

# Your guide for weight management

## What is a successful weight loss?

Research says that a successful long term weight loss is defined as losing at least 10% of initial weight and maintaining the loss for at least one year

10% weight loss brings significant changes

- Improves body metabolism
- Helps further weight loss
- Avoids risk factors for diabetes and heart diseases
- Substantial improvement in cholesterol level
- Prevents age related bone and joint disorders
- Increases chances of conception
- Avoids menopausal disturbances



## What makes you to regain weight?

### Physiology:

This plays a major role in weight gain. Most often, people who overeat respond to stress, anger, sadness and boredom that is unrelated to their hunger or nutritional needs. They resort to junk food eating. Unfortunately, these foods, chocolates, sweets increases the cravings and significantly contribute to weight gain.

### Environment:

We seldom exercise. Present life style gives more opportunity to eat more and move less. The desk jobs and technology hardly gives any chance to spend energy.

### Bingeing:

Bingeing is when a person uncontrollably eats a large quantity Of food in short time .

### Life Style

weight management requires constant involvement which sometimes get diverted due to unexpected life issues like a sick, child, travel, work load etc. This may even de motivate to get back to diet and exercise routine.

If one succeeds in maintaining their weight loss for 2 years, they can reduce their risk of subsequent regain by nearly 50%

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# ARE YOU OVER WEIGHT?

An ideal weight for everyone is how healthy you feel, not on how you or other think you should look. The following BMI chart provides the guidelines for both men and women.

BMI Less than 18.50	Underweight
BMI 18.50 – 24.99	Healthy Weight
BMI 25.00 – 29.99	Overweight
BMI 30 or more	Obese



## Choose the right program to lose weight

Ayurveda offers an approach that helps you lose weight and keep it off and also improves the overall health and fitness. Ayurveda understands the factors that contributes to obesity problem. Physical examination, dietary assessment, detoxification, emotional evaluation and skilled practitioners take time needed to find the root causes of obesity. Instead of prescribing fad diets, we individualize the diet by making better food choices, use supplements wisely, correct any underlying hormonal imbalances, that has contributed to your weight gain.

## How do you lose weight @ shathayu?

### PANCHAKARMA

Detoxification



Detoxification assists body's natural self-cleaning system by eliminating toxins from intestinal tract

- Cleanses liver
- Improves metabolism
- Blood purification
- Hormonal balance
- Improves immune system

### UDVARTANA

(paste massages)



The herbal paste when rubbed on the body in a specific manner creates friction, opens up the pores, increases the heat in the tissues and stimulates metabolism.

- Helps in Weight loss
- Removes cellulite
- Tones up the skin
- Improves complexion

### SWEDANA

(steam)



Herbal steam bath act as a natural Detox. It makes the body to sweat and expel out all the toxins from the body, which is very beneficial for the body organs.

- Reduces stiffness increases flexibility
- Eliminates fatigue
- Adds radiance to skin



## EXERCISE

People who are maintaining their weight report that they find activity an enjoyable part of their lives and look at weight maintaining as a pleasure and not a chore

Minimum exercise recommended is at least 40 – 60 minutes of moderate intensity activities each day. Here are few such activities

Yoga

Walking

Swimming

Aerobics

Gymnastics, etc



## DIET

**Eating healthy and being healthy is a lifelong prescription**

Gone are the days when you can skip breakfast and maintain weight. Change the idea of cutting down calories instead know what you need to eat to lose weight. Practice 5 meal patterns, eat regular meals and don't skip any meal.

- \* **Fruits and vegetables** – Enjoy whole fruits across the rainbow (strawberries, apples, oranges, berries, plums), leafy salads, and green veggies of all kinds.
- \* **Beans** – Select beans of any kind (black beans, lentils, split peas, chickpeas). Add them to soups, salads, and entrees, or enjoy them as a hearty dish on their own.
- \* **Whole grains** – Try high-fiber cereal, oatmeal, brown rice, whole-wheat or multigrain bread, and air-popped popcorn.



## FIVE KEY STRATEGIES FOR LONG TERM WEIGHT MANAGEMENT

1. Engaging in regular physical activities
2. Eating diet that is low in carbs and fried foods
3. Maintaining a consistent eating pattern
4. Self-monitoring of weight on regular basis
5. Taking professional support before it is too late.



## Maintain your weight with Shathayu

### DRUDAKAYA CHIKITSA (6 months)

- Consultation
- BMI
- Detoxification – 8 days
- Udvardana with steam bath – 24 days (4/ month)
- Diet counseling

**STHOULYA NIRVAHANA (1 year)**

- Re-consultation
- BMI
- Detoxification – 8 days
- Udvartana with steam bath – 36 days (3/month)
- Diet counseling

## YOUR WEIGHTLOSS STRATEGY

What is the specific body weight you need to achieve?

Days	Date	Weight to reduce	Actual weight reduced
15 days			
30 days			
3 months			
6 months			
1 Year			

**List the daily habits you need to implement to lose the desired weight**

[illegible]