



LIVINE  
HOLISTIC WELLNESS  
*..towards wholesome health*

ROOT CAUSE  
HEALING  
SUSTAINABLE  
TRANSFORMATION

# LIVINE MONTHLY WELLNESS JOURNAL

— JUNE 2026 EDITION —

## INSULIN RESISTANCE

*Special*

THE HIDDEN ROOT CAUSE BEHIND  
DIABETES, WEIGHT GAIN, FATTY LIVER,  
PCOD & CHRONIC FATIGUE

### THIS MONTH INSIDE



THE TRUTH ABOUT  
INSULIN RESISTANCE



WHY BELLY FAT IS MORE  
DANGEROUS THAN YOU THINK



INDIAN BREAKFAST MISTAKES  
THAT SPIKE BLOOD SUGAR



THE SLEEP-STRESS-  
SUGAR CONNECTION



7-DAY METABOLIC  
RESET ROUTINE



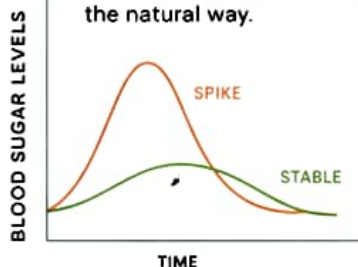
AYURVEDIC & FUNCTIONAL  
APPROACHES FOR  
METABOLIC HEALING



INSPIRING PATIENT  
TRANSFORMATION

UNDERSTAND.  
HEAL. TRANSFORM.

Take charge of your  
metabolic health  
the natural way.



EAT RIGHT.  
MOVE RIGHT.  
LIVE WELL.

### FEATURED PROGRAM

## LIVINE HOLISTIC DIABETES REVERSAL PROGRAM

An integrative root-cause healing approach combining



Functional  
Medicine



Ayurveda



Clinical  
Nutrition



Lifestyle  
Medicine



Movement  
Therapy



Nervous System  
Regulation



Sustainable  
Habits



SCIENCE MEETS NATURE.  
WISDOM GUIDES HEALING.

*"Healing is not a temporary diet.  
It is a lifelong transformation."*

— Dr. Khushboo Dhar Maniar & Dr. Harshit Maniar







# LIVINE

HOLISTIC WELLNESS

...towards wholesome health

# FOUNDER'S MESSAGE

— A MESSAGE FROM THE FOUNDERS —

## Understanding the Root Cause Before the Disease

In today's fast-moving world, more people than ever are struggling with weight gain, diabetes, fatigue, fatty liver, hormonal imbalance, poor sleep, cravings, and chronic inflammation.

Most people believe these are separate problems.

But in reality, many of these conditions are deeply connected through one hidden metabolic disturbance:



## INSULIN RESISTANCE

At Livine Holistic Wellness, we often see patients focusing only on blood sugar numbers while the real root causes continue silently progressing underneath.

Long-term stress, irregular eating patterns, sedentary lifestyles, poor sleep, processed foods, emotional overload, inflammation, digestive imbalance, and metabolic dysfunction gradually push the body toward insulin resistance — sometimes years before diabetes is even diagnosed.

This month's edition is dedicated to helping you understand this important concept in a simple, practical, and empowering way.

Our goal is not only to educate you about insulin resistance, but also to help you understand that healing is possible when we begin addressing the body as a whole.

At Livine Holistic Wellness, we believe true healing requires an integrative approach that combines:



FUNCTIONAL  
MEDICINE



AYURVEDA



CLINICAL  
NUTRITION



LIFESTYLE  
MEDICINE



MOVEMENT  
THERAPY



NERVOUS SYSTEM  
REGULATION



SUSTAINABLE HABIT  
TRANSFORMATION

Because healing does not happen through temporary restriction.

*Healing happens when the body is supportive consistently with the right food, the right lifestyle, the right mindset, and the right daily routines.*



SCIENCE MEETS NATURE.  
WISDOM GUIDES HEALING.

ROOT CAUSE • HOLISTIC HEALING  
SUSTAINABLE TRANSFORMATION

JUNE 2026 EDITION

INSULIN RESISTANCE SPECIAL



IN THIS EDITION, YOU WILL LEARN:



The early signs of insulin resistance



Common Indian lifestyle triggers



Metabolic mistakes that silently worsen health



Simple nutrition and lifestyle changes



Practical steps to begin restoring metabolic balance naturally



“

*We encourage you to read this journal slowly, implement one small change at a time, and share this knowledge with your family members as well.*

”



REMEMBER:

Small consistent habits create powerful long-term healing.

Thank you for being a part of the Livine wellness community.

We look forward to supporting you on your healing journey.



*With warmth and gratitude,*

DR. KHUSHBOO DHAR MANIAR  
& DR. HARSHIT MANIAR

LIVINE HOLISTIC WELLNESS  
...towards wholesome health



*True healing is not about suppressing symptoms. It is about understanding the body, respecting its wisdom, and restoring balance at the root level.*





# THE TRUTH ABOUT INSULIN RESISTANCE

The Hidden Metabolic Problem Affecting Millions of Indians



Most people believe diabetes begins when blood sugar levels become high.

But in reality, the metabolic imbalance often starts many years earlier.

Long before diabetes is diagnosed, the body usually starts showing subtle signs of a deeper issue known as:

## INSULIN RESISTANCE

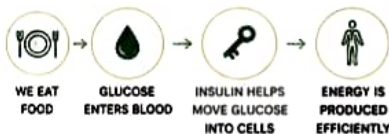
Many people are unaware they have insulin resistance until significant metabolic damage has already developed.

### INSULIN RESISTANCE IS STRONGLY CONNECTED WITH:



### WHAT IS INSULIN?

Insulin is a hormone produced by the pancreas. It helps glucose (sugar) move from the bloodstream into the cells where it can be used for energy.



But when the body is repeatedly exposed to:

- Excess refined carbohydrates
- Constant snacking
- Stress
- Poor sleep
- Lack of movement
- Processed foods
- Chronic inflammation

the cells gradually stop responding properly to insulin.

This is called **INSULIN RESISTANCE**.

#### OVER TIME:



### WHY ARE INDIANS MORE PRONE?

Many Indians develop insulin resistance earlier compared to other populations.

- ✓ High refined carbohydrate intake
- ✓ Low protein consumption
- ✓ Sedentary work culture
- ✓ Poor muscle mass
- ✓ Chronic stress
- ✓ Late-night eating
- ✓ Lack of sleep
- ✓ Frequent tea-biscuit snacking
- ✓ Emotional eating
- ✓ Ultra-processed foods
- ✓ Low physical activity
- ✓ Visceral fat accumulation



Even people who appear "thin" externally may still have significant metabolic dysfunction internally.

This is often called:

**TOFI**  
THIN OUTSIDE, FAT INSIDE

### EARLY SIGNS OF INSULIN RESISTANCE

- Belly fat
- Difficulty losing weight
- Constant cravings for sweets
- Fatigue after meals
- Increased hunger
- Brain fog
- Energy crashes
- Frequent snacking
- Dark pigmentation around neck/armpits
- Fatty liver
- Elevated triglycerides
- Poor sleep
- Mood fluctuations
- Afternoon sleepiness



Many people normalize these symptoms for years without understanding their root cause.

### THE HIDDEN ROLE OF STRESS & SLEEP

Chronic stress increases cortisol levels, which can:

- ✓ Worsen blood sugar imbalance
- ✓ Increase cravings
- ✓ Disturb sleep
- ✓ Promote belly fat storage
- ✓ Increase inflammation



Poor sleep further worsens insulin sensitivity. Even 5-6 days of inadequate sleep can negatively affect glucose metabolism.

True healing requires more than calorie counting alone.



### COMMON INDIAN BREAKFAST MISTAKES

#### MEALS THAT SPIKE BLOOD SUGAR

- ✗ Tea + biscuits
- ✗ Bread-based breakfasts
- ✗ Sugary cereals
- ✗ Poha without protein
- ✗ Excess fruit juices
- ✗ Processed snacks
- ✗ Bakery foods
- ✗ Refined flour products



These meals are often:

- Low in protein
- Low in fibre
- Rapidly increase blood sugar

#### A BETTER BREAKFAST SHOULD INCLUDE

- ✓ Protein
- ✓ Fibre
- ✓ Healthy fats
- ✓ Balanced carbohydrates

#### GOOD EXAMPLES

- Moong chilla
- Vegetable besan chilla
- Paneer-based meals
- Sprouts
- Millet combinations
- Nuts & seeds
- Vegetable-rich preparations



### CAN INSULIN RESISTANCE BE REVERSED?

In many cases, yes. The body has an incredible ability to heal when given the right support consistently.

At Livine Holistic Wellness, we focus on addressing the root causes using an integrative approach that combines:

- Functional Medicine
- Ayurveda
- Clinical Nutrition
- Lifestyle Medicine
- Movement Therapy
- Nervous System Regulation
- Sustainable Habit Transformation

The goal is not temporary restriction. — The goal is:

- Restoring metabolic flexibility
- Improving insulin sensitivity
- Reducing inflammation
- Supporting digestion
- Balancing hormones
- Improving energy
- Creating long-term sustainable healing



### SMALL DAILY HABITS CREATE POWERFUL METABOLIC CHANGE



Healing insulin resistance does not require perfection. It requires *consistency*.

### LIVINE INSIGHT

Insulin resistance is not just a blood sugar problem. It is a whole-body metabolic imbalance influenced by lifestyle, stress, inflammation, sleep, digestion, movement, and daily habits.

Understanding the root cause is the first step toward sustainable healing.







# BELLY FAT & INSULIN RESISTANCE

## Why Abdominal Fat Is More Dangerous Than You Think

Many people think belly fat is only a cosmetic concern. But medically and metabolically, excess abdominal fat is one of the strongest warning signs of insulin resistance and chronic inflammation. Even people who do not appear "very overweight" externally may still carry dangerous internal fat around their organs.

### WHY BELLY FAT IS DIFFERENT

Belly fat is not just stored energy. It behaves like an inflammatory organ inside the body.



Excess visceral fat can:

- ⚙️ Increase insulin resistance
- 📉 Worsen blood sugar control
- 🔥 Increase fatty liver risk
- 📈 Raise cholesterol & triglycerides
- 📈 Elevate blood pressure
- 🔥 Increase inflammation
- 🔄 Disturb hormones
- 📈 Increase cardiovascular disease risk



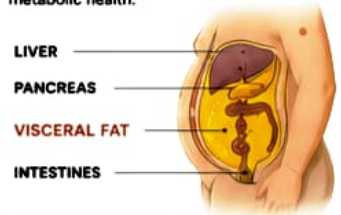
Waist circumference is often a more important metabolic indicator than body weight alone.

### COMMON CAUSES OF BELLY FAT IN MODERN INDIAN LIFESTYLES

- 🍵 Frequent tea-biscuit snacking
- 🏢 Sedentary work culture
- 🌙 Late-night dinners
- 😴 Poor sleep quality
- 🍽️ Stress eating
- 🌾 Excess refined carbohydrates
- 🍷 Sugary beverages
- 💪 Lack of muscle mass
- 🏃 Minimal physical activity
- 📈 Constant insulin spikes
- 🧠 Emotional eating
- 🍷 Chronic stress
- 🍷 Alcohol intake
- 🍷 Processed food consumption

### WHAT IS VISCERAL FAT?

This hidden fat surrounds important organs such as the liver, pancreas, intestines, and heart. It is highly active metabolically and can significantly disturb hormone balance, blood sugar control, inflammation, and overall metabolic health.



### THE STRESS-BELLY FAT CONNECTION



This vicious cycle keeps your metabolism stuck. Healing requires nervous system regulation along with dietary changes.

### SIGNS THAT BELLY FAT MAY BE A METABOLIC WARNING SIGN

- 📏 Increasing waist circumference
- 🍷 Fatty liver
- 📏 Fat accumulation around abdomen
- 📈 High fasting insulin
- 📏 Difficulty losing weight despite dieting
- 📈 Poor energy levels
- 🍷 Cravings for sweets
- 📈 Snoring or disturbed sleep
- 📈 Afternoon fatigue
- 📈 Elevated blood sugar
- 📈 Elevated triglycerides
- 📈 Increased hunger after meals



These symptoms often indicate deeper metabolic imbalance developing internally.

### WHY CRASH DIETING OFTEN FAILS

Extreme calorie restriction, meal skipping, excessive cardio, or unsustainable diets may give temporary results but the root problem remains.

This can:

- ✗ Slow metabolism
- ✗ Worsen muscle loss
- ✗ Increase stress hormones
- ✗ Increase cravings
- ✗ Lead to weight regain

True metabolic healing requires:

- ✅ Improving insulin sensitivity
- ✅ Preserving muscle mass
- ✅ Reducing inflammation
- ✅ Improving sleep
- ✅ Managing stress
- ✅ Creating sustainable habits

### THE LIVINE APPROACH TO BELLY FAT & METABOLIC HEALING

- 🌱 Metabolic correction
- 🌱 Insulin sensitivity support
- 🌱 Anti-inflammatory nutrition
- 🌱 Digestive health improvement
- 🌱 Stress reduction
- 🌱 Movement therapy
- 🌱 Sleep optimization
- 🌱 Hormone balance
- 🌱 Sustainable lifestyle transformation

Belly fat is rarely just about overeating. It is usually a signal that the body's metabolism is struggling.

### SMALL CHANGES THAT SUPPORT BELLY FAT REDUCTION

- 🚶 Walk after meals
- 🍳 Eat protein-rich breakfasts
- 🍔 Reduce ultra-processed foods
- 🌙 Sleep before 11 pm
- 💪 Strength training
- 🍵 Mindful eating
- 🍷 Reduce sugary beverages
- 🧘 Manage stress
- 🕒 Maintain meal timing consistency

The goal is not rapid weight loss. The goal is restoring metabolic balance.

### LIVINE INSIGHT

“Belly fat is not only a weight issue. It is often a visible sign of deeper metabolic stress, inflammation, hormonal imbalance, and insulin resistance developing inside the body.”

When we address the root causes consistently, the body gradually begins moving toward healing naturally.





# 7-DAY METABOLIC RESET ROUTINE

## Simple Daily Habits to Support Insulin Sensitivity Naturally

Modern lifestyles overload the body with stress, poor sleep, processed foods, irregular eating, excessive snacking and low activity.

Over time, this can contribute to insulin resistance, inflammation, fatigue, belly fat, cravings, poor digestion and metabolic imbalance.



### The good news is:

Small daily habits practiced consistently can significantly improve metabolic health.

### CORE RESET PRINCIPLES

- ✓ Eating real, minimally processed foods
- ✓ Maintain regular meal timings
- ✓ Reduce sugar and refined flour
- ✓ Improve sleep quality
- ✓ Walk after meals
- ✓ Support digestion naturally
- ✓ Stay hydrated
- ✓ Manage stress consciously



This 7-day metabolic reset routine is designed to gently support:

- Blood sugar balance
- Digestion
- Energy
- Inflammation reduction
- Insulin sensitivity

The goal is not extreme dieting. The goal is restoring rhythm, balance and consistency.

## DAILY METABOLIC RESET ROUTINE

### 1 MORNING ROUTINE



#### Upon Waking

- Wake up at a consistent time
- Avoid checking phone immediately
- Sit calmly for 2-3 minutes
- Practice deep breathing



#### Hydration

Start the day with:

- Warm water
- Jeera water
- Methi water
- Cinnamon-infused water



#### Avoid:

Sugary tea, packaged juices, sweetened beverages

### 2 SUNLIGHT & MOVEMENT



Within 30-45 minutes of waking:

- Take morning sunlight exposure
- Practice gentle stretching
- Go for a short walk
- Or perform yoga / pranayama



#### Morning sunlight helps:

- ✓ Regulate circadian rhythm
- ✓ Improve metabolism
- ✓ Support sleep quality
- ✓ Reduce stress hormones

### 3 BREAKFAST GUIDELINES

Your breakfast should help stabilize blood sugar – not spike it.

Focus on: protein, fibre, healthy fats and balanced carbohydrates.

#### Better Breakfast Examples

- Moong chilla with chutney
- Vegetable besan chilla
- Paneer vegetable bowl
- Sprouts salad
- Millet upma with vegetables
- Vegetable oats with seeds
- Nuts & seeds support



#### Avoid

Tea + biscuits, sugary cereals, bakery products, white bread, processed snacks, fruit juice-based breakfasts

### 4 MIDDAY HABITS



#### Lunch Timing

Try to eat lunch at a regular time daily.

#### Ideal Plate Structure

50% Vegetables | 25% Protein | 25% Smart Carbs

#### Smart Carbohydrate Options



Millets



Hand-pounded rice



Quinoa



Lentils



Traditional Indian grains



#### After Meals

Walk slowly for 10-15 minutes after lunch and dinner. This simple habit can significantly support blood sugar regulation.

### 5 EVENING RESET

Cravings in the evening are often due to fatigue, stress, dehydration and poor meal quality earlier in the day.



#### Better Evening Habits

- ✓ Herbal tea
- ✓ Roasted chana
- ✓ Makhana
- ✓ Nuts & seeds
- ✓ Fruit in moderation
- ✓ Mindful snacking

#### Avoid:

- ✗ Emotional eating
- ✗ Excessive caffeine
- ✗ Sugary snacks
- ✗ Packaged foods

### 6 DIGITAL DETOX & STRESS RESET



Chronic stress significantly worsens insulin resistance.

For the next 7 days:

Reduce unnecessary screen time

- Avoid doom scrolling
- Practice gratitude
- Spend time in nature
- Slow down meal timings
- Create intentional pauses during the day

#### Simple Stress Practices

- Deep breathing
- Anulom vilom
- Bhramari pranayama
- Meditation
- Journaling
- Evening walks

### 7 SLEEP RESET

Sleep is one of the most powerful metabolic medicines.

#### Aim For:

- ✓ Sleeping before 11 pm
- ✓ 7-8 hours of quality sleep
- ✓ Regular sleep timing
- ✓ Screen-free bedtime routine

Better sleep improves: insulin sensitivity, cravings, hormone balance and energy regulation.

#### Avoid Before Sleep

- ✗ Heavy meals
- ✗ Excessive screen exposure
- ✗ Work-related stress
- ✗ Caffeine late evening

### 8 FOODS TO PRIORITIZE THIS WEEK

#### Include More Of:

- Vegetables
- Leafy greens
- Lentils
- Sprouts
- Nuts & seeds
- Traditional Indian spices
- Fibre-rich foods
- Healthy fats
- Protein-rich vegetarian meals



#### Reduce:

- ✗ Refined flour
- ✗ Sugary foods
- ✗ Packaged snacks
- ✗ Deep-fried foods
- ✗ Sugary beverages
- ✗ Excessive restaurant food
- ✗ Frequent snacking



### 9 LIVINE RESET RULES FOR 7 DAYS

- Walk after every major meal
- Eat slowly and mindfully
- Sleep before 11 pm
- Avoid sugary beverages
- Include protein in breakfast
- Reduce processed foods
- Stay hydrated
- Practice daily movement
- Avoid overeating at night
- Create consistent meal timings



### 10 WHAT YOU MAY NOTICE AFTER 7 DAYS

- Better energy
- Reduced bloating
- Fewer cravings
- Lighter digestion
- Improved sleep
- Improved mental clarity
- Better appetite control



Long-term healing requires consistency, but small changes often create powerful momentum.



### LIVINE INSIGHT

“Metabolic healing does not begin with extreme restriction. It begins when the body starts receiving consistent signals of balance, nourishment, movement, recovery and rhythm.”



Small daily habits practiced consistently can create profound long-term transformation.



# SMART INDIAN EATING FOR INSULIN RESISTANCE

Simple Food Changes That Support Metabolic Healing

Many people believe managing blood sugar only means avoiding sugar. But insulin resistance is influenced by much more than sweets alone.

The body's metabolic response is affected by:



Food should not only help control blood sugar – it should also:

- ✓ Reduce inflammation
- ✓ Support digestion
- ✓ Improve energy
- ✓ Stabilize cravings
- ✓ Nourish the gut
- ✓ Support long-term healing

The good news is:

Traditional Indian meals can become highly supportive for metabolic health when structured correctly.



## THE BIGGEST MISTAKE MOST PEOPLE MAKE

Many people unknowingly consume meals that are high in refined carbohydrates, low in protein, low in fibre, and eaten too frequently.

Examples include:

- ✗ Tea + biscuits
- ✗ Bread-based breakfasts
- ✗ Packaged snacks
- ✗ Sugary beverages
- ✗ Refined flour foods
- ✗ Frequent snacking
- ✗ Late-night heavy meals

These habits create repeated glucose spikes and insulin overload.

Over time, this worsens:

- Insulin resistance
- Belly fat
- Inflammation
- Cravings
- Fatigue
- Metabolic dysfunction



## THE LIVINE PLATE METHOD

A balanced plate can significantly improve blood sugar stability and satiety.

### 50% PLATE NON-STARCHY VEGETABLES

- Lauki, Tinda, Bhindi
- Cabbage, Spinach, Methi
- Cucumber, Carrots, Broccoli, Gourds
- Salads (steamed / boiled if required)



This combination helps:

- ✓ Slow glucose absorption
- ✓ Reduce cravings
- ✓ Improve fullness
- ✓ Stabilize energy levels

### 25% PLATE PROTEIN SOURCES

- Dal, Sprouts, Paneer
- Curd, Tofu, Lentils
- Chana, Moong
- Greek Yogurt
- Seeds & Nuts



### 25% PLATE SMART CARBOHYDRATES

- Millets, Hand-pounded rice
- Quinoa, Traditional grains
- Controlled roti portions
- Sweet potato, Fibre-rich grains

## SMART BREAKFAST IDEAS

Breakfast should help stabilize metabolism – not spike blood sugar.



## COMMON BREAKFAST MISTAKES TO REDUCE

- ✗ Tea + biscuits
- ✗ Sugary cereals
- ✗ White bread
- ✗ Bakery products
- ✗ Fruit juices
- ✗ Excess packaged foods
- ✗ Refined flour breakfasts
- ✗ Breakfast without protein

These foods often create:



## SMART SNACKING GUIDELINES

Frequent snacking can worsen insulin overload in many individuals.

Whenever possible: Avoid unnecessary grazing, eat mindfully, and improve meal quality instead.

### BETTER SNACK OPTIONS

- ✓ Roasted chana
- ✓ Makhana
- ✓ Nuts
- ✓ Seeds
- ✓ Coconut
- ✓ Sprouts
- ✓ Vegetable soups
- ✓ Herbal teas
- ✓ Fruit in moderation
- ✓ Protein-rich snacks



## SMART DINNER PRINCIPLES

Dinner should be lighter, earlier, and easier to digest.

### HELPFUL GUIDELINES

- ✓ Eat dinner 2-3 hours before sleep
- ✓ Reduce overeating at night
- ✓ Avoid heavy fried foods
- ✓ Reduce sugary desserts late evening
- ✓ Keep portion sizes moderate

### BETTER DINNER IDEAS

- ✓ Vegetable soup + paneer
- ✓ Dal + vegetables
- ✓ Millet khichdi
- ✓ Sautéed vegetables + protein
- ✓ Light Indian home-style meals



## THE ROLE OF PROTEIN IN INSULIN RESISTANCE

One major problem in many Indian vegetarian diets is inadequate protein intake.

Low protein meals can worsen:

- Cravings
- Overeating
- Muscle loss
- Fatigue
- Blood sugar instability



Including adequate protein supports:



## SMART FOOD HABITS THAT SUPPORT INSULIN SENSITIVITY

- ✓ Eat meals slowly
- ✓ Maintain meal timing consistency
- ✓ Include protein in breakfast
- ✓ Reduce ultra-processed foods
- ✓ Walk after meals
- ✓ Stay hydrated
- ✓ Reduce sugary beverages
- ✓ Improve fibre intake
- ✓ Avoid emotional eating
- ✓ Focus on long-term sustainability



## AYURVEDIC VIEW OF METABOLIC IMBALANCE

From an Ayurvedic perspective, insulin resistance is often associated with:

- Weakened Agni (digestive fire)
- Ama accumulation (toxins/metabolic waste)
- Kapha imbalance
- Sedentary lifestyle
- Improper food habits

This is why traditional principles such as:



remain highly relevant even today.



## LIVINE INSIGHT

“The goal is not to fear food. The goal is to build a healthier relationship with food that supports metabolism, energy, digestion, hormones, and long-term healing.”



Small food choices practiced consistently every day can create profound metabolic transformation over time.





# METABOLIC-FRIENDLY INDIAN RECIPES

Nourishing Meals That Support Blood Sugar Balance Naturally

Traditional Indian foods can become highly supportive for insulin resistance and metabolic healing when prepared with balanced ingredients, proper combinations and mindful cooking.



## 1 MOONG CHILLA WITH GREEN CHUTNEY

Protein-Rich Indian Breakfast for Stable Energy



### Why It Helps

Rich in plant protein and fibre, easy to digest and supportive for blood sugar stability.

### Ingredients

#### For Chilla

- 1 cup soaked yellow/green moong
- Ginger, Green chilli
- Jeera, Coriander
- Turmeric, Salt
- Chopped vegetables (optional)

#### For Chutney

- Coriander, Mint
- Ginger, Lemon
- Jeera
- Minimal salt

### Preparation Method

- 1 Soak moong for 6-8 hours.
- 2 Blend with spices into smooth batter.
- 3 Add chopped vegetables if desired.
- 4 Cook on iron tawa with minimal oil.
- 5 Serve fresh with chutney.

### Best Suited For

- Insulin resistance
- Diabetes
- Weight management
- Fatty liver
- PCOD
- High cravings

### Functional Insight

Protein + fibre combinations help improve fullness, slow glucose absorption and reduce overeating later in the day.

### Ayurvedic Perspective

Moong is light, digestible, balancing for Kapha and supportive for metabolic sluggishness.

## 2 VEGETABLE MILLET KHICHDI

Comfort Food for Metabolic & Digestive Healing



### Why It Helps

Millets with lentils and vegetables provide fibre, minerals, plant protein and sustained energy release. Supports digestion, satiety and blood sugar balance.

### Ingredients

- Foxtail/little millet
- Moong dal
- Lauki, Carrot
- Beans, Methi
- Ginger
- Jeera, Haldi
- Curry leaves
- Minimal cold-pressed oil/ghee

### Preparation Method

- 1 Wash millet and dal properly.
- 2 Add vegetables and spices.
- 3 Cook until soft and well combined.
- 4 Serve warm with fresh herbs.

### Best Suited For

- Fatty liver
- Diabetes
- Poor digestion
- Inflammation
- Weight management

### Functional Insight

Fibre-rich meals support gut microbiome diversity, better satiety and slower glucose response.

### Ayurvedic Perspective

Warm freshly prepared meals help support Agni (digestive fire), digestion and metabolic balance.

## 3 SPROUTS & VEGETABLE BHEL

Smart Evening Snack Alternative



### Why It Helps

Provides protein, fibre, crunch and nutrients without causing heavy glucose spikes. Helps reduce dependence on fried snacks, packaged foods and evening junk cravings.

### Ingredients

- Mixed sprouts
- Onion, Tomato
- Cucumber, Coriander
- Roasted peanuts
- Lemon
- Jeera powder
- Black pepper
- Pomegranate (small quantity optional)

### Preparation Method

- 1 Steam sprouts lightly if required.
- 2 Mix all ingredients fresh.
- 3 Add lemon and spices before serving.

### Best Suited For

- Evening cravings
- Weight management
- Insulin resistance
- High triglycerides
- Sedentary lifestyles

### Functional Insight

Balanced snacks help stabilize appetite, reduce binge eating and improve meal quality.

### Ayurvedic Perspective

Freshly prepared mindful snacks are preferred over stale, packaged or excessively processed foods.

## 4 CINNAMON METHI HERBAL DRINK

Traditional Support for Metabolic Wellness



### Why It Helps

Fenugreek and cinnamon have traditionally been used to support digestion, metabolic health and blood sugar balance.

### Ingredients

- 1 tsp methi seeds
- Small cinnamon stick
- Warm water

### Preparation Method

- 1 Soak methi overnight.
- 2 Add cinnamon to warm water.
- 3 Let steep for a few minutes.
- 4 Consume slowly in the morning.

### Best Suited For

- Insulin resistance
- Digestive sluggishness
- Cravings
- Sedentary lifestyle



### Important Note

This is a supportive lifestyle drink – not a replacement for medical treatment.



### Best Time

Morning on an empty stomach.

## SMART RECIPE PRINCIPLES

-  Prioritize protein + fibre combinations
-  Reduce refined flour foods
-  Avoid excessive sugary beverages
-  Include vegetables in major meals
-  Use mindful cooking methods
-  Avoid overeating at night
-  Focus on consistency over perfection
-  Stay hydrated
-  Eat slowly and mindfully
-  Choose whole, natural, minimally processed foods



## LIVINE INSIGHT

“Healthy food should not only control calories. It should nourish metabolism, improve digestion, stabilize energy, reduce inflammation, and support sustainable healing.”

Simple traditional Indian meals prepared mindfully can become powerful tools for long-term metabolic wellness.





# AYURVEDIC UNDERSTANDING OF INSULIN RESISTANCE

Restoring Balance Through Traditional Indian Healing Principles



Long before modern medicine identified insulin resistance, Ayurveda emphasized that disease often begins when digestion weakens, metabolism slows, toxins accumulate, routines become irregular, and the body loses internal balance.



Ayurveda teaches that healing is not only about treating disease after it appears.

Healing begins by restoring harmony in:



Food



Digestion



Sleep



Movement



Mental State



Lifestyle Patterns

## WHAT IS AGNI?

In Ayurveda, Agni refers to the body's digestive and metabolic fire.

Healthy Agni supports:

- ✓ Proper digestion
- ✓ Nutrient absorption
- ✓ Energy production
- ✓ Metabolism
- ✓ Immunity
- ✓ Tissue nourishment



When Agni becomes weak:

- Digestion slows
- Heaviness develops
- Toxins accumulate
- Cravings increase
- Metabolism weakens
- Fat accumulation becomes easier

Many symptoms associated with insulin resistance reflect disturbed Agni.

## AMA — THE ACCUMULATION OF TOXINS

When digestion becomes impaired, partially digested metabolic waste accumulates in the body.

This is known as Ama.

Ama may contribute to:

- Sluggishness
- Poor digestion
- Bloating
- Metabolic imbalance
- Heaviness
- Disease progression
- Inflammation
- Fatigue



Modern lifestyles that commonly promote Ama include:



Ayurveda strongly emphasizes improving digestion rather than only suppressing symptoms.

## THE ROLE OF KAPHA IN METABOLIC IMBALANCE

Insulin resistance often shows characteristics associated with aggravated Kapha dosha, such as:

- Heaviness
- Excessive sleepiness
- Weight gain
- Low motivation
- Lethargy
- Sluggish metabolism
- Fluid retention



Kapha imbalance may worsen due to:



Ayurveda encourages lightness, regular movement, mindful eating, warm meals, digestive spices, and routine consistency.

## DINACHARYA — THE POWER OF DAILY ROUTINES

Irregular routines can disturb hormones, digestion, sleep, metabolism, and nervous system balance.

Simple Dinacharya practices that support metabolic health include:

- ✓ Waking early
- ✓ Proper sleep timing
- ✓ Regular meal timings
- ✓ Reduced late-night eating
- ✓ Morning hydration
- ✓ Calm eating environment
- ✓ Daily movement
- ✓ Digestive-supportive meals
- ✓ Mindful eating

Consistency itself becomes medicine.



## AYURVEDIC SPICES THAT SUPPORT DIGESTION & METABOLIC HEALTH

Indian kitchens naturally contain many powerful digestive-supportive spices.

- Jeera (Cumin)**  
Supports digestion and reduces bloating.
- Haldi (Turmeric)**  
Traditionally valued for anti-inflammatory support.
- Methi (Fenugreek)**  
Traditionally used to support metabolism and digestion.
- Dalchini (Cinnamon)**  
Supports warmth, digestion, and metabolic balance.
- Ajwain**  
Helpful for sluggish digestion and heaviness.
- Ginger**  
Supports Agni and circulation.

These should be used as part of balanced food habits – not as miracle cures.

## THE IMPORTANCE OF WARM FRESHLY PREPARED FOOD

Ayurveda generally prefers:

- Freshly prepared meals
- Warm food
- Mindful eating
- Simple, digestible combinations



Highly processed, stale, packaged, and excessively cold foods may weaken digestion over time.

Simple home-cooked meals support metabolism far better than ultra-processed foods, constant snacking, and excessive restaurant eating.

## AYURVEDIC LIFESTYLE HABITS FOR INSULIN RESISTANCE

- ✍ Eat meals calmly without distraction
- ✍ Avoid overeating
- ✍ Reduce emotional eating
- ✍ Maintain regular meal timing
- ✍ Sleep before 11 pm
- ✍ Walk after meals
- ✍ Practice pranayama
- ✍ Support digestion naturally
- ✍ Avoid excessive screen exposure late evening
- ✍ Spend time in nature

## THE MIND–BODY CONNECTION IN AYURVEDA

Stress, emotional overload, anger, fear, anxiety, and chronic mental tension can disturb:



This is why true healing requires:

- ✓ Calming the nervous system
- ✓ Slowing down
- ✓ Improving awareness
- ✓ Creating emotional balance
- ✓ Alongside physical healing



## LIVINE INSIGHT

“Ayurveda reminds us that health is not created through extreme restriction. Health is created through balance, rhythm, digestion, awareness, nourishment, movement, and harmony with nature.”

Small daily practices rooted in traditional wisdom can become powerful tools for restoring long-term metabolic wellness naturally.





# MOVEMENT IS MEDICINE

## Why Daily Physical Activity Is Essential for Insulin Resistance

Modern lifestyles have reduced natural movement from daily life. Long hours of sitting, screen time and physical inactivity are major contributors to insulin resistance and many chronic diseases.

The good news is:



Simple, consistent movement can create powerful changes in blood sugar regulation, insulin sensitivity, energy, mood and long-term health.



### WHY MOVEMENT IMPROVES INSULIN SENSITIVITY

When muscles are active:

- ✓ Glucose is utilized more efficiently
- ✓ Insulin sensitivity improves
- ✓ Blood sugar stability improves
- ✓ Metabolism becomes more flexible



Lack of movement leads to:  
Reduced muscle activity • Poor glucose utilization  
Weight gain • Inflammation • Fatigue  
Metabolic dysfunction

Movement is one of the most important pillars of metabolic healing.

### THE BIGGEST MISTAKE: "I WALK SOMETIMES"



Long periods of sitting can negatively affect metabolism even if you exercise briefly. Your body benefits most from regular movement, reduced sitting time and consistency.

### THE LIVINE MOVEMENT PHILOSOPHY



Support Healing



Reduce Stress



Improve Mobility



Build Strength



Sustainable Long-term

Exercise should not become punishment.

Movement should become a daily lifestyle habit.



## BEST TYPES OF MOVEMENT FOR INSULIN RESISTANCE

### 1 WALKING AFTER MEALS



One of the simplest and most effective habits.

#### Benefits

- ✓ Improves glucose utilization
- ✓ Supports digestion
- ✓ Reduces post-meal glucose spikes
- ✓ Supports circulation
- ✓ Improves metabolism



Recommendation:  
Walk slowly for 10-15 minutes after lunch and dinner.

Consistency matters more than intensity.

### 2 STRENGTH TRAINING



Muscle mass plays a major role in metabolic health.

#### Benefits

- ✓ Improves insulin sensitivity
- ✓ Builds lean muscle
- ✓ Improves metabolism
- ✓ Supports fat loss
- ✓ Improves posture & strength
- ✓ Supports healthy aging

#### Simple Examples



### 3 YOGA FOR METABOLIC HEALTH



Supports physical health and nervous system balance.

#### Helpful Yoga Practices

- ☸ Surya Namaskar
- ☸ Pawanmuktasana
- ☸ Bhujangasana
- ☸ Vajrasana
- ☸ Tadasana
- ☸ Marjariasana
- ☸ Mandukasana

Yoga improves flexibility, digestion, breathing, stress management and mind-body awareness.



Move your body. Calm your mind.

### 4 PRANAYAMA & BREATHWORK



Chronic stress affects metabolic health. Breathwork helps regulate:

- ☸ Stress hormones
- ☸ Nervous system activity
- ☸ Sleep quality
- ☸ Emotional balance

#### Helpful Practices

- ☸ Anulom vilom
- ☸ Bhramari
- ☸ Deep diaphragmatic breathing
- ☸ Box breathing
- ☸ Mindful breathing

Even 5-10 minutes daily can be highly beneficial.

### 5 REDUCING SITTING TIME



Long uninterrupted sitting negatively affects metabolism and energy.

#### Simple Tips

- ✓ Stand every 45-60 minutes
- ✓ Take movement breaks
- ✓ Stretch regularly
- ✓ Walk during phone calls
- ✓ Use stairs when possible
- ✓ Avoid sitting continuously after meals



Small movement throughout the day matters enormously.

### SIGNS YOUR BODY NEEDS MORE MOVEMENT

- ☸ Low energy
- ☸ Stiffness
- ☸ Weight gain
- ☸ Poor posture
- ☸ Fatigue after meals
- ☸ Poor stamina
- ☸ Reduced flexibility
- ☸ Sluggish metabolism
- ☸ Back pain
- ☸ Mood changes
- ☸ Poor sleep quality
- ☸ Low motivation



### IMPORTANT REMINDER

More exercise is not always better.

Excessive intense exercise combined with:

- ☒ Poor sleep
- ☒ High stress
- ☒ Under-eating
- ☒ Poor recovery

can sometimes worsen metabolic stress.

☑ The goal is:  
Sustainable movement + Proper recovery.

### SIMPLE DAILY MOVEMENT GOALS

- ☸ Walk daily
- ☸ Walk after meals
- ☸ Stretch regularly
- ☸ Include strength training 2-4x/week
- ☸ Practice breathing exercises
- ☸ Reduce sitting time
- ☸ Stay active throughout the day
- ☸ Prioritize consistency over perfection



### LIVINE INSIGHT

“The body heals through movement. Every step, stretch, breath, and muscle contraction sends signals of recovery, circulation, energy and metabolic activation to the body.”



You do not need perfect workouts. You simply need regular movement practiced consistently over time.



# THE STRESS–INSULIN CONNECTION

## How Emotional Health Influences Metabolism

One of the biggest hidden drivers of insulin resistance is often overlooked:

### Chronic Stress.

Modern lifestyles keep the body in a constant state of mental overload and nervous system imbalance.

This affects hormones, cravings, digestion, sleep, inflammation, energy, and blood sugar regulation.



At Livine Holistic Wellness, we believe metabolic healing cannot happen fully unless emotional and nervous system health are also addressed.

### WHAT HAPPENS TO THE BODY DURING CHRONIC STRESS?

When the brain perceives stress, it releases stress hormones like cortisol, adrenaline, and noradrenaline.



**Short-term:**  
Protective

**Long-term:**  
Harmful

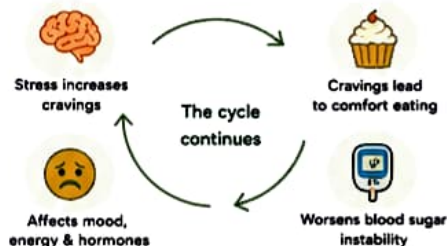
Over time, this may contribute to:

- Insulin resistance
- Increased belly fat
- Emotional eating
- Sugar cravings
- Sleep disturbances
- Fatigue
- Inflammation
- Poor digestion
- Hormonal imbalance
- Mood changes
- Low energy
- Slowed metabolism

The body begins operating in survival mode rather than healing mode.

### THE EMOTIONAL EATING CYCLE

Stress changes hunger hormones, dopamine pathways, blood sugar regulation, and nervous system balance.



### THE HIDDEN ROLE OF POOR SLEEP

Sleep is one of the most powerful metabolic regulators.

Poor sleep can:

- Worsen insulin sensitivity
- Increase cravings
- Increase hunger hormones
- Increase inflammation
- Reduce energy
- Worsen emotional regulation

Even a few nights of inadequate sleep may negatively affect glucose metabolism.



Common sleep disruptors:

- ☑ Late-night screen exposure
- ☑ Stress
- ☑ Irregular routines
- ☑ Heavy dinners
- ☑ Excessive caffeine
- ☑ Overstimulation

### SIGNS YOUR NERVOUS SYSTEM MAY BE OVERLOADED

- Constant fatigue
- "Wired but tired"
- Emotional eating
- Frequent cravings
- Brain fog
- Anxiety
- Poor sleep
- Irritability
- Low motivation
- Digestive disturbances

### SIMPLE WAYS TO CALM THE NERVOUS SYSTEM

#### 1. SLOW DOWN MEAL TIMES



- ✓ Sit calmly
- ✓ Chew properly
- ✓ Breathe slowly
- ✓ Eat mindfully

Digestion improves when the nervous system relaxes.

#### 2. CREATE DIGITAL BOUNDARIES



- ✓ Reduce screen exposure
- ✓ Avoid doom scrolling
- ✓ Take screen-free breaks
- ✓ No phone before sleep
- ✓ Spend more time offline

Mental recovery is essential for metabolic recovery.

#### 3. PRACTICE BREATHING EXERCISES



- ✓ Anulom vilom
- ✓ Bhramari
- ✓ Deep diaphragmatic breathing
- ✓ Guided relaxation
- ✓ Mindful breathing

Even 5–10 minutes daily can reduce stress reactivity.

#### 4. IMPROVE SLEEP RHYTHM



- ☑ Sleep before 11 pm
- ☑ Maintain regular timing
- ☑ Reduce screens at night
- ☑ Avoid heavy late dinners
- ☑ Create calm bedtime routines
- ☑ Reduce caffeine late evening

Consistency matters more than perfection.

#### 5. RECONNECT WITH CALMING ACTIVITIES



- ☑ Walk in nature
- ☑ Journaling
- ☑ Prayer / Meditation
- ☑ Gratitude practice
- ☑ Reading / Music
- ☑ Family / Quiet time
- ☑ Gardening

The nervous system needs moments of safety & stillness.

### THE LIVINE APPROACH

We view emotional wellness as an essential pillar of chronic disease reversal.

- Physical Balance
- Emotional Regulation
- Nervous System Support
- Restorative Sleep
- Sustainable Habits
- Mind–Body Harmony

The goal is not just lowering blood sugar numbers. The goal is restoring internal balance.



### LIVINE INSIGHT

“A stressed body struggles to heal. A calm, nourished, rested, and regulated body heals far more effectively.”

Sometimes the most powerful healing practices are not extreme diets or intense workouts — but better sleep, slower breathing, mindful eating, emotional awareness, and consistent daily rhythms.





# FROM CHRONIC GUT DISCOMFORT TO BETTER ENERGY & CONFIDENCE

How Diptiben Dave from Rajkot Improved Her Digestion  
& Reduced 8–9 Kgs Naturally 

Real People.  
Real Stories.  
Real Healing.

“Earlier, I constantly felt uncomfortable after meals. My digestion was disturbed, my energy levels were low, and my weight kept increasing despite trying many things. Joining Livine helped me understand that healing starts from the gut.”

– Diptiben Dave  
44 Years, Rajkot



## PATIENT PROFILE



Name:  
Diptiben Dave



Age:  
44 Years



City:  
Rajkot



Program Joined:  
Livine Holistic  
Diabetes Reversal Program



Healing the root  
Restoring the balance  
Transforming lives



## THE INITIAL STRUGGLE

When Diptiben first approached Livine Holistic Wellness, she had been dealing with persistent digestive and metabolic challenges affecting her everyday life.

Her major concerns included:



Bloating after meals

• Cravings



Heaviness in abdomen

• Gradual weight gain



Acidity

• Stress eating



Irregular digestion

• Difficulty maintaining consistency



Low energy levels

Like many individuals, she had already tried temporary diets, home remedies, inconsistent routines, and short-term solutions. But the problems repeatedly returned.



## UNDERSTANDING THE ROOT CAUSES

At Livine, the focus was not simply on symptom management.

The approach was to understand the deeper factors contributing to her health concerns.

Several lifestyle and metabolic patterns appeared interconnected:



Irregular meal timing



Digestive imbalance



Stress burden



Sedentary habits



Long-term metabolic slowdown



Gut health disturbances

She gradually understood that healing required addressing the body as a whole rather than treating isolated symptoms.



## RESULT ACHIEVED

Approximate Weight Reduction

8–9 Kgs



Additional Improvements Noticed:

- ✓ Reduced bloating
- ✓ Lighter digestion
- ✓ Improved bowel movements
- ✓ Better appetite regulation
- ✓ Reduced acidity
- ✓ Improved energy levels
- ✓ Fewer cravings
- ✓ Better sleep quality
- ✓ Improved confidence
- ✓ Better emotional balance



## THE BIGGEST TRANSFORMATION

“The biggest change was not only weight loss. I started feeling lighter, healthier, calmer, and more energetic from inside.”



## IMPORTANT LESSONS FROM HER JOURNEY



1



**Gut Health Affects the Entire Body**  
Digestion influences energy, metabolism, inflammation, cravings, mood, and weight.

2



**Sustainable Changes Work Better Than Extreme Diets**  
Consistency created stronger results than temporary restriction.

3



**Stress & Lifestyle Matter**  
Sleep, routine, and emotional wellness can significantly affect overall health.

4



**Small Daily Habits Create Long-Term Transformation**  
Small improvements practiced daily often create powerful cumulative changes.



## LIVINE INSIGHT

True healing begins when we stop focusing only on symptoms and start supporting the body's natural ability to restore balance.



At Livine Holistic Wellness, we look at the whole person – body, mind, metabolism, lifestyle and habits – to create real, lasting transformation.



Real People.  
Real Stories.  
Real Healing.







# INSULIN RESISTANCE: COMMON MYTHS VS FACTS



Separating Health Facts from Everyday Confusion



Health information today is everywhere. Unfortunately, so is misinformation. Many people struggling with weight gain, diabetes, cravings, belly fat, and fatigue often receive conflicting advice from social media, advertisements, and temporary diet trends.

Let's clear some common myths surrounding insulin resistance and metabolic health.



## MYTH 1

**"Only overweight people develop insulin resistance."**



## FACT

Insulin resistance can affect individuals of any body size. Many people may appear thin externally but still have:

- High visceral fat
- Inflammation
- Poor muscle mass
- Metabolic dysfunction
- Fatty liver

This is sometimes called TOFI (Thin Outside, Fat Inside). Body weight alone does not always reflect metabolic health.

## MYTH 2

**"If I stop eating sugar, my problem is solved."**



## FACT

Sugar is only one part of the picture. Insulin resistance can also be influenced by:

- Poor sleep
- Emotional eating
- Chronic stress
- Overall lifestyle habits
- Physical inactivity
- Processed foods
- Irregular eating patterns

Healing requires a whole-body approach.

## MYTH 3

**"Skipping meals helps me lose weight faster."**



## FACT

Skipping meals may sometimes lead to:

- Excessive hunger
- Poor energy
- Overeating later
- Inconsistent eating patterns
- Cravings

Meal quality and consistency are often more important than extreme restriction.

## MYTH 4

**"Healthy packaged foods are always healthy."**



## FACT

Many products labelled as "healthy", "diabetic", "sugar-free", "multigrain" may still contain:

- Refined ingredients
- Unhealthy oils
- Preservatives
- Additives
- Hidden sugars

Reading labels and choosing minimally processed foods is important.

## MYTH 5

**"Walking alone can reverse every metabolic problem."**



## FACT

Walking is extremely beneficial, but metabolic healing usually requires multiple pillars:



Healing rarely depends on one single habit alone.

## MYTH 6

**"Weight loss means metabolic health."**



## FACT

Rapid weight loss does not always indicate improved health.

True metabolic improvement involves:

- Better energy
- Better sleep
- Improved digestion
- Reduced inflammation
- Improved blood markers
- Sustainable habits

Health is more than the number on the weighing scale.

## MYTH 7

**"Diabetes happens only because of eating sweets."**



## FACT

Diabetes often develops due to a combination of factors:



Insulin resistance



Genetics



Stress



Inflammation



Poor lifestyle habits



Inactivity



Poor sleep



Dietary patterns

No single food alone causes diabetes.



## LIVINE INSIGHT

Sustainable healing begins when we replace confusion with understanding.



Small evidence-informed lifestyle choices practiced consistently often create much greater results than temporary health trends.





# WHAT'S HAPPENING AT LIVINE?

New Initiatives, Wellness Activities & Featured Program of the Month

At Livine Holistic Wellness, our mission is not simply to manage symptoms — it is to create sustainable transformation through education, lifestyle change, and root-cause healing.

This month, we are focusing on metabolic health and insulin resistance awareness. Here are some updates from the Livine community.

## THIS MONTH'S FEATURED PROGRAM

### LIVINE HOLISTIC DIABETES REVERSAL PROGRAM

Root-Cause Healing Beyond Blood Sugar Numbers

Many individuals focus only on reducing blood sugar readings. However, diabetes often develops due to multiple interconnected factors such as:

- |                                                                                                     |                                                                                                       |
|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
|  Insulin resistance |  Sleep disturbances  |
|  Poor digestion     |  Sedentary lifestyle |
|  Belly fat          |  Poor eating habits  |
|  Inflammation      |  Hormonal imbalance |
|  Stress overload  |                                                                                                       |

The Livine Holistic Diabetes Reversal Program focuses on addressing these deeper factors through an integrative approach.



#### OUR INTEGRATIVE APPROACH

- ✓ Functional Medicine Principles
- ✓ Ayurveda
- ✓ Clinical Nutrition
- ✓ Lifestyle Medicine
- ✓ Movement Therapy
- ✓ Nervous System Regulation
- ✓ Habit Transformation
- ✓ Root Cause Assessment



#### WHO MAY BENEFIT?

- Type 2 Diabetes
- Prediabetes
- Insulin Resistance
- Belly Fat
- Weight Gain
- Fatty Liver
- High Triglycerides
- Energy Crashes
- Sugar Cravings
- Lifestyle-related metabolic concerns



#### WHAT THE PROGRAM FOCUSES ON

##### Metabolic Health Support



- Blood sugar balance
- Insulin sensitivity
- Sustainable weight management

##### Lifestyle Transformation



- Meal timing correction
- Sleep optimization
- Movement routines
- Stress management

##### Education & Habit Building



- Personalized guidance
- Weekly implementation support
- Long-term sustainable practices

## LIVINE COMMUNITY CORNER

### THIS MONTH'S WELLNESS CHALLENGE



#### 10-MINUTE WALK CHALLENGE

Challenge yourself for the next 30 days:

- ✓ Walk for 10–15 minutes after lunch
- ✓ Walk for 10–15 minutes after dinner
- ✓ Track your consistency daily

Simple habits practiced regularly create powerful long-term changes.



### HEALTHY HABIT OF THE MONTH



#### EAT PROTEIN FIRST

Before reaching for tea and biscuits or processed snacks:

Try including:



Protein-rich Breakfasts

Small food decisions repeated daily can significantly improve energy and cravings.



### UPCOMING LIVINE ACTIVITIES



Wellness awareness sessions



Health education webinars



Community challenges



Lifestyle transformation workshops



Disease awareness programs



Nutrition education initiatives

Stay connected. Stay informed.  
Stay healthy.



### LIVINE PHILOSOPHY

Healing is not simply the absence of disease.

Healing is creating balance in:

- |                                                                                        |                                                                                          |                                                                                               |                                                                                              |                                                                                              |                                                                                                  |
|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
|  Body |  Mind |  Digestion |  Movement |  Emotions |  Daily Habits |
|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|

### CONNECT WITH LIVINE

Begin your healing journey today

- Book a consultation
- Join a wellness program
- Refer your family members
- Follow our health education content
- Become part of the Livine community

Your Health Journey Matters



**LIVINE**  
HOLISTIC WELLNESS  
...towards wholesome health

Real People. Real Stories. Real Healing.

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At Livine Holistic Wellness, we believe in root-cause healing, sustainable habits, and lifelong transformation for a healthier, happier you.

Your health journey matters. We are here to support you.







**LIVINE**  
HOLISTIC WELLNESS  
...towards wholesome health

JUNE 2026 EDITION

SECTION 14 – CLOSING MESSAGE & CALL TO ACTION

# YOUR HEALING JOURNEY STARTS WITH SMALL DAILY STEPS

Progress Happens Through Consistency, Not Perfection

Small Steps  
Every Day  
Lead to Big  
Transformations



As we come to the end of this month's edition, we hope this newsletter has helped you understand an important message:

Health is not built through temporary motivation.

Health is built through:



daily  
habits



better  
awareness



consistent  
routines



mindful  
eating



movement



emotional  
balance



small decisions  
over time

Many chronic health challenges do not appear overnight. Similarly, healing is also a journey.

You do not need to change everything at once.

You simply need to begin.



One  
healthier  
meal



One  
short  
walk



One  
better night  
of sleep



One  
step toward  
yourself

Small actions practiced daily often become powerful transformations over time.

## READY TO BEGIN YOUR HEALING JOURNEY?

Connect with Livine Holistic Wellness

We are here to support you through:

- ✓ Personalized wellness programs
- ✓ Root-cause health assessment
- ✓ Lifestyle transformation guidance
- ✓ Integrative health solutions
- ✓ Community support



## FEATURED PROGRAM

### LIVINE HOLISTIC DIABETES REVERSAL PROGRAM

Supporting sustainable metabolic healing through:



Functional Medicine



Ayurveda



Clinical Nutrition



Lifestyle Medicine



Movement Therapy



Habit Transformation



We focus on the root cause,  
not just the symptoms.

## CONTACT US

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Towards wholesome health



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Follow us for regular  
health tips, updates and  
wellness content.



## FINAL LIVINE INSIGHT

“Your future health is created by  
what you repeatedly do every day –  
not by what you occasionally do.”

Consistency  
Creates  
Change

