

SALES PAGE OUTLINE- INSULIN RESISTANCE

Do you often find yourself

Tired of trying everything yet having fluctuating blood sugar levels?

Brain fog or lack of concentration

Difficulty in losing weight?

Maintaining your Blood Sugar for a few days only to see it rising again?

At the borderline of becoming diabetic?

Tired of being low on energy, weird cravings & what not?

But you don't know how you could fix ALL this for once?

Is this you?

- Have sudden energy loss so you end up having coffee and sugary foods?

- Have anxiety, mood swings, irritability?

- Feeling hungry even after a meal?

- Wake up in the middle of the night and look for snacks?

- Have PCOD/PCOS and Adrenal Fatigue, Estrogen Dominance, Thyroid issues ?

- Have high blood pressure levels?

- Has high androgens (in females)?

- Difficulty in losing weight?

- Has infertility issues?

- Has pigmentation especially around the neck, armpits and groin?

Nodded your head up and down to even one of these?

Then read ahead :

These symptoms are major indicators of Insulin Resistance and can have serious health consequences.

And , it's impossible to cure this on its own. So, don't worry, I have got your back!

INSULIN RESISTANCE MASTERY- could be a life- changing masterclass for you.

Are these questions revolving in your head?

- Why does Insulin Resistance happen in the first place?

- I am a non- diabetic, should I be worried about insulin resistance?

- My family has a history of diabetes, does that mean I am at risk too?

- How do you know that person has Insulin Resistance?

- Can Insulin Resistance be reversed?

- Do I have to take pills prescribed by the doctor lifelong?

- What foods should I avoid?

- Should I try Intermittent Fasting to cure insulin Resistance?

- Do I have to quit rice and sugar to overcome insulin resistance?

- What could be the reason for my sudden hunger pangs and sugar cravings?

- Do I have to follow a strict diet plan throughout my life to overcome this issue?

And many others?

If yes, then you are at the right place! I'm so excited that you are here with me.

Let me introduce my **“Insulin Resistance Mastery”**, of fixing Insulin Resistance & it's related health issues

Your one stop solution for everything you need to know about Insulin Resistance.

This is not something you can find on YouTube.

But, our "Insulin Resistance Mastery" program includes the exact strategies that have successfully fixed IR of my 500+ clients globally.

What if I told you.....

By joining the “Insulin Resistance Mastery”, you will get to:

- Know the exact steps to reverse Insulin Resistance completely from your life.

- Learn how to manage your blood sugar levels naturally - without harmful medications or supplements.

- Detects the symptoms well in advance.

- Learn how IR is causes PCOS, Thyroid, Gut Issues etc & fix all these from root

- Get rid of pigmentation around armpits, neck etc

- Learn easy-to-implement techniques for fixing Insulin Resistance

- Fix IR without following fad & over-strict diet plans

- Understand how to maintain your sugar levels

- Improve your eating habits

- Talk directly to Shikha during group live calls

- Join community of like-minded people

- Have a 24*7 support system with mails or messages

- How to control your sugar cravings, reduce your belly fat, skin pigmentation and a lot more.....

And most importantly, you'll get to know how to be stress-free and have better control over your life.

Does all this sound like a dream come true for you?

Then see you inside - Insulin Resistance Mastery - Your one stop platform to know everything about IR.

With tweaks and food item suggestion, you will experience healthy metabolic health, stable energy levels, not have crazy hunger pangs, sweet cravings or waking up in the middle of the night with a pounding heartbeat and have happy mood

What's Inside??

I'm sharing with you all my

-Deep experiences

-Pro-tweaks

-Proven ways to treat Insulin Resistance

which I have been applying on all my IR clients that has helped them control and reverse these problems permanently.

Here's a sneak peek about what you will learn inside the Insulin Resistance Mastery :

- **Module 1- Getting Back on Track**
 - How to finally break free from the cycle of medication dependence and take charge of your health
 - The key differences between Insulin Resistance, Type 2 and Type 1 Diabetes, and why it's important to know
 - The triggers that lead to Insulin Resistance, and how to avoid them
 - The progressive signs and symptoms of Insulin Resistance, and what to do if you experience them

- Functional lab tests that can help identify Insulin Resistance early, and prevent complications down the road

- **Module 2- Finding the Root**

- The role that cortisol, the stress hormone, plays in regulating blood sugar levels, and how it can contribute to Insulin Resistance
- The different types of stressors that can impact your body, and how to manage them effectively
- Functional lab tests that can help you identify cortisol imbalances early, before they lead to Insulin Resistance
- How to replenish the minerals and nutrients that your body loses when under stress
- Seven practical ways to stimulate your vagus nerve and promote relaxation and stress management

- **Module 3: Building your Protocol**

- Discover our Gut Health Protocol, which can help reduce fatigue and increase energy levels.
- Learn how to support your gut microbiome, optimize digestion, and promote nutrient absorption, giving your body the fuel it needs to thrive.

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- **Module 4: Insulin Resistance V/S Hormonal Harmony**

- Focuses on the connection between Insulin Resistance and PCOS, sex hormones, and thyroid health.
- Discover how these factors interact with Insulin Resistance
- Learn practical tips and tools for managing your symptoms and improving your overall health.

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- **Module 5: Fighting IR : A Natural Approach**

- Explore the many ways that Insulin Resistance can impact your body, from belly fat and skin issues to hypertension and brain function
- Learn how to identify and address these issues
- How to use nutrition and lifestyle changes to improve your overall health and wellbeing.

- **Module 6: Final Mastery over IR**

- Learn about the Glycemic Index (GI) and Glycemic Load (GL), and discover practical strategies for managing Insulin Resistance with macronutrients, micronutrients, and functional foods.
- Master the art of the Plating System to create balanced and nutrient-dense meals that keep your blood sugar stable and improve your overall health.
- Learn to read nutrition labels, make smart choices when eating out or on the go, and discover sweet swaps that satisfy cravings without spiking blood sugar.

- **Module 7: Final Mastery over IR**

Say goodbye to meal planning stress with our Meal Plan Module!

We've got you covered with 8 weeks of Done-For-You Meal Plans that will help you overcome your food cravings and fix your Insulin Resistance.

No more worrying about what to eat or how to prepare it - we've done all the hard work for you!

- **Exclusive Bonuses**

- Mineral Foods List, Gut Health Protocol, Cycle syncing in Hormonal Imbalance, GI list, Macronutrients, Micronutrients and Plating System List, Functional Food List.
- Sweet Swaps Recipes, Separate Recipe EBook, Eating out options, Foods to carry while travelling List.

- Build your Protocol with Step by Step Progressive Meal Plans.

- **Who should join this masterclass:**

- Both men and women can join this masterclass.

- If you're suffering from PCOS, thyroid, or any metabolic issues (IR is the initial symptoms of all the metabolic issues)

- If you're on Metformin or other medications for insulin resistance.

- If you're trying to improve their skin and pigmentation.

- If you've all the above symptoms and want to reverse their high insulin or borderline diabetes.

- If you've family history of Insulin Resistance or Diabetes.

- If you've infertility issues because of Insulin Resistance.

- If you've high stress levels which has caused insulin resistance.

- If you are eager to learn about Insulin Resistance in detail.

- **Who should not join this masterclass:**

- If you've been diagnosed with Type 1(Juvenile Diabetics) and Type 2 Diabetes (You can sign for 1:1 Consultation with me) and are on heavy medications/ injections for them.

- If focusing on your health is not your priority

- If you don't want to fix your Insulin Resistance

- If you're Pregnant and Lactating Women.

- If your blood sugar level fluctuates a lot throughout the day (You can sign for 1:1 Consultation with me).

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Success Stories of my Clients

Sharing success stories of some of my clients from my Consultation Program:

“Hello Ma'am. I have lost 5kgs in 9 weeks without any workout since I have started your program. I don't crave sugar now. My periods used to be irregular earlier, but this time I got my periods exactly in 1 month after I started with you. Your diet is very easy to follow and I am eating clean and taking supplements that you have prescribed. The best part is that I don't have to give up rice in my diet. My constipation is slowly getting better and my skin has also started improving. I might also have lost some inches because my old clothes have started fitting.”

- **Mounikka**

PCOS, difficulty losing weight, sugar cravings, pigmentation, lethargy, mentally stressed, demotivated to do anything.

“I was a person with so many ailments from last 15 years, I was taking 20 units of insulin 3 times in a day, high blood pressure, and even suffered from depression. Shikha came in my life as a mentor as she not only transformed my body but my life. I have lost 45 kgs, and have no ailments. I am pre-diabetic stage now and gained a good amount of muscle mass.”

-Nitin

Extremely overweight, Diabetic for last 15 yrs (on Insulin +OHA), high blood pressure, on anti-depressants, sleep disorder, weak gut, IBS.

“Hi Shikha, I have lost 5kgs, reduced insulin to 2 units each. My skin is glowing. Also, I can now walk easily and feel very light to move around.”

- Sai

High Type 1 Diabetic for last 20 years, completely dependent on insulin, overweight, injury in knees.