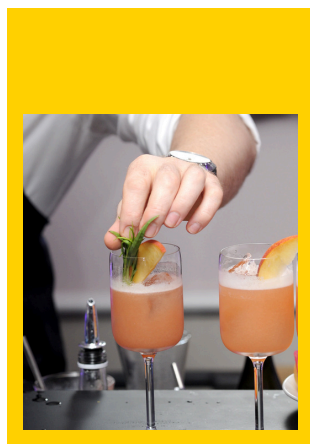
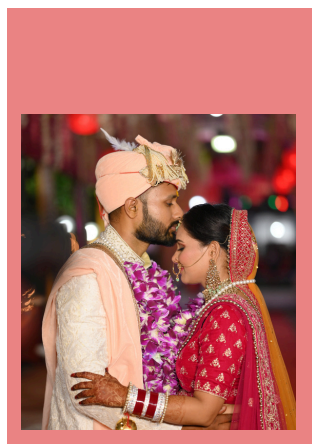


HEALTH BITES

Eating When Going Social!!



Bhai ki Shaadi / Cocktail Night or just Out for the New Year. How do I manage my Diet??


is a commonly asked question by individuals!

I strongly believe that what you eat the other days matters way more than what you eat for a few days. Hence, fussing over food on the vacation days will only strip away the joy.

However, there are some who are digestively sensitive and have to be more careful about what to put in their mouths. And for some their life is mostly about travelling and eating outside..


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



I will share with you some **THUMB RULES** that you have to focus on when you are going social and have to ensure that those days don't take a toll on your health:

1.Fluids:

You might say that you drink a lot of it. You probably know that water will help remove toxins but here are few more reasons that you need to know to ensure you are doing this right:



Fluids are responsible for **creating enough acid in the stomach.**

If you are not drinking enough, chances are you will feel bloated and sluggish. So adding enough fluids is necessary to digest food effectively and enhance the circulation and elimination.

Not just water but you need to ensure there is enough **electrolyte and nutrients to ensure good peristalsis (movement)** of the intestine for waste removal.

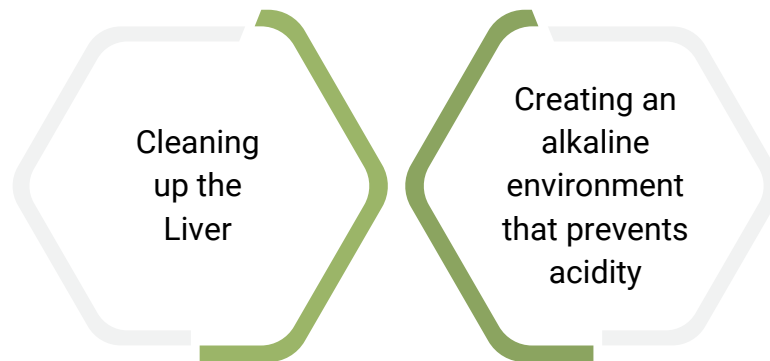
How should I include them??

Infusions like Herbal Teas, Natural Electrolyte Drinks like Coconut Water, Lemon juice, Chaas, Vegetable Juices are ideal



2.Fibre:

Apart from beating constipation, Fibre has two more functions:



Based on the Body Type, I would choose raw/ cooked vegetables.

How to include them: 1 Serving of vegetables/ whole pulses with every Meal. Keep it seasonal

3.Protein:

While this is important, starting the meal with little protein can promote the gut to produce more enzymes that help in digestion. This step can also prevent you from overeating or craving excessive sugar.

How can you include them: Include it in the beginning with some Fibre!



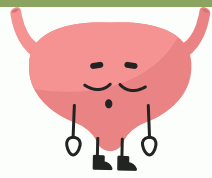
My Recipe that is very effective on the Days of Socialising and works as a cleanse:

Ingredients

- Inch of Fresh Turmeric Root
- Inch of Fresh Ginger
- Celery Juice
- Mint Leaves
- Lemon/ Amla/ Orange
- Pinch of Salt

This particular recipe helps to kickstart liver function more effectively.

Juice all of them together and have it empty stomach.



7 Days Detox Program

Start the new year with a fresh, revitalized you! The 7-day detox program is designed to help you reset your body, boost your energy, and kickstart healthier habits. After the indulgences of December, it's the perfect way to align your body and mind with your health goals for 2025.

Why a Detox is a Great Idea After December 31st:

- **Post-Holiday Cleanse:** Neutralize the effects of festive indulgences like sugary treats, alcohol, and heavy meals.
- **Energy Boost:** Clear out toxins to improve energy levels and combat post-holiday fatigue.
- **Support Digestion:** Give your digestive system a break from over-processed foods and promote gut health.
- **Reset Healthy Habits:** Begin the year with mindful eating and a focus on nutrient-rich foods.
- **Mental Clarity:** A cleaner body often leads to a clearer mind, helping you stay motivated and focused.
- **Kickstart Weight Management:** Begin the new year with a lighter, healthier you.
- **Immune Support:** Strengthen your immune system during the winter season with wholesome, nourishing choices.

Let this detox be your first step towards a balanced and vibrant 2025!

Inclusions:

Detailed Assessment Session

Detailed 7 Day Detox Plan suitable for your Body Type



To get more details of this [program tap here](#)

[For registration tap here and type "Detox"](#)

Investment cost : 2500 INR (for first 15 registrations)

Registration open from today

Fat Loss Program

Looking at losing sustainable Inches more than Weight on the Scale

Anyone can Lose Weight, but losing Fat without compromising on the muscle in the body can get challenging. More than often the weight you lose is usually water/ muscle Weight. Most of the Weight Loss Programs lead to Weight Loss that is temporary only to bring you back to where you had started. Our Programs are curated in such a way that you lose inches sustainably without reducing your metabolism



Benefits You are bound to Experience

- Loose Significant Inches
- Look Toned
- Know how to Make Healthy Food Choices even when you travel
- Improved Productivity and Performance

Program Inclusion

- 12 Weeks Program
- Diet Plans for Inch Loss
- Recipes
- 7 Consults with Naina



To get more details of thi [program tap here](#)

[For registration tap here](#)

Closed Circle Community

Dear Readers,

As we journey together toward better health and vibrant living, I'm thrilled to invite you to an exclusive new chapter in our shared mission: **The Closed Community Circle**

This is not just a community; it's a space designed to **empower, inspire, and connect individuals** who are committed to embracing a holistic approach to health. Within this circle, we will delve deeper into the transformative practices, groundbreaking research, and innovative tools that **support your health journey**.



How to Join

Simply click the link and message "CCC"

I can't wait to see you in the Circle and witness the amazing transformations this space will inspire.





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CONNECT WITH US!