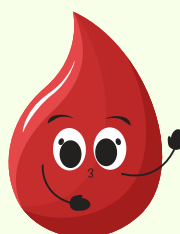


HEALTH BITES

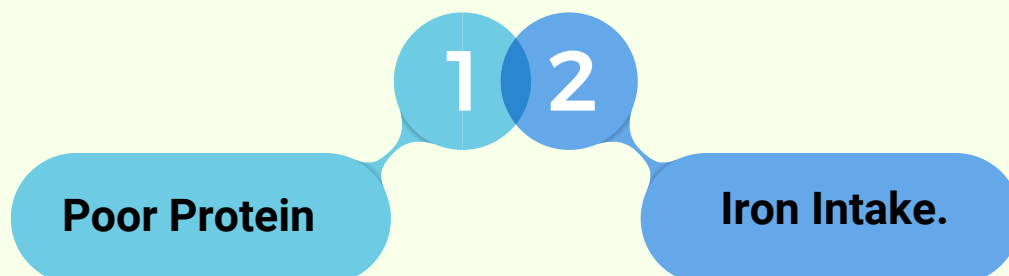
“Strong Women Need Strong Blood”

On asking a group of Women which part of Health is most concerning for them, **50% of them voted for Iron and Low Hemoglobin.**

Not surprised: 30% of Women in World are Anemic Vs 57% of Indian Women Anemic in the Reproductive Age



In India Primary Reason seems to be



If you particularly concentrate on these **6 things** then you can largely be in the normal Range of Hemoglobin with good Iron Storage. **Read on**



About Naina Singhanian

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

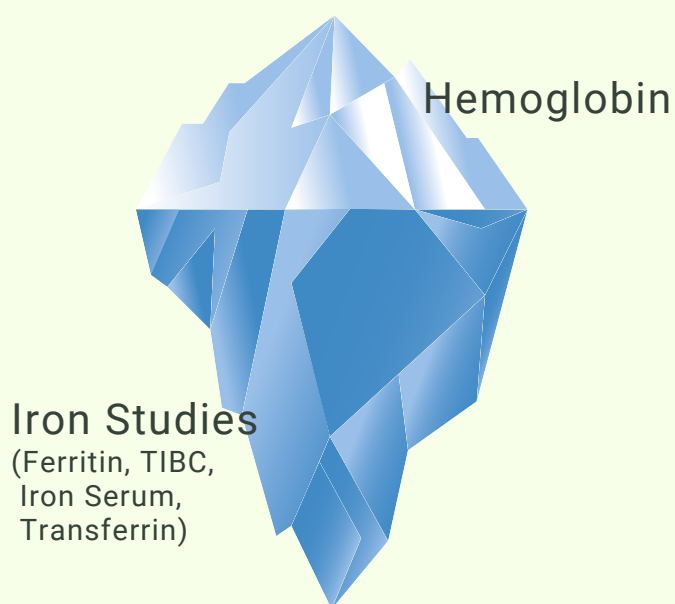


Diabetes
Educator

What is Hemoglobin made of?

We think it is just Iron but in reality you need the following nutrients as raw materials to ensure that a molecule of hemoglobin can be made:

Iron, Copper, Zinc, B12, B6, Folate, Vitamin C, Vitamin D, Protein

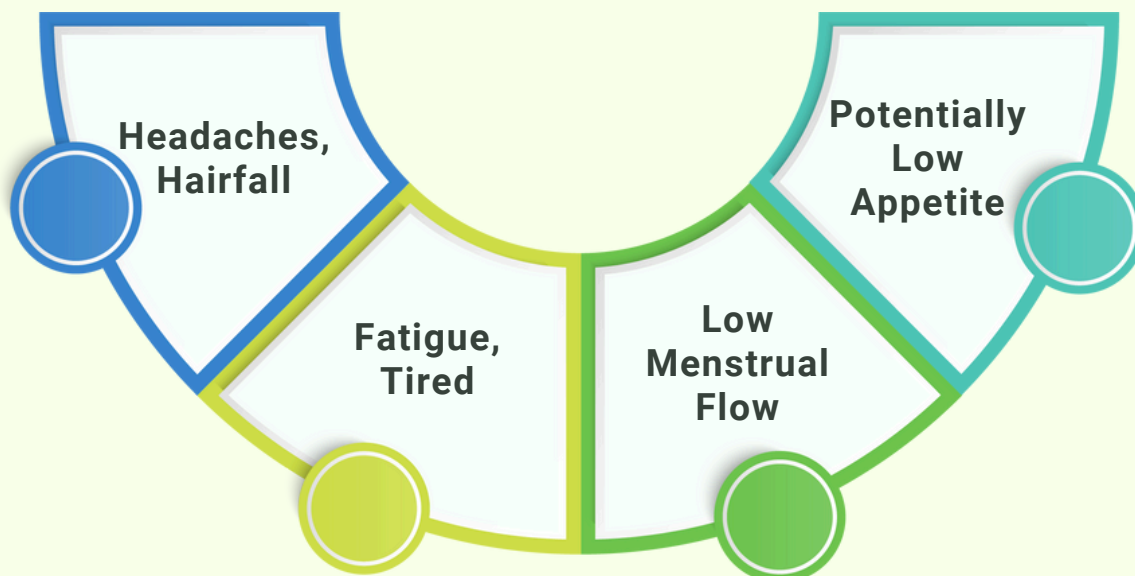


Just like an **iceberg** , ice under the water melts first followed by the ice above the sea. The **Hemoglobin is like the top of iceberg** and the Iron Studies below the water that melts first. And hence, the preliminary indicator of deficiency is the Iron Studies and not the Hemoglobin.

The Tests you should do to determine type of Anemia

- CBC
- Iron Study
- B12 an Folate

Complains and Problems caused due to Low Iron/ Anemia: Hemoglobin



Reasons of Low Hemoglobin



So what would the Diet for a Good Hemoglobin Profile Include?

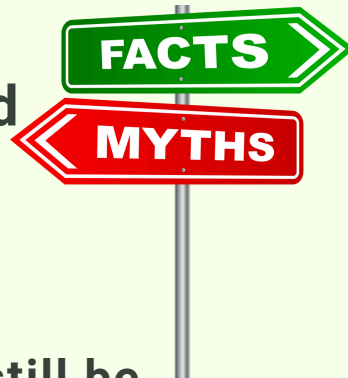
Save the Checklist:



- ✓ Protein Intake (0.8 gms /kg weight): about 35 gms can be easily covered through:
3 bowls of Lentils,
40 gms paneer,
1 bowl of curd,
1 tbsp of nuts/ seeds and other grains
- ✓ One Dish cooked in Cast Iron Utensil daily. Avoid Aluminium.
- ✓ Supplement: Iron, B12 and D3 Supplementation (loading or maintenance as per the blood reports- consult your Dr or qualified Dietitian)
- ✓ 1 tbsp of Nuts/ Seeds/day. Additionally add 1 tsp of Garden Cress Seeds/ day if it is easily available in your region.
- ✓ Vitamin C Rich Food (1 Amla/ 1 tsp of Amla Powder)
- ✓ Green Leafy Veggies – ½ bowl cooked daily



Busting some Myths around Iron and Hemoglobin:

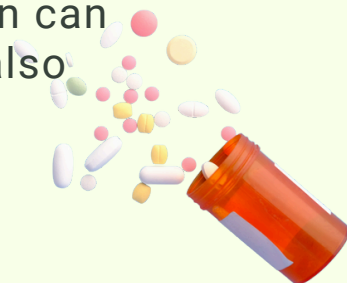


1. My Hemoglobin is above 12. Should I still be concerned?

Hemoglobin reading is like a tip of the ice berg. It might look like everything is fine but the store will be depleting (like the ice under water) You can confirm this by carrying out the Iron Studies Test (parameters on case study page). It will largely tell you about the hemoglobin state.

2. The Iron supplements often leave me constipated and nauseous. What do I do?

Yes, Iron can cause you constipation. But if you choose an Iron composition of Iron Bisglycinate, this complain can largely be prevented. This particular composition also has a higher bioavailability.



3. I eat meat. Why is it so that I am still anemic?

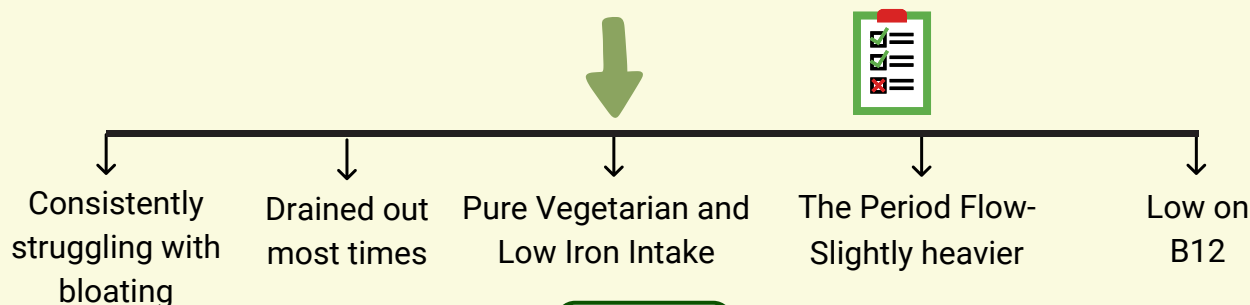
If you think eating Meat will do the trick, then you need to know you are doing it the wrong way. Organ meats are what will give you heme (iron). So it will be a good idea to include supplement if not organ meats.



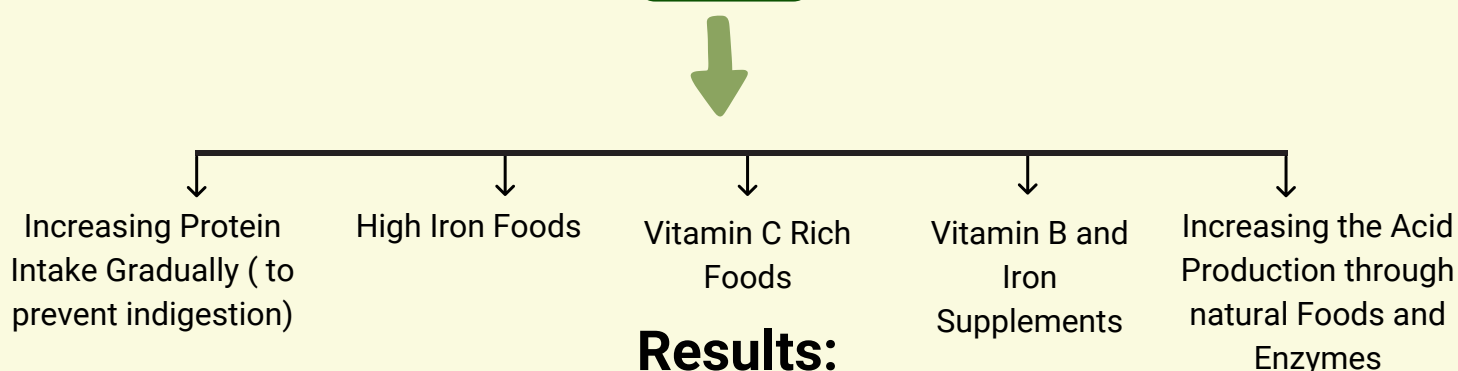
Case of Low Hemoglobin

A 28 year old woman detected with **low Hemoglobin of 11.4** in her regular annual blood reports. She had been on and off **Iron supplementation**, but she was still **chronically on low hemoglobin**. Hence, she approached us for the same.

On Assessment we saw the following Problems:



What i did:



Results:

	18 th March	22 nd June	Optimal Range
Iron	60	71	85-130 mcg/dL
UIBC		239	130-300 mcg/dL
TIBC	441	239	250-350 mcg/dL
Ferritin	2.10	24	30-70 ng/ml
Transferrin Saturation	6.11	23	24-35 %
B12	264	880	450-800 pg/ml



Suffering from Multiple Health Issues and not sure how and what should you incorporate in the Diet??

We can help you with right Action Plan after an Assessment Session! Book your Session by [clicking on the link](#) and type Consult.

I had a wonderful experience with Naina Singhanian. I consulted with her for my **headaches** and was quite **impressed** by the way she went about the **whole process of diagnosis, analysis and treatment of the same**. She **systematically explained to me what deficiencies I had through analysis of my blood reports** and patiently **explained what it meant in layman terms**. She also made me understand **how she planned on treating it and what all small lifestyle changes can be made for the better**. She advised easy to follow nutritional changes I could make to my current diet to ensure I am getting all nutrients and also provided useful tips and tricks that can be followed on a regular basis. She has in-depth knowledge about nutrition and has a balanced approach -nothing too extreme. I could see **considerable improvement my overall health within a span of one month**. Her plans are quite sustainable and is a one stop shop for all your nutrition needs and lifestyle management. **Highly recommend!!**

– Shruti Poddar





The Community is shifting to a **subscription model** to bring even more value and exclusive resources to our members.

The community is to:

- **Educate**
- **Inspire**
- **Empower**

My constant endeavor is to bring everything about health and wellness that you can experience and implement on the platform.

Inclusions

- Yearly membership
- 6 Health Challenges
- 6 Live Sessions
- Exclusive Discounts on health services
- Whatsapp group community support
- Qna answered



We begin with our first Health Challenge in April. Ready to act upon your Health and Fitness? Then join now.

Early Bird offer till 6th April

Reserve your spot [here](https://nainasinghanian.co.in)