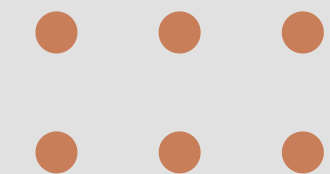
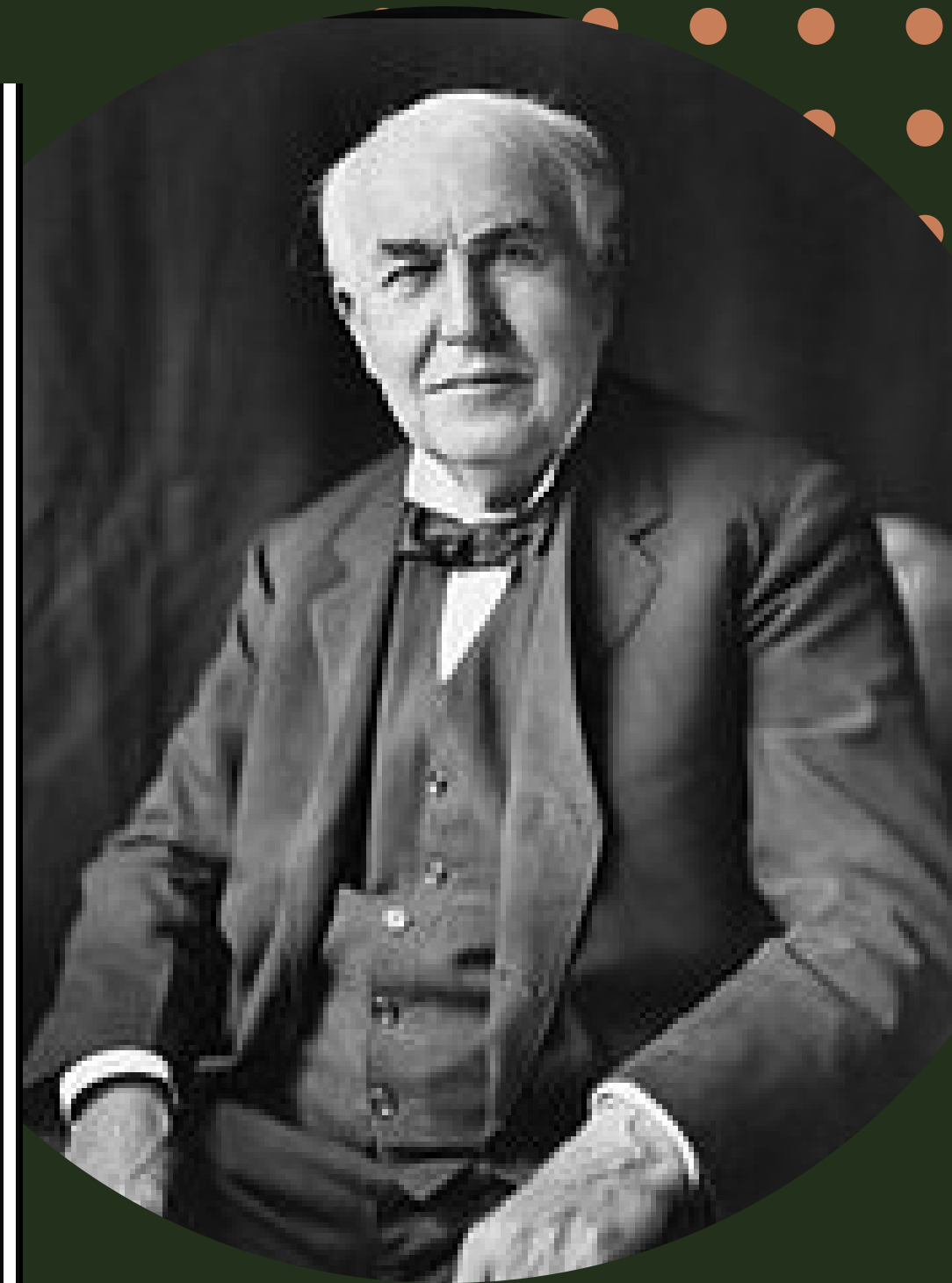




Integrative Homeopathy Healing

The doctor of the future will give no medicine, but will instruct his patient in the care of the human frame, in diet and in the cause and prevention of disease.

(Thomas Edison)



Nutrition plays important role in chronic illness

Controlling symptoms

Proper nutrition can help manage symptoms associated with chronic illnesses. For example, a low-sodium diet can reduce high blood pressure in individuals with hypertension, while a low-fat diet can help manage symptoms of heart disease.

Promoting Weight Management

Maintaining a healthy weight is crucial for managing chronic conditions such as diabetes, cardiovascular diseases, and joint-related issues. A well-balanced diet can support weight management goals and reduce the risk of complications.

Managing Blood Sugar Levels

For individuals with diabetes, managing blood sugar levels is a primary concern. A balanced diet that includes complex carbohydrates, fiber-rich foods, lean proteins, and healthy fats can help regulate blood sugar levels and improve insulin sensitivity.

Nutrition plays important role in chronic illness

Supporting Immune Function

- Adequate nutrition is essential for maintaining a strong immune system. A well-rounded diet that includes a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats provides the necessary vitamins, minerals, and antioxidants to support immune function and protect against infections.

Enhancing Energy Levels

- Chronic illnesses can often lead to fatigue and reduced energy levels. Optimal nutrition, including a balanced mix of macronutrients (carbohydrates, proteins, and fats) and adequate calorie intake, can provide the energy needed to manage daily activities and support overall well-being.

Reducing Inflammation

Many chronic conditions, including arthritis, inflammatory bowel disease, and cardiovascular diseases, are associated with chronic inflammation. Consuming an anti-inflammatory diet rich in fruits, vegetables, whole grains, omega-3 fatty acids, and spices like turmeric can help reduce inflammation and alleviate symptoms.

Preventing Complications

Proper nutrition can help prevent or delay the onset of complications associated with chronic conditions. For instance, a heart-healthy diet low in saturated fats and cholesterol can reduce the risk of cardiovascular complications.

Incorporating Nutrient-Rich Foods



Emphasis on Whole Foods:

Traditional Russian cuisine focuses on whole, unprocessed foods, including a wide variety of fruits, vegetables, grains, legumes, and dairy products. These foods are rich in essential nutrients, dietary fiber, and antioxidants, promoting overall health and disease prevention.



Abundance of Soups and Stews:

such as borsch (beet soup), shchi (cabbage soup), and solyanka (meat and vegetable stew). These dishes often incorporate a variety of vegetables, herbs, and lean protein sources, providing a nutrient-dense and filling meal.



Use of Fermented Foods:

Fermented foods like kefir, kvass, and sauerkraut are commonly consumed in Russian dietary culture. These foods are rich in probiotics, which support a healthy gut microbiome and improve digestion and immune function.

Incorporating Nutrient-Rich Foods



Incorporation of Seafood:

Seafood is an excellent source of omega-3 fatty acids, which have been linked to heart health, brain function, and reducing inflammation. Choose Lean Protein Sources: Incorporate lean protein sources such as skinless poultry, fish, beans, lentils, tofu, or low-fat dairy products. These options are lower in saturated fats and higher in nutrients.



Diversity of Grains:

Russian cuisine includes a variety of grains like buckwheat, barley, rye, and oats. These grains provide complex carbohydrates, fiber, and essential nutrients, contributing to sustained energy levels and supporting overall health.



Traditional Herbal Teas:

Herbal teas, such as chamomile, mint, and rosehip, are commonly consumed in Russian culture. These teas offer various health benefits, including relaxation, digestion support, and antioxidant properties.

Exchange List

- Use low-fat dairy or yogurt
- Greek yogurt or a lighter alternative in soups and stews
- Choose lean cuts of meat
- Incorporate more vegetables
- Use herbs, spices, and healthy marinades to enhance the taste

- Full-fat versions
- Replace heavy cream- soup/stew base
- Remove excess fat before cooking.
- Reduce the amount of meat
- Excess salt or unhealthy condiments

Prioritize Healthy Cooking Methods



Cooking Methods

Opt for cooking methods such as baking, grilling, steaming, or sautéing with minimal oil instead of deep-frying. These methods help retain the nutritional content of the foods while reducing added fats.



Avoid Reheating

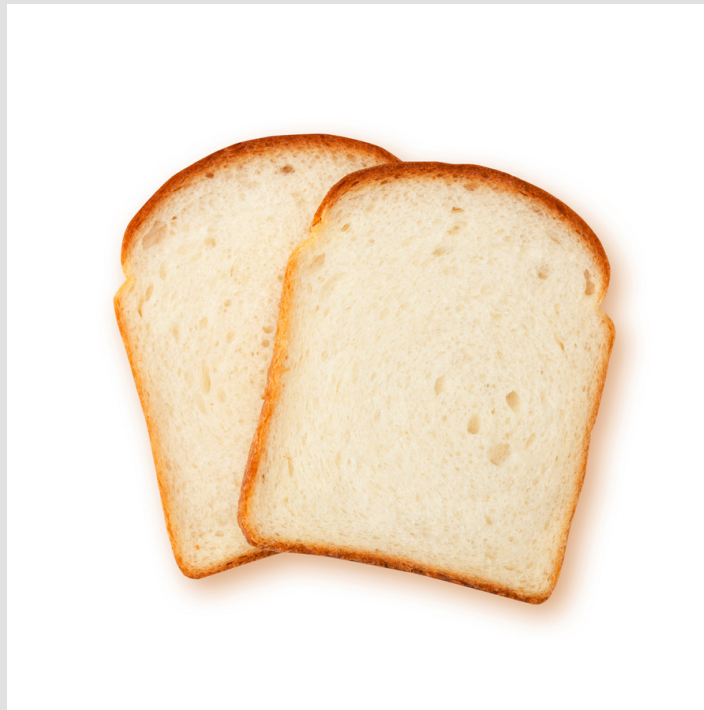
Avoid reheating food because the chemical change in food due to reheating often leads to food poisoning and food-borne diseases. Somewhere it loses its nutritional value, because you are heating it beyond the point it is meant to be cooked, so it is obvious that it will either harm the body or will be useless.



Cooking and Storing food

Few utensils like aluminium or teflon coated on exposure to high temperature are deemed harmful for cooking process due to chemical interaction with food. Certain chemicals in plastic can leach out of the plastic and into the food and beverages we eat and it one of the identifies carcinogens.

AVOID



in few cases



Hormonal Disorders

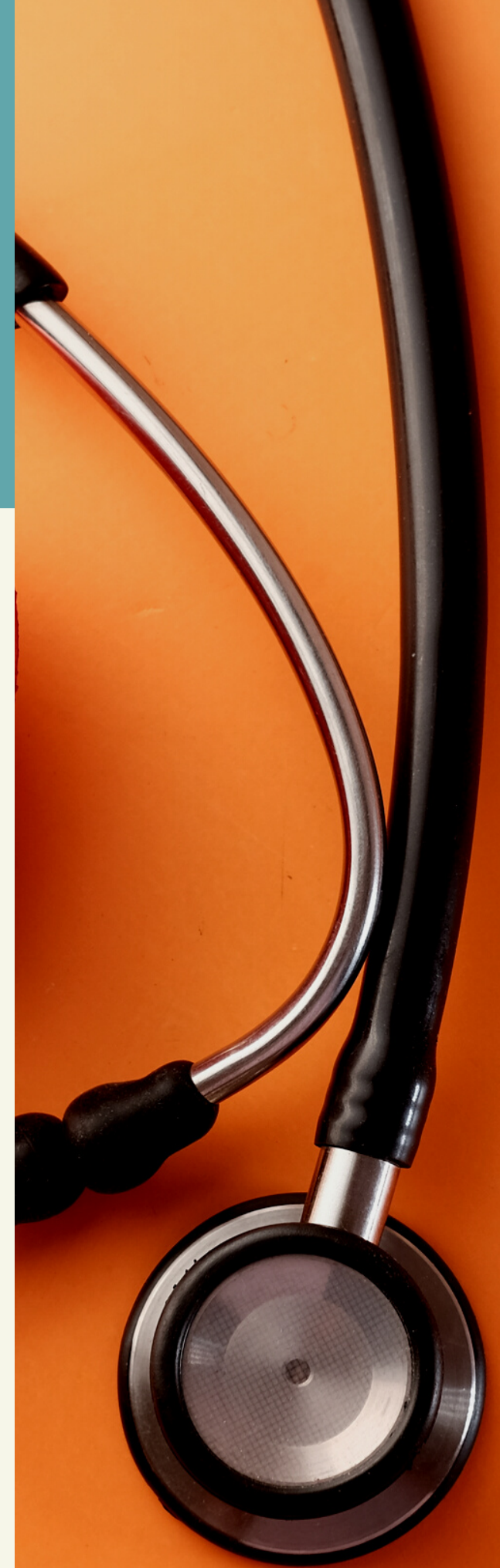
HEALTHY LIFESTYLE
AND NUTRITION



Hormonal disorder

Polycystic ovary syndrome (PCOS), menstrual disorders, and menopause are all caused by changes to the female hormone system. These conditions can often be associated with metabolic changes, in addition to affecting your ability to conceive.

Female hormone disorders can take many forms. PCOS is the most common endocrine disorder among young women and can cause increased hair growth and acne. It frequently causes menstrual cycles to become irregular or to stop completely (amenorrhea). This condition can result in increased risk for type 2 (adult) diabetes and obesity, in addition to infertility.



Hormones

- Hormones are chemical messengers that have profound effects on your mental, physical, and emotional health. For instance, they play a major role in controlling your appetite, weight, and mood.
- Typically, your body produces the precise amount of each hormone needed for various processes to keep you healthy.
- However, sedentary lifestyles and Western dietary patterns may affect your hormonal environment. In addition, levels of certain hormones decline with age, and some people experience a more dramatic decrease than others.

How to regulate the hormones

Nutrition
protein rich
diet, healthy
fats,
high fibre
food etc

REGULAR
EXERCISE

Weight
management

Gut
Microbiome

Stress
Reduction
& Mindfulness

GOOD
QUALITY
SLEEP



Nutrition

Protein Rich Diet •

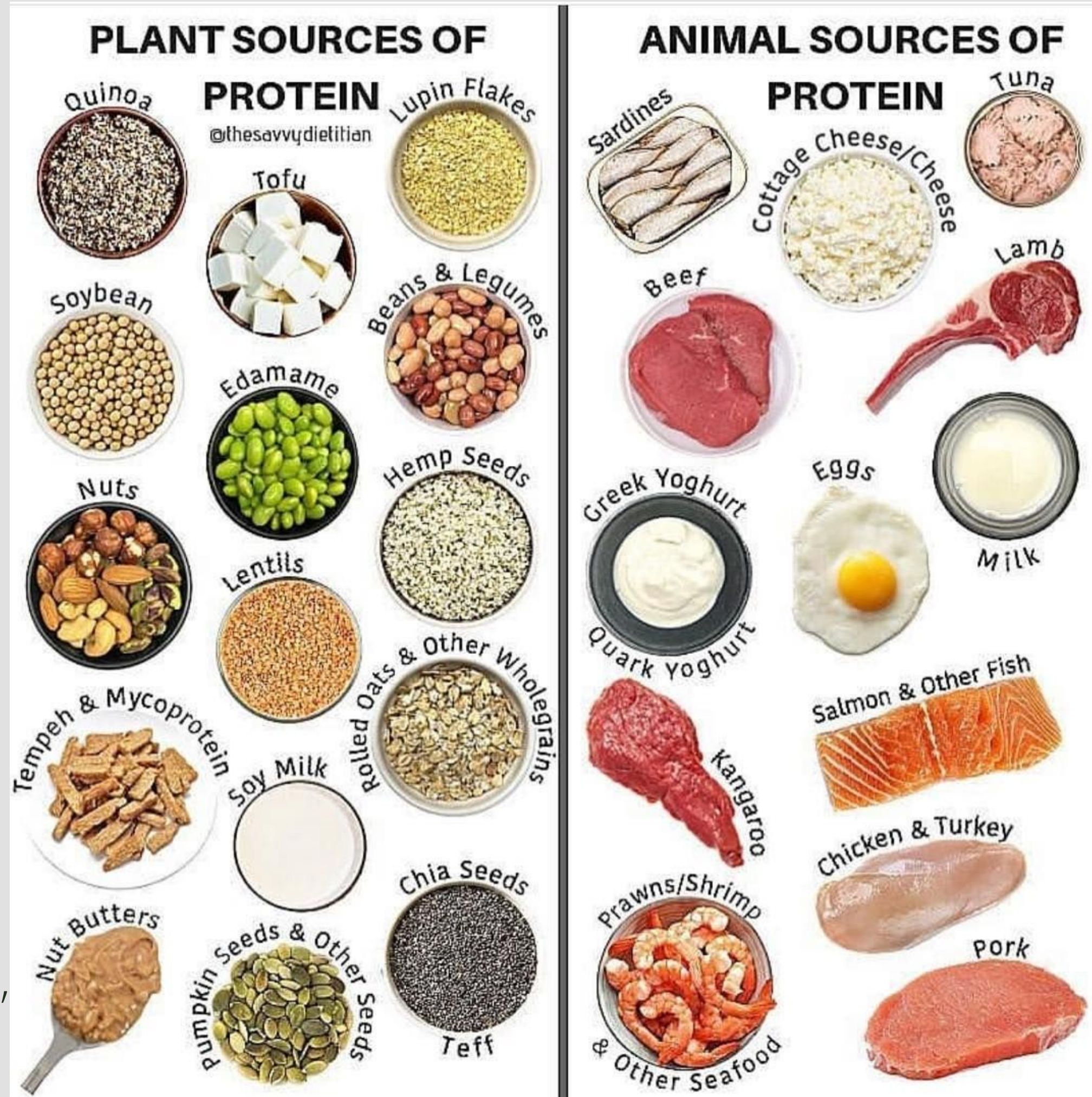
Lower sugar and refined carb intake •

Include high fibre •

Include Healthy Fats •

PROTEINS

Consuming adequate amounts of protein is extremely important. Not only does protein provide essential amino acids that your body can't make on its own, but your body also needs it to produce protein-derived hormones — also known as peptide hormones. Peptide hormones play a crucial role in regulating many physiological processes, such as growth, energy metabolism, appetite, stress, and reproduction



Daily Protein Intake Goals for Adults

| BODY WEIGHT | | DAILY PROTEIN GOALS* (GRAMS) | |
|-------------|-----------|--|--|
| pounds | kilograms | Sedentary (healthy) Adults minimum of | Regularly Active Adults, Athletes, Pregnant/Lactating |
| 100 | 45 | 54g | 64 - 100g |
| 125 | 57 | 68g | 79 - 125g |
| 150 | 68 | 82g | 95 - 150g |
| 175 | 79 | 95g | 111 - 175g |
| 200 | 91 | 109g | 127 - 200g |
| 225 | 102 | 122g | 143 - 225g |
| 250 | 113 | 136g | 159 - 249g |
| 275 | 125 | 150g | 175 - 274g |

*based on studies using the Indicator Amino Acid Oxidation (IAAO) method of determining protein requirements



Homemade (Vegan, preservative, artificial sweetener free) Protein Powder







Sugar And Refined Carbohydrates

- Minimizing added sugar intake may be instrumental in optimizing hormone function and avoiding obesity, diabetes, and other diseases.
- The simple sugar fructose is present in many types of sugar, comprising up to 43% of honey, 50% of refined table sugar, 55% of high fructose corn syrup, and 90% of agave.
- In addition, sugar-sweetened beverages are the primary source of added sugars in the Western diet, and fructose is commonly used commercially in soft drinks, fruit juice, and sport and energy drinks





Sugar And Refined Carbohydrates



- Eating added sugar promotes insulin resistance — regardless of total calorie intake or weight gain
- Long-term fructose intake has been linked to disruptions of the gut microbiome, which may lead to other hormonal imbalances.
- What's more, fructose may fail to stimulate the production of the fullness hormone leptin, leading to decreased calorie burning and increased weight gain.
- Therefore, reducing your intake of sugary drinks — and other sources of added sugar — may improve hormone health.
- Find the hidden sugar in bakery, and many packaged products.

Sugar And Refined Carbohydrates

- Alternatives

Choose organic honey, Jaggery, natural fruits and dried fruits- dates, raisins, black currant, figs etc

Choose complex carbs- millets, oats, ragi, buckwheat, sweet potatoes etc, with additional benefits of fibres






















HIGH FIBRE FOODS

Fiber is essential to a healthy diet. Studies have found that it increases insulin sensitivity and stimulates the production of hormones that make you feel full

Although soluble fiber tends to produce the strongest effects on appetite by increasing fullness hormones, insoluble fiber may also play a role

Your gut microbiome ferments soluble fiber in your colon, producing SCFAs that stimulate the release of the fullness hormones PYY and GLP-1

As such, try to eat several high fiber foods each day.

| | | |
|--|--|--|
|  SPINACH |  BROCCOLI |  CARROT |
|  BEETROOT |  RADISH |  OKRA |
|  CHIA SEEDS |  FLAX SEEDS |  PUMPKIN SEEDS |
|  OATS |  QUINOA |  BARLEY |
|  MILLET |  MAIZE |  ALMONDS |
|  ORANGE |  APPLE |  BLACKBERRIES |
|  PEAR |  DATES |  AVOCADO |

Weight Management

Weight gain is directly associated with hormonal imbalances that may lead to complications in insulin sensitivity and reproductive health.

Obesity is also associated with hypogonadism, a reduction or absence of hormone secretion from the testes or ovaries. In fact, this condition is one of the most relevant hormonal complications of obesity in men.

Low Body weight/BMI can also lead hormonal imbalance causing various conditions—amenorrhea, anovulation, infertility, PCOS etc

thus maintaining a moderate weight within BMI standards is crucial



Gut microbiome

- Your gut contains more than 100 trillion friendly bacteria, which produce numerous metabolites that may affect hormone health both positively and negatively.
- Your gut microbiome regulates hormones by modulating insulin resistance and feelings of fullness.
- For example, when your gut microbiome ferments fiber, it produces short-chain fatty acids (SCFAs) such as acetate, propionate, and butyrate. Both acetate and butyrate aid weight management by increasing calorie burning and thus help prevent insulin resistance

PREBIOTICS



Apples w/ Skin



Bananas



Chicory



Jerusalem Artichokes



Jicama



Onions



Radishes



Raw Asparagus



Raw Dandelion Greens



Raw Garlic



Raw Leeks



Tomatoes

PROBIOTICS



Cheese
(made from raw milk)



Fermented Vegetables



Kefir



Kimchi



Kombucha



Lassi



Miso



Natto



Non-Sugar Yogurt



Olives




Pickles



Sauerkraut



Tempeh



Including high quality natural fats in your diet may help reduce insulin resistance and appetite. Medium-chain triglycerides (MCTs) are unique fats that are less likely to be stored in fat tissue and more likely to be taken up directly by your liver for immediate use as energy, promoting increased calorie burning.

Furthermore, healthy fats such as omega-3s help increase insulin sensitivity by reducing inflammation and pro-inflammatory markers. Additionally, studies note that omega-3s may prevent cortisol levels from increasing during chronic stress).

These healthy fats are found in pure MCT oil, avocados, almonds, peanuts, macadamia nuts, hazelnuts, fatty fish, and olive and coconut oils

Snack Smartly

Choose nutrient-rich snacks like fresh fruits, nuts, seeds, Greek yogurt, or homemade trail mix instead of processed snacks high in unhealthy fats and added sugars.



Stress harms your hormones in several ways.

The hormone cortisol is known as the stress hormone because it helps your body cope with long-term stress.

Your body's response to stress activates a cascade of events that leads to cortisol production. Once the stressor has passed, the response ends. However, chronic stress impairs the feedback mechanisms that return your hormonal systems to normal.

Therefore, chronic stress causes cortisol levels to remain elevated, which stimulates appetite and increases your intake of sugary and high fat foods. In turn, this may lead to excessive calorie intake and obesity.

In addition, high cortisol levels stimulate gluconeogenesis — the production of glucose from non-carbohydrate sources — which may cause insulin resistance.

Notably, research shows that you can lower your cortisol levels by engaging in stress reduction techniques such as meditation, yoga, and listening to relaxing music .

Try to devote at least 10–15 minutes per day to these activities, even if you feel you don't have time.

STRESS

Sleep and Circadian rhythm

No matter how nutritious your diet or how consistent your exercise routine, getting enough restorative sleep is crucial for optimal health.

Poor sleep is linked to imbalances in many hormones, including insulin, cortisol, leptin, ghrelin, and HGH

For instance, not only does sleep deprivation impair insulin sensitivity, but poor sleep is associated with a 24-hour increase in cortisol levels, which may lead to insulin resistance.

Plus, your brain needs uninterrupted sleep to go through all five stages of each sleep cycle. This is especially important for the release of growth hormone, which occurs mainly at night during deep sleep

To maintain optimal hormonal balance, aim for at least 7 hours of high quality sleep per night.



hormonal
diet plan

5 Easy Steps for a Healthy Lifestyle

- Get active for at least 30 minutes or more per day
- Choose water as a drink – 8 glasses/day
- Eat more fruit and vegetables
- Eat fewer snacks and look for healthier alternatives
- Turn off the TV or computer or gadgets and get more active

seed cycling

Follicular Phase:
mensuration to ovulation
(new moon to full moon)



2 tablespoons daily
pumpkin seeds
flax seeds



2 tablespoons daily
sunflower seeds
sesame seeds



Luteal Phase:
ovulation to mensuration
(full moon to new moon)

Avoid

XENOESTROGEN MIMICKING CHEMICALS

Xenoestrogens have specific estrogen-like effects in the body. These harmful toxins imitate estrogen and can dramatically increase toxic burden and estrogen dominance symptoms. They're found in:



- Plastics, especially when exposed to heat or acid
- Nail polish & polish removers
- Detergents & fabric softeners
- Perfumes & fragrances
- Bleached feminine hygiene products
- Surfactants found in condoms & contraceptive gels
- Fumes from new carpet, certain flooring, & fiberboard
- Dry cleaning chemicals
- Noxious gases from copiers & printers
- All pesticides, herbicides, & fungicides

Movement

Physical activity strongly influences hormonal health. Aside from improving blood flow to your muscles, exercise increases hormone receptor sensitivity, meaning that it enhances the delivery of nutrients and hormone signals

A major benefit of exercise is its ability to reduce insulin levels and increase insulin sensitivity





Yoga

Benefits Of Yoga

Improved sleep

Weight reduction

Increased flexibility

Increased muscle strength

Strengthened bones

Protection from injury.

Perfects your posture

Protects spine

Makes you happier

Helps you focus

Improved digestion

Helps keep you drug free

Increases blood flow

Balanced metabolism

Gives inner strength

Energy regulation



SUN SALUTATION – SEQUENCE A

INHALE + EXHALE -

TIP#4 Take five breaths in Downward Dog & explore your foundation. Tip your pelvis forward & lift your sit bones.

Exhale, lift your hips up, rolling over your toes to Downward Dog. Inhale jump your feet forward & lift up halfway, spine long.

TIP#3 Draw your navel in towards your spine in Upward Dog to protect your lower back from over arching.

Inhale, draw your sternum forward and up, rolling on to the tops of your feet. Straighten the arms, hands just below the breastbone.

TIP#1 Stand at the top of your mat with feet hip width apart. Pour your weight into three points of your feet.

In the forward fold keep a soft bend in your knees if you have tight hamstrings, or to protect your back.

TIP#2 Inhale, reach your arms up high. Exhale, fold forward from the hip joint.

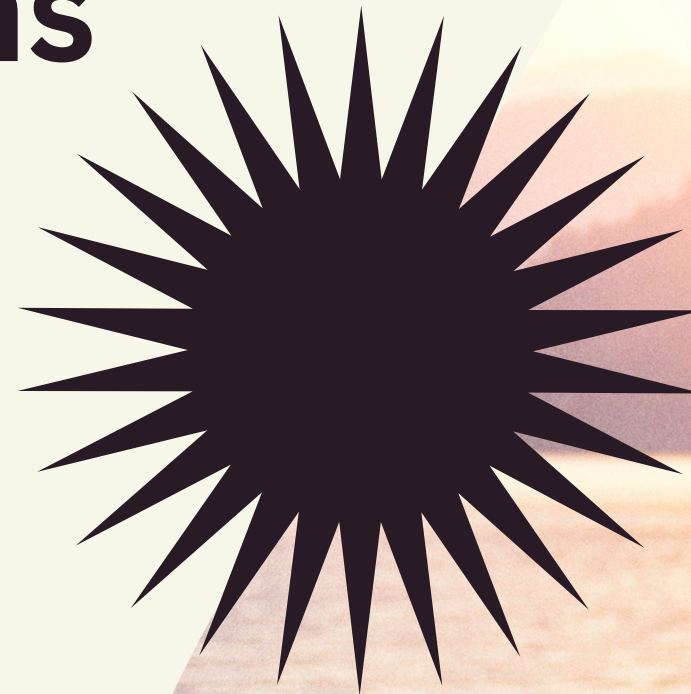
In your first few rounds, step back to plank & take an extra breath. Exhale, bend elbows & lower to Chaturanga .

Inhale, lift up halfway, extend your sternum forward & up. Exhale jump back to Chaturanga, elbows bent.



benefits of sun salutations

- Helps to lose weight
- Helps to keep you disease-free and healthy
- Balances the body & mind
- Improves blood circulation
- Improves digestion system
- Strengthens the heart
- Stimulates abdominal muscles, respiratory system, lymphatic system, spinal nerves, and other internal organs
- Tones the spine, neck, shoulder, arms, hands, wrist, back, and leg muscles, thereby promoting overall flexibility
- Regulates the interconnectedness of the body, breath, and mind
- Makes one calmer and boosts energy levels
- Helps cure insomnia naturally
- Helps in skincare & hair care
- Reduces stress and enhances intuition



Team



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INSTAGRAM-
INTEGRATIVE_HOMEOPATHY_HEALING



INTEGRATIVE HOMEOPATHY HEALING

Dr. Gaurang Gaikwad

HOMEOPATHY

Clinic Team will take your detailed case history followed by consultation with Dr. Gaurang Gaikwad which will allow us to prescribe suitable medicines for your holistic healing.



Sleep is just as important as your diet and movement training.

NUTRITION

In addition to suitable homeopathic remedies, Nutrition Team will work in tandem and guide you with detailed diet plan which is tailored for your holistic healing.



A good sleep cycle automatically improves body's immune system and brightens your day.

MOVEMENT

Movement forms an integral part of healthy lifestyle and will complement your healing journey along with the remedies and nutrition plan, through personalized plan by our physical trainers.



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**"THE
GREATEST
WEALTH IS
HEALTH."**

THANK YOU

Any Question?

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