

JOIN DEEPIKA CHALASANI'S



A 50 Day Lifestyle Change Program to Control, Reduce or Reverse Type 2 Diabetes.

**kNOw
Diabetes!**

MOVEMENT & PROGRAM
as per WHO guidelines.

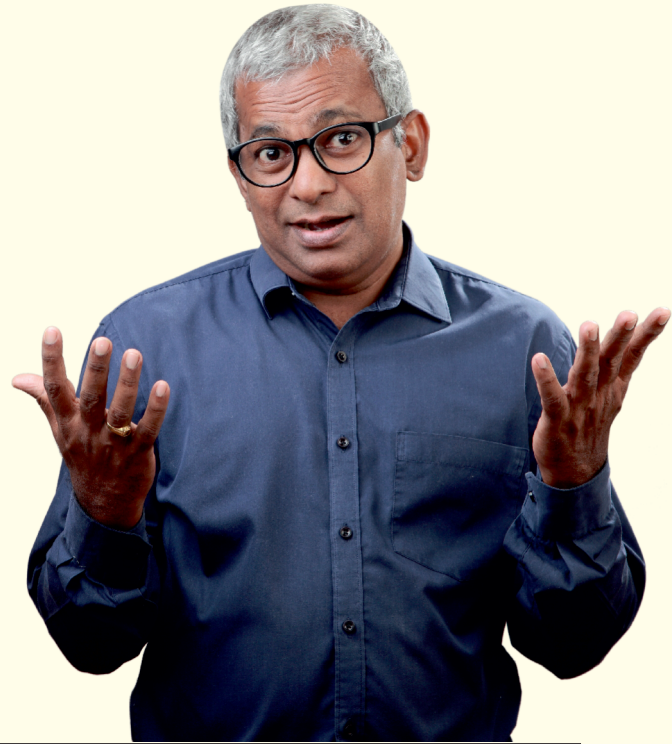


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Program Benefits



- Increase in energy.
- Lifestyle change and healthy habit formation.
- Reduction in Insurance Premium (Diabetes & comorbidities incur more insurance premium).
- Reduction of monthly medicine expenses upto INR 8000/- savings monthly.
- Reduction in sugar levels.
- Reduced fat percentages.
- Reduced weight for those who are overweight or obese.



Testimonial

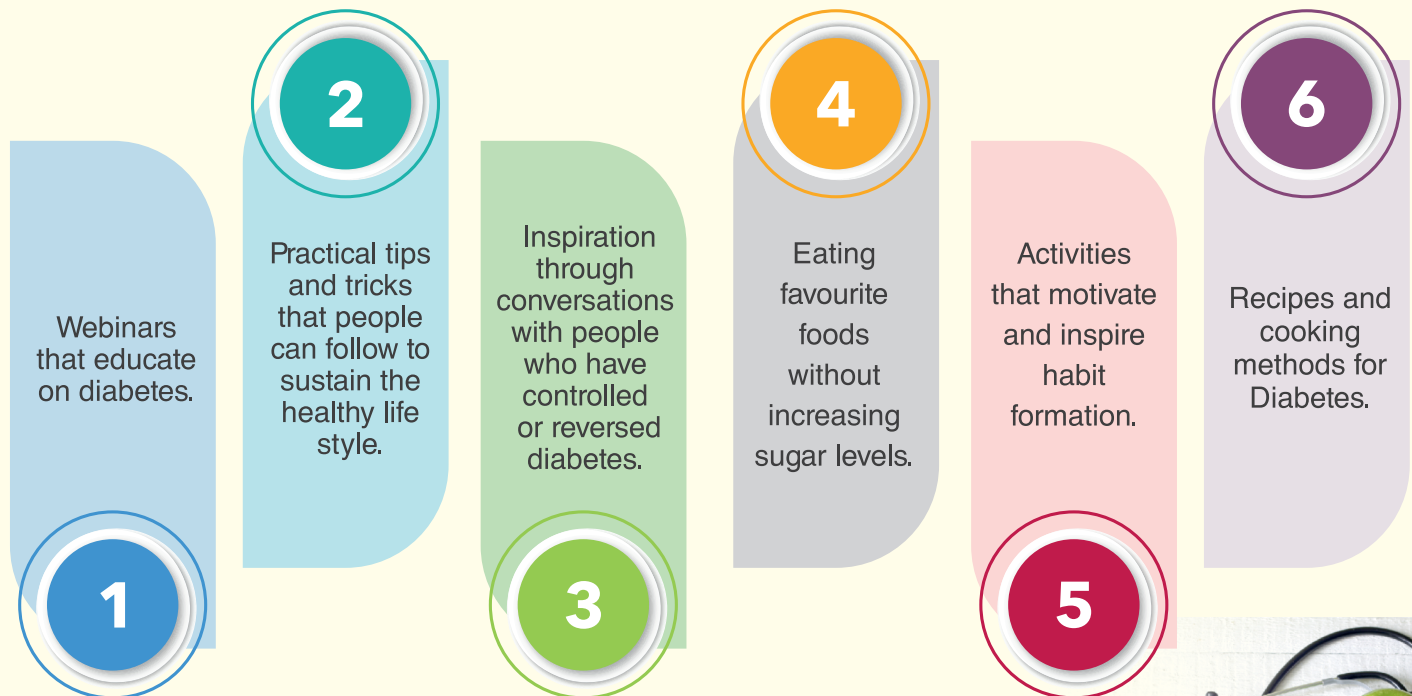
“ I am a 66 year old businessman. I have been having diabetes for last 10 years. And my cholesterol levels were 250 and my triglycerides were 650. My medication was at 30 no of units of long acting insulin and 45 units of quick acting insulin. With Deepika's help, in 3 months, I have been able to reduce my medication to only long-standing insulin. I am only on 24 units now as compared to 75 units earlier. I have been able to maintain my HBA1C of around 7 for the last one year, my triglycerides have also been between 170 - 220. During and Post Covid, I have been travelling and doing regular work, maintaining my sugar levels and triglycerides consistently. Thanks Deepika for giving me confidence that at my age also I can reduce the medications and still be healthy. ”

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kNOw Diabetes is a Holistic Program that will educate all participants on appropriate Nutrition, Adequate Physical Activity, Improved Sleep and Stress Management.

Participants will benefit via:



*WHO recommends diet, exercise, weight management and prudent use of medicines in order to control and maintain sugar levels.



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7 WEEK PROGRAM

Timeline & Themes

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WHY THE EVENT

2019		2030		2045	
Country or territory	No. of people w diabetes (millions)	Country or territory	No. of people w diabetes (millions)	Country or territory	No. of people w diabetes (millions)
India	77.0	India	101.0	India	134.2

The diabetic population in the country is close to hitting the alarming mark of 101 million by 2030 and 134.2 million by 2045 whereas it was 77 million in 2019. This denotes that the developing country is expected to witness an increase of 74.2% by 2045. The recent statistics show that diabetes is more prevalent in the urban areas.

- Type 2 Diabetes is a lifestyle disease, which means that it is an ailment linked to our food habits and lifestyle.
- Diabetes can cause long-term damage to all organs - from foot to nerve complications.
- Changing our food habits and lifestyle, can delay, control and reverse diabetes.

Our aim, through this lifestyle change program, is to educate, inspire and help people understand diabetes better and to help them embrace new healthy sustainable habits that support diabetes.

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WHO CAN PARTICIPATE

1

Predisposed to Type 2 diabetes due to heredity and would like to delay or prevent it.

2

People with borderline Type 2 diabetes for the last couple of years.

3

People with Type 2 HBA1C of 8 or less than 8 with medications.

4

Strictly no insulin dependent patients are allowed to participate as they need a lot of monitoring. (You can reach us to get into a more personalized program).



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PROGRAM DATES

There are 3 batches

Batch 1 | Nov 15, 2020 - Jan 03, 2021

Batch 2 | Nov 21, 2020 - Jan 09, 2021

Batch 3 | Nov 28, 2020 - Jan 16, 2021

It is a 50 day program

**Virtual event
(from the comfort
of your home)**

- Sessions will be conducted through webinars.
- You can get in touch with your coach for any queries.

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HOW TO REGISTER

Step 1: Visit www.deepikachalasani.com/knowdiabetes

Step 2: Select your preferred Program Batch, Fill the form and Submit it.

(If submission is approved, you will receive a “Approved” confirmation email with a payment link).

Step 3: Make the payment.

Note: For interested participants who are not approved due to their medications, please get a “NO OBJECTION CERTIFICATE” from your doctor and submit it to knowdiabetesglobal@gmail.com.

PROGRAM INVESTMENT: INR 5000/- + GST.

For any queries, reach us at

✉ knowdiabetesglobal@gmail.com

☎ **+91 94910 11202, +91 97044 03988**

(Timings: 9 am - 8 pm IST)



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DEEPIKA CHALASANI

Clinical Nutritionist, Dietician, Mind & Body Transformation Coach

Deepika Chalasani is a Clinical Nutritionist, Dietician & Mind and Body Transformation Coach and co-founder of Fit4Life India, an integrated nutrition and wellness organization for Indians that provides complete solutions, addressing health and wellness challenges of individuals by working on their overall well being i.e. by addressing their physical and mind-set issues and challenges.

Deepika's journey into nutrition started at 39. By that time, not only was she struggling with weight for 8 years, she realized that her not so famous family (grand parents) genes of lifestyle diseases such as diabetes, cholesterol, palpitation, knee pains etc. started to show up in her blood reports. Exasperated by the unpleasant experiences and non-sustainable solutions that the market was offering on weight, she decided to pursue nutrition & a host of mind-body related courses.



She works closely with her father Mr. Subba Rao, who at the age of 60 transformed his health by pursuing nutrition studies and was able to control his wife's diabetes through nutrition & a healthy active lifestyle.

Deepika, a 3rd generation family member, at 47 has sustained her weight loss, controlled her sugar levels and reversed all her health problems with nutrition and a healthy active lifestyle. Her HBA1C has constantly been maintained between 5.2 – 5.6. Her mom's sugar levels have also been controlled with nutrition, a healthy active lifestyle and minimal medications. Together, they founded Fit4Life and have supported Indians across the globe to reduce their sugar levels through customized programs (as per body type) and current nutrition status helping them sustain a healthy active lifestyle with prudent use of medications (where required).

Deepika holds a Masters in Economics from Gokhale Institute of Politics & Economics and a Post-Graduate Diploma in Human Resource Management from the Symbiosis Centre of Management & HRD, Pune and a Masters in Psychotherapy and counseling.

Besides being amongst India's prominent Mind-Body Eating Coaches, she also holds prominent certifications in the realm of nutrition, mind, body and holistic wellbeing. Some of these include Fellowship in Clinical Nutrition, PG Diploma in Nutrition & Dietetics (approved by Ministry of HRD), Weight Management and Lifestyle Specialist, Fitness Nutrition Specialist, Certificate in Food & Nutrition, Diploma in Nutrition & Health Education; Neuro-linguistic programming Trainer, Coach, Master Practitioner, Bars facilitator & Body Process Practitioner with Access Consciousness, Enneagram Practitioner.

To know more about **Deepika Chalasani**, please visit www.deepikachalasani.com