

**HealthTotal**

Real • Simple • Scientific

# YOUR WEIGHT LOSS QUESTIONS...

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## OUR ANSWERS

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~ PART I ~





## About Health Total

Health Total was founded with the objective of providing reliable, cost-effective and advanced nutrition-based solutions for obesity and related disorders. Our scientific approach in treating various lifestyle conditions has helped 5,00,000+ clients over the last 2 decades.

## Scientific Integrated Approach to Health

As India's leading lifestyle modification company, Health Total has pioneered a first of its kind 'Integrated Approach' to healthy living that uses 'food as medicine' and combines Ayurveda, nutritional therapy, low GI functional foods, therapeutic lifestyle management and mild exercise to bring about weight loss and improve the health of the common man.

Our diets give nutritionally adequate meals. We keep in mind both the medical fitness goals as well as the cosmetic fitness goals of individuals.

The principle of eating in balance, eating high-fibre, eating low glycemic index, mini frequent meals rich in anti-oxidants are all included in our health programmes and these have had a major positive impact on the eating habits of lakhs of people.

## Our Programmes

Health Total has been practicing advanced nutritional therapy along with Ayurveda and put together scientific health plans to treat lifestyle conditions such as —

- Obesity
- High Blood Pressure
- Diabetes
- PCOD
- Immunity
- Skin
- High Cholesterol
- Acidity
- Digestion
- Menopause
- Joint Pain

**Q. 1 Despite eating sensibly, I am overweight. I work out regularly, drink adequate water and follow most of the rules. Sometimes I feel weak and depressed. What to do?**

**A.** In such cases, improper digestion usually leads to weight issues. When the food does not get digested properly, you experience low energy levels. Also, it is tough to lose weight if you have poor digestion. You can correct your digestion by going for a detox programme. Start with a juice diet for two days in a week. Along with juices, drink hot water throughout the day as this eliminates toxins.

Add a little ginger juice to it. Do this for a couple of days till you feel better.



**Q. 2 I am overweight by 5 to 6 kg. The more weight I gain, the more lethargic and depressed I feel. I start craving for sweets. How can I control this?**

**A.** According to Ayurveda, anything that makes you heavy, increases 'Kapha' dosha.

Feeling sleepy, depressed or craving sweets shows an imbalance of 'Kapha' dosha. People with this dosha are usually calm. They need more sleep than any other body type as they tend to gain weight. When 'Kapha' goes out of balance, you should eat more of bitter foods like lettuce leaves, spinach, cucumber, methi leaves and lemon juice. They help to control appetite and lose

weight. Chillies, radish, onions, garlic and ginger are best for balancing 'Kapha'.



### Q. 3 I've been told that crash-dieting to lose weight isn't healthy. Is this true? Are there any foods I should avoid?

A. Crash dieting is an unscientific way of losing weight and can prove to be dangerous for your body. Health risks associated with crash diets range from emotional and mental concerns (extreme food cravings, irrational mood swings and depression) to serious nutritional deficiencies (multi-mineral and vitamin deficiency). Switching to complex carbs from refined and processed ones, including adequate amounts of fruits, vegetables, whole pulses and lean meats (chicken) while having small and fibre-dense foods at short intervals will prevent hunger pangs and help you to lose weight.



### Q. 4 How much of dry fruits should I eat to avoid gaining weight?

A. Dry fruits are high in fat as compared to other plant foods, but the fat found in dry fruits is unsaturated. Even though most of this fat is healthy fat, it's high in calories, so you must eat nuts in moderation and only as a part of an otherwise low-fat diet. The recommended amount of dry fruit would be around 5-8 almonds, a handful of peanuts and 8-10 pistachios.



## Q. 5 Can dieting lead to rebound weight gain when I stop dieting?

- A. Rebound weight gain often occurs because of fad diets, crash diets, mono diets and poor lifestyle choices. Eat high quality food such as sprouts, juices and wholegrains if you want to maintain your weight. Going back to eating refined and starchy foods can lead to rebound weight gain. Identify a weight loss programme, which is customised as per your body, provides enough calories and nutrients and includes regular physical activity, even after your weight loss is achieved.



## Q. 6 I've been told that having a large glass of water half an hour before a meal will help control the amount you eat. Is this true? How does it work?

- A. Not really, but some people do swear by it. So, go ahead and do it if it works for you.



The strategy of drinking water before meals temporarily reduces your hunger at meal times by filling you up. Try eating salads first before your meals. That may help you much more.

**Q. 7 My 13-year-old son often binges on junk/fast food during meal-times instead of taking proper food. Is there a diet I can put him on that will help control his appetite?**

**A.** If you increase the fibre count his appetite will stay more in control. Snacking on roasted chana, whole fruits and whole wheat bread sandwich will help him eat healthy. Cut down all forms of table sugar like chocolates, colas and ice creams because it triggers appetite. White rice, white bread, noodles, cornflakes, potatoes and honey are likely to produce more appetite than whole wheat bread, chappatis, jowar, bran, kidney beans, soybean, fruits, curd, skimmed milk and green veggies. Ensure your child takes up a sport or some fun activity like swimming and dancing.



**Q. 8 Can juices help control compulsive overeating?**

**A.** Yes, to a certain extent. Overeating causes heat in the stomach, which becomes the cause of overeating. If you feel hungry all the time, then you develop what is known as 'artificial appetite'. It is important to break this cycle by consuming raw cooling vegetable juices like cucumber, celery, cabbage, radish, lettuce, tomatoes and fruits such as watermelon, apple, oranges, grapefruits and pears. Drink at least 10-12 glasses of tepid water, watery soups and vegetable



broths. These juices not only provide you with antioxidants, nutrients and fibre, but also control compulsive overeating.

**Q. 9 I am a thyroid patient. I follow a strict diet plan and exercise vigorously, but my weight keeps increasing. How can I keep it in check?**

**A.** One of the most noticeable symptoms of hypothyroidism is difficulty in losing extra weight. Often the "metabolic burn" continues to fall as calories are reduced when dieting. That's why some women with low thyroid can have weight gain even when they limit their calorie intake. To fix your metabolism, you must understand your entire health picture. Get in touch with our expert doctors and nutritionists for a comprehensive analysis. They will then give you a regimen that integrates low GI and high-fibre diet, Ayurveda, homeopathy and some lifestyle changes to treat your hypothyroid.



**Q. 10 I feel hungry all the time. How can I control my weight?**

**A.** That's the conflict most people are facing. You must have been told that to lose weight you must control your hunger. This advice is the surest way to a failed weight loss programme. The truth is, you cannot follow a diet that keeps you hungry. The Health Total plan has been devised keeping this in mind and includes customised food plans with increased consumption of fibre, soy foods, omega-3 fatty acids and functional foods that in turn help reduce occurrence of lifestyle disorders. Our expert doctors and nutritionists recommend foods that counter hunger, such as jowar, bajri, wheat bran, nachini, vegetables (not overcooked), raw salads, fruits and whole pulses.





# HealthTotal

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**“You are a reflection of your  
own nutrition. Invest in  
your health...”  
—Anjail Mukerjee**



Contact: 1800 266 0607 (Toll-free)

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