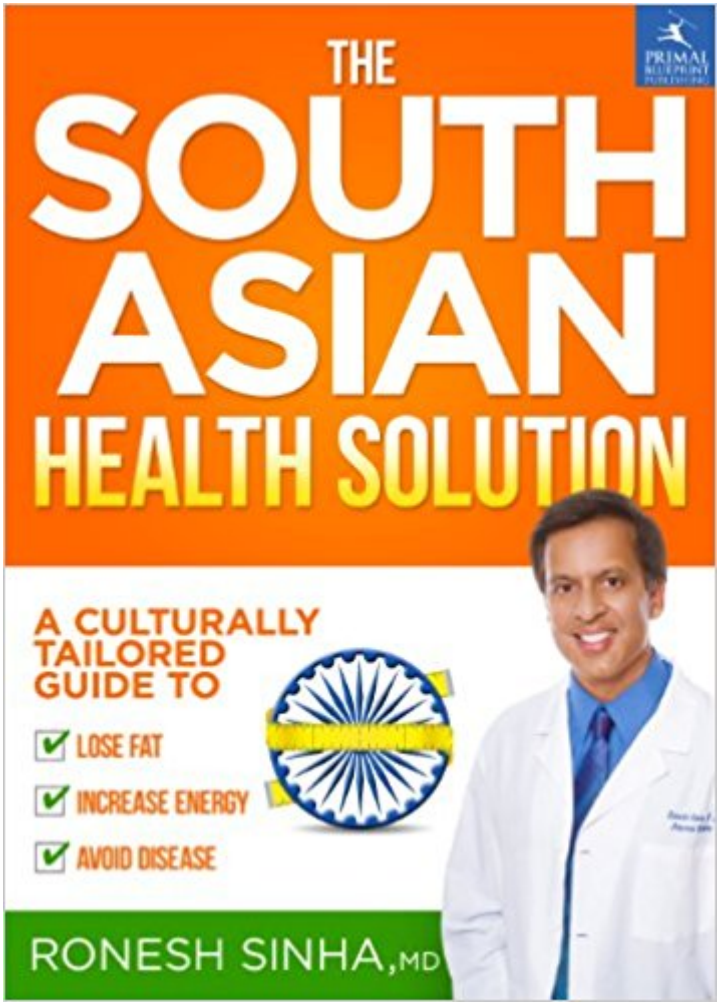
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The South Asian Health Solution: A Culturally Tailored Guide To Lose Fat, Increase Energy And Avoid Disease



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Synopsis

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 Ã¢â ¬â œ 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 CaliforniaÃ¢â ¬â„¢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 youÃ¢â ¬â„¢ll learn: Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Look beyond LDL to accurately interpret cholesterol and other heart disease risk numbers Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Modifying cultural traditions that lead to weight gain and disease Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â How to effectively manage sleep, stress and fatigue Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â 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 howÃ¢â ¬â„¢s and whyÃ¢â ¬â„¢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.Ã Â 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 donÃ¢â ¬â„¢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.Ã Â 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.Ã Â The final straw was my wife, who is a pediatrician, regularly sharing stories of kids developing adult onset diabetes and adult-like cholesterol disorders.Ã Â For the first time in human history, our children have a shorter projected lifespan than the generation before them.Ã Â Ã Â ThatÃ¢â ¬â„¢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 Ã¢â ¬Å“South Asian,Ã¢â ¬Â• IÃ¢â ¬â„¢ve shared the most effective dietary and lifestyle changes that have worked in patients of all cultural backgrounds.Ã Â IÃ¢â ¬â„¢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.Ã Â IÃ¢â ¬â„¢ve also had the opportunity to apply these principles on a larger scale to large companies with similar success.Ã Â This book is a must-have because it doesnÃ¢â ¬â„¢t just tell you to Ã¢â ¬Å“eat healthy and exercise more.Ã¢â ¬Â•Ã Â It gives you practical methods that can fit into a busy, culturally diverse lifestyle with all its temptations and constraints.Ã Â It also gives a family-centered, gender-sensitive, multigenerational approach to healthy living that includes chapters on pregnancy, childhood, womenÃ¢â ¬â„¢s health and aging.Ã Â This isnÃ¢â ¬â„¢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.Ã Â 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.Ã Â Co-writing the childrenÃ¢â ¬â„¢s chapter with my wife was especially enlightening since I got a deeper understanding of the challenges she faces in her pediatric clinic.Ã Â 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.Ã Â Many of my Indian heart attack patients were told their weight and cholesterol were Ã¢â ¬Å“normalÃ¢â ¬Â• by their prior doctors or were inappropriately put on medications when simple lifestyle changes could have resolved their issues.Ã Â 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.Ã Â 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.Ã Â IÃ¢â ¬â„¢ve had diehard, rice-eating Indian

immigrants who have never exercised a day in their life lose weight, increase activity, and transform their bodies.Ã Â There is a South Asian Health Solution for every individual regardless of their background.Ã Â Patients and doctors need to be more creative in finding those answers and IÃ¢â ¬â„¢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.Ã Â Despite my busy day job, my mind and body were consumed 24/7 with voices echoing from my manuscript.Ã Â This forced me to find even more time-efficient ways to combine work and exercise, like typing for hours while on an elliptical machine.Ã Â 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.Ã Â I used to think it was irrational for someone to not want to eat healthy and exercise.Ã Â After gaining a deeper understanding of human behavior, brain function and the addictive nature of food, technology and being sedentary, I totally get why weÃ¢â ¬â„¢re facing a current health crisis. 9. What quote from your book do you think best summarizes its content, over all message, and intent? Ã¢â ¬Å“TodayÃ¢â ¬â„¢s modern lifestyle layered upon insulin resistant genes is a recipe for early onset heart disease and other chronic illnesses.Ã Â 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.Ã¢â ¬Â•

Book Information

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Customer Reviews

Dr. Sinha works with large employee groups in Silicon Valley, helping South Asians, as well as

those of many other ethnicities, to improve their health and reduce their risk factors while still respecting patients' cultural dietary and lifestyle customs. From his breadth of experience in the Silicon Valley, Dr. Sinha created PRANA, the most comprehensive South Asian health website. he hosts a South Asian radio show in the Bay Area and blogs at southasianhealthsolution.org.

I'm half Thai & half Irish/English- 43 yr old Female. No South Asian in my blood, but close enough - to get that Asian perspective on healthy eating. Because similarly to South Asians, the Thai's eat lots of rice (too much perhaps) & the Irish/English westerners eat a lot of bread, wheat & potatoes. I have been cutting down on Rice for a year now and eat no wheat products at all! I lost weight when I did this, but hearing that excess rice/starchy veg, and not enough non-starchy green veg causes weight gain & bad health from an Asian doctor with experience treating Asians confirmed my doubts and beliefs and I now feel confident that limiting starchy carbs and getting plenty of exercise is the right choice!

As an Asian American with a family history of diabetes, high blood pressure and premature death due to heart disease, I truly appreiciate the insightful treatment of this topic in Dr. Sinha's book. Dr. Sinha examines the real problems underlying the alarming incidence of heart disease amongst Asian Americans. His motivation is to help people, and that comes through in his book. Since I implemented his diet and exercise recommendations a few months ago, my H1Ac has reduced by 0.4, I lost 8 lbs and feel more healthy. I have asked my siblings and friends to purchase his book. I cannot recommend it highly enough.

This book is an eye opener and a life saver. It was recommended by my brother in law who consults Dr. Sinha. After reading and getting benefits from it, we have been recommending it to others, including our own family doctor.What this book does best is to help break the cycle of bad habits, which at the back of the mind most of us are aware of. It is an easy read with enough for a medically inquisitive mind. The case studies of real patients helps to keep it well..."real" as you are able to identify with one or more of them.Highly recommended.

I plan to post a longer review later.I liked the book primarily because it explains the causality behind CAD (and metabolic diseases more generally), in a simple, easy to understand way.Regardless of where you stand on the low fat vs. low carb spectrum, it highlights what both sides appear to agree on:a) eat a lot of nutrient dense foods (especially, plant based)b) get a lot of exercisec)

de-stress.These are simple rules, but this book offers some useful and practical guidelines, including suggestions for apps. The book is also novel in that it emphasizes ratios, rather than presenting absolute targets.If you are of Indian origin, this book offers what several others do not. It has an excellent understanding of Indian cultures, and offers suggestions, including recipes, that are geared specifically for Indo-Americans.A suggestion. While reading this book, don't take the recommendations to suggest that you can be a glutton, especially when it comes to Saturated fats, which, in high concentrations, do cause oxidative stress (see e.g. [...]Eat in moderation. Control portion sizes. Eat a lot of anti-oxidant foods. Choose your carbohydrate food sources carefully, emphasizing low-glycemic and high-anti oxidant ones.I have gained a great deal from this book, and recommend it whole-heartedly. It is brilliantly written, and extremely useful. A game changer for Indian-Americans.

I thought my wife was going to have me eating sticks and rocks when she asked me to buy this book, but I was wrong. We've been eating sanely by following the guidelines in the book for a month now, and I have dropped 8 lbs. We've cut out the breads and beer and wine and vodka and processed sugars and pastries, cakes and pies, pasta and pizza. We've been eating meat, vegetables, fruits and nuts. Not a bad trade off to go down the path toward a healthier longer life. Remember-there are no fat 90 year old people (very few anyway).

I attended a talk by Dr Sinha as part of his Corporate wellness talk at my company in Bay Area.I was very impressed by him and bought his book.After reading initial chapters of this book I immidiately started practising his advise. I was pleasantly surpringed to see huge improvement in my Cholesterol and Tryglyceride levels only after 2 months. This was made possible by controlling Carbs (Rice/Chapatis) and taking more vegetables/fruites along with regular excercise as detailed in the book.Thanks for Dr Sinha, this has really changed my lifestyle for good. I highly recommend this book!

I've been a practicing family physician for ten years, and I was astounded at how little I really understood the epidemic of diabetes and heart disease in South Asians. This book does an exceptional job explaining the science in lay terms and offers reasonable diet and exercise tips to help South Asians not only lose weight, but increase energy levels and improve wellbeing. It also offers insight into the health of our children, seniors, and even has a special section for South Asian women's health. If you are trying to find some ways to help manage stress, this book also gives

some great recommedations for stress. Way to go Dr. Sinha! Thank you for creating a valuable resource for South Asians, especially one fueled by your own powerful life experiences.

Reducing carbohydrates and replacing with healthy fats, minerals etc and regular exercise are known techniques for regaining good health. This book connects these known techniques to Indian habits and how these habits need to be modified. Its gives a good idea to interpret medical test results and how to monitor health based on these. This book helps convince Indian origin people to change habits for better health.I use this book in conjunction with Aurveda book from Vasant Lad as Ayurveda has better guidelines for managing food and health.

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