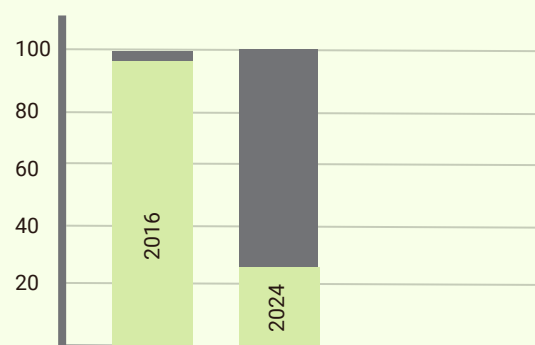


COVERING THE BASES OF HEALTH

Percentage of cases coming to me for weightloss: 2016 vs 2024

Percentage of cases coming to address other health issues: 2016 vs 2024



Food is just not about losing weight? We have come far and most of us now relate Health with **Strength, Longevity and Independence.**



Right to Speech, right to choose, right to express.

Good Health is a right too that every Human deserves. Hence, in this Issue I bring to you **information that is needed to cover all the Bases of Health to stay Healthy!!**



About Naina Singhanian

Having worked with over 1500+ 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

Here is a quick checklist if you are simply trying to get **good habits and good health in place.**



For ones suffering from any health condition, or severe deficiencies, consult a health professional



Local is Hero

Expensive doesn't always mean good food. So here is a simple table of foods that you can easily swap with the exotic ones that are easy on the pocket and are more nutritious



Blueberries



**Jamuns/ Amla/Mulberries/
Wild Berries**



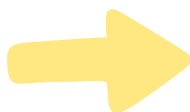
Avocado



Peanuts



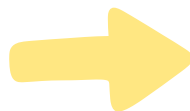
Feta Cheese



Cottage Cheese



Chia Seeds



Walnuts/ Flaxseeds



Quinoa



Millets





Basic Nutrient Maintenance

Vitamin B and D deficiency is quite rampant. And in order to ensure that you are maintaining a basic maintenance dose, here is what you can consider.

(Maintenance -> when your blood parameter is in the normal range

Deficiency -> when blood parameter is below the normal reference range)

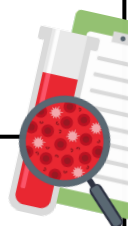
Nutrients	Deficiency	Maintenance
Vitamin D	5000 IU/ day atleast for a month	2000 IU/day
Vitamin B12	1500 mcg/alternate day for 2 months	1500 mcg/week
Omega 3	variable	1000 mg



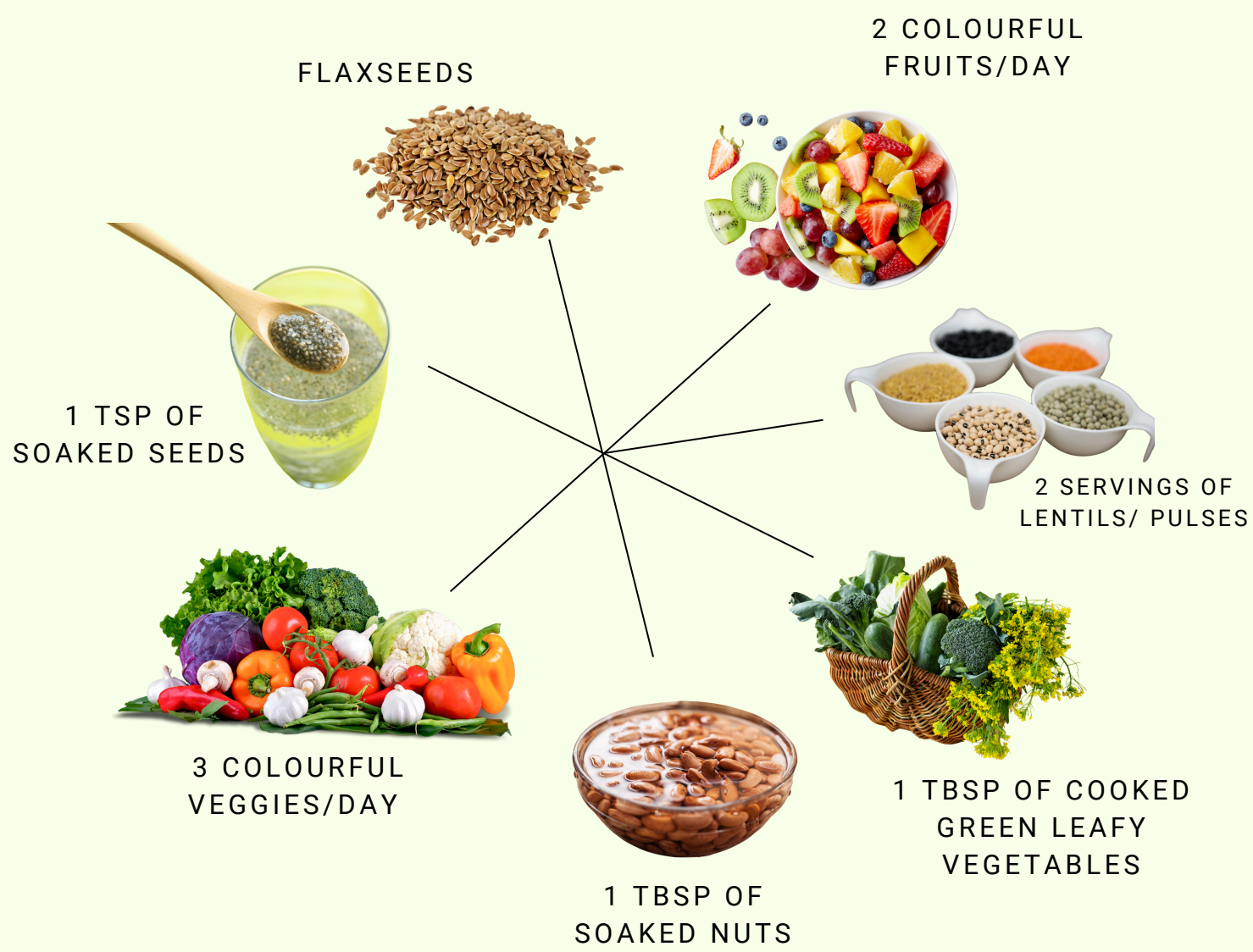
Covering the following in your yearly blood tests

While the usual parameters is something that is covered in a full body blood check up, here are few **tests that you can order additionally** to check for possible risk factor of any health conditions.

Diabetes	Thyroid	Heart Condition / Blood Pressure
Family History or suffering from respective Health Condition		
Insulin Fasting and PP	Free T3,Free T4,TSH	Apo A1 and Apo B
Glucose Fasting PP	Iron Studies	HsCrp, GGT
Cpeptide	Anti TG and TPO ab	Homocysteine



✔ **Must include food ingredients in your diet daily to prevent any form of deficiencies**



✔ **Breathwork**

To ensure there is good circulation of nutrients reaching every corner and organ of the body. **Equal Breathing for 45 seconds before every meal.**



Case Study: Where can Discipline, Consistency with Correct Guidance help you reach!!

Client case study

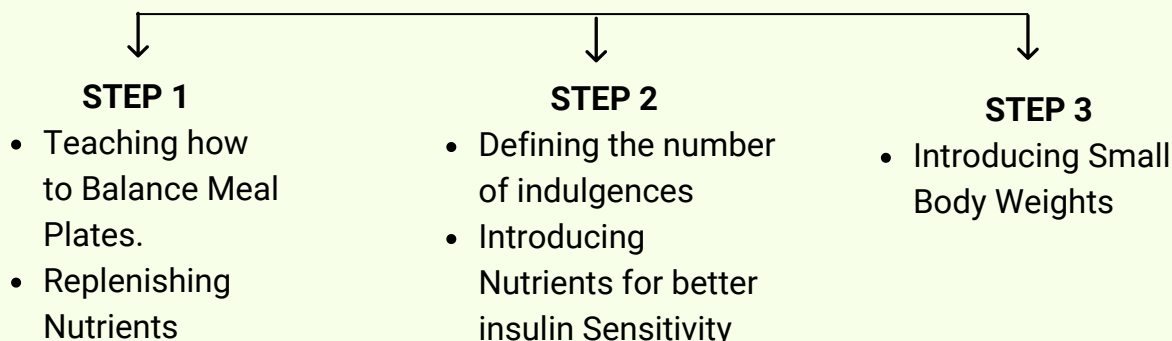
Patient - 39 year old 115 kgs, Height: 167 cms → Goal: To reverse Diabetes and Lose Weight



ON ASSESSMENT:



Process



Result: 101 kgs in 60 days and still counting



All this Consistently helped him lose 14 kgs in 60 days

14 day Group Challenge to Setting Healthy Habits

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

This is what happened with the 25 Individuals who participated 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:

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

Not for the ones who:

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

Challenge Date:

15th - 28th September 2024

Ice Breaking Session and Gearing for the Challenge : 15th September

Accountability Fees: Rs. 99/-

Last Day to Register: 12th September

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

WE ARE AVAILABLE FOR OFFLINE CONSULTS AT PRABHADEVI!! FOR
IN PERSON APPOINTMENTS. WHATSAPP “1 ON 1” ON
[+919594963210](tel:+919594963210) FOR ENQUIRIES AND APPOINTMENTS