

# HEALTH BITES

**One Habit Change that can save you**  
from Weight Gain, Sugar Craving, Constant Bloating, Diabetes



I applied the **rule of 30:60** for 12 people suffering from Weight Gain, Diabetes and Sugar Cravings. The results that we obtained will **make you wonder if losing weight and managing the cravings and sugar is this easy!**



## About Naina Singhanian

Having worked with over 1300 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



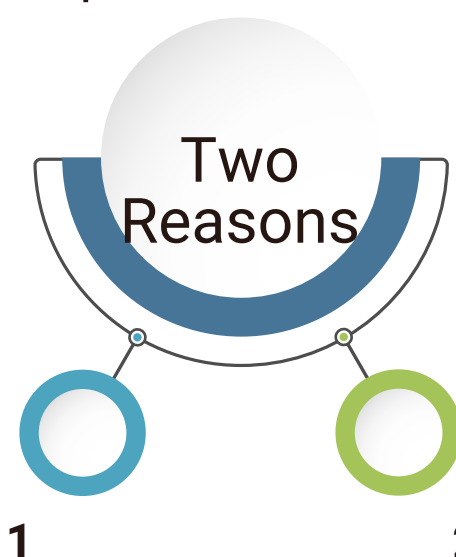
Registered Dietitian



Diabetes Educator

# WHAT IS THIS 30:60 RULE?

**30:60 rule is where I include about 30% of the Protein requirement in 60 minutes of waking up.** The protein is usually combined with a little fat. Now this concept has been adopted for **two reasons**.



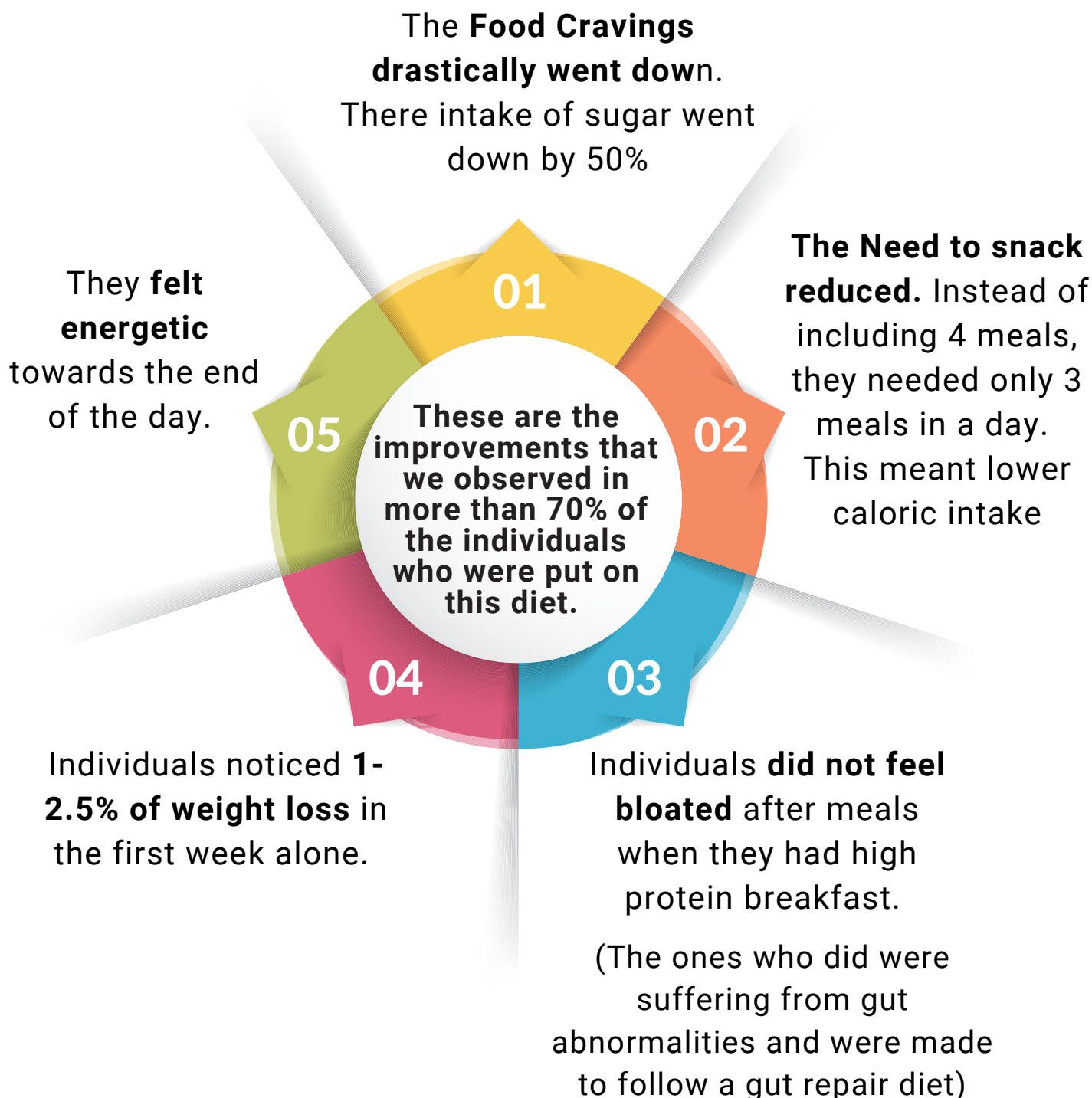
## **Thermogenic Effect of Food:**

Protein demands comparatively more energy to burn and digest. This means more calorie burn.

**Satiety:** When you wake up in the morning, the cortisol levels are already high causing increase in the demand for more calories.

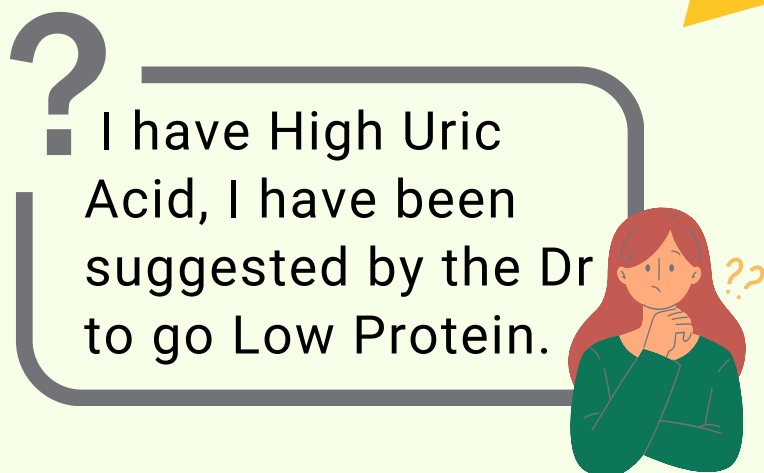
Adding protein at this time not only provides required calories but it also prevents the body from getting hungry sooner.

## 5 IMPROVEMENTS THAT WE SAW



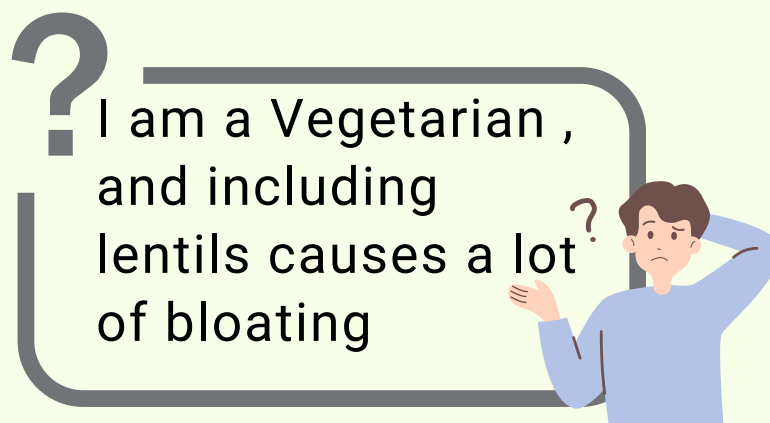
# FAQ

## around High Protein



High Uric Acids are caused when the body is not able to process Sugar well and when there is excessively high intake of animal products in the diet.

Now here is the thing, if your protein requirement is 60 gms, the chances that you are eating more than that is less than 1% and hence, what needs to be restricted is the carbs and sugar sources and start adding a lot of water, and a high Protein breakfast is a good start.



You have to increase the protein stepwise. You can lower the bloating by also following certain practices mentioned in this link.

[Tap here to watch the video](#)



How do I decide my protein requirement?



Simply start with converting your height into cms and then subtract by 100. Multiply the result by 0.8.

For example, your height is 160 cms.

Protein requirement =  $(160 - 100) \times 0.8 = 48$  gms



What is considered as a Healthy Protein Breakfast?

Eggs , Meat, Paneer, Tofu, Lentils mixed with nuts/seeds. Or a combination of the above.



Ideas for High Protein Breakfasts



[Tap to watch](#)



That is because protein needs water. Make sure you proportionately increase water intake to prevent this situation from occurring.

I suffer from constipation every time i add protein

WHY?



# TESTIMONIAL CORNER



## What our client have to say

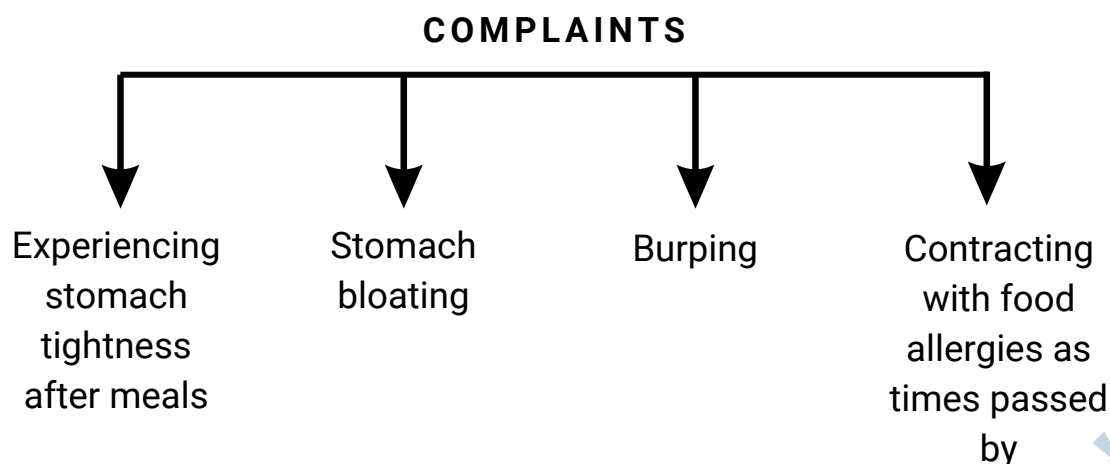
With **Clean Eating a lot of Health Issues** can be resolved. But what happens when you are already eating clean and still not seeing any improvement?

Here is one such extremely lively **Wellness Coach** who had been experiencing **Stomach Discomfort** and **no amount of medicines were helping her!**

**Hear** what she has to say about it and how is she a month after beginning on a Diet with me!

[Tap here to listen to her experience](#)

Here is another case study of a 48 year old Male who consulted me with primary objective of overcoming the following complains:



**Problems:** He was travelling 5 days a week. There was no Food routine i could have brought in place. And the adherence level of the client seemed sleek. He was a fussy eater with literally 10 foods that he ate.



### What i did:

- I removed the trigger foods and gave him 3 food items in each meals.
- Included Digestive enzymes that would help in digestion
- Added Berberine ( a herbal supplement) to heal his gut

### Results:

Within 3 weeks, all his complaints got 90% better. While this was just the first stage, The second stage will be all about replenishing and nourishing the gut so that there is no relapse.



Have you tried multiple Gastro medicines and failed to see any relief. You can get in touch for a [discovery call](#) to know if we are the right fit for you!!



**CONTACT US**



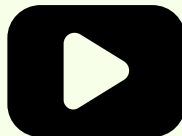
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