

# EAT RIGHT, NOT LESS!



**Straight Talk on Easy Weight Loss**

**By Dr. Snehal Adsule**

# Hi I am Dr Snehal.

From the age of 8, I'd been on and off as many diets as I could count. At the age of 15, I literally stopped eating food & went on a crash diet.

Though it helped me to lose few kgs but it spoiled my whole relationship with food & again after few years I was overweight.

When I was 21, I found out I have PCOD. My life was revolving around food, weight, calories & stress. Now I am completely free from PCOD, Eating Disorder, Obesity & living happily healthy life.

Having now dropped lots of weight by transforming my body & mind, its *my mission to help 1 million women get healthy and happy.*

Today, I am a doctor (MD), nutritionist, counsellor & Weight loss coach for women worldwide.

My signature Program **Desi diet** helped more than **24000 women** worldwide to lose weight & keep it off for good.

I have got **3 national awards** & got featured in hundreds of channels.

My first Ebook '**STOP OVEREATING**' was a huge success & was read by more than **42,000** women & helped many of them to get rid of overeating.





# AWARD'S







## I've been there:

- Trying to lose weight.
- Constantly resorting to crash diets.
- Avoiding taking pictures.
- Shying away from wearing sleeveless dresses.
- Struggling to control my impulses around food.
- Obsessively thinking about calories.
- Snacking even when I wasn't hungry.
- Constantly craving junk food.
- Often succumbing to stress and boredom eating.
- Feeling overwhelmed by all the diet information on the internet.
- Unsure of what to trust on social media regarding health and diet.

*I understand what you're going through right now.*

*But I also know it doesn't have to be this way for you.*

## **What if:**

- You could lose weight in a healthy way and feel confident in all your favorite clothes again?
- You could break free from the toxic cycles of binge eating, guilt, and then dieting to compensate?
- You knew precisely which path to follow?
- You discovered the secret to becoming slim?
- You genuinely enjoyed your transformation journey?
- You could relish food without it ever causing anxiety again in your life?
- You could LOVE the woman you see when you look in the mirror?

*Yes, this is possible for you.*



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# EAT RIGHT, NOT LESS!

## Straight Talk on Easy Weight Loss

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In a world full of confusing diet tips, "Eat Right, Not Less!" stands out as a clear and honest guide to losing weight. This book doesn't talk about quick fixes or hard-to-follow diets. Instead, it helps you understand your body, the food you eat, and how to be healthy for life.

At its heart, "Eat Right, Not Less!" shares a simple message: you don't need to eat less, just eat right. By looking at many diets, clearing up common misunderstandings, and showing the real story behind popular trends, this book gives you the knowledge you need. You'll see that losing weight isn't about eating less but about understanding and balance.

So, why pick up this book?

**Real Tips, No Tricks:** Find your way in the world of weight loss with advice that works and is easy to follow.

**Learn the Truth:** Get the real facts about diets, and know how to make good choices for yourself.

**Feel in Control:** Learn about hunger and how to make smart choices that help you reach your goals.



**Save Money and Be Healthy:** Being healthy doesn't have to be expensive. Find out how to eat well and stay fit without spending a lot.

**Use the Internet Smartly:** There's a lot of advice online. Learn how to find the good tips and ignore the bad ones.

**Feel Good Inside and Out:** Losing weight isn't just about how you look. This book talks about the importance of feeling good and being happy.

**Make a Lasting Change:** No more short-term diets that don't last. This book is about making a change for good.

"Eat Right, Not Less!" is not just a book; it's a new way of thinking. It asks you to step back from confusing tips and go back to the basics. To see that the answer is in eating right, not less. Whether you're new to this, someone who's tried many diets, or just looking for good advice, this book is for you.

If you're ready to start a journey full of understanding, clear advice, and real change, "Eat Right, Not Less!" is here to help. Choose a healthier, happier you - because you're worth it.

# Homecoming:

## Priya's Journey from Keto to Khichdi

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When I opened my clinic six years ago, Priya, a 38-year-old mom of two, called us with deep sadness in her voice. A tiredness that wasn't just from her body, but her soul. You see, like many of us, she had been trapped in the world of "trending" diets. She told me, "I've been on this keto thing. They said it would help, but all I feel is tired."

She was not expecting much but missed simple joys, like the soft, warm Phulka's that her mom made or the fresh veggies that danced in flavors of turmeric and cumin. "I just want to eat real food, you know?" Priya whispered; her voice choked with tears. And that hit hard. Because isn't that what we all want? To enjoy our food without feeling guilty?

And then she spoke of days when she would starve, hoping the hunger would lead to weight loss. But all it led to was an aching emptiness and dreams of the foods she loved. It broke my heart.

How had she come to this? How had any of us come to this point where we feel guilty for wanting the comfort of roti-sabzi or the happiness a simple bowl of Idli sambar can bring?



We took Priya under our wings. Instead of a diet chart full of things she couldn't pronounce, we gave her a simple plan & said "Listen to your heart, Priya. Eat what it longs for." She looked surprised. Could weight loss really be that simple?

Slowly, she rediscovered her kitchen. The smell of ghee on hot dal khichdi, the soft puff of a well-made Phulka, and the tangy zest of a simple tomato chutney. The weight? It started to melt away. But more importantly, the smile? It came back, brighter than ever.

I've seen many 'Priya's' in my time. Lovely souls who just want a bit of happiness on their plate. And here's the truth – losing weight doesn't mean losing that happiness. As the old saying goes, "Dil ka rasta pet se jata hai." If your heart is happy, everything else just falls into place.

You don't need those fancy foods from far-off lands. No need for avocados or fancy salad or keto meals. Our Indian kitchen, our Desi Diet, is a treasure chest. All we need to do is open it.

If you're feeling lost, like Priya did, remember this: Your journey to a healthier you is not about saying 'no' to food. It's about saying 'yes' to the right foods. Foods that your tummy would recognize, foods that have stories and memories tied to them.

Come with me. Let's find our way back home, one bite at a time.

# The Confusing World of Diet: which one to choose?

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Once upon a time, eating was simple. We ate what was cooked at home, cherished family recipes, and enjoyed our meals together. But then came the digital age. Suddenly, every bite we took was under scrutiny, every plate was Instagrammed, and every meal had a debate.

Just like Priya, many of us have found ourselves lost in the maze of diet advice flooding our screens. One day, we're told carbs are the enemy. The next, fats are the villains. And before we know it, we're trapped in a whirlwind of conflicting advice, unsure of whom to trust.

Picture this: you're scrolling through Facebook when an ad pops up, "Lose 10 kilos in a month with the XYZ diet!" You click. Exciting, right? But then, you scroll further and see another post, "Why the XYZ diet is bad for you!" Confused? You're not alone.

The internet, while a treasure trove of information, is also a place of chaos. One day it's all about smoothie bowls, and the next, it's about intermittent fasting. It's enough to make anyone's head spin. But amidst this noise, what we often forget is that every individual is unique. What works for one might not work for another.

Priya's story is a testament to that. The trendy diets and fasts that were supposed to make her feel 'lighter' only weighed down her spirit.

The very act of eating, which should be a joy, became a source of stress. She yearned for simple, wholesome meals but was told they were 'bad' for her.

But, as Priya discovered, the key to a good diet isn't found in exotic foods or strict regimes. It's found in listening to our bodies and understanding our cravings. It's about understanding that sometimes, what we're hungry for isn't just food – it's love, it's comfort, it's memories.

From Priya's journey, we learn a valuable lesson: True health is holistic. It's not just about the number on the scale but about the joy in our hearts. It's about finding a balance – between what's good for our bodies and what nourishes our soul.

In a world full of noise, sometimes the best thing we can do is tune out the clutter and tune into ourselves. Remember, amidst all the diets, trends, and fads, there's one golden rule that stands out – eat with love, eat with joy.

And as we embark on our journey, let's take a leaf out of Priya's book – to not just eat food, but to savor the stories, memories, and emotions they bring. Because at the end of the day, it's not just about eating right but eating happy.  
Your Action Plan: Finding the Best Diet for YOU!

We've gone deep into the world of diets, filtered out the noise, and learned from Priya's story. Now, it's time to take the next step. How do you pick the best diet for yourself? Here's an easy plan to help you:

### **1. Think About Your Past:**

Remember your old diets. Which ones made you feel good inside and out? Which ones felt too limiting or made you unhappy?

### **2. Listen to How You Feel:**

Pay attention to how certain foods affect you. Does milk make your stomach hurt? Does a certain fruit make you feel active? Our bodies often tell us what they like and what they don't.

### **3. Answer These Questions:**

- What foods do I love? This helps you know what you'd like eating often.
- How do I feel after eating certain foods? Identify foods that make you feel sleepy, give you stomachache, or even ones that make you feel lively.
- What do I want for my health? It could be losing weight, building muscle, or just staying as you are.
- Do I have health problems? Some diets might not be good if you have certain health issues.



#### **4. Think About Your Day-to-Day routine:**

Look at your daily life. If you're always busy, cooking meals at certain times might be hard and you may end up skipping meals, instead try to add easy to grab healthy snacks as a source of energy like nuts, fruit, etc. If you like cooking and do not have a hectic schedule, you might like a diet that lets you try new recipes.

- How do I spend my day? What you do every day can help decide your diet.

#### **5. Learn and Ask for Help:**

The internet can sometimes mix you up. So, get info from places you trust. If needed, talk to a food expert who is well qualified and experienced can give you advice that fits you.

For all the priyas out there, remember this: The road to true, long-lasting weight loss isn't about denying oneself or trying to fit a mold. It's about understanding your body, your culture, and finding a balance that brings not just health, but true happiness.

The weight loss journey is personal. So, let's step beyond the noise and trends. Let's embark on a path that is sustainable, filled with love, respect, and above all, delicious Desi foods. Because the real secret to lasting weight loss is finding what truly works for YOU.

Remember, the best diet for you is one that makes you feel good, both inside and out. It should be sustainable, enjoyable, and aligned with your lifestyle but can also give you amazing results. So, listen to your heart, trust your gut, and start your journey to a healthier, happier you!

## Why weight loss is difficult for us?

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Have you ever wondered why your husband, boyfriend or brother seems to shed weight just by cutting back on soda and avoiding outside food, while you've been sweating it out at the gym and cutting calories but the scale hardly budes? It can feel frustrating and even unfair. But it's not your imagination; there are indeed differences in how men and women lose weight. Let's delve deeper into this intriguing topic.

Rita and Raj were a couple in their early thirties. They decided to embark on a weight loss journey together. It started as a friendly challenge. Who could lose 5 kg first? Rita began attending fitness classes and switched to a balanced diet. Raj, on the other hand, started jogging and had cut back on junk food. Within a month, Raj had already met his goal, while Rita was struggling to lose even half of that.

"Why is it so easy for him?" Rita often thought, feeling a mix of jealousy and despair. But as she began to learn more, she realized it wasn't just about effort. Biology played a significant role.

## Let's dive into the real reasons behind these differences.

### 1. Body Composition:

Men usually have a higher percentage of muscle mass than women. Muscles are like engines that burn fuel (calories). The more muscle you have, the more calories you burn and hence your metabolism is higher, even when you're resting. This means that Raj, with his higher muscle mass, naturally burns more calories throughout the day than Rita.

### 2. Hormonal Differences:

Women's bodies produce more of the hormone estrogen, which helps in child-bearing. Estrogen plays a role in how fat is stored in the body. For Rita, it means that her body tends to store fat more easily, making her weight loss a bit slower.

### 3. Monthly Cycles:

Many women experience bloating, cravings, and an increased appetite before or during their menstrual cycle. This can temporarily slow down weight loss and even lead to weight gain for some. Rita might have noticed that there were particular times of the month when she felt hungrier or more tired, which could affect her exercise routine.

#### **4. Societal and Emotional Factors:**

Emotional eating – or eating to cope with feelings rather than hunger – tends to be more common in women. Cultural pressures can also play a role, where women, may face more societal stress to look a certain way, leading to inconsistent dieting patterns.

#### **5. Childbearing and Post-pregnancy:**

Women's bodies are designed to bear children. After pregnancy, many women find it challenging to lose the extra weight gained during those nine months. The body naturally stores more fat in preparation for child-rearing.

In the midst of all this, it's crucial to remember that weight loss is a personal journey. What works for one might not work for another. Rita & Raj, despite their differences, were both striving for a common goal: health. While Raj's results might show up faster on the scale, Rita's journey is teaching her resilience, patience, and a deep understanding of her unique body.

Remember, it's not about being better or worse than the opposite gender. It's about understanding our unique bodies, embracing our individual journeys, and supporting each other along the way.



# 7 Common Myths vs. Facts on Diet and Weight Loss

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We've all been there. Late at night, typing away, trying to find the secret to quick weight loss or the next best diet. The internet is overflowing with tips, tricks, and tales. But here's the catch: not everything you read is true.

In this chapter, we'll walk you through the maze of online diet myths that many of us have believed at some point. We'll tackle the stories that have been passed around so much, they almost feel true. With easy-to-understand explanations, you'll learn how to spot the difference between fact and fiction.

From diets that promise miracles to foods labeled as 'evil', we'll uncover the truth behind the most common misconceptions. By the end of this chapter, you'll be armed with knowledge, helping you make informed choices on your weight loss journey. Dive in and let's clear the fog together, ensuring your path to a healthier you are based on genuine facts, not fleeting fads.

**1. Myth: Eating late at night means you'll gain weight...****Fact: Your body doesn't watch the clock; it's about how much you eat overall.**

Explanation: How often have you heard someone say, "I can't eat after 8 p.m., or I'll gain weight?" It's heartbreaking to think of the guilt people feel for a late-night snack. Our bodies work all day and night, processing what we eat. It's not the hour that's crucial; it's the total food intake. Though it's advisable to eat early to keep your tummy light & better digestion. But if you are working late then you have to manage your diet accordingly.

**2. Myth: If I skip a meal, I'll lose weight faster.****Fact: Skipping meals can backfire big time.**

Explanation: One of our client Ritu always skipped breakfast, believing it would help her lose weight. But by lunchtime, she was so hungry she ended up eating much more than needed. Missing meals can make us hungrier, leading to overeating. It's like waiting too long in line for your favorite food stall; by the time you get there, you order everything!

### **3. Myth: Carbs will sabotage my weight loss goals.**

#### **Fact: Your body loves carbs; it's the fuel!**

Explanation: Who hasn't craved a simple plate of 'Idli sambar' or some soft parathas after hearing about low-carb diets? But our Indian meals, filled with whole grains, are there for a reason. They provide us with energy. It's the excessive sugary treats and drinks we need to keep an eye on, not our beloved chapatis.

### **4. Myth: A pill a day will melt my weight away.**

#### **Fact: There's no magic wand or pill for weight loss.**

Explanation: Anjali, one of our client was tempted by those weight loss pills, promising her a slimmer figure in just 30 days. But true weight loss is a journey, not a magic trick. Those pills often lack scientific backing and can even harm our health. The true magic lies in a balanced plate of food and the joy of moving our bodies.

### **5. Myth: I must sweat a lot during a workout to lose weight.**

#### **Fact: Sweat is not an indicator of calorie burn.**

Explanation: Ever seen someone in the gym sweating buckets and thought they're burning tons of calories? Sweat is just our body's way of cooling down. Some of us sweat more, some less, but it's not a; how much calories burnt counter. Focus on your exercise routine, how you feel, and the strength you gain, not the sweat stains on your T-shirt.

**6. Myth: Gluten-free diets are the ticket to weight loss.****Fact: Gluten-free doesn't necessarily mean calorie-free.**

Explanation: Gluten-free diets became a trend, and many adopted them hoping for weight loss. But these diets are mainly for those with celiac disease or gluten intolerance. A gluten-free cookie can have just as many calories as a regular one. It's not about the gluten; it's about the overall nutrition.

**7. Myth: All calories are equal, so it doesn't matter where they come from.****Fact: Not all calories are created equal.**

Explanation: Imagine having 200 calories worth of candy and 200 calories of grilled chicken/paneer. While the calorie number is the same, the nutrition and how your body uses them is vastly different. The candy might give you a quick spike in sugar and then a crash, while the chicken/paneer provides protein that helps balance your sugar levels and helps your muscles as well. So, think of the source of those calories, not just the number.

I hope these myths vs. facts offer clarity in the often-confusing world of weight loss. Remember, simple steps, understanding, and a bit of patience go a long way.



# The Truth About Diets That No One Told You

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In the world of diets, there are countless myths, promises, and flashy headlines. But there's a truth hidden amidst all this noise, a simple secret that most people overlook. Before diving deep into all the dos and don'ts, let's start by understanding this core truth about diets that might just change the way you look at food forever.

Imagine this: A sunny Sunday afternoon with the whole family around the dining table. There's laughter, the sound of glasses, and the smell of your most-loved meals in the air. Everyone is enjoying the feast, but you're there with a plate of plain, boiled veggies, telling yourself this is the way to the perfect shape.

## **Does this ring a bell?**

Searching for the 'perfect' shape, many of us get caught in the net of extreme diets. We've likely heard or tried them: juice diets, not eating for days, only eating protein, saying no to all carbs. But what's the real price? And do they truly work long-term?

## **1. The Quick Excitement:**

At first, extreme diets can lead to fast results. Watching the scale number go down feels great. But here's the thing - most of the lost weight isn't fat. It's often just water or even muscles. And guess what? Once you eat normally again, the weight often comes back, sometimes even more.

## **2. How Our Body Reacts:**

When you eat a lot less or skip whole types of food, the body thinks it's in danger, like there's not enough food around. This makes our body use less energy, slowing down how it works. After the diet ends, the body tries to store extra food, thinking there might be another food shortage. This can lead to gaining weight.

## **3. When Your Mind Fights Back:**

Have you ever been told not to think of a pink elephant, and that's all you can think of? In the same way, when you don't let yourself eat the foods you like, you want them even more. You might hold on for a week or two, but most people eventually give in. And when they do, they don't just have a small piece of cake; they eat the whole thing! Not eating enough can lead to eating way too much later.

#### **4. Missing Out on Nutrients:**

Food gives us more than just energy. It gives us vitamins, minerals, and other good stuff our bodies need. Extreme diets can mean you don't get all the nutrients you need. Our bodies need all kinds of foods to work their best.

#### **5. It's Not Just About Food:**

Eating is also about feelings. Food is about celebrating, feeling better, and traditions. Harsh diets can make you feel left out and take away simple joys in life.

Let's look at Kanchan's story, a client of mine. Kanchan was always fun, loved to eat, and had a big laugh. But over time, she gained weight. Wanting a fast solution, she tried all the popular diets. To be honest she did lose some weight, but she also seemed less happy. She had less energy, was often grumpy, and her once-thick hair became thin.

After few weeks with us, Kanchan started to change. She still had her favorite meals but not too much. She paid attention to when she was hungry, ate slowly, and really enjoyed her food. The change was amazing. She not only lost weight in a healthy way but also found the joy in eating again.

**To Finish Up:**

extreme diets are just that - too harsh. They might seem like a quick answer, but they don't work for long. Our bodies are smart. They know what they need. Instead of making them go without, we should take care of them.

You know that saying, "If it sounds too good to be true, it probably is"? Well, that's the real "Truth About Diet That No One Told You." Some folks want to keep the simple truth from us because if we knew it, then how could they scare us? How could we be tricked into buying their latest diet books or special shakes or pills? They're counting on our worries about our weight to sell us their "magic solutions." But just like Kanchan showed us, the true secret isn't in some fancy diet, but in just listening to our own bodies and eating in a balanced way. Remember, our bodies are smarter than any fad out there!



## How to Understand Your Hunger:

# 5 SIMPLE TIPS

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Imagine you're in the middle of an intense work session when suddenly, your stomach rumbles, reminding you it's lunchtime. That's your body's way of saying, "Hey, it's time to refuel." But in today's fast-paced world, we often ignore these signals, only to binge later or grab whatever is in sight. Recognizing and respecting our body's hunger cues is vital for a balanced and fulfilling relationship with food.

### **The Mystery of Stomach Growls**

Have you ever wondered why your stomach growls? It isn't just a sign of hunger. In reality, it's a result of the movement and mixing of food inside. Sometimes, it can growl even when you're not hungry. Deciphering this can be a challenge but knowing when to eat and when to wait plays a crucial role in maintaining a healthy weight and relationship with food.

### **Beyond the Stomach**

Hunger isn't just felt in the stomach. It's a complex signal involving the brain, hormones, and even your fat cells. Think of it as a conversation between different parts of your body. Sometimes, our brain confuses thirst with hunger. So, before reaching for a snack, have a glass of water and wait a few minutes. Often, you'll realize you were just thirsty.

## Mood and Food

Ever heard of the term "hangry"? It's that irritable feeling we get when we're hungry. This is because low glucose levels affect the brain. Recognizing how hunger affects our mood can save us from many unnecessary arguments and misunderstandings. It's essential to remember – it's not you; it's just your hunger speaking.

## Intuitive Eating: Back to Basics

Our ancestors didn't have diet charts or calorie counters. They ate when they were hungry and stopped when they were full. They relied on their intuition, a practice we've drifted from due to various diet cultures and societal pressures. Intuitive eating is about relearning to trust your body.

### Here are some basic tips which can help:

- 1. Eating Slowly:** It takes about 20 minutes for your brain to recognize that you're full. Eating slowly and savoring each bite can prevent overeating.
- 2. Recognizing Fullness:** Do you know the difference between being 80% full and 100% full? Honing this skill can mean the difference between feeling comfortably satisfied and overly stuffed.

### **3. Differentiating Between Physical and Emotional**

**Hunger:** Emotional hunger comes suddenly and demands urgent satisfaction. Physical hunger, on the other hand, grows gradually. Understanding this difference can save us from emotional eating.

#### **Misleading Cues**

But it's not just about recognizing true hunger. It's also about not being fooled by false alarms. The aroma of freshly baked cookies or the sight of a delicious dish on TV can trigger a desire to eat, even if we aren't truly hungry. In such cases, ask yourself, "Am I really hungry, or is it just a craving?" Wait for 10 minutes, and if the urge persists, then it might be genuine hunger.

#### **The Art of Listening**

Listening to our bodies is like learning a new language. At first, it might seem challenging, but with patience and practice, it becomes second nature. Over time, you'll be able to discern between true hunger, thirst, emotional cravings, or even fatigue.

## Here are 5 handy tips and tricks to further help in decoding your body's food signals:

- 1. Hunger Scale:** Use a scale from 1 to 10, where 1 means you're extremely hungry and 10 means you're overly full. Aim to eat when you're at a 3 or 4 and stop at a 7. This helps you avoid extreme hunger or overeating.
- 2. Balanced Plates:** Make sure each meal has a mix of proteins, healthy fats, and complex carbs. This combo helps you feel full longer and provides steady energy.
- 3. Smaller Plates:** Using a slightly smaller plate can help you serve just enough food. It tricks the mind into thinking you're eating more than you actually are, leading to feeling full with less.
- 4. Snack Smartly:** If you're hungry between meals, choose a small, balanced snack like a handful of nuts or some fruit. This will tide you over without spoiling your next meal.
- 5. Sleep Well:** Lack of sleep can mess with the hormones that signal hunger and fullness. Ensure you're getting 7-8 hours of sleep every night to help regulate these signals.

Remember, our bodies are smart. They have evolved over millennia to send us accurate signals. It's high time we tune in and listen. Trusting our body and understanding its hints can lead to a more harmonious relationship with food, one where every bite is eaten with joy and understanding, free of guilt or confusion.

# Budget-Friendly Fitness:

## Losing Weight without Losing Money

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When we think of weight loss and fitness, the first images that often come to mind are expensive gym memberships, fancy workout gear, and premium health foods. The weight loss industry, with its flashy marketing and luxurious solutions, has made many of us believe that staying fit and healthy is a privilege only for those who can afford it. But let me tell you a secret, one that millions of fit and healthy people around the world know: Fitness doesn't need to be fancy or expensive. In fact, often the simplest and most budget-friendly methods are the most effective.

### The Story of Meena

Meena, a 40-year-old, homemaker & mother of three from a small town, was one of my most memorable clients. She lost 15 kgs!!! She didn't have the means to join a gym or buy organic foods. However, she was determined. Meena started her journey with just a pair of old sneakers and the will to change. Every morning, she began walking around her neighborhood, slowly increasing her pace to brisk walking, and eventually to jogging. She didn't have weights, so she used water bottles. Meena became creative, using her home environment to do simple exercises. Her diet? Local seasonal fruits, vegetables, and grains that were available in her town's market.



Six months into this routine, not only did Meena lose 15 kgs of weight, but she also became an inspiration for her entire community. She proved that the will to be fit could overcome any budget constraints.

## Demystifying the Expensive Myths

**1. Gyms Aren't Always Necessary:** While gyms offer a variety of equipment and classes, they're not the only place where you can get fit. Parks, open grounds, or even your living room can serve as your fitness studio. From brisk walking, jogging, to body-weight exercises like push-ups, squats, and lunges – you can achieve a lot without a treadmill or a fancy machine.

**2. Use What You Have:** Meena's story teaches us to be innovative. Old water bottles can become weights, stairs can be your step-aerobics tool, and a sturdy chair can assist in triceps dips or elevated push-ups. There are numerous online resources and videos that can guide you on how to utilize household items in your workouts.

**3. Eat Local and Seasonal:** There's a misconception that only exotic, imported superfoods can aid weight loss. But our local fruits, vegetables, and grains have nourished generations before us. Foods like millets, local greens, seasonal fruits, lentils, and legumes are not only nutritious but also light on the pocket.

**4. Group Workouts:** Community workouts or group activities can be a great way to stay motivated without spending much. Whether it's joining a local cricket or any of your favorite sport's team, a community yoga class in the park, or even starting a morning walking group – there's strength and motivation in numbers.

**5. Knowledge is Free:** One of the best resources we have today is the internet. While one must be cautious of misinformation (as discussed in our earlier chapter), there are countless reliable fitness channels, blogs, and websites that offer free advice, workout routines, and diet tips.

**6. Stay Consistent:** The most effective fitness tool is consistency. Whether you're working out at a luxury gym or your backyard, results come from dedication and regularity. Often, people spend a lot on fancy diets and equipment but lack consistency, leading to ineffective results.

**7. Mindfulness Over Money:** One of the most powerful tools for weight loss is mindfulness – being present in the moment. Mindful eating ensures you enjoy every bite, understand your body's hunger signals, and stop when you're full. This not only aids in weight loss but also prevents overeating and saves money.

Money can buy a lot of things, but the determination to be fit isn't one of them. Your health and well-being are invaluable, and they shouldn't be determined by the weight of your wallet. As we journey through this book and your path to fitness, always remember Meena's story and the simple truth: where there's a will, there's always a way. Fitness is for everyone, irrespective of their bank balance. And sometimes, the richest journey to health is the one that costs the least.

## How to Choose the Right Health Advice Online: 5 EASY TRICKS

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In the bustling streets of Mumbai, Kavita sat at her dining table, scrolling endlessly through her phone. The glow of the screen lit her face as she jumped from one health blog to another, from YouTube fitness gurus to Instagram nutritionists. Every swipe, every click, was a desperate quest for the "perfect" health regimen. However, instead of clarity, all she got was an overwhelming confusion.

Today, the digital landscape is bursting at the seams with health and fitness information. A simple Google search on "best diet for weight loss" returns millions of results. But how much of this is accurate, useful, or even safe?

### The Double-Edged Sword of Online Information

On the one hand, the digital age has democratized access to information. No longer do we need to rely solely on doctors or nutritionists for health advice. From the comfort of our homes, we can access a plethora of resources, tips, and techniques from around the world.

**However, this bounty comes with its pitfalls:**

**1. Information Overload:** For every article promoting a vegan diet, there's another touting the benefits of keto. This overload can lead to confusion and indecision.

**2. Questionable Sources:** Not all information online comes from experts. With no barriers to entry, anyone can create a blog or video, making it vital to discern credible sources from the rest.

**3. The Lure of Instant Gratification:** The online world thrives on sensationalism. "Lose 5 kgs in a week!", "Get abs in just 10 days!" Such claims, while tempting, often promote unhealthy practices and set unrealistic expectations.

Kavita's digital journey was a maze of conflicting advice. One day she'd embark on a juice cleanse, inspired by an influencer, only to switch to a high-protein diet the next, influenced by a different online guru. Not only did this take a toll on her health, leading to frequent fatigue and irritability, but it also affected her self-esteem. The promised results never materialized, making her question her dedication and willpower.

However, all is not grim. By adhering to some simple principles, we can navigate this digital maze with ease and efficiency.

## **5 Tips & Tricks to Find the Right Guide for Your Health Journey**

**1. Research Credentials:** Always check the qualifications of the person you're considering. For nutrition and diet, look for someone with a degree in nutrition or a related field. For fitness, ensure they have proper training certifications. A legitimate professional will be proud of their qualifications and more than willing to share them.

**2. Look for Reviews and Testimonials:** Personal experiences can offer valuable insights. Scan websites, social media, and even apps for reviews or testimonials from previous clients. If the majority of them had positive experiences and results, chances are you will too.

**3. Understand Their Approach:** Everyone's journey is unique. Engage in a preliminary discussion to understand their approach. Do they customize plans based on individual needs? Are they empathetic and a good listener? A personal touch can make all the difference.

**4. Stay Local, Think Global:** While it's useful to have someone local whom you can meet in person, don't close off to experts who operate online or globally. With the power of technology, many reputed professionals offer consultations online, giving you access to world-class guidance from the comfort of your home.

**5. Trust Your Gut:** Sometimes, you just get a feeling that someone is the right fit for you. This intuitive sense can often be your body's way of telling you that you've found someone who understands your needs and can guide you best. However, always back this feeling with some solid research to ensure you're making an informed choice.

Remember, the journey to health and wellness is deeply personal. The right guide can make this path smoother, more enjoyable, and most importantly, effective. Invest time in finding that perfect match; after all, it's your well-being at stake.



# Foods Are Friends:

## How to Love Every Bite Without the Guilt

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Remember the first time you tasted your favorite dessert? Maybe it was a scoop of rich, creamy ice cream on a hot summer day, or perhaps a slice of moist, melt-in-your-mouth chocolate cake on your birthday. The sheer joy and contentment of that moment were pure and unadulterated. But as the years went by, and as society's voice on 'perfect' bodies grew louder, that same delightful dessert became a source of guilt.

In the maze of calorie counts, diet fads, and filtered Instagram photos, we've lost our innate bond with food. We've started classifying foods as 'good' and 'bad', painting them as villains in our health journey. But it's time we change that narrative. Food, in its essence, is not just nourishment for the body but also for the soul.

### **1. The Cultural Tapestry of Food:**

India, with its rich tapestry of cultures, traditions, and festivals, has always had a deep-rooted relationship with food. Remember those Sunday family lunches? The aroma of spices wafting through the house, the clatter of pots and pans, the laughter and chatter - all woven around food. Meals were not just about eating; they were an experience, an emotion.

## **2. The 'Good' Food vs. 'Bad' Food Myth:**

How many times have we heard, "Don't eat that, it's fattening!"? Over time, we've created barriers, categorizing foods into neat boxes of 'healthy' and 'junk'. But in reality, no single food causes weight gain or loss. It's the overall diet and lifestyle that matter. A piece of cake on your birthday, or a samosa once in a while, isn't going to derail your health.

## **3. Listening to Our Bodies:**

Kids are the best example of intuitive eating. They eat when they're hungry and stop when they're full. They don't deny themselves a cookie, but they also don't binge on them. Somewhere along the way, adults lose this intuitive sense. We're dictated by clock-defined meal times, portion sizes, and diet trends. But if we pause and listen, our bodies often tell us what they need.

## **4. Emotional Eating:**

Food often becomes a refuge in emotional times – be it stress, sadness, or even sheer boredom. But while it's okay to seek comfort in food occasionally, it's essential to recognize when it becomes a recurring pattern. It's crucial to differentiate between physical hunger and emotional 'hunger'.

## 5. Rekindling the Joy of Eating:

Let's circle back to that favorite dessert of yours. Imagine eating it without any guilt, savoring each bite, being present in the moment. Sounds liberating, right? That's mindful eating. When you eat mindfully, you appreciate the textures, flavors, and the craftsmanship behind the food. You're not just gobbling down calories; you're celebrating food.

Food is not just fuel; it's an experience, a memory, a celebration. By labeling foods, we deny ourselves the pure joy of eating. Let's shift our mindset from restriction to appreciation. Let's embrace every morsel, every bite, without the looming shadow of guilt. For in this journey of life, foods aren't just sustenance; they are our friends. And it's time we rebuild that friendship, bite by delicious bite.

### Action Steps to Build a Healthy Relationship with Food:

**1. Tune into Your Hunger:** Before grabbing a snack or meal, pause for a moment. Ask yourself, "Am I truly hungry?" Sometimes, we eat out of boredom, stress, or just because it's "mealtime". By recognizing genuine hunger, you can prevent mindless eating.

**2. Mindful Eating:** Switch off distractions like TV, phones, and laptops during meals. Focus on the food – its texture, aroma, taste, and how it makes you feel. This not only enhances the joy of eating but also helps in recognizing when you're full.

**3. Ditch the Labels:** Stop categorizing foods as 'good' or 'bad'. Instead, look at them as choices that you make. Sometimes you might choose a salad, other times a piece of cake. And that's okay. It's all about balance.

**4. Journal Your Feelings:** Keep a food diary, not to count calories, but to note down how certain foods make you feel. Do you feel energetic, sluggish, satisfied, or still hungry? This will help you understand your body's reactions to different foods.

**5. Celebrate Food:** Once a week, cook a meal from scratch. Relish the process, from picking the ingredients to the final taste. Appreciating the effort that goes into preparing food can alter the way you view your meals.

**6. Practice Gratitude:** Before you start your meal, take a moment to be thankful. Thankful for the food, for the hands that prepared it, and for your body that will use it for nourishment. This simple act can change your perspective on eating.

**7. Seek Support:** If you find yourself struggling with emotional eating or guilt around food, don't hesitate to reach out. This could be to friends, family, or professionals. Remember, building a healthy relationship with food is a journey, and it's okay to seek guidance along the way.

# A Happy Mind and a Slimmer You

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In our fast-paced world, the pressure to conform to societal standards is immense. Every day, we're bombarded with images of 'perfect' bodies, further deepening the obsession to achieve a certain number on the scale. However, in this rush to shed kilos, many often forget a fundamental truth: The journey to weight loss isn't just physical, but mental. In fact, the relationship between a happy mind and a healthy body is much stronger than we've been led to believe.

## Reena's Story

Reena was an enthusiastic 28-year-old software engineer. With a wedding approaching in six months, she decided to shed some weight. Scouring the internet, she started a high-intensity workout plan and a restrictive diet. The kilos dropped off, but at a cost. Reena felt fatigued, irritable, and constantly anxious about regaining the lost weight. Her joy in small things diminished. As her big day approached, instead of glowing with happiness, she was stressed and overburdened.

## Weight is More Than a Number

Many like Reena set weight loss goals with good intentions. But an obsession with numbers, whether it's the scale or the calorie counter, can overshadow our emotional well-being.



When the focus shifts from feeling good to just looking good, the journey becomes a burden.

The science behind this is evident. Chronic stress and anxiety can lead to hormonal imbalances. Cortisol, the 'stress hormone', can prompt the body to store fat, especially around the waist. So, being mentally strained can physically hinder weight loss!

### **The Joy of Being 'More'**

Why do we often equate thinness with happiness? A slim figure might be a societal ideal, but isn't joy, laughter, and peace more valuable?

Remember, it's better to be 5kgs heavier and revel in life's pleasures than be a size zero and feel miserable. Clothes sizes don't define happiness. Our mind does. The radiant smile, the spring in your step, the joy in your eyes – those are the true measures of well-being.

## **Embracing Mental Fitness**

**1. Meditation & Mindfulness:** Just as the body needs exercise, the mind needs its training. Meditation, even if for a few minutes a day, can help reduce stress, increase focus, and provide a sense of calm. Mindfulness, or the act of being present, can immensely aid in developing a healthier relationship with food.

- 2. Gratitude:** A simple gratitude journal, where you jot down things, you're thankful for, can shift focus from what you lack (or wish to lose) to what you have.
- 3. Seek Support:** If you're struggling mentally, it's okay to ask for help. This could be in the form of a support group, therapist, or counselor. Mental well-being is as crucial as physical health.
- 4. Celebrate Small Wins:** Did you choose a healthy alternative over a burger? Or did you walk for 10 minutes? Celebrate it! Every small step count, and self-praise can be a massive boost for mental well-being.
- 5. Set Realistic Goals:** It's essential to remember that everyone's journey is unique. Instead of striving for an 'ideal' body, aim for a happier, healthier you. The weight will follow.
- 6. Find Joy in Movement:** Exercise shouldn't be punishment. Find activities you love, be it dancing, swimming, or even just walking in the park. When you associate positivity with movement, the results are phenomenal.

Weight loss isn't a race, and there's no finish line. It's an ongoing journey of self-discovery. As you navigate through it, remember to cherish and prioritize your mental well-being. A joyful mind can indeed lead to a joyous body.

In the end, let's all take a page from Reena's story. After a conversation with her, she chose a balanced path. She still worked out and ate healthily but prioritized her happiness above all. And on her wedding day, even though she wasn't a size zero, she was the happiest, most radiant bride anyone had ever seen.

**In your journey, always remember:** It's not about the waist size; it's about the life size. The bigger, fuller, and richer you make your life, the healthier you'll become in every aspect. Because, at the end of the day, a happy mind indeed paves the way for a slimmer waistline.

# Fit Forever:

## Discover the Simplest Secret

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**The Desi Diet:** Tastier than Avocado Toast and Actually Works!

Picture this: It's the aroma of mom's curry versus a boring green smoothie. Who wins? I bet that fragrant curry takes the gold every time!

Recently, many Indians got wooed by Western diets, hoping for that "model-like" body. But let's face it, missing out on those tasty samosas for a bland salad? What were we thinking? Luckily, many are now having that lightbulb moment, realizing that our Desi diets have been the secret sauce all along!

### **Ankita's story**

Ankita was a 30-year-old marketing executive, chasing every new diet trend. From the 'only meat' days to sipping questionable green drinks, she did it all. Sure, she saw some changes, but oh boy, did she miss biting into a warm roti! One fine day, she read an article (humble brag: it was mine) about the wonders of the Desi diet, and BAM! She saw the light.

## Why Go Desi? Five Simple Reasons:

- 1. Fresh & Healthy:** Desi food is all about freshness & It's the way nature intended, keeping us healthy and strong.
- 2. Mmm...Tasty:** Ever noticed how our mouths water at the thought of a spicy sambar or a plate of piping hot samosas? That's because Desi food is packed with flavors. It's not just food; it's a feast for our taste buds.
- 3. It lasts:** With Desi food, you're not hopping onto a short-term diet trend. It's a way of life. The balanced mix of carbs, proteins, and veggies means it's sustainable for the long haul. No more yo-yo dieting!
- 4. Kind to Your Wallet:** Who said eating well means spending a lot? With Desi foods, you get all the nutrition without emptying your pockets. Fresh, local, and affordable – that's how we roll!
- 5. Rocking Results:** This isn't about just shedding a few quick kilos only to gain them back. The Desi way leads to amazing, lifelong results. You're not just looking good; you're feeling fantastic too!  
Sometimes, the best choices are the simplest ones, and



nothing beats the age-old wisdom of our Desi dishes.

### **Ankita's Yummy Transformation**

Once Ankita ditched the fads and embraced the Desi way, magic happened. She was losing weight, feeling fantastic, and most importantly, no more daydreams about biryani during meetings.

**The Desi way isn't just about eating; it's about living!**

**Want to get fit? Maybe the secret isn't in some fancy overseas diet. It might just be in that homemade dal you've been ignoring. Ankita's story shows us that the Desi way isn't just about a fitter body but also about a happier heart and soul. After all, why look elsewhere when the real magic has been in our kitchen all along? So, cheers to health, happiness, and that extra paratha on the side!**

# WHERE DO WE GO FROM HERE?

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For many women, achieving their dream body remains just that - a dream. It won't happen overnight. And I want to be **clear on this:**

Simply reading an e-book won't help you lose weight or fit into that dream dress. But you know what will? Execution.

It's about taking action on what you've learned in today's training. Don't just skim through this document and then forget about it. Bookmark it and refer back whenever you're in doubt.

The biggest challenge I see most women facing is execution, particularly when they lack consistency and accountability. Often, they can stick to a plan for a few days... but then, when life gets in the way, they lose focus and struggle to regain their momentum. Many try to manage everything on their own without seeking help. Deep-seated feelings about self-worth can also hinder them from believing they deserve support.

Does this resonate with you? I've been there and felt that. But here's the thing: If you truly want to shed those pounds, achieve a leaner physique, and realize your dream body, then consistency is the key. It's about following the right plans with the correct mindset.

If weight loss challenges you and you're seeking a proven, step-by-step system to shed body fat and maintain it for life, you might be a great candidate for my **DESI DIET** Weight Loss Program. It's designed to help women transform their bodies permanently.

Click here to know the SECRET

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Click here to start your journey. <https://bit.ly/2O1jtAB>

Or visit our website at [www.curvicare.com](http://www.curvicare.com)

Love you all

Dr Snehal

Xoxo