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Weight Loss ≠ Health Gain

Are you tracking your Weight Loss Journey with Weighing Scale??



If you said yes to that question, then there is a problem and that is:

You **might think Weight Loss= Fat Loss** But in reality, Weight loss is about **losing out on muscles, creating imbalance in your hormones and some vital functions** to exit your body along with the weight that you lose resulting in multiple Health Issues!!

And it is time to prioritise **“Inch Loss over Weight Loss”**

In this newsletter you will find:

↓ When to Consider Losing Real Fat, What Should You Actually Work on to Achieve Sustainable Fat Loss? and more. Keep Reading!



When to Consider Losing Real Fat and not Weight !!

SOME SIGNS

1. When there has been an increase of at least 2 kgs of Body weight in a span of a month without making any drastic change in your workouts/physical activity
2. When you see your Hba1c going beyond 5.6
3. When you see your Triglycerides going above 150
4. When you find it difficult to keep the weight you lost off for more than 8-12 months..
5. When you start experiencing aches and pains, hair loss, dry skin and irregular periods

The Ayurvedic Doshas that are structurally equivalent to the Modern Science's Body Types can **help you understand** if you need to consider losing weight seriously.

for eg. a Kapha/ Endomorph who are naturally heavier, usually fall outside the normal BMI category, have to be **slightly more mindful** about not gaining excessive weight due to low metabolism/ tendency to store fat.



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What should you actually work on to Achieve Sustainable Fat Loss?

1. **Digestion:** Experiencing Bloating, Acidity Constant Burps, Constipation, and Sticky Stools are some of the common signs of the Body not being able to process what it eats well.

2. **Inflammation:** Stress of any kind (physical exertion, burning out, anxiety, knot in the stomach, breakdowns) will force the hormones to come to play.

And when your body is in emergency mode, it wants to save all the resources that you have. That includes the Fat Storage in your body too.

3. **Protein and Fat Intake:** While Protein might be deficient, Fat is something that is extensively available in the diet but deficient of important entity (omega-3).

Ensuring a very good intake of Protein and Omega 3 is of prime importance to add to your Fat Loss Diet.

4. **Rest and Sleep:** Remember the punishment during World War of devoiding the prisoner from sleeping??

Lack of sleep and rest, over exercising, overthinking can add extra kilos and prevent the loss..

Including some Stress Relieving Techniques and Vagus Nerve Stimulating Exercises can be helpful.



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Here is how our clients achieve their fitness goal!

BEFORE

108 KGS

AFTER

94.5KGS



Problem:

- Bloating Indigestion
- Weight Plateau
- Nutrient Deficiencies

Results:

- No Digestive Issues
- Fat loss
- Nutrient Balance

Problem:

- High Blood Sugar
- Weight Plateau
- Erratic Lifestyle
- Low Stamina

Improvements:

- Improvement in PCOS and HbA1c
- Improved Energy
- Fat Loss
- Higher Fitness



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Offerings for December

Fat Loss Program

Who Should Enroll:

- who have Hit a Plateau
- who need Accountability
- 1 year old Mothers
- Women struggling with weight due to Menopause
- who are suffering from Fatty Liver, Prediabetes and High Cholesterol Levels.



Inclusions of the Plan:

- 13 Weeks Program (8 Consults)
- Fat Loss Community
- Customised Diet Plans
- Recipes
- Accountability Challenges

Investment cost is ~~18,000/-~~
13500/-

The Discounted Offer is Applicable only for those enrolling before 13th December 2023.

Your healthier, happier self is just a call away! Dial 95949 63210 to begin your journey today. Let's make it happen! 🧡



For more details scan the bar code