



The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease

Ronesh Sinha MD

[Download now](#)

[Click here](#) if your download doesn't start automatically

The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease

Ronesh Sinha MD

The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease Ronesh Sinha MD

The South Asian Health Solution is the first book to provide an ancestral health-based wellness plan culturally tailored for those of South Asian ancestry living in India, the United States and across the world – a population identified as being at the highest risk for heart disease, diabetes, obesity, and related conditions. Dr. Ronesh Sinha, an internal medicine specialist in California's Silicon Valley, sees high risk South Asian patients and runs education and wellness programs for corporate clients. He has taken many South Asians out of the high risk, high body mass category and helped them reverse disease risk factors without medications. His comprehensive lifestyle modification approach has been validated by cutting edge medical science and the real-life success stories he profiles throughout the book.

Inside you'll learn:

- Look beyond LDL to accurately interpret cholesterol and other heart disease risk numbers
- Modifying cultural traditions that lead to weight gain and disease
- How to effectively manage sleep, stress and fatigue
- Specific advice for women, children, and seniors

The South Asian Health Solution explains complex medical circumstances and terminology in an easy to understand voice, allowing you to grasp the how's and why's of dietary and lifestyle modification to prevent disease.

Q&A with Ron

1. There are tons of health related books currently on the market. What was it about the subject you chose to write about in your book that made you feel so passionate about spreading the word and getting your book published?

South Asians, who are mostly Asian Indian, have one of the highest risks of heart disease and diabetes in the world, and most books and content don't address their needs in a culturally sensitive way. Conventional wisdom and advice about nutrition and disease nearly ruined my health, and I was seeing the same pattern repeated in my patients and the South Asian community at large. Having a family history of heart disease and/or diabetes was more the rule than the exception, and I was seeing too many Asian Indian patients having heart attacks in their 30s and 40s. The final straw was my wife, who is a pediatrician, regularly sharing stories of kids developing adult onset diabetes and adult-like cholesterol disorders. For the first time in human history, our children have a shorter projected lifespan than the generation before them. That's completely unacceptable and we can never call ourselves a progressive society until we fix that.

2. What is it in particular about your book that makes it such an essential must-have to anyone who is interested in improving their health?

Despite the title being “South Asian,” I’ve shared the most effective dietary and lifestyle changes that have worked in patients of all cultural backgrounds. I’ve had dramatic results in my South Asian consult patients who have shed body fat, dropped medications, and improved their energy level and overall quality of life within a relatively short time. I’ve also had the opportunity to apply these principles on a larger scale to large companies with similar success. This book is a must-have because it doesn’t just tell you to “eat healthy and exercise more.” It gives you practical methods that can fit into a busy, culturally diverse lifestyle with all its temptations and constraints. It also gives a family-centered, gender-sensitive, multigenerational approach to healthy living that includes chapters on pregnancy, childhood, women’s health and aging. This isn’t a battle we can win alone. Everyone needs to be on the same page and this book describes how.

3. What is your favorite part of your book and why?

I enjoyed sharing the patient stories (names changed) and my own personal struggles, since they added a more human touch to the book, rather than me just preaching to the reader. From a sedentary software engineer to a mother-daughter duo with PCOS (polycystic ovarian syndrome), I selected diverse stories that most people of any cultural background could relate to. Co-writing the children’s chapter with my wife was especially enlightening since I got a deeper understanding of the challenges she faces in her pediatric clinic. I learned through her experience and definitive research how insulin resistance and heart disease starts early in life and is made worse by how we feed and raise our children.

4. What is the main problem that the subject of your book tackles?

Standard dietary guidelines, non-sustainable and inflexible advice about exercise, cultural myths, and the misinterpretation of key numbers like cholesterol panels are feeding the worsening problems of insulin resistance, obesity, heart disease and all chronic conditions including accelerated aging.

5. What tools does your book suggest readers use to solve this problem?

The book goes into details on which tests and numbers are the most important indicators of good health, using culturally adjusted parameters when appropriate. Many of my Indian heart attack patients were told their weight and cholesterol were “normal” by their prior doctors or were inappropriately put on medications when simple lifestyle changes could have resolved their issues. I also provide very specific nutrition advice that can be applied to virtually any diverse cuisine with an emphasis on vegetarian and non-vegetarian Indian diets. Finally, I share some of the most effective exercises, high-tech tools, and apps that have helped patients lose weight, manage stress, and get fit in the comfort of their own home or the convenience of their workplace.

6. What do you see as the essential important message readers will take away from your book?

Despite all of the barriers to good health we face each day, very specific and simple changes can result in profound improvements in mental and physical health. I’ve had diehard, rice-eating Indian immigrants who have never exercised a day in their life lose weight, increase activity, and transform their bodies. There is a South Asian Health Solution for every individual regardless of their background. Patients and doctors need to be more creative in finding those answers and I’m hoping this book will help.

7. What did you learn about yourself in the process of writing this book?

I realized that one of the greatest challenges to staying healthy is writing a book. Despite my busy day job, my mind and body were consumed 24/7 with voices echoing from my manuscript. This forced me to find even more time-efficient ways to combine work and exercise, like typing for hours while on an elliptical

machine. I share these techniques in the book.

8. What did you discover about others during the process of writing this book?

A: An even greater level of empathy for the struggles people face in staying healthy. I used to think it was irrational for someone to not want to eat healthy and exercise. After gaining a deeper understanding of human behavior, brain function and the addictive nature of food, technology and being sedentary, I totally get why we're facing a current health crisis.

9. What quote from your book do you think best summarizes its content, over all message, and intent?

“Today’s modern lifestyle layered upon insulin resistant genes is a recipe for early onset heart disease and other chronic illnesses. It is time for us to reset priorities, traditions and outdated belief systems, and instead focus on helping current and future generations become healthier and happier.”

 [Download The South Asian Health Solution: A Culturally Tail ...pdf](#)

 [Read Online The South Asian Health Solution: A Culturally Ta ...pdf](#)

Download and Read Free Online The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease Ronesh Sinha MD

From reader reviews:

Timothy Reed:

Have you spare time for the day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity to get spend your time. Any person spent their own spare time to take a wander, shopping, or went to typically the Mall. How about open as well as read a book called The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease? Maybe it is to be best activity for you. You understand beside you can spend your time with the favorite's book, you can better than before. Do you agree with the opinion or you have different opinion?

Desiree Herdon:

The book The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease make one feel enjoy for your spare time. You can utilize to make your capable considerably more increase. Book can for being your best friend when you getting strain or having big problem with your subject. If you can make reading through a book The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease for being your habit, you can get far more advantages, like add your own personal capable, increase your knowledge about many or all subjects. You are able to know everything if you like open up and read a reserve The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease. Kinds of book are a lot of. It means that, science reserve or encyclopedia or other people. So , how do you think about this book?

Myra Hackett:

The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease can be one of your nice books that are good idea. We recommend that straight away because this e-book has good vocabulary that could increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort to place every word into enjoyment arrangement in writing The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease but doesn't forget the main position, giving the reader the hottest and also based confirm resource data that maybe you can be among it. This great information may drawn you into new stage of crucial imagining.

Joseph Gabriel:

Beside this particular The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease in your phone, it could give you a way to get more close to the new knowledge or information. The information and the knowledge you may got here is fresh from your oven so don't be worry if you feel like an outdated people live in narrow commune. It is good thing to have The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease because this book offers to you personally readable information. Do you occasionally have book but you don't get what it's

facts concerning. Oh come on, that would not happen if you have this in your hand. The Enjoyable arrangement here cannot be questionable, like treasuring beautiful island. Techniques you still want to miss the item? Find this book and read it from right now!

Download and Read Online The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease Ronesh Sinha MD #NSHITO169QL

Read The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease by Ronesh Sinha MD for online ebook

The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease by Ronesh Sinha MD Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease by Ronesh Sinha MD books to read online.

Online The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease by Ronesh Sinha MD ebook PDF download

The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease by Ronesh Sinha MD Doc

The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease by Ronesh Sinha MD Mobipocket

The South Asian Health Solution: A Culturally Tailored Guide to Lose Fat, Increase Energy and Avoid Disease by Ronesh Sinha MD EPub