



Frequently Asked Questions

1. I've tried diet plans before and they didn't work. How is this different?

Most diet plans are designed to only manage symptoms like weight gain by focusing on calories, restrictions, or quick fixes. My approach is based on *functional nutrition*, which means I work on identifying and correcting the internal imbalances—whether it's hormonal issues, fatigue, bloating, PCOS, or hair fall.

Obesity or weight gain is often not the main issue—it's a *signal* from your body that something deeper is off. I don't mask symptoms; I help correct the root cause, so your healing is long-lasting.

However, healing is a *two-way effort*. It's not just about my guidance—it also depends on *your dedication, consistency, and patience*. Progress happens when you truly commit to the process.

Inconsistency often delays results, so your active involvement is key to transforming your health from within.

Q: Why do you need my blood report? Can't we start without it?

A: Blood reports help us see what's happening inside your body—beyond the symptoms. You might feel tired, bloated, or gain weight, but the root cause could be something hidden, like a nutrient deficiency, poor liver detox, or hormonal imbalance. Without your lab data, we're guessing. Functional nutrition is about working smarter—with clarity, not trial and error.

Q: What if I don't want to take supplements?

A: That's okay. We only recommend supplements when your blood report clearly shows a need. If your body already has enough of a nutrient, we won't suggest it. But if you're low—like in B12, Vitamin D, Iron, or Magnesium—then targeted, clean supplements can help correct the imbalance. Think of them as a temporary support, not a lifelong dependency.

Q: What blood tests should I do?

A: Once you enroll, you'll receive a complete PDF guide listing the tests we need, along with how and when to do them. These include markers for thyroid, inflammation, blood sugar, liver, vitamin/mineral levels, and more. If you already have recent reports, we'll review those first before suggesting anything new.

Q: What are optimal ranges, and why don't you use the "normal" lab range?

A: "Normal" lab ranges are based on the average of a general (and often sick) population. Just because your lab values fall within that wide range doesn't mean your body is functioning at its best.

Optimal ranges are much narrower and are based on what your body truly needs to *thrive*—not just *survive*. They help us catch early imbalances before they become full-blown health issues.

This is why I go deeper than just looking at whether your values are "normal." **I work on prevention, not just treatment**—so we use optimal ranges to understand where your body needs support now, before it shows up as a bigger problem later.

Q: How long will it take for me to see results?

A: It depends on your body and your commitment. Some people start feeling better in 2–3 weeks, while for others it may take 2–3 months. The goal is not a quick fix but a long-term shift toward balance and vitality.

Q: I've tried diets before. How is this different?

A: This isn't a diet, it's a root-cause healing approach. We don't count calories or give one-size-fits-all meal plans. We look at your labs, symptoms, history, and then build a personalized plan that includes food, lifestyle, and if needed, supplements to bring your body into balance. It's sustainable and tailored.

Q: I have a lifestyle filled with travel/work/kids. Will this work for me?

A: Yes. The plans are made with real-life challenges in mind. Whether you travel often, have erratic work hours, or family responsibilities, your plan will be flexible and doable without overwhelm.

Q: What happens after I enroll?

A: Once you sign up, you'll receive:

- A welcome email
- Blood test PDF list and instructions
- A form to share your history and concerns
- A consultation slot

Then we start building your customized plan.

With warmth and discipline,

Shashi Tiwari | Functional Nutritionist

Dal Chawal – The Diet Clinic

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