

Dr.Sinha's Supplemental Resources

Below are links to some of Dr.Sinha's most popular blog posts and resources, including free e-books.

He blogs at culturalhealthsolutions.com, where you can sign up for his **wellness newsletter** and read his latest posts, and his Instagram handle is **@roneshsinhamd**



STRESS/SLEEP

[Stress Resources](#)

[Nasal Breathing Guide](#)

[Sleep/Fatigue e-Book](#)

COVID-19

[Free Covid-19 Survival Guide and Videos](#)

[Assessing Covid-19 Risk Factors](#)

[Best Exercises to Fight Covid](#)

FITNESS

[Doing Cardio Exercise Correctly](#)

[Fitness Testing in Adults and Kids](#)

[Breathing/Fitness Guide](#)

NUTRITION

[How to Do Keto Correctly](#)

[How to Fast Correctly](#)

If you'd like to have Dr.Sinha speak to your school or company, go to bit.ly/drronspeaks

To learn about his online health education program for families, go to bit.ly/familyhealthprogram



Cultural Health Solutions
Optimal Health for All Cultures