

## About IAFM

The Indian Association of Functional Medicine is an association that facilitates awareness, research, and education of Functional Medicine in India and around the globe. Functional Medicine determines how and why illness occurs and restores health by addressing the root causes of disease for each individual.

We have come up with a website <https://iafm.in/> where patient and general audiences find the latest research in the field of preventive and integrative medicine. We right now have a network of 60 practitioners from India who are practising Functional Medicine. Apart from medical practitioners, our biggest strength comes from coaches and nutritionists who are trained in functional medicine. Our "Find A Practitioner" tool is the largest referral network in Functional Medicine, created to help patients to locate functional medicine practitioners at <https://iafm.in/members/>.

We regularly publish articles in the form of blogs where our members write authentic articles on various subjects of health and wellness. Our regular updates present the latest news and trends in functional medicine and keep practitioners up-to-date with how they can apply this information in their clinical practices. You can also subscribe to us from a website where you will get our newsletters and more information.

## From the President's Desk

IAFM is passionately working towards creating a Wellness World



Dear IAFM family,

We have come a long way over past one-and-a-half year and I would like to thank all of you for joining hands in creating a drive of Wellness in our country. Every day at Indian Association of Functional Medicine (IAFM) each of us is helping and sharing a new paradigm in healthcare space through Functional Medicine approach.

I take pride in stating that we have 60 members, we have conducted one online conference, 3 webinars and 2 sponsored webinars till date in the last 4 months in terms of delivering academic content and value towards the community.

We are now going to start 2 more session for all of us. One is Question and Answer (Q&A) forum which will happen on every 3rd Wednesday of a month and another series is going to bring interviews of our members on our channel sharing our experiences and knowledge hence making the community strong.

IAFM envisions to be the leading knowledge sharing platform globally. In the coming years we will be launching courses for practitioners and coaches to enhance their knowledge and deliver better health experience to their clients.

April month marks the World Health Day and we all agree that the way we look at our health needs to be changed and it has already started to change significantly. We are now talking about wellness we are not talking about illness, which we use to, when we were in our allopathic times. With ever increasing incidence of lifestyle diseases, here is the time to focus on WELLNESS MEANS HEALTH FROM WITHIN.

IAFM is growing fast and we have immense challenges too in moving towards the goals which we have set for ourselves. This gives us more opportunities for growth and learning and we wish that IAFM team should exceed all its expectations.

I would like to thank all of you for your contribution towards making IAFM dream a reality. The journey has just begun and all of us together can reach our destination soon. Inputs from all members is welcomed and I promise that IAFM team will consider it and will incorporate it in our strategy.

**Dr Priti Nanda Sibal, President, IAFM**

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## Turning Point

**By Dr Praveen Saxena, Radiologist turned into Chelation therapy expert after knowing that his child is diagnosed with Autism**

I was once a “very mainstream” physician. I did everything by the book”. My child was normal and quite healthy at birth. At six months he was a very happy baby with normal developmental milestones. But around 15 to 16 months of age, he started to show regression. He changed from a loving, social child to an unloving, unresponsive child.

My wife and I knew that something had happened to him within a relatively short period of time. We took him to his paediatrician and later developmental paediatrician who confirmed my fears that he is suffering from autism. As you can imagine, this was incredibly hard for wife and me to deal with: first, being told that our son had a severe case of autism and second, being told that very little could be done to help him. We followed the treatment from a neurologist and tried additional treatments, such as play therapy, floor time, auditory integration training without much gain. We were desperate—X (name changed) was 5 years old, and he no longer talked.

I took things into my own hands and started researching the options. After researching, the DAN protocol was followed for my kid. Post repeated the 2½-week course of DMSA my child started getting better, slowly, he was still quite autistic. I knew I was missing something, but I did not know what it was. I then reviewed all of X’s test results, and the high mercury level from his last hair test made me start to think. I knew that mercury was highly neurotoxic, and I knew that many vaccines contained the preservative thimerosal.

## “Defeat Autism Now!”

However, I did know our next course of action - get the mercury out of him! I followed the Defeat Autism Now! Protocol. Within a short period of time, X’s social and cognitive skills began to improve by leaps and bounds, and his stimming behaviour decreased to almost nothing—Now he goes to a mainstream school without an aide. X now has severe attention deficit disorder. My son as on March 2022 had completed Hotel Management four years degree after going through a normal school completing his tenth class from Telangana.

This was the turning point in my life. Since February 2000, I have been working with a local doctor Child Psychiatrist. Our main focus is to treat those with ASD who have laboratory evidence of mercury toxicity. Basically, we follow the Defeat Autism Now! Protocol. We are finding that younger children respond much faster than older children, and younger children do much better in the long run than older children and adults. In other words, the earlier the mercury is removed from their bodies and brains, the better their prognosis. Furthermore, those who were normal at birth and later regressed into autism do much better than those who were different from birth.

I also found that mothers of autistic children were more likely than other mothers to have numerous mercury amalgams, and that they were more likely to have received RhoGAM, which once contained mercury, during their pregnancies (RhoGAM is given to Rh-negative pregnant women). X is not unique among autistic children. Infact, I have often achieved better results with my other patients than I have with my own son.

## The Good Herb: Buckwheat Liquor Helps Cells Clean House

**Summary:** Researchers have found that quercetin, a component of the traditional Chinese herbal medicine tartary buckwheat extract, can induce autophagy and aggrephagy in skin and liver cells. These findings may have implications for the treatment of diseases associated with protein aggregation, such as alcoholic liver disease and Alzheimer’s.

*Source: Osaka University, August 16, 2021*

## How Regular Exercise Can Protect Against Fatty Liver Associated Diseases

**Summary:** Exercise not only trains the muscles but can also prevent the development of fatty liver. A new study by the German Center for Diabetes Research (DZD), Helmholtz Munich and Tübingen University Hospital shows which molecular adaptations, in particular of the liver mitochondria, can be observed in this process. The study has now been published in Molecular Metabolism.

*Source: Deutsches Zentrum fuer Diabetesforschung DZD, December 20, 2021*

## Dried Goji Berries May Provide Protection Against Age-related Vision Loss

**Summary:** Regularly eating a small serving of dried goji berries may help prevent or delay the development of age-related macular degeneration, or AMD the leading cause of vision loss in seniors, in healthy middle-aged people, according to a small, randomized trial conducted at the University of California, Davis.

*Source: University of California – Davis, January 13, 2022*

## Autism/ASD/ADHD or Other Learning Disorders: A Metabolic Disorder?

### *A New Paradigm Approach for The Treatment!*

*By Dr Ashwani Garg, Specialist, Metabolic Health, Gut Health, Learning Disorders (Autism/ADHD/ASD)*

#### Only genetics cannot be blamed

The prevalence rate of learning disorders is also growing. The genetic disease theory doesn't justify the growing prevalence of disorders. Certainly, there are more factors than only genetics, which are at the root cause of the growing number of learning disorders. This science is now termed as epigenetics: environmental factors modulating the gene expression leading to the phenotype (manifestation).

#### New paradigm approach: Need of the hour

There is a growing body of evidence pointing towards metabolic dysfunction in Autism/ASD/ADHD or other learning disabilities. And without fixing the internal mitochondrial problem, most of the external therapies never fetch desirable results. In Functional Medicine, we follow a very comprehensive approach for dealing with this group of children. Thorough investigations are done to find various underlying root causes such as heavy metal toxicities, dehydration, blue light toxicity, fungal infection, dysbiosis and nutritional imbalance leading to metabolic dysfunction with varied symptoms and learning difficulties in children.

#### Recent research findings

New research\* is revealing that there are various factors which impact the mitochondrial function leading to the manifestation of symptoms/signs in children:

- The low levels of ATP (a major fuel for the body and the brain) suggests that children with autism have impaired mitochondrial function.
- The lower levels of biotin and other vitamins, and biomarkers strongly suggests that vitamin/mineral supplementation would be helpful for most children with autism.

- The low levels of reduced glutathione, and increased levels of oxidised glutathione are found in autistic children.

#### Experience of working with large group of children on the Autism spectrum

The result of 450 cases was outstanding. Here are some of the very common findings in these children, leading to the metabolic dysfunction (mitochondrial dysfunction)

1. Most of the children have very **low vitamin D**. This implies that the child is hardly exposed to broad spectrum sunlight, rather always under artificial blue toxic tube lights, LED lights, TV and mobile screens.
2. Various markers and signs signal towards **cellular dehydration**. This implies that the quality of water is poor or the child is not drinking enough water.
3. **Inflammatory diet** (hybrid foods like wheat, dairy, soya, corn are major part of diet), sugars, refined oils, packaged food, etc causing major damage to the immune system and brain.
4. **Gut Infections**: Generally overlooked but infections in gut like fungal or yeast/clostridia/parasitic infections are a major finding. Along with this, microbiome tests prove the lack or insufficiency of healthy microbial diversity in the gut.
5. **Protein deficiency**: Protein/ amino acid deficiency and correction of deficiencies makes a huge difference in a child's health/cognitive abilities and speech.
6. **Heavy metals**: Major culprits are aluminium, lead/mercury. In some cases we also find high levels of strontium/tim/cadmium/manganese/vanadium. This reflects poor metabolism and impaired detoxification.

*[Cont'd on page 6...](#)*

## Message from Dr Ashwani

As our membership is growing and very experienced practitioners are becoming part of our Indian Association of Functional Medicine, we should make more efforts to create awareness about Functional Medicine and disease reversal protocols.

One step towards it is getting started with newsletters to be published every quarter. In this newsletter we can share case studies, miracle turnarounds in patients journey with Functional Medicine, articles on new emerging science of epigenetic, etc. Request everyone to share relevant articles with us to make them part of the newsletter. Your contribution is utmost appreciated.

## Technology Truth

Technology is boon and at the same time it can be deleterious. In case of autism, this statement fits very well.

Some sides effects of over use of technology leading to Autism:

1. Too much screen exposure can lead to speech delay and poor socialisation.
2. WIFI/ wireless device and other non-native electromagnetic sources can impact the mitochondrial function and is leading to rising cases of Autism.
3. Too much of blue lights from screens, tube lights and LED lights causing pathogenic microbiome growth which is a major root cause in Autism (mold and clostridium)

At the same time, advancement in technology is helping is prepare personalized and precision plans for children to help them come out of their diagnosis. Recent advancements into diagnostics especially organic acid testing helping us to pinpoint deficiencies, mitochondrial dysfunction, specific infection. This helps us make us better and calculated clinical decisions to help children.

Let's use technology wisely to help our children and society. Reduce harmful technology and adapt what is necessary.





# WEBINAR

## SPONSORED WEBINAR

### EKA CARE WEBINAR DR NEELESH KAPOOR



Eka care offers a comprehensive EHR platform along with patient and schedule management tools. They customize their tools according to functional medicine practice needs.

Eka care is one of the IAFM conference sponsors and also have Dr Priti Nanda Sibal as one of their early users. Eka had offered free platform to IAFM registered members, which otherwise cost Rs 8000/- for a year for other users.

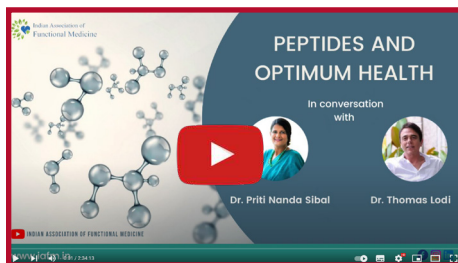
### CORDYCEPS MILITARIS: THE MAGICAL MUSHROOM GAURAV MAHJI (FOUNDER-GROW UP)



Cordyceps are one of the mushrooms with highest medicinal value. They are available as wild varieties and are therefore difficult to find. The world over, cordyceps are recognized as super foods. They are found only in high altitude regions, mostly in high ranges of China and Nepal.

## ACADEMIC WEBINAR

### PEPTIDES & OPTIMUM HEALTH- IN CONVERSATION WITH DR. THOMAS LODI | DR PRITI NANDA SIBAL



In the Academic series, IAFM brings its first informative session on Peptides & Optimum Health by Dr Thomas Lodi, Founder of Integrative Oncology Centre - An Oasis of Healing. Dr Priti Nanda Sibal in conversation with Dr Thomas Lodi shared a deep insight on Peptides and its importance.

### CHOLESTEROL: BEYOND GOOD AND BAD: IN CONVERSATION WITH SHABNAM DAS KAR



IAFM brings you the 2nd informative session in the academic series. Dr. Shabnam Das Kar, Specialist in Functional & Metabolic Medicine shared a deep insights about Cholesterol—beyond good and bad.

### BIOLOGICAL DENTISTRY: THE TOP 10 SOURCES OF CHRONIC INFLAMMATION AND TOXICITY IN THE MOUTH



IAFM brings the 3rd informative session in the academic series. Dr Priti Nanda Sibal (President-IAFM) and Dr Alok Chopra in conversation with Dr Gerald Curatola, an internationally renowned biologic dentist and wellness pioneer, shared deep insights about Biological Dentistry, the top 10 sources of chronic inflammation & toxicity in the mouth.

# TRANSFORMATION STORIES

## MANAGE "CELIAC DISEASE": AN AUTOIMMUNE DISORDER DISRUPTING MILLIONS OF LIVES



Deepa Rajani, an IFM Certified Health Coach was a celiac herself since nearly 15 years. She shared her story in overcoming the many challenges she faced due to this condition. Celiac an autoimmune condition faced by millions the world over may not be curable but the many symptoms one faces like bloating, gas, acidity, skin allergies, food allergies, hormonal imbalance etc. are all connected to one challenge called a 'Leaky Gut' which can definitely be healed. 1000's of years ago. She had shared her journey in overcoming her digestive challenges by healing her gut through Functional Medicine approach.

## MANAGING TYPE 1 DIABETES WITH NUTRITION



Type 1 diabetes is an autoimmune condition and insulin is a gift for such children Dr Gaja shares her experience of using nutrition to feel energetic and managing her sugar levels well by using food as Medicine.

BANGALORE MEET

IAFM MEET UP

BANGALORE



Connecting Dots

26 MARCH 2022

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BANGALORE



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## SUCRALOSE - ARTIFICIAL SWEETENER AND SUGAR SUBSTITUTE - SUGAR FREE

- It's toxic to your gut microbiome by lowering good bacteria - dysregulation of gut- brain control.
- It increases the pH level in your intestines.
- It accumulates in your fat tissues and causes inflammation.
- It causes liver damage by elevating pro-inflammatory gene expression.
- It causes metabolic dysregulation that leads to obesity/DM.
- Consumption of sucralose with carbs rapidly impairs glucose metabolism.

We are not addicted to coffee/Tea or sweets, we are addicted to sugars

# CASE STUDY

## Using Detox Protocols to Reverse Liver Damage – A Case Study

By Dr Lenny Da Costa, MBBS, DGM, FCMT, FINEM, physician specializing in Geriatric Medicine, Functional Medicine and Heavy Metal Toxicology, Goa

This is a case of a 60-year-old-male weighing 73 kgs who came to us with complaint of acidity, chest pain radiating to the arm. He also gave details of his unhealthy eating habits and consumption of alcohol regularly. He also mentioned to us that he was having bouts of palpitations, dyspnea and fatigue. He is also a known case of diabetes and hypertension. On examination, his BP was slightly on the higher side 160/80, pulse 87 and random blood sugar was 200 mg/dl.

His blood tests done just three days prior revealed high fasting Insulin (13), high homocysteine, hsCRP elevated, vitamin D3 low, HbA1C in the well-controlled range, high uric acid, high triglycerides and total cholesterol and SGOT and SGPT were both elevated. Also, an earlier abdominal ultrasound had shown a fatty liver.

With a high homocysteine and high hsCRP, the need to detoxify him was paramount. The SGOT and SGPT levels and the fatty liver meant it needed to detoxify the liver and also to start functioning optimally. The fact that the patient had high insulin levels, high triglycerides and a fatty liver indicated us that he needed to be on a low carbohydrate, moderate protein and high fat diet. Patient also needed to be

taken of his cell energy levels and also to ensure an optimal mitochondrial function and supplement nutrients like Vitamin D and B.

The patient was advised IV detox protocol consisting of 10 glutathion 600 mg drips and 10 chelation drips using EDTA

The following nutraceuticals were also added:

- A mix of Chromium, Cinnamon bark extract, banaba leaf extract, Magnesium, Zinc, Copper, NaC and ALA (all to help with Insulin resistance)
- Berberine (to improve insulin sensitivity)
- Additional Magnesium Glycinate 500 mg (improves insulin sensitivity and mitochondrial function)
- Ubiquinone, L Carnitine and Lycopene (for improving mitochondrial function and enhancing the antioxidant support)
- Silymarin – Milk Thistle, NaC (for liver support and detox)
- Vit D 60000 IU twice a week for 4 weeks, followed by once a week for 6 months minimum
- His diabetic medications were rationalized and long-acting sulfonylureas - Glimipride was stopped and replaced with a Gliptin

Exactly two months post the IV treatment and 4-and-a half months since starting the supplements, the following was the result of a repeat blood test:

Vitamin D3	50 (pretreatment 21)
Insulin fasting	7.10 (pretreatment 13)
Homocysteine	9 (pretreatment 15.7)
hsCRP	0.31 (pretreatment 5)
HbA1c	5.6 (pretreatment 6.5)
Triglyceride	150 (pretreatment 260)
Total Cholesterol	160 (pretreatment 250)
SGOT	28 (pretreatment 65)
SGPT	32 (pretreatment 90)
FBSL	118 (pretreatment 180)

- Teneligliptin and a SGLT2 inhibitor
- Dapagliflozine. While we continued with Telma 40 for his BP
- Patient was also advised - HIIT exercise for 10-15 mins daily for 5 days a week and his diet were - low carbohydrate, moderate protein and high fat diet.

### Conclusion

As we can see a good detox protocol coupled with the right exercise and the most suitable diet helped to reverse his elevated liver readings, got sugar readings under control, got his lipid profile in good shape and got his insulin functioning better. Now he is no longer insulin resistant and the insulin does the job it is meant to do. Also, the detox protocols and nutrient supplementation ensured that his methylation was restored as his homocysteine dropped to normal levels. So, the take home message is in any chronic degenerative condition leading to a metabolic issue – good detox coupled with the right nutrition and exercise reverses the degenerative process and ensures good health of the patient.

**“ Good detox coupled with the right nutrition and exercise reverses the degenerative process and ensures good health of the patient ”**

[Cont'd from page 3...](#)

## Autism/ASD/ADHD

### Conclusion

About 90% of the children diagnosed with ASD are non-syndromic cases, which means there are mostly epigenetic factors contributing to the disease. Good news is, we can change epigenetic triggers and improve child health. So,

bottomline is we should break down the complex disease or syndrome into small little pieces and address each aspect individually. Brick by brick we can make the child's body healthy again and help them to drop their diagnosis of autism/ADHD/ASD etc.

### \*References

Adams, JB, Audhya, T, McDonough-Means, S et al. Nutritional and metabolic status of children with autism vs. neurotypical children, and the association with autism severity. *Nutr Metab (Lond)* 8, 34 (2011). <https://doi.org/10.1186/1743-7075-8-34>.



# TRADITIONAL LEARNINGS

## Fasting: Key to Good Health

By Dr Alok Chopra, Managing Director, Aashlok Hospital, New Delhi

Fasting has been at the core of any disease reversal, and while I practice all aspects of Functional Medicine, Cardiometabolic has been a bigger focus.

Fasting is encoded in our genes, and due to drastic change in our lifestyle, it has created a genetic/epigenetic mismatch, which had negatively impacted cognition and has been passed on to the future generations; And by not honouring our ancestral past, we have created grave consequences. Fasting is not a self-punishment, disguised as a wellness practice, but a tool to reverse all illnesses, and not a fad or a cheap weight loss program.

The key to success is 'Metabolic flexibility'... i.e., the body's ability to adapt and use whatever fuel is available to it. Apart from some patients who dive headlong into the program, and achieve success, experience has told me that long-term success for most patients lies in flexibility.

So, in the **first week**, establish metabolic flexibility, fast 12 hours, don't restrict calories, follow a ketotarian diet, with not more than 55 gm of carbohydrate, so as to reset your metabolism.

**Second week**, recharge your metabolism by the typical 14-18-hour time restricted fasting, with gentle carbohydrate cycling on 2 non-consecutive days i.e., 100 gm carbohydrate, with a foundation of flexibility, and going deeper into healing ketosis.

**Week 3**, should be a focus on cellular



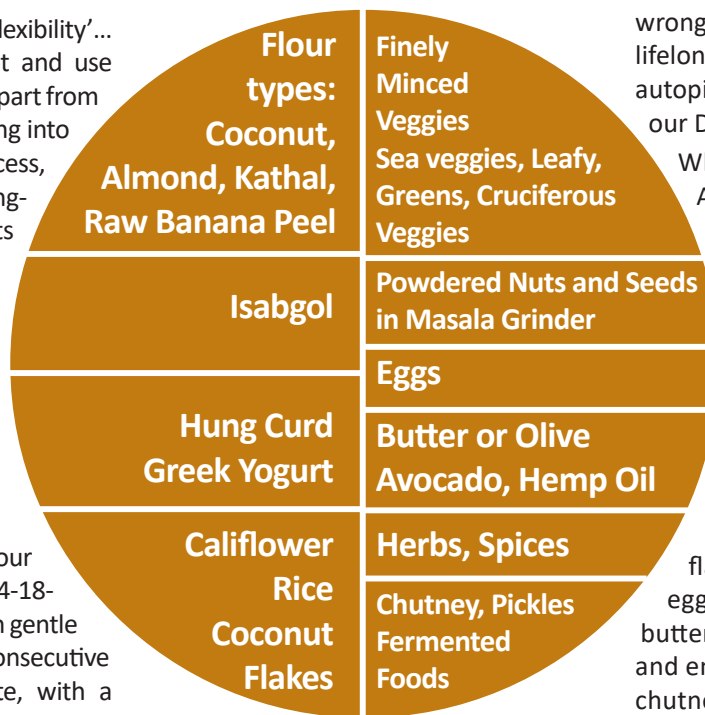
renewal, with a 22-24 hour fast, with a O-MAD or an almost OMAD approach, deep ketosis and Autophagy, with serious advantages of fasting in the form of disease prevention, longevity, activating stem cells and decreasing cellular aging.

it becomes the fuel for your hormones and all the essential neurotransmitters like Serotonin, Tryptophan, Melatonin, sex hormones on the HPG axis and of course, our most important thyroid function.

**Week 5 and 6** is revisiting what went wrong or well and building up for a lifelong flexible plan...which ends as an autopilot type of habits engrained in our DNA

What we have seen is that the Achilles heel of success is not finding a substitute 'Roti' or a 'Bread' for those who have been brought up all their lives with. So, we have put together a Roti. We used four types of flour i.e., Coconut, Almond, Kathal, Raw banana peel in various combinations; Isabgol; hung curd or Greek yogurt; Cauliflower rice with Coconut flakes; finely minced veggies; eggs for those who do eat; the right butter; finely powdered nuts and seeds and ending with a 'tadka' of pickles and chutney.

And lo and behold, we get the most nutritionally dense product, like a meal on its own.



**Week 4**, the focus is on hormones, so carbohydrate cycling becomes crucial, as



## Trail Mix

### Ingredients

- 1½ cups of raw nuts i.e., almonds, cashews, walnuts, raisins, etc.
- 1 cup raw seeds i.e., sunflower seeds, pumpkin seeds etc.
- ½ cup chopped dark chocolate, dried cranberry.

### Method

- Mix all the nuts, seeds, chocolate and cranberries together.



- Mix them well.
- Trail Mix is ready and we can store it in an airtight container.
- Enjoy it while traveling or at home.

### Instructions

- Combine all ingredients in a large bowl and mix well.
- Store in a zip lock bag or mason jar.
- Can keep for up to 1 month.

**Dr Priti Nanda Sibal**

*A good quality homemade trail mix, is a 100% part of a healthy diet but remember only in moderation. At the time of high physical activity where you need energy very fast, this homemade trail mix is a good option.*

## Chia Mango Smoothie

Every cell in our body makes energy by using oxygen and nutrition from food. These parts of our body with age are more susceptible to decline in function due to high stress poor, nutrition and toxin exposure. So, here is one recipe which can rejuvenate your overall vitality and helps in healthy ageing.

### Ingredients

- ½ cup Cucumber
- 1 Amla (Gooseberry) or 1tbs Lemon Juice
- 2 tbs Chia seeds
- 1 cup Spinach
- 1 cup Frozen Mango
- ½ tsp Turmeric Powder
- ½ tsp Pepper Powder
- 1 cup Coconut Milk
- Few Mint Leaves
- Sea Salt to taste
- ½ cup Ice Cubes



### Method

1. Add all the ingredients in a blender as listed.
2. Blend at low speed until ingredients are mixed, then gradually increase to high and blend well.
3. Serve immediately.

**Ramandeep Kaur Thind**

*TIP: If not drinking immediately, then add Chia seeds to your drink few minutes before serving.*

## Super Nutritious Mango Overnight Oats Recipe

### Ingredients

- ½ cup Rolled Oats
- ½ cup of fresh mango cubes
- ¾ cup of Milk – A2 Cow or Coconut or Almond Milk
- 1 tbs of chia seeds
- ¼ tsp of grounded Cinnamon
- 1 tbs of Nut butter (Almond or Cashew)

The recipe doesn't need sweetener as Mangoes adds the sweet taste

### Method

- Blend milk, cinnamon and mango cubes, this would give you a nice spiced mango flavour in each bite.
- Add rolled oats, chia seeds to the blended Mango milk in a mason jar and place in refrigerator overnight.
- In morning, you will find that the mix is of thick consistency.
- Add Nut butter and stir it up for nice creamy texture.



cubes to tantalise the taste buds.

- Your nice and easy breakfast is ready to revitalise your energy and hormonal support.

### Why Mango?

Apart from the fact that we are in Mango season where markets are getting flooded with this delicious fruit, mango affects overall health in multiple ways:

1. Mango helps maintain stable blood glucose and insulin levels post-consumption thus stabilizing postprandial glycaemic response in body.
2. Mango is a good source of fibre, helps stabilize digestive health and is also

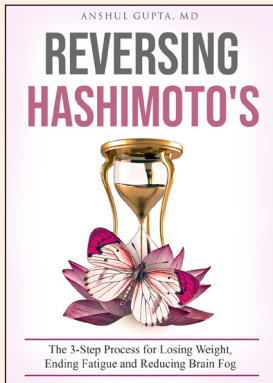
reported to maintain and regulate gut health through beneficial microbiota.

**Shalini Soni**

*This satiating breakfast is a perfect mix of fats, protein, complex carbohydrates, vitamins and fibre to help you feed friendly gut bacteria, replenish amino acids and nourish your cravings.*



## Reversing Hashimoto's: A 3-Step Process for Losing Weight, Ending Fatigue and Reducing Brain Fog



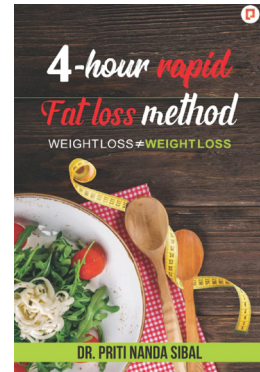
In the book *Reversing Hashimoto's*, Dr. Gupta lays down a three-step plan, which helps people with Hashimoto's disease to stop the destruction of their thyroid gland and starts the healing process to reverse symptoms.

He not only helps you to identify the root cause of your Hashimoto's disease but also offers a roadmap to recovery from this disease.

By following his three-step plan, you can regain your lost energy and focus, and you will feel lighter, happier, and healthier than you have felt in a long time.

Author: **Dr Anshul Gupta**

## 4-Hour Rapid Fat Loss Method



"4-Hour Rapid Fat Loss" book contains scientifically proven techniques and measures, book is to-the-point, very well consumable, and complete help guide to help the readers shape their body with the correct fat percentage and good health, full of vigour and energy.

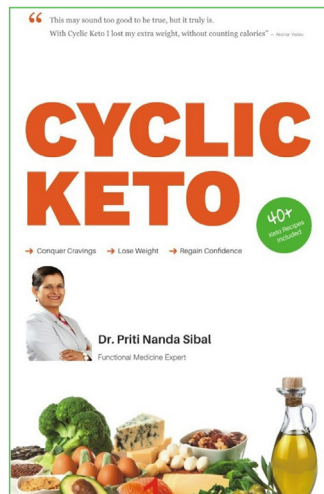
Author: **Dr Priti Nanda Sibal**

## Cyclic Keto

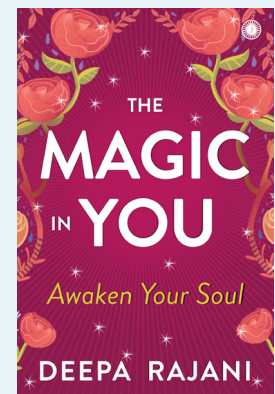
Cyclic Keto is Dr Priti's life, condensed into 154 pages of practical advice and guidance to live a happier, healthier and healed life. The great thing about this book on Cyclic Keto is that it is one-of-a-kind, and unlike any other, you may have read it before.

There are 42 recipes, 14 diet plans and lots and lots of motivation to help you become proactive about your self-care needs – whether to lose weight, better manage your diabetes, come out of depression, improve your memory or adopt a healthier lifestyle. Believe it, once you start reading it, you'll find it impossible to put it down.

Author: **Dr Priti Nanda Sibal**



## The Magic in You Awaken Your Soul



Every book is unique. And this book *The Magic in You-Awaken Your Soul*, empowers you to find the hidden power you hold within you to become the creators of your life. It guides you to see that behind every lesson there is a Blessing in Disguise.

And this Creator who created us whether you call him God, Allah, Bhagwan or Universe has given us the gift of freewill to make the right choices to create our destiny...

Author: **Deepa Rajani**

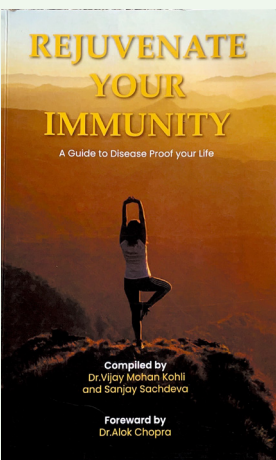
## Rejuvenate Your Immunity

Immunity, as we know, is resistance to anything harmful from which we need to be protected and the key to our health is a balanced immune system, which is dependent on many factors. The Mind, Body and Spirit play a very important for a robust immunity. All of these have been discussed at length in the book.

Methods for keeping the immune system balanced and in shape, like nutrition, supplements (including intravenous), detoxification methods, fasting, music therapy, yoga, pranayam, vagal stimulation, Acupuncture/acupressure, stem cell therapy, grounding, relaxation methods, meditation / mind therapies, all find a place in "Rejuvenate your Immunity" along with the

tests required for immunity as well as immunity building at home.

Author: **Dr Vijay Mohan Kohli**



## New Joinees at IAFM >>>

1. Vivek Praveen, Tamil Nadu, India
2. Ritu Gupta, Rajasthan, India
3. Wellness by Rosh, Karnataka, India
4. Dr. Vivek Kadambi, Karnataka, India
5. Siddharth Goel, Karnataka, India
6. Dr. Ashutosh Rastogi, Delhi, India
7. Deepa Kannan, Tamil Nadu, India
8. Dr. Lenny Da Costa, Goa, India
9. Dr. Paramesh Shamanna, Karnataka, India
10. Dr. Manik Hiranandani, Kerala, India
11. Dr. Meghna Mevawala, Karnataka, India
12. Dr. Aarvind Bagade Shankarnarayana, Mysore, Karnataka
13. Dr. Ramandeep Thind, Punjab, India
14. Smriti Kochar, Haryana, India
15. Mahesh Jayaraman, Delhi, India
16. Sharda Agarwal, Maharashtra, India
17. Peddi Jayanth, United Kingdom
18. Dr. Sandeep Bhasin, Delhi, India
19. Kotigari Raghavendra, Andhra Pradesh, India
20. Dr Vijay Mohan Kohli, Haryana
21. Shikha Aggarwal, Goa, India
22. Sanjay Sachdeva, Delhi, India
23. Neeta Jhaveri, Dubai, UAE
24. Dr Praveen K Saxena, Telangana, India
25. Anuradha Dey, West Bengal, India
26. Rohini Rau, Tamil Nadu, India
27. Samatha Tulla, Telangana, India
28. Satish Kumar Dhar, Uttarakhand, India
29. Dr. Juhi Malviya, Maharashtra, India
30. Anshul Gupta, Rajasthan, India
31. V Sushma Kumari, Karnataka, India
32. Aaliyah Bincy Mathew, Kerala, India
33. Syam Sivanandan, Bangalore, India
34. Nithya Balasubramania, India
35. Dr. Alok Chopra, Delhi, India
36. Anjana Subramanain, Karnataka
37. Parth Amin, Karnataka, India
38. Griger Cherry Williams, Kerala, India

“It’s more important to understand the balances in your body’s basic systems and restore balance, rather than name the disease and match the pill to the ill”

“What are the important vitamins and minerals for bone health?”

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\*First correct answer will get 30 gms of Cordyceps tea packs complimentary



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