

HORMONE RESET:

Your 'one-stop-guide' to heal
your inner-self and drop
upto 15kgs in 87 Days

(say NO to dieting; Eat like crazy; release
Energetic 'knots and blocks' to unleash
your true potential)

Author: Poornima Vamsi

**"If there is no health, it does not matter how
much of anything else you have!"**

Table of Contents

Dedication	6
Acknowledgement/Gratitude	7
Foreword	8
Praise	10
Introduction	14
This is where the power of re-writing your brain comes in.	15
Let's travel this journey together.	19
Chapter 1	21
The common pathway towards weight loss (not release) is rigged; here's why!	21
Chapter 2	28
The real underlying causes of bad health!	28
Physical Causes of Weight Gain	31
Emotional Causes of Weight Gain	33
Chapter 3	37

HORMONE RESET

The magic bullet that does not exist	37
The big picture on your health	38
Chapter 4	47
Why do we do what we do?	47
Chapter 5	55
The future of weight “loss” or “ <i>release</i> ” - what do we want to choose?	55
The uncomfortable truth	70
The what of What You Eat	72
The umm no thanks diet plan	75
The one size fits all diet plan	78
The one meal a day diet	79
The intermittent fasting diet	81
Chapter 7	83
Your Endocrine Can Keep You Healthy	83
Leptin	84
Insulin	85

HORMONE RESET

Estrogen	86
Chapter 8	88
The root cause of your poor health	88
Eat What You Have been Eating	90
Take Every Meal	91
Do What You Love	93
Chapter 9	96
Can you eat with Thyroid/PCOD/PCOS/Diabetes without gaining weight?	96
PCOD/PCOS	97
Thyroid	99
Diabetes	100
Low Glycemic Index Food	101
Anti-inflammatory Food	101
DASH Diet Foods	101
Chapter 10	104
Stress and weight gain	104

HORMONE RESET

Chapter 11	109
Role of our consciousness	109
Chapter 12	116
Storytime! Mistakes I Made That Prolonged My Dream Health Goal.	116
Mistake 1: Using Sugars	118
Mistake 2: Dairy Product- an easy Food	122
Mistake 3: Sticking on to Gluten Products	124
Conclusion	127
Your Dream Health Space	132
Write your goals	132
Set a date:	132
Achieve it!!	132

Dedication

To YOU; because you have the BURNING DESIRE to bring your health on track and have this book in your hand.

It is my honour to dedicate this book to my mum, who is a living warrior as she accepts every situation of her life with ease and grace. What I am today is because of her teachings and values.

Acknowledgement/Gratitude

A dream, a vision of mine to bring forth this book would not have been possible without unwavering support of my spouse (Vamsi Krishna Gunturi), my 2 boys (Aarav Kshitij and Aarit Kriyansh), my dad (best motivator), my brother and the relentless support from the entire team.

My team: Nikita Shrivatsava, Shaiza Ahmed, Devi CH, Ajay Rai, Harshit Bhatia and Aashna Mehta; You guys are my rock stars.

I am blessed to have mentors like Bob Proctor, Lenka Lutonska, Sarah Ann Negus, Akhilla Kakavai who have played a significant role in making me the person I am today.

Finally, my dear friend Mohammad Mudassir Ahmed who has stood by me as a pillar of support in all walks of my life.

HORMONE RESET

Foreword

Sincerity, Dedication and Discipline should be motto in life.

I have been associated with this book right from its conception as an amateur editor and did critical review.

My daughter, Author of this book, feels I am the right person to pen a foreword for this book, due to various experiences in my life, both good and bad. "Bad", there was never any bad experience, for the reason that I always thought whatever happens, happens for good.

Under very trying health related circumstances, on more than two occasions, I always made my mind to understand that there may be something good outcome in it. And believe me I was always right. Even when it was life threatening, I made myself believe that it's part of life. Never got bogged down,

kept myself utterly busy with no time to ponder and worry about my health.

This book repeatedly tells you to believe in yourself. We as women place everything before our own wellbeing, our health. Allot 'ME' time to you and worship your health and body. Look at things happening around you and absorb only the good from it. Free yourself from negative thoughts.

Train your mind to see good, be good and do good. When your mind is full of good thoughts, you have attained mental peace and that's more than half the battle won with respect to your health and life.

The book also talks about dieting. Dieting in the sense eat what you like, what you and your elders have been eating. No fad diets and no off from food. Eat healthy and stay healthy.

I wish the author P. Poornima, my best wishes, and God be with her in her future endeavours.

I wish the readers some good reading, and absorbing the positivity from the book.

HORMONE RESET

With loads of love, laughter and life

Ranjani k Rao.

Retd Financial Advisor to Project Director,

Ship Building Corporation,

Visakhapatnam, India

Praise

Doctors had given up on my health issues – I was told surgery on my goiter was the only way out. It left me feeling depressed and other health symptoms like Rosacea and weight gain started. I was advised by my friend to reach out to Poornima and was startled with the energetic knots and blocks that she spoke about. From day 1 and I am not exaggerating, I started to see results and in as short as 4 weeks, my thyroid gland swelling was gone, rosacea vanished into thin air and of course I dropped 5kgs in 4 weeks. I was asked if I took Botox for my face and I laughed my heart out saying – it is all energy – ***Carmel Soccorsi, Australia***

My journey with Poornima started when I was in my lowest self – depression, insomnia, hormonal imbalance and weight related issues were bothering me. My association with Poornima has been life altering and I say that because of the shifts I see in my

HORMONE RESET

overall well-being. An improved sleep pattern, energy sky-rocketing, inch-loss are few benefits that I can claim – ***Achina Singh, India***

My emotional reason was purely for my daughter. My father passed away a couple of years ago and left me devastated leading to me neglecting my health. Knowing about Poornima's services, I reached out for help and realized how I had stopped combing my hair properly in the last 2 years. I am so glad I got to work with Poornima and now stand as an ideal for my daughter – ***Nitya Sukumar, USA***

I thoroughly enjoyed the dietary patterns that Poornima shares in her services and would strongly recommend anyone who is trying to achieve their DREAM HEALTH with ease and grace to go for it. It is not like other patterns where you are put on horrendous routines. It is simple, easy and most importantly tasty. I love how Poornima believes in eating traditional foods – ***Tone Elizabeth, Norway***

I was skeptical, I will admit it! I tried everything under the sun including invasive techniques to cut

my fat from my body. I went into starvation mode with different diet routines and was fed up. I needed blood infusions, was on thyroid medication and was touching 100 on the weighing scale. When I spoke to Poornima, all she said was – trust yourself and me. With that trust I got into her 87 days’ program and now my doctors are amazed at what they see in the blood report. I no longer take Thyroid medication, no blood infusions needed and I am indeed living my dream life – ***Purnima Singh, Australia***

Being highly diabetic with Hba1c at 10.3, I looked through what Poornima was offering and jumped in without second doubts. The journey from there is worth a million bucks – 17kgs weight release in 87 Days, Hba1c to 5.3, dropped from XXXL to L and most importantly, I am happy inside out. Her energetic practices are beyond amazing, they heal you inside out. If you are serious about your DREAM HEALTH, like Poornima says, have the BURNING DESIRE, then read this book and implement what is said – ***Hema Raaj, India***

HORMONE RESET

Our Social Media Platforms:

Instagram : @poornimavamsi

FB Page :

<https://www.facebook.com/resetyourhormones>

YouTube : Poornima Vamsi Academy

(https://youtube.com/channel/UCco6Zw-tMaz8_Av2w2uRhLQ)

Twitter : @vamsipoornima

Introduction

What makes a person overweight or obese is a complicated question, but the essence of it is that most people eat too much and don't exercise enough.

It sounds simple, doesn't it?

Yet nearly all the weight loss advice you'll ever hear subscribes to one form or another of a single mantra - that the key to weight loss is calorie control.

The big problem with that approach?

Firstly, it's not accurate. The truth is that only a tiny percentage of people who try to lose weight can do so successfully by counting calories.

And secondly, even for those who do succeed in cutting their food intake, metabolism almost inevitably slows down to compensate, so the point at

which weight loss stalls will be sooner and more frustrating than it would otherwise have been.

The real key to dieting is putting your body in a mode where it's constantly burning fat, not storing it - and that means gorging on food that works with your biology rather than against it.

Even if the popular advice is about eating smaller meals, doing more exercise, or cutting out particular types of foods altogether, the assumption is that if you do follow a certain diet and follow a certain workout pattern, it'll work wonders for you.

But think about it, if there were a magic pill for weight loss and if a particular diet was enough, why would so many people struggle to shed those extra pounds?

This is where the power of re-writing your brain comes in.

As an Energetic Breakthrough Method™ (EBM) Practitioner (for layman understanding: the wiring

HORMONE RESET

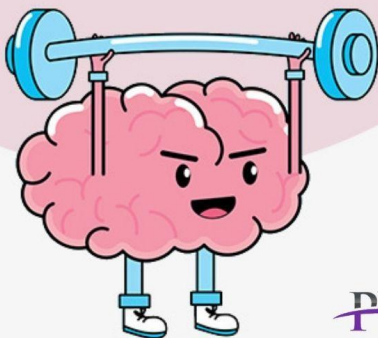
of human existence, the neuro language patterns, behaviours and its respective actions), one of the most profound insights I've had is that unless you rewire your brain to think in a healthy way about food and exercise, the chances of you maintaining a healthy weight for life is essentially ZERO.

The vast majority of people who lose weight end up putting it back on again in the long term. It might be in a few months or a few years, but it's not long before you start seeing the weight you lost creeping back on.

I remember talking to my client Laura* in our strategy session about how she had lost 15kgs last year but gained it all back during COVID-19. What she told me is something most of us do - jump from one diet to another thinking that is the reason for our current state of health. She also mentioned how she was initially enjoying it as she saw her weighing scale drop every week but the moment she stopped 'dieting' and shifted to her biological food patterns, she gained it all back.

HORMONE RESET

Unless you rewire your brain to think in a healthy way about food and exercise, the chances of you maintaining a healthy weight for life is essentially **ZERO**



PV Hormone
Balance Coach

Why is this? Because, for most people, dieting isn't a way of changing their relationship with food so much as suppressing their appetite while they struggle to stick to an eating pattern that's difficult and not particularly enjoyable.

When we suppress our natural biological drive - either by calorie counting or by jumping over different diets - our bodies want to find a way to balance the equation.

HORMONE RESET

It'll do that by slowing your metabolism and/or sending out false alarms in the form of hunger signals more strongly, so you end up eating more - does that resonate with you?

The real impact starts from the deep down, which is working on your hormonal health and digestive enzymes.

This is where you can find out how to work with your biology, not against it when it comes to food and exercise. It's about working with your human nature rather than against it. And finally it is about working with your belief system, which when shifted will allow you to stick to the process with ease and grace.

The truth lies in the fact that our hormones are the most important part of our metabolism, and keeping those in balance is key to your DREAM HEALTH. While some of them might be aware of the importance of hormones, most people miss out on THE MAJOR ASPECT; the importance of your mind in keeping your body healthy; but once you do,

HORMONE RESET

you are on your way to work from deep within - essentially inside out which guarantees life-long results.

That is when you can find long-term solutions for weight release**, energy, mood swings, and everything else linked with it including going off any medications that you might be currently taking. My client Purnima* approached with several health symptoms including being on Thyroid medication for years. She clearly mentioned that she could shed weight easily but also gains and had tried every program under the sky including invasive therapies. As a result of doing the 87 Days Program under my guidance she was not only able to release 8kgs but what fascinated her was coming off Thyroid medication, not having to undergo blood infusions and her reflection of her body-image and self-confidence. Isn't that a huge win?

Let's travel this journey together.

HORMONE RESET

I am your coach and a companion who will not throw another clichéd diet plan at you but will show you the foundational steps that you need to take in order to work with your body-mind-soul, not against it.

For more than a decade now, I have been helping women just like you to shed weight, go off their medication through holistic lifestyle shift approach to get healthy and live a life that they love or were DREAMING until now.

I know how easy it is to become overwhelmed by the scale, so I created this one-stop-hormone-guide specifically for you to get healthy & finally release those excess pounds/kgs once for all. YES! This book alone when implemented to the ‘T’ will allow you to release 15kgs in 87 Days - guaranteed.

You do not need to be a slave to a diet or exercise plan!

Brace yourself, the journey from her will be beyond DIET and EXERCISE.

HORMONE RESET

Let's roll it!

Quote to ponder: If Diets and Exercises worked, 99.99% of human existence would be in their best health. Are we actually there ?

Chapter 1

The common pathway towards weight loss (not release) is rigged; here's why!

Many factors contribute to weight gain, and if we forget to address these key points, it can be challenging to shed weight. Focusing on the wrong solutions will not only fail you in your weight loss goals; science-backed research suggests that this could be doing more harm than good.

For a diet and exercise program to significantly impact body fat levels, it needs to go directly after the root cause of your issues. That is why these programs typically don't work for most people.

They're missing out on impeding or preventing the physiological processes which cause our bodies to store fat! But there is a revolution coming.

HORMONE RESET

The popular weight-loss strategies being promoted today are typically losing their effectiveness because most people struggle to stick to the protocol. Not only this, *but there's also a lot of faulty information circulating the internet. And if you're not careful, you can easily sabotage yourself into bad health by following incorrect information.*

REASONS WHY YOUR WEIGHT LOSS PROGRAM MIGHT NOT BE WORKING!

01



METABOLIC RATE

02



BODY COMPOSITIONS

03



HIGH INSULIN LEVELS

04



STRESS

05



POOR SLEEP QUALITY

06



POOR EATING HABITS

From programs that don't work effectively to under-performing exercise equipment, there are a lot of factors why these solutions don't work for sustaining healthy weight release goals.

But one major reason why these approaches don't work is the restricting nature of taking on a diet or exercise program that lacks freedom and flexibility.

If you're heavy into weight training and intense cardio, you're burning more calories than someone taking it easy. If you're eating healthy, your body will burn more calories than someone eating junk foods. Beyond this, there's also the issue of metabolic rate, which can vary from person to person based upon genetics and lifestyle factors.

People have different body compositions, and the amount of muscle you have plays a HUGE role in your metabolism. So even though you could be eating healthy foods while working out regularly - your body's ability to burn fat still varies from person

HORMONE RESET

to person (just like how some people are naturally skinny).

But even if you could be following a program designed to increase your metabolism - it's still not easy to sustain because most diets are overly restrictive.

I've had enough experience with failed weight loss programs to know that there must be another way or a better solution. I can recall putting myself into a very famous diet pattern which was highly restrictive. If on day 1 I ate only water based fruits, day 4 was just milk and 4 Bananas. I happily followed it a couple of times when I was desperate to see the weighing scale go down by a couple of kgs and achieved it too. But what next? I gained back all that I lost in a week's time. Most of my personal clients have actually tried at least 1 program before they join me and have stories to share about how they almost died following a certain diet pattern.

I don't necessarily want to call out any particular pattern but we all know how every day there is a new

diet that comes into existence through various social media platforms. It is designed in such a way as ads on the internet that it immediately grabs your attention; you get glued and interested to learn more about the pattern because you are desperate to see your health, rather, your weight drop by. However, when you start and follow, you get bored in a week's time and give up believing that it is impossible to follow such restrictive patterns. And guess what? YOU ARE RIGHT! This is why I'm passionate about uncovering solutions for burning more body fat with more freedom and flexibility.

But what causes weight gain? - One of the culprits is high insulin levels!

If you're overweight, this means you're likely storing excess body fat and likely suffering from higher than normal insulin levels. Unfortunately, many factors can influence your insulin levels. And if you're not proactive about keeping your insulin levels in check, you will have difficulty losing weight because of the way it suppresses your metabolism.

HORMONE RESET

A high insulin level tells your body to store more body fat, and this can make it more challenging for you to lose fat thus holding you back from reaching your ideal healthy weight. *High insulin levels also slow down your metabolism and slam the brakes on your growth hormone.*

What are some of the factors that can influence your insulin levels? - overweight, stress, ageing, inactivity, and perhaps even genetics! [the reality is that there are many factors at play; so if you're struggling with losing weight, there's probably more than one thing at play here]

So if you're overweight and struggling to lose body fat, it's likely that your insulin levels are elevated. Maybe your metabolism has slowed down due to ageing. *Or perhaps you have too much stress in your life.* Regardless of the cause, this can seriously slow down your ability to shed weight... because of how it impacts the way your body functions.

There's a scientific reason why diet and exercise plans don't work for everyone! It's because they lack

flexibility and freedom, *setting people up for failure*. The reality is that most people who manage to still lose weight fail to sustain it or keep it off. Why?

Because they don't have the right strategies in place that focus on the root cause. Even if they are doing everything right (which they believe they are), they're not changing their psychology around it enough, which can cause them to gain more down the road... which is why most people who lose weight end up gaining it all back.

There's also the issue of dealing with poor sleep quality, poor eating habits owing to stress, emotional munching, addressing false hunger pangs and skipping any form of metabolic activity that will aid in keeping the weight at bay.

This can quickly set you up to regain body fat, severe health symptoms if you're not aware of these lifestyle factors that could be holding you back. But we can't just sit around hoping for a better weight loss

program to emerge into the market. There should be a solution, and the good news is, there is a solution.

The solution starts from going deep into the fundamentals of your evolution journey and understanding what is causing bad health.

Let's dig deeper into that in the next chapter.

*: Name changed for privacy purposes

** : Throughout the book you will hear me talk more about Weight Release than weight loss as weight when lost can be easily gained but when released, will no longer be attracted - there is psychology behind this

Ask yourself - How many programs have I tried so far to see the weighing scale drop? What was the implication?

Chapter 2

The real underlying causes of bad health!

We know that diet and exercise are the keys to a healthy lifestyle, and they're pretty popular too. But what if we were wrong? What if we were being sold a bill of goods, leading us on a wild goose chase for our health?

The fact is, "diet" and "exercise" DO NOT cause you to release weight, they just allow you to temperamentally lose weight giving you instant gratification. You release weight by creating a calorie deficit daily, what you eat, why you eat what you eat, your answer to your cravings, your way of metabolic acceleration, your mindful practices. PERIOD.

The increase in obesity we see across the world (and especially in the United States) is not due to how many calories people consume but rather because of how the body processes those calories they consume. Furthermore, once your body "learns" to store food

as fat, it can be very difficult to prevent this from happening again in the future.

What you need to ask yourself is this: "*Why am I gaining weight when I try to lose it?*" and "*How can I prevent the same thing from happening again in the future?*"

If you can answer these questions, you will finally get your DREAM HEALTH back as you would have identified a path that only has room for success. But if you can't answer these questions with a foolproof methodology, then there is a pretty good chance your body will continue to gain weight and make it nearly impossible for you to lose it again.

WHY DO YOU GAIN WEIGHT?

LET'S FIND OUT!

Physical Causes of Weight Gain

- Leptin
- Protein Deficit

Emotional Causes of Weight Gain

- Unsuccessful attempt to lose weight in the past
- Not doing the introspection required for healthy weight loss

DV Hormone
Balance Coach



First, we need to talk about how our body processes food physically and emotionally. Then we will be able to see how two different types of diets and two different types of exercises can help.

Keep in mind that the purpose of this chapter is to open your eyes, not tell you what you should do.

The real secret is in the question "Why?" and figuring out for yourself what you need to do about it!

Physical Causes of Weight Gain

It is common knowledge that when you consume more calories than your body needs, it stores the extra calories as fat. But two other causes lead to this same outcome. One is a deficit in specific nutrients (such as protein), and the other is in certain hormones (such as leptin).

Leptin – When you eat a meal, the food goes to your digestive system and is broken down into carbohydrates, proteins, and fats. Leptin acts as a modulator for releasing certain hormones that help the body store fat. It also signals your hypothalamus gland to stop releasing appetite control hormones (such as ghrelin), so you will feel full.

So when you create a calorie deficit through eating less food than your body needs, there is no longer enough leptin being produced to stop hunger from coming back. *This causes weight loss plateau or even weight gain.*

Protein Deficit – Protein is vital to your body because it helps maintain muscle mass. If you do not have enough protein in your diet, your body will cannibalise its muscle tissue for protein to make up the difference. This reduces the number of calories your body burns daily and puts you at risk of heart disease, cancer, high blood pressure, and many other diseases.

The bottom line is this: To lose fat weight, you must create a calorie deficit through eating less food or exercising more. This can be done by reducing carbohydrates (which is more effective than lowering fats).

When it comes to exercise, you can lose fat by aerobic exercises (such as running), weight training (such as in the gym), or combining the two. *The problem with both of these is that they are highly dependent on willpower, and willpower tends to be a finite resource.* That means the more you use it, the less you have leftover. So if you spend time exercising and focusing on not eating certain foods, then any willpower

leftover will be spent trying to make sure you don't fall back into old habits.

This is why it is so important to attack the real underlying causes of weight gain and not just try harder at things that don't work.

Emotional Causes of Weight Gain

A person's psychological issues can be a big factor in whether they will maintain a diet and exercise program or not. The fact is, most people who try to lose weight do it for physical reasons (look better). We are somehow tuned to derive pleasure by our physical appearance, how we look physically when we see ourselves in the mirror every morning defines the way we feel about our self-image which in turn either boosts or deprives us of our self-confidence. But forgetting about one's emotional side is what brings up their willpower issues around weight release.

For example, if you ate healthy foods and did aerobic exercises when you were younger, it may have been

an effort to get rid of some extra body fat (which is seen as unattractive). If you were then successful (perhaps through a diet or exercise program), then you may have started to see the results in the mirror or when you look at pictures of yourself. And if those results felt good to you, then your desire for healthy foods and exercise may have grown. After all, if it made you look better in the past, it must work in the future too!

This is where many people are misinformed about what they should do to lose weight. It is not that they need to change their diet, but that they need to face, handle and tackle whatever feelings they have around their weight and what caused them to gain it in the first place.

Unsuccessful weight loss in the past can be frustrating and can interfere with the attempts to weight loss again! You have made “n” number of attempts and given up, so your mind actually starts believing that it is not possible. But what actually happened? ***You just didn't land on the right and appropriate plan for you!*** Altering your life

HORMONE RESET

altogether is impossible. Just like the computers your mind needs pre-programming! It is the belief you seed in. If not, you will find it difficult to create a calorie deficit again because your body (being directed by mind with past results) will automatically presume, I don't need to try because it isn't working! The solution is to become aware of this downward spiral and change how your mind believes about food and exercise.

This type of guidance can benefit people with emotional issues around their weight release and in the years of work that I have done with myself and my clients, unless we learn to work with our emotions, no amount of diet and exercise will work. Let me quote an example of client Hana* who believes that she is doing everything that is right for her but still can't seem to shed a few gms, forget about kgs. When I worked closely with her, I realised the baggage she was carrying from her teenage days which had formed as emotional knots and blocks. These were not allowing her to see the weighing scale drop no matter the best diet she was given by her

HORMONE RESET

earlier dietician. But, as we identified the root cause and when we worked to release her knot and ease her off her block, she was able to drop not just 1 but 7 kgs in 7 weeks. That is the power of working with our emotions and I would urge you to look within yourself using these prompts on which you can journal for any block that might be preventing you from releasing your weight -

1. How do I see myself in the mirror?
2. Do I see just my physical body or is it beyond that?
3. Do I like the way I look? If YES, why? If NO, why not?

It can also be important for people with physical issues because they often deal with a physical problem (such as stomach aches, headaches, lack of focus, irritability, unexplained fatigue, mood swings etc.) that may be directly related to their emotional block that has been left unidentified.

HORMONE RESET

Being aware of the fundamental reasons for your increased weight and deteriorating health is the first step towards getting a fitter, healthier body. Once you have this understanding, the next step is to build a pathway towards a healthy life, which starts with a mindset. Let's discuss more on that in our next chapter.

DO IT NOW: Have you reflected on the earlier journal questions? Take time out to put your thoughts on paper and you will be amazed to see where it takes you.

Chapter 3

The magic bullet that does not exist

Healthy living is an all-encompassing lifestyle. Yes, it's important to eat right and exercise. But if you want your health to be something so much more than a diet or a few workouts, you're going to have to change how you live almost every aspect of your life.

That means eating less processed food, getting enough sleep at night, your reaction or responding to stressful environments, reducing exposure to pollution and stressors, donating blood less often—the list goes on. Sure these things sound daunting! But again: these are rules that impact nearly every aspect of your life for years down the line for good health—better than any quick fix ever will be able to do for you.

Of course, a healthy lifestyle is going to feel like more work. But the reality is that it's worth this

work—and you'd be able to stick to it for the long haul if you could truly understand why it's so important. Thankfully we're going to get into that in this chapter!

Quick Fixing your health is not true and isn't relevant; as they say, health is all about consistency, and that's the only magic bullet you require.



The big picture on your health

Your health lies in your genes, yes — but that's not the end of the story. You can't control your genes, but you can control how they express themselves

HORMONE RESET

through what you do with your mind and body every day. I have worked with several clients who have told me in their first call about how their mom, dad, aunt or someone in the family has the symptoms they are currently going through. We take it for granted that if Thyroid, POCS/PCOD or Diabetes runs in the family it is inherited by the next generation. Why do we think so? It is because time and again we are reminded by society on how we inherit everything from our immediate family and that includes dis-eases! With the same mindset, I was shocked on being diagnosed with thyroid and was looking for answers as none in my family ever had Thyroid. This then allowed me to dive deep which showed the shocking truth that ***'dis-eases are not necessarily inherited but it's the mind-set around it that is'***. Let's see a few examples below....

Let's say you're a person who has a faster metabolism than normal—the kind of person who runs up to 800 calories every day, despite being really overweight. You can't do anything about your genes

that make you put on weight so easily, but you CAN change your lifestyle and alter your food patterns.

But here's the thing: If you have a tiny waist and huge fat rolls on your belly, it doesn't matter how much you eat—your body will still have trouble staying the same weight! Your waist measurements will not be able to drop if you end up eating too much calories every day.

That's because the calories you burn off are going to come from your body fat, and fat can't magically lose weight. It will take conscious changes in your lifestyle to make a difference.

Similarly, if you have a body type that makes you more likely to get sick, you might want to avoid high-risk activities like smoking and excessive drinking. Maybe your family members have had serious issues with smoking as well; maybe they've had any genetic conditions that exemplify the impact of these habits; the idea is to stay cautious and conscious about everything and not presume that

you inherit everything, including dis-eases from your family!

Whatever the case, there's not much you can do about your genes (to what extent it plays a role, if only it does) or what happened in your past. You don't have the power to change this part of yourself and the health challenges that come with it. But you can change what happens in your present-day and how your body looks going forward.

I want to be able to run around without being winded!

Most people want to change themselves, and they want something they've never had before—and they believe that whatever it is, they can make it happen with their own work and willpower alone. This is the reason why we get started with new things as we crave for our dreams to be fulfilled - a dream to have a perfect body shape.

But think about this for a second: Have you ever heard of anyone who has lost 50 pounds (35kg) by

running 15 miles per week? No? Me neither! Most people who start a diet or exercise routine do so to lose a certain amount of weight but don't end up sticking to the plan long term—or even at all.

This is because you have to change the way you live your life. You have to break up with your favourite ice cream, most of the time an emotional and STRESS satiator and pay money to join that gym (a huge resistance for many) across town—before you know if it's even worth paying the membership fee!

The truth is, if you're serious about getting in shape, you're going to have to make changes that extend beyond exercise and eating right. *That's because these kinds of habits don't happen overnight (or even in a few months unless otherwise guided and monitored in 'the certain way'). If they did, we'd all be in perfect health, isn't it?*

That's why so many people try crash diets or new exercise routines only to give up on them later on. Fad diets may do amazing things for your body immediately, but the odds are that you won't be able

HORMONE RESET

to keep up with them. The logic behind is that when you deprive yourself of your traditional foods that you were eating since childhood, your subconscious mind will throw tantrums just like a toddler does for a new toy that they see in the store. The way we handle the toddler is either by giving in to their tantrums or deviating them with our sweet talk. Similarly, with the crazy diet we get into, we give up in a matter of days or follow through to see results that will just last the duration we were on it.

My client Divya, in our call told me how she has tried different diet routines that had totally taken away from her traditional and staple food. In fact, the diet was so restrictive that she lost her happiness in the quest to complete it. But what kept her moving? The weighing scale which was dropping every day when she was on that diet. She looked forward to completing that diet pattern as she was desperate now to return to her staple food. And when she did, she gained every gram lost in half the time that it took for her to lose. How frustrating is that? My heart broke when she shared this story and it was

difficult for me to buy in her confidence that the 87 Days program she now intended to join will actually allow her to eat everything that she so craves for. In fact when I told her that it has nothing to do with going on juices, shakes, pills, she could not believe what she was hearing.

As we got started, the excitement in her face was similar to that of a child and the happier she was with her day to day routine, the more weight she saw vanish into thin air. In about 2.5 weeks, there was a 5kgs weight drop and when she completed the course, her thyroid numbers were optimal. She vouched to continue with the practices that were taught and till date is a happy person enjoying her new physical-emotional-spiritual body.

You might also be surprised how little exercise you need to stay in shape when exercising. Yes, moving your physical body is important, but not like what I did to myself - abusing my body with almost every workout available in the market. My old 'me' would do hardcore workouts for minimum 2 or 3 hours a day—and if you are like me, all that you are doing is

HORMONE RESET

making your joints ache and stressing your body out! You may not even be losing any weight. When I was figuring out ways and means to lose weight, I would go to the gym for an hour, do Zumba for 30 mins, yoga for 45 mins - sometimes all in 1 day. I landed up with the GP who asked why I was tormenting my physical body and I felt embarrassed about how I was burning myself out in the quest of seeing my body weight drop a few kgs. I was left with no choice but to stop it all as my physical body was giving up.

Exercise is a great way to stay healthy, and you can do it in little ways every day. Maybe you could go for a ten-minute walk around the block after lunch instead of sitting at your desk. Or take the stairs instead of the elevator in your office building. You can get in your daily exercise allotment in these simple ways and feel great about it—even if you don't hit the gym every day.

I have always advised my women to do what they love doing. Be it walking, running, swimming, gymming or anything - at the end of the day you will need to like what you are doing. We should also come

HORMONE RESET

out of this mis-conception that you should leave your house to get your metabolism running. You DON'T! It definitely keeps you accountable if you hit the gym and have a personal trainer but if the belief is - I don't lose weight because I am not a regular at the gym, how about trying to burn it off at home?

It all again comes back to the mind-set of wanting to achieve your DREAM HEALTH and mind-set is directly proportional to your WHY of wanting that desired health state. For your reference, here is the [link](#) for a set of weight training exercises that has helped me come from 90 to 62kgs (after I stopped all other forms that I was doing to torture my body). Remember, it tests your mental strength and agility and when you win over it, meaning you get a clarity of WHY you are doing it, you win over your physical body. Are you game for it?

Your health is worth more than a quick fix! Agree or disagree to agree? ;-)

HORMONE RESET

There are lots of quick fixes out there to help you lose weight or gain muscle fast—and they're appealing because they seem like they'll solve all your problems with just one single action.

The truth, however, is that there's no magic bullet to good health.

Quote to Ponder: DISCIPLINE is a curable disease. What REALLY matters is, if you want to cure it?

Chapter 4

Why do we do what we do?

If in the last chapter we learnt about not having a magic bullet for our DREAM HEALTH, let us now see why we actually do what we do - not once or twice but as a repetitive pattern. When people talk about why they do what they do, they typically refer to their personal experiences - it is the same experience they have learnt from their childhood through repetitive listening and feeding the logical brain.

Dieters say that diets restrict them from eating what they want; cyclists say that riding a bike is suitable for their health; smokers often discuss the benefits of smoking. Those who are obese would likely say that not being able to control their eating makes them overweight.

HORMONE RESET

In other words, people's reasons for engaging in particular behaviours or pursuing particular goals seem to be largely due to personal experience or anecdotal evidence rather than any scientific evidence on which one behavior or goal is better than another one.

One of the main reasons people engage in behaviours that may not seem to be in their best interest is that others' behavior has influenced them. Just as people dress by observing the choices of others, they also make choices based on what they see other people doing. They find it difficult to change their behavior because they cannot see a way out - we are masked by the societal norms around us.

We cannot see a way out because the problems that we experience are normal and uncomplicated.

The problems we encounter are not new, and they did not appear in the last few months. They have been with us before, they are here now, and they are here to stay - until we decide otherwise.

HORMONE RESET

Throughout history, people would go on diets to lose weight. The discussions around dieting started less than 50 years ago, when suddenly many people were trying to lose weight; as a result, there were many diet books published describing how to prepare food for different types of diets. However, in the last decade, diets have been considered as the go-to thing if someone is looking to lose weight - which of course is not true!

As many things are influenced by personal experience or anecdotal evidence, we often see movies where characters try to lose weight and exercise to maintain weight and avoid getting fat again. In reality, exercising is an effective way to shed weight when done correctly. It causes the body's metabolism to burn more calories than it usually does, so that it can cause weight release.

It is even better when combined with a diet that satiates your subconscious mind, eating what you have eaten from childhood and making certain alignments in food patterns to adjust to the new era of living with stress. It all boils down to doing things

under proper guidance vs doing them for the sake of it.

For any weight release routine to be effective, you need to have a cohesive change in the way you look at your body, and it starts from the right mindset. I know that mindset is overrated and we have heard it time and again in different stages of our life. We might have also wondered on how to have the right mind-set because we drift easily away. In fact there was a time when I was so frustrated when I heard about having the right mindset. Well, I perceived I did and that was the reason why I was working hard for my dream body. However, my learning of mindset was alarming as I was shown how I did not actually have a healthy mind.

A healthy mind comes from the practice of overcoming all the hurdles that are in your mind. The most common roadblocks especially in your weight release journey are

1. Cognitive distortion (Disability to stay on diet)

HORMONE RESET

2. Body Image - Negativity (Frustration caused by how you look now)
3. STRESS (nothing can beat this)
4. Depression
5. Trauma or bad experience of the past due to overweight

ASK YOURSELF

Am I enjoying the journey towards my healthy self or pushing too hard? Where do I stand, and what will I benefit from?



PV Hormone
Balance Coach

It's easy to start and may be easier to just end, but the most challenging and neglected question during our health rewire journey is this - Am I willingly doing this, and how happy is my health?

So, how do you overcome these psychological blocks to weight release?

1. Take small steps towards lifestyle change. Starting high cardio 1-hour training is not an ideal step. You can start with 15 minutes of whatever activity you like and you can go from there. Yes, it definitely helps not just to see the scale drop but as an overall emotional booster for your well-being.
2. Listen to your own inner-voice. When you pay attention to your thoughts, you will help your body to understand the message conveyed by your mind. And this message will play a huge role in your actions and it is these actions that will either take you closer to your dream health or apart.
3. Having a quality sleep rather than quantity is an important aspect of everyday life. I know that you know it, but do we really implement it? Is just knowing sufficient for actual shifts to happen? I was appalled to hear from one

HORMONE RESET

of my close associates that she slept for 8 hours every night but was still struggling in being energetic and active throughout the day. When we discussed her sleep pattern, it looked something like this: a day at 10pm, a day at 12am, a day at 11pm, I ensure I sleep 8 hours. I smiled and stated that she was confusing her system and when she adjusted her pattern, her quality of sleep drastically improved and of course overall health.

4. Please ensure that you understand that seeking help is important and is needed. It can be either a friend or an expert, but make sure to reach one when you feel like you need it. It ensures that the emotional knot and block which would otherwise form and lead to deterioration of health gets released when we pour our heart out.

Although most people may feel encouraged by what they see in movies and almost everyone wishes that they could have the body of a movie star, most

people are not willing to do the work needed, combined with the right strategy and mindset.

Why don't we do so? It is not because we do not know that exercising is good for us. Exercise provides many health benefits, such as higher levels of self-esteem, increased energy levels, and positive mood states. The reasons most people do not exercise are more subtle, such as resistance towards identifying time and blaming it as lack of time, being overly busy with non-productive things and feeling tired when going to the gym, not prioritising self - stands as a biggest road blocker for women's health goals.

Just like with other activities in life, it is much easier to spend time doing something enjoyable rather than something that seems boring, painful, or difficult and hence I would urge you to pick up the set of metabolic activities as suggested in earlier chapters or do something that you enjoy totally. (If you are reading a paperback version, you will find the link at the end of the book to download :))

HORMONE RESET

This is primarily why your exercising and diet program should be made in a way that is fun, enjoyable, and rewarding to keep you pushing towards your weight release (not loss) goals.

The future of health and fitness is all about making workout and fitness routines fun. Let's dig deeper into that in our next chapter.

Ask Yourself: Am I enjoying the journey towards my healthy-self or pushing too hard? Where do I stand and what will I benefit from?

Chapter 5

The future of weight “loss” or “*release*” - what do we want to choose?

In this chapter, I will be discussing what could be a future for weight loss. In doing so, I will start with what we know about diets and exercise from the historical perspective of understanding their limitations. Then I will present possible ways that weight loss may evolve in the future ensuring that we use the word ‘release’ and not ‘loss’ against weight.

For most people, if you are overweight and do not have any other health problems that would make it difficult to lose weight at a healthy rate (weight loss being defined as one to two pounds per week), the best and easiest way to do is to just nail your fundamentals; and that in my view is eating your traditional food patterns while aligning to your

HORMONE RESET

hormones (a easy way to do is to stick to the dietary pattern that comes with this book), following your favourite form of metabolic activity (also provided with this book). As you adapt to the 1 week diet pattern that has been recommended for aligning your hormones ensuring easy and graceful weight release, I will also urge you to consider the 87 Days ‘done for you’ weekly diet plan with list of groceries that not just you but the whole family can enjoy and still see the weighing scale drop. That way you are sorted with your diet routine, not having to think about what to cook and eat every single day but focus on other aspects of bringing your health on track.

The historical case studies in which people successfully lost weight and kept it off were never described to be cases of them eating less and exercising more. In our modern world, where we have better knowledge about nutrition and scientific understanding of human physiology than ever before possible (due to improved experimental results), we should not expect too much from the current methods that are used for weight loss. And if we

HORMONE RESET

continue to use and implement, we will ONLY lose weight and not ‘release’ it from our body-mind-soul.

It is important to bear in mind that the historical cases of losing weight and keeping it off were never presented as having been successful using diet alone. Instead, they described a very effective combination of diet and exercise when done consistently and I want this to act as a gentle reminder to you if your focus is on trying ONLY different diets and wondering why nothing is working!

That said, there have been some very promising examples of trials that I have read about, which involved people eating less with the corresponding exercise. These fitness success stories don’t sound glamorous, as they don’t involve fancy gym routines, but they’re the routines that generated consistent results over the years.

HORMONE RESET

But the weight loss journey goes beyond the activities you do with your body! You need to prepare your soul and mind.

Remember those days when you learnt to drive your car or your bike for the first time? It took you such an effort to pull through the gear and balance. When you learn something for the first time you do it consciously. This is called being consciously competent to master a skill. But think about how you drive now? Just like brushing your teeth, you do it effortlessly! And this is referred to as unconsciously competent, where you don't have to put any effort to do a particular thing. How did this happen? Because you have sent your message to your subconscious mind through multiple practice that you can do it! You have moved from being consciously competent to unconsciously competent.

It is the same way you should be and will be programming your mind for your weight release journey. The process that takes place in your conscious mind is slow while the one taking place in

HORMONE RESET

your subconscious mind happens at a lightning speed!



Manipulation is a powerful tool to train your subconscious mind. When you can give your mind the glimpse of what you will reap at the end, it becomes easy for your body to endure all the changes you will go through for the same! When you imagine your old you or the fit you, it is a delight to your mind. Once you reprogram yourself, everything else

will become an auto mode for the change! When most of my clients come back to me of the resistance they develop through the 87 Days program because of otherwise life being busy, I ask them to look at their old pics, take a print of it and place it in a prominent location and also to remind themselves of their WHY to achieve their DREAM HEALTH. Unless you have a strong WHY, it becomes impossible to make any shifts to your existing lifestyle as it is the 'comfort zone' you have developed. Your body will prevent you from moving away and it is then the WHY when reminded to the subconscious mind will allow you to move forward.

I will encourage you to use these journaling prompts that will help to reprogram your subconscious mind

-

1. What does it mean to look like and feel like my 'old-self'?
2. What emotion can I capture being in my favourite attire that's hanging in the wardrobe now?

HORMONE RESET

3. How would I walk with my body if I were at my best weight now?
4. How will my social interactions change with my new body?
5. How will my immediate family and friends respond to the new me?
6. How will my relationship with my partner blossom?

Have a journaling book that you will call '**My DREAM HEALTH**' to answer these and other questions through various chapters of this book.

DO IT NOW: Take that book, label it and then use it to unleash your true potential. There is magic when thoughts are put as words, experience it.

Chapter 6

You're at the right place! Here's why!

So, you've tried just about everything in the past, and yet the pounds keep coming back? You're not alone. Of the 150+ women that I have worked with in the last 2 years (COVID time), every woman who bumped into our program has tried everything that she thought was right for her body but could not sustain the weight that was lost. It can feel frustrating to see it as a never-ending battle but keep your head up. The toughest battles are often the most rewarding ones. So let's start with finding what is the real blockage behind your efforts?

The main culprit behind the most common causes of weight gain is that most people live a sedentary lifestyle filled with oodles of STRESS. And the best way to tackle that is to BINGE watch Netflix or Amazon! That's the perception we have and most of

my associates have openly admitted. The modern world has completely distanced itself from the natural human lifestyle in the last hundred years, and this means that fewer and fewer people live an active lifestyle like our ancestors once did. Think about it, if our ancestors didn't have to worry about getting exercise every day, then why do we have to? If they did not worry about eating their traditional foods, why do we have to be on fancy yo-yo or kung-fu diets? We are a fast-paced society and are always on the go, and we're rarely sitting down, so why do we need to exercise every day?

We've all seen it; the magazine spread shows a person smiling and bending over and doing crunches. It looks like they're trying to get their abs. But don't you believe it! Most of these people are only showing or promoting a certain brand which they might not have tried. The way those magazines show it, all those 'happy people' are sitting on the couch, totally fine with their flat bellies, do you really think that's the way most people look? Rarely. Most people have a long history of sitting and a *life with tension/s*,

stress, fear, unhappiness, self-doubt, low-self-esteem, unhealthy relationships to say the least.

They sit down to eat; they sit down to read; they sit down even when they are in the car (this was fun intended)! *They are worried about their past and future, they are concerned about their family and loved ones, they fear uncertainties and work for the unknown.* Now imagine if this happens every day, multiple times in a day.... What do you think is happening to your mind-body-soul?

We need to realise that if we want optimal health, our sedentary lifestyle needs to be kicked out of the house and certain shifts made that are life-altering. Every person can enjoy optimal health by getting an active lifestyle. You've got to move your body to different places. *And how many times have you heard that sitting is a new cancer?* In our modern, technological world, we're spending more time sitting and less time moving - **be it our physical body or our thoughts, ain't it??**



DV Hormone
Balance Coach

The Uncomfortable Truth that no one wants to face!

If you want to release weight, start by being an observer of your thoughts and subconscious actions to those thoughts. After all, you are what you think !

If I have to talk about our physical body, we need to realise that not everyone's body is built to be optimal. Genetically, some people have "weak" bodies, and some people have "strong" bodies. For example, supple muscles are better at spreading the pressure of your weight over soft bones than hard ones. On the other side, hard muscles are more efficient at using energy, particularly in the case of the legs and arms.

HORMONE RESET

As for bones, most people have a combination of pliable cartilage and rigid bone tissue and soft fat.

But it's not only about body builds; it's also about how you use your body. To get the most out of your workouts, you need to be smart with how you train. The fastest way to gain muscle and lose fat is to reduce your time on rest between sets. If you increase the time you spend resting, your body will stop responding as effectively. In that case, your work capacity will be reduced, which will cause you to use less energy for running and other movement exercises. (as a tip for following the exercise suggested here, reduce the time between sets, my dear!)

When we don't use our bodies efficiently, we will end up with a small energy store, which is something that you don't want to happen. Our physical body is nothing but another form of machinery which will need regular oiling, cleaning and maintenance for optimal performance. We need to realise that we are more likely to become fat and unfit when we lack discipline. After all, discipline is what takes us out of our comfort zone and pushes us to move forward,

and discipline is the formula that makes or breaks our progress in any walk of life. Our discipline is controlled by our thoughts which has a direct correlation to our actions. While it is essential to focus on our physical body as tangible benefits are evidently visible, without incorporating shifts in your thought process, you ought to bounce back where you started. And this is the place where we human beings stand out from just being a robotic machine!

Before you start looking at the material provided in this guide, look at these two important things first:

90% of people either don't want a change in their diet pattern or they make the change but are inconsistent with it. The end results - they don't sustain their lost weight.

A shift in your diet takes some work, so you need to be consistent with it. You don't want to become sick of it after a few weeks or months. So, if you're not going to stick to it, then stop reading this guide now - because this is ***THE PLAN that has helped me***

and several other clients release 15+ Kgs in as short as 87 Days. We are NOT here to waste your time and energy and if the intention is not to implement, it is better to leave it here.

You need to realise that any diet you try will be temporary. You have to know that there is no such thing as quick weight release. It takes time and consistency. Set small goals and come back each week once they are achieved – you'll feel proud of yourself and can keep up the momentum throughout the week, rewarding yourself along the way with that little pick-me-up.

The whole idea behind this guide is to give you ideas to help you achieve your health goals. It's up to you whether you choose to follow all of them (if they sound good) or just a few of them; I strongly recommend going to the 'T' if you are looking for sustainable results. The important thing is that you start making shifts, even if it's just a little every single day.

HORMONE RESET

If you're starting out with metabolic activity (apart from what is provided here), consider hiring someone qualified and experienced in working with you as they will be the best guide holding you accountable. This can also be helpful because it will get your mind off of how much work it will be for a little while and provide motivation for staying consistent.

And remember, your results are different from that of anyone. The best thing to do while getting started is ramp up your workout slowly. Don't start out doing many exercises and too much in a short amount of time by being desperate to see results. Remember how I said that our physical body will throw resistance for any change we incorporate initially. So, it is better to train your mind that these are small shifts and you love doing them by taking it back to WHY you are doing. Shoot to gradually increase both intensity and length as you feel more comfortable with it all - most importantly, enjoy what you are doing.

Don't be ashamed if you're still confused about calories and energy! No one has a clue what they are or what they do; it's just the way things work. But since the human body is a complex machine, it's best to just start moving, figure out what works for you and tweak your lifestyle until you achieve your health goals. And this book is intended to provide you with all those shifts which when made will make your journey worth it.

As long as you're consistent with handling your deep rooted emotions, metabolic activity and eating with awareness, YOU WILL experience positive results from week 1, **guaranteed!**

The uncomfortable truth

And again – all that you need is consistent movement. If you want to lose weight, then start moving. After all, everything else comes after that.

Some people will tell you that running and/or working out is cruel, inhumane, and torturous. These are just the same people who don't understand

the human body or set goals, and they simply cannot fathom the fact that they can run a marathon or even walk a couple of miles without getting extremely tired.

The truth is, they're not prepared to do it themselves because they lack the motivation and self-discipline required to change their lifestyle for good, and they lack the determination which is crucial in achieving what they want - Their **WHY** for doing it is not yet imprinted deep in their subconscious mind.

If you are serious about releasing weight and improving your health, setting goals and meeting them is the first step towards success. The easiest way to set goals is to use a sticky note and write on it what you want, what is it that you **TRULY WANT?** I always recommend my clients to stick these notes in multiple places at their home/work as that will allow them to ground themselves when they get distracted, demotivated or deviated from the end result. You can also do it by writing something as "I want to weigh XX kgs by yy date". Pause reading and get that sticky

note out for your DREAM HEALTH goal. Set it, stick it and do it.

It is also important to eat at the right time. If you know that you're going to be exercising later in the day, it's best to eat a little something before to not deplete your energy during exercise. *Eating healthy, regularly exercising, working with your emotional handlers to achieve your health goals is a great way to relieve stress, treat yourself, and boost your confidence.*

Research conducted by the NIH on the "Healthy Eating Index" demonstrated that people who eat a healthy diet (including fruits and vegetables) have a lower risk of developing cardiovascular disease, hypertension, diabetes, cancer, Alzheimer's disease, and some forms of arthritis.

So, while it might be hard to make healthier choices when eating out at restaurants or ordering food at home, changing your lifestyle habits will help prevent any health complications that lead to early death.

The what of What You Eat

It is a lot easier to be a couch potato than it is to work out. That's why it's important that you understand *what you are eating, why you are eating what you are eating, if you're exercising and exactly how much weight you need to shed.*

The key concept to follow is that even if EVERYTHING else remains constant (exercise intensity, workout duration, etc.), your weight will be determined by your calorie intake, majorly controlled by your emotional handlers.

Most people can safely release/shed up to 1kg or 2.2 pounds' minimum per week, which is a healthy weight release rate. Shedding more than this will probably not be beneficial as you may risk muscle mass and losing fat simultaneously.

Some people, who are not in shape at all, have been known to lose up to 2kgs or 4.4 pounds per week. I had a client with me who was on a 3-digit weight and she was seeing her weight drop week after week and

HORMONE RESET

was extremely excited. While I understood her excitement, I also knew that the water stored in her body is being shown as weight drop. After dropping 7 kgs in 3 weeks when her weight release plateaued for 3 weeks, she felt devastated and went on to satiate that feeling by munching salty chips. While she did not then let me know, it was in one coaching session later on that she put forward her thoughts. I had to remind her of how her emotional handlers are playing a role in keeping her stuck. The main message here is that it's not about how much you weigh; it's about how many calories you are eating from each meal that is being driven by your emotions and from each day, regardless of what you're doing physically.

As an additional note, some people have been known to burn up to 1000 (if not more) calories per day by merely sitting at their desk for 8 hours straight.

There is not much to do about this, but it can be helpful to vary the foods you eat. For example, you might eat some protein, fruits, and vegetables at breakfast and then switch to a more filling lunch that

contains mostly grains and maybe some meats and cheese.

Instead of eating the same thing several days in a row, which might be extremely boring for most of us, it can be helpful to mix it up with new things that are also healthy: vegetables with lean meats or fish (for example), instead of just eating the same food day after day. This is not only easier on your digestive system but also gives your body something new to play with and digest.

There are many ways you can release weight by changing what you eat:

- Eat smaller portions, it takes time for the brain to signal that you are full and eating small bites will allow you to feel full. As a general rule of thumb - stop eating when you are 30% full. I know it sounds absolutely undoable, but think about this - do you really just eat that meal? or are we adding a small piece of desert or munch on something just 30 mins later? When you stop at 30%, you are still giving

HORMONE RESET

yourself the scope to accommodate some more food in terms of calorie.

- Drink plenty of water, preferably hot, no matter what weather it is. Hot water has immense benefits on your overall health and cleanses your bloodstream of toxins. It has been proven time and again that hot water helps with gut health, digests food 10x better than room temperature or cold water, aids in burning fat, helps in skin tone and of course, highly recommended for people who are looking to drop those kgs/pounds. So, if you are here for that, then you now know what to do every time you take that sip.

- Eat more fiber, which is found in foods like gluten-free bread and cereals, nuts, and fruits. Fiber is a good source of weight release because it makes you feel full.

If you are an individual who would love to experiment with diet plans, below are a few of them that you can give a go keeping in mind the pros and cons of it.

The umm no thanks diet plan

The best way to release weight is the natural way of using your body's metabolism and not by starving yourself or going on a diet that limits what you can eat to only one or two types of food. *That is why the "you can't eat this" or "you can't eat that" type of diet rarely works.*

One of the biggest problems with diets that limit certain types of food is that it doesn't take long for you to crave those foods and feel like you're going crazy from not being able to eat that food. As soon as you realise that this diet isn't working for you, your next impulse will be to binge eat to satisfy your cravings.

When you diet, it's not just about eating less food. It's important that you find a way to make your meals more satisfying because otherwise, you may end up eating more than you normally would.

A recent study that was published in the American Journal of Clinical Nutrition found that participants

HORMONE RESET

who ate foods with a high amount of fiber had lower BMIs, smaller waists, and were 40% more likely to drop weight than those who ate foods with a low amount of fiber.

As mentioned above, adding an additional meal or even two can help keep your metabolism at an optimum level throughout the day. This is particularly advantageous when combined with exercise since it increases your metabolism so much (as well as burning fat).

Starting with your workouts can be very tiring, especially when you are totally new to it. But it is needed to have a workout routine along with the above mentioned diet regime. So you can start with as low as three days a week. In that case, you should try to do three sets of the same exercises (such as bench press, pull-ups, and back extensions) if you can't do the same exercises that often, then switch up your workouts by doing one set of each exercise for each workout.

This will help you cycle your reps for optimal results. The longer you stay in your workout program; the better results you'll get. Don't get stuck in one type of exercise!

Your diet should include carbohydrates (which are found mostly in fruits and vegetables) in order to give your muscles fuel to work out. But before you eat all the carbs, try to fill up on protein. This will help you get more out of your workout and will also help you avoid muscle catabolism (which is the breakdown of muscle tissue that occurs while you're in a workout).

The one size fits all diet plan

A few years ago, New York Times reporter Gina Kolata wrote an article called "The One Diet That Fits All Diets." This sounded great to people because it sounded like it would help them lose weight without any effort. However, this diet was a scam, and it didn't really suit most people's needs.

HORMONE RESET

There probably will be one diet that fits all types of people in the future (or maybe not!), but until then, it's important to understand how your emotional needs are different from others and how your individual needs can be met.

The one diet that fits all is a joke, but some general rules should apply to everyone. One of these rules is that you should eat more fruits and vegetables that support your hormonal health and having a good amount of fiber in your diet can help keep your blood sugar levels under control, so you don't feel hungry all the time.

There are many other types of food with fiber: beans and other legumes (chickpea, kidney beans), whole grains (white/brown rice, millets) and nuts are just a few examples. Berries and Grapefruit are considered excellent for your hormonal imbalances and vegetables like Broccoli, Cabbage, Beans, Beets should be part of your day to day dietary pattern. These types of foods are high in fiber. So make sure you have at least three servings of these foods every day. **You don't have to eat them raw; no, that is**

not what I am telling you. Depending on your cultural background you can make curries out of it or eat it boiled and tempered. *I will remind you here again about food and workout being only 30% reason for your DREAM HEALTH while the remaining 70% is about bringing in energetic alignment of your thoughts-actions-results.*

Also, try to eat healthy fats found in foods like olive oil, avocados, and nuts. These fats are very good for your body and can help you feel full throughout the day.

The one meal a day diet

Have you heard of the "one meal a day" diet? It doesn't really have anything to do with losing weight. Instead, it's about eating small portions of food at each meal so that you get your full daily dose of vitamins and minerals.

HORMONE RESET

Even though this may sound crazy, it does work for some people. But there are many disadvantages to this method:

- Eating only one meal a day can make it difficult to fit in all the important nutrients that your body needs. Most people need six servings of fruits and vegetables every day (both raw and cooked).
- Eating just one meal a day probably isn't sustainable for most people. Many people who try this diet don't last more than a week owing to very high resistance from the subconscious mind.
- Lack of proper nutrition can lead to health complications in the long run, and the risk of nutritional deficiencies is very high.

There are many ways you can implement this "*one meal a day*" diet into your daily routine:

- You could have one large meal at lunchtime. This will help you avoid snacking throughout the rest of the day, and it will also help you reduce your waist

size by reducing your overall caloric intake for the day.

- Another option would be to have a light breakfast (such as a fruit smoothie with yogurt and some berries) followed by lunch. However, be cautious as having a large meal at lunchtime can leave you feeling lethargic for the rest of the day.
- Try having a large snack in the late afternoon or early evening instead of having dinner. That way, you'll still feel full enough to have a lower-calorie dinner without eating too much food in the process.

The intermittent fasting diet

Obesity is caused by eating too much and exercising too little, right? If you eat less and move more, you'll lose weight, right? Well, yes, but it's not always that simple. There are some people that do lose weight by eating less and exercising more, but most of the time, these type of people tend to gain the weight back because their bodies adjust to the new lifestyle by

going into a catabolic state (which means all your muscles will break down and you'll start gaining fat).

If you do want to try the intermittent fasting diet, make sure that you're using an eating schedule that gives you a certain number of hours to eat and a certain number of hours where you can't eat. To achieve maximum results, you should use this diet with one of the weight release methods outlined in this book.

Exercise daily. It doesn't have to be much (just thirty minutes a day), but it will stimulate your body, so it doesn't become used to the intermittent fasting diet.

You'll also need to eat very healthy foods since this diet can make it easy to go off the deep end and overindulge in unhealthier foods.

This chapter has been designed to help you shed weight without having a stressful experience with an extreme diet program. The methods outlined in this chapter will not only improve your health, but they'll also help you feel better about your body and less

HORMONE RESET

stressed about the way you look. Also, with the dietary plan that has been provided here, you can use it as IF or One Meal a Day or As-is to see the phenomenal shifts inside-out.

Quote to Ponder : Failure, if any, should ONLY act as a feedback for you to achieve your greatest potential. i.e. **YOUR DREAM HEALTH.**

Chapter 7

Your Endocrine Can Keep You Healthy

The excess weight you hold is not because you have eaten a lot or because you are a heavy eater! When your ideal weight flares up, and you become who you are not, it is an indication of disruption in your body mechanism, especially your metabolism.

The endocrine system is the control centre of metabolism in our body! They produce a lot more than 50 hormones, and hence it is important to test their functionality before you start any diet program that is not in alignment with your traditional food patterns.

So, why are hormones important? To say it in simple words, they form the communication system between the body and the brain. If it is disturbed, the

HORMONE RESET

wired system of the body will send the wrong messages to your brain.

An infographic with a light gray background and pink decorative elements. It features a central cartoon illustration of a smiling, red, textured character with two arms and legs, resembling a hormone molecule. The text is centered around this character. In the bottom left corner, there is a logo for 'DVI Hormone Balance Coach' with 'DVI' in purple and 'Hormone Balance Coach' in black. The background also includes faint, stylized molecular structures.

Hormones are chemical messenger molecules made by your body to communicate with other parts, such as moods, development or growth rates, etc.

And not to forget that they are interestingly apparent indicators of your holistic health!

DVI Hormone Balance Coach

Leptin

Instead of absorbing fructose, the liver will turn that into fat and start storing it. This can, in the long run, make your body insulin resistant. The simple definition is your body will have a hard time converting fat into energy. It not only increases

weight but also leads to numerous other underlying issues like diabetes.

As we know, science is moving at the forefront; new and new discoveries are being made. I have done my own fair research as well. There is a newly found hormone that plays an important role in your hunger control. It is called "Leptin". Robert H. Lustig, an MD and professor at the University of California, called it "*Starvation Hormone*". It is a protein made up of fat cells, and it conveys the message to your brain, saying you have enough fat already and it is time you stop eating!

But the accumulation of fructose will make the body resistant to these hormones. The result is your mind doesn't get the right message, and you will dwell in cravings! We think of it as such a spoon of sugar or two, but it can increase the calories to a greater extent. So this is the exact reason why you should follow mindfulness while consuming sugar and fructose generating foods.

Insulin

When you don't pay attention to your body and eat what your body craves, you will make your pancreas burn out. When you have unexpected guests every day, you work overtime taking care of them, leading to exhaustion.

Excess insulin production is an unwanted guest to your body. Your pancreas will try to remove the excess glucose and will either store it in the pancreas or turn it into fat. As the days go by, the pancreas will lose its capacity to turn glucose into energy, become insulin resistant and accumulate fat. Foods that can lead to insulin resistance of the body are

1. Processed foods
2. Sugary drinks
3. Trans fat and saturated fat

Staying away from these foods is the key to keeping insulin at nominal levels.

Estrogen

We, men and women, are who we are because of hormones such as Testosterone and Estrogen in the body. They decide our body build up and tonality! When there is a disruption in these hormones, they send wrong signals to the body and accumulate weight around the hip, thigh, and back in women! Hence a diet that controls these hormones needs to be added to your routine.

So a healthy Endocrine system is a key part of your weight release plan! Knowing what not to eat and keeping it in mind is more important than knowing what to eat.

I leave the "what not" part to you, and you know it, as I have mentioned the same in this section earlier! For what to eat, follow my 7 Days - DFY recipe planner.

Ask Yourself: What Am I ready to let go today for a healthier tomorrow?

HORMONE RESET

Chapter 8

The root cause of your poor health

When people say it is all in your mind, maybe it is true! Do you think your mouth, hand, and brain are far away and can't have much interaction between themselves? The brain of a human is wired and interconnected, way more complex than we realise.

What you eat and how your body burns it, everything is connected intrinsically to the mind and also has an impact on your physical condition. The hypothalamus, the tiny part of the brain behind your eyes, plays a significant role in these. It bears the hunger-inducing and hunger-reducing nerves, and their activation decides what way you may go through.

As we discussed in the previous chapter, hormones have a close relationship with this part of the brain. If the hormone levels shoot up and disrupt the

signaling to stop eating, you will start gaining weight. And the reason for any hormonal imbalance can be circled to one attribute called STRESS. While physically it may show up as Thyroid, PCOD/PCOS, Diabetes etc. and an endocrinologist can assess your underlying issue and suggest lifestyle changes accordingly, I suggest getting to the bottom of the problem to know the root cause of the problem. And most of my chapters previously have covered how to uncover the root cause.

The body produces hormones like Leptin, Insulin, and Ghrelin doesn't act alone in the process of our metabolism. There are also other induced hormones such as Dopamine and Serotonin that also play a key role in the inhibition of hunger in the system. They are often mentioned as "**Neurotransmitters**". They are produced by *microbiomes* in the gut!

Now you know! The key here is to keep your gut healthy. As long as you do that, the body will receive the right messages, like *stop eating* when you are no longer hungry. So let us find a strategy about what you can do!

HORMONE RESET



Eat What You Have Been Eating

Yes! We have our traditional food for a reason! Our ancestors found nutrition, strength, and healthiness and made it a tradition. Why is it now going to change? So the key is to eat what you have been eating since your childhood. It is a feasible and ideal solution. Until your school, college, or even marriage, you ate this, yet you were fit! Why would it now be the reason to increase your weight?

Whatever diet you follow should be from within your traditional dishes. Your body can accept it in the long run if you eat what you are used to. If not, it will likely create mental fatigue and increase cravings. Find solace in your childhood dishes and savour them with caution and mindfulness. Portion control! We have all tried it and failed literally. Why? You have to eat for your appetite! You can't tell your stomach to stay hungry and starve it.

Most importantly, even if you accomplish it, there is a high chance of slipping out. So it is about eating healthy, rather than concentrating on how much you eat. When you do, you give your body what it needs and kick start the functioning of every organ of your body. A good metabolism is the first need for a fit body. You send the hypothalamus the right signal when you do it.

Take Every Meal

HORMONE RESET

As much as you think of starving yourself to lose weight, you are actually paving your way to the opposite. As I mentioned in the earlier section, metabolism plays an important role in weight release. Skipping your meal often will slow it down, affecting the healthiness of your gut!

Glucose is the fuel for the mind vehicle, and to keep it at 100% performance yield, you should have enough glucose. When you skip your meal, it will decrease the blood sugar level and interrupt the body's performance, including its metabolism. Your mind will be unclear, and the body will release Cortisol hormone leaving you in an irritated mood.

You will either end up in cravings or stress eating.

I very well remember how my client Nysa* told me that she can just stay on one meal a day but feels irritated by the time she has to have that meal. The point here is that all the time when you are in that fasting zone, your body utilizes everything that has been stored and will then start to release hormones that will make you fret. The body is complex but very intelligent and knows how to throw tantrums and satisfy its needs. Nysa ended up having lots

HORMONE RESET

of cravings for food which otherwise she would not care for. When her pattern of food was aligned to serve her body requirements, she noticed how she drifted from those unusual cravings.

Now, we really don't want this! Do we? We lose all those calories only to gain more than that. Make sure you take all the meals. As much as it is important to take the meals, it is equally important to take them at the right time. You eat your breakfast at 9 today, and you eat it at 11 tomorrow; you will be confusing your body. It is used to the 9.00 a.m schedule, and when you delay it after the fasting hours of the night for long, it is as same as skipping your breakfast.

To retail whatever energy the body has, it puts on hold the processes of the body slowing down the metabolism. When you eat after this slowdown, the body would have already lost its effectiveness to burn the calories. The end result is an accumulation of unwanted calories and an increase in weight. *Hence the two mantras are to eat all the meals and eat them at everyday-standard time!*

Do What You Love

As we saw in Chapter 2, lack of or absence of physical activity is one reason for gaining weight and also the difficulty to lose weight despite all the diets you follow. It is an unwritten rule! There is no weight release unless you make sure to sweat enough. But again here! The key is to do what you have always liked to do.

If hard workouts and strength training are not your things, don't put yourself through that, it will eventually create fatigue and make you withdraw from it. If you don't like strawberry ice cream, you cannot enjoy it, right? But when you like vanilla ice cream, you will enjoy eating every bit of it! Working out should be the same!! Do you like swimming? Cycling? Yoga? Running? Jogging? Strength training? Gymming? Marathon? Dancing? You just have to make your favourite pick and do it. A way of choosing what you like is to either go back your memory lane and check if there was something in particular you enjoyed as a child/teenager or you might choose to opt-in for different forms and pick

HORMONE RESET

the one that best aligns with your routine and happiness.

When you do something you love, it will be easier to stick to it and stay consistent. The body releases Dopamine when you do something that makes you happy. Now, *Dopamine is a positive hormone!* It can do wonders and lets you stay on your path to success.

DO IT NOW: STOP being a monkey and jumping from one-diet to another. Eat what you have been eating from childhood, pick up something you love doing as metabolic activity and enjoy every bit of who you are TODAY.

Chapter 9

Can you eat with Thyroid/PCOD/PCOS/Diabetes without gaining weight?

I know I am saying this again and again! But I know how our mind works better, so yes, until your mind gets it, you should say as well! ***“A healthy body is a way to shed weight and not just to put your body through hardships”***. It is necessary to know what outcome you are expecting from a weight shedding plan apart from releasing weight! Stamina? Better metabolism? Healthy gut? Healthier lifestyle? Pleasing Body Image? Body Confidence? Going away from current medications? It can be anything, but there has to be something! And by now you should have listed what that goal is for you in a sticky note. Have you? If you haven't yet, you are again

preparing yourself for failure. Take this opportunity and do it now.

In this chapter, I will explain to you how even with PCOS, PCOD, Thyroid, Diabetes, you can drop weight without starving yourself to tears! The key to this world is placing your eyes on the apt plan! Just like in cooking, the right ingredient brings out the real taste of a dish, having the right plan will ease your journey to your DREAM HEALTH.

Knowing what these *dis-eases* are and what it does to your body is more important before I move on further.

PCOD/PCOS

Polycystic Ovarian Disease or Syndrome, as they call it, is a condition when the ovaries have multiple immature eggs that can hinder ovulation.

PCOS can be there from puberty, or it can flare in between. In most people, it doesn't show symptoms till they stay in ideal weight. But they start suffering from symptoms like hirsutism (excess hair growth), irregular

HORMONE RESET

periods, insulin resistance and mood swings when they start gaining weight.

Polycystic ovarian disease (PCOD) is a metabolic disorder that affects women of reproductive age. It is a prominent hormonal disorder in women and is characterised by an imbalance of female sex hormones. PCOD is a leading cause of infertility and is also associated with an increased risk of diabetes and heart disease.

There is no medicine to cure PCOD, but there is a better solution which is a lifestyle change. A diet that suits your body, a workout that is plausible and a calm mind are the best you can offer to yourself, which even otherwise no medicine can. I have had the opportunity to work with clients who had severe symptoms of PCOD/PCOS and with the right 87 Days body-mind-soul connection strategy, they have seen their periods regularize, get pregnant with their second child, reduced mood swings and irritability and of course a weight drop of 12 to 15 kgs.

A healthy diet is essential for managing PCOD. A diet that is high in saturated fat and sugar can worsen the symptoms of PCOD. A diet that is low in refined carbs

and processed foods can help to improve insulin sensitivity and regulate blood sugar levels.

A healthy diet can give you the following benefits when you have PCOD.

- Reduction of hormone-based symptoms
- Weight Management
- Inflammation reduction

There are a lot of diets and weight-loss plans out there, but the best ones always have one thing in common: healthy, delicious food. Eating well is key to any successful DREAM WEIGHT journey, whether you're trying to shed pounds gradually or want to drop them quickly.

Thyroid

Thyroid dis-ease is a physical condition that can interfere with your body weight and body metabolism. The thyroid is a gland that generates important hormones that are essential for the proper functioning of your body. When you have thyroid the hormone production can be either less or more, both of which are not good for your health. It can lead to weight gain, fatigue, mood swings

and changes in your menstrual cycle. Every 7 out of 10 women I have spoken with, I have heard their thyroid levels being high resulting in weight gain. I have worked with several clients who started the 87 Days Program with a thyroid level of 117 and by the end brought their TSH to 0.87. Anu, my client told me how her specialist was surprised to see her TSH drop drastically and was then put on reduced dosage. Maria*, another client was on thyroid medication for 3 years and with the help of 87 Days program, she brought herself out of it. As I write her story, I recall her expression of having that smile which indeed came from her heart and soul. She felt amazing to stop taking those thyroid medications every morning and then waiting for an hour to eat or drink anything. These clients are examples to let you know that if you are reading this and have high/low TSH, you have the opportunity to bring yourself out of medication. Use this book, the 87 Days done-for-you meal plan and the energetic practices for your DREAM HEALTH.

Diabetes

Diabetes is a chronic disease that affects the body's ability to produce insulin and use it effectively, leading to high levels of glucose in the blood. This can damage various

HORMONE RESET

organs and tissues over time. People with this condition find it difficult to drop their weight as insulin makes it harder for them. Hema, Lara, Vijaya are the clients that worked with me for their diabetes issues. From being highly diabetic with their Hba1c at 10.3 to being classified as non-diabetic in a short span of 87 days was nothing less than a miracle for these women.

There are abundant foods that can help you lose weight despite the above body conditions, but it's important to find recipes that fit your taste buds and lifestyle. Here are a few of our favourites:

Low Glycemic Index Food

Low GI food increases the glucose level in the body nominally, and hence it is recommended. Add Barley, Rajma (kidney beans), Moong dal (yellow lentils), Rolled oats and Brown rice to your dietary plan.

Anti-inflammatory Food

There are a few anti-inflammatory foods that you can add to your diet to help with inflammation. There are lots of anti-inflammatory foods, and it includes fatty fish, Olive oil, Nuts, Berries, Green Tea, Cauliflower, Cabbages, Broccoli, Tomatoes and Coconut oil. Antioxidants and nutrients that can help reduce inflammation are found in all these foods. Again, there is no hard and fast rule of eating it raw - cook, eat and enjoy as that's the way to your DREAM HEALTH.

DASH Diet Foods

The DASH diet or the Dietary Approaches to Stop Hypertension foods work on the reduction of risk factors associated with PCOD. Fish, vegetables,

poultry, fruits, low-fat dairy products and whole grains make a DASH diet. Staying away from processed food makes it more effective.

Along with the above-recommended food, follow my workout regime to control your PCOD, PCOS, Diabetes and Thyroid and succeed in your weight release journey.

While diets and metabolic activity will do its work, did you know that the root cause of any hormonal imbalance has a direct correlation to your STRESS. Hence it is important that you keep a tab of your environment and surroundings that will impact your stress levels. The next chapter will detail how weight gain is directly proportional to stress.

HORMONE RESET



STRESS?

The casual monster that lives with us?

That live with us as:

DIABETES

PCOD/PCOS

THYROID



Oh, well knowing what these dis-ease's are and why they make our lives stressful is very important!

Work on them without neglecting your basic health requirements!

Quote to Ponder: Persistence comes with 'key'. The key is WILL POWER and WILL POWER comes with a strong 'WHY'. Identify your WHY for your DREAM HEALTH and the journey will just flow through.

Chapter 10

Stress and weight gain

“**B**ut life is stressful Poornima” quoted a person with whom I had a call a while ago. I smiled and said, Yes it is! But you have a choice - a choice to allow it to impact your health or to let go of things that no longer serve you. The overwhelming commitments to your family, demanding time for your job, the care you need to show for your kids and family, the role you play as a woman is numerous and hence we are classified as wearing several hats at the same time! It can be all tiring at times. Yeah, I understand! You love doing it all, but you forget what it can do to your mental health in this process. As much you like it, it still takes a toll on both your physiological and psychological well-being! In the quest of taking care

of others, we forget who we are - I mean, you forget WHO YOU ARE!

I challenge you to ask yourself this question as you are reading my book - WHO AM I? WHAT DO I WANT FOR MYSELF? And the answer to these must be beyond your name and wanting to shed weight.

Stress is a spontaneous physical and psychological response to life's events. Stress is inevitable in today's fast-moving world. Life events like trauma, life change, or the death of a loved one can act as a trigger for stress. Stress can be helpful to your health in the short term for immediate, short-lived conditions. It can assist you in dealing with potentially life-threatening situations.

However, if your stress reaction doesn't shut down and your stress levels stay high for longer than is essential for survival, it can have a negative impact on your health, causing hormonal imbalance, as discussed in the previous chapters. Chronic stress

comes out in a variety of ways in different people, including disruption of weight loss.

For a few, it reduces the appetite, but in many, it leads to stress eating. I remember how stressed I was when the news of my mum being diagnosed with Adenocarcinoma (a grade 4 cancer) broke out. In a week I lost 4 kgs of weight as I could not eat or sleep. While in the short term it made me feel happy as I thought I barely did anything, but in long term, when I now look back, it has allowed me to see a lot of hair shedding (300 hair per day and yea I counted), my thyroid numbers (TSH) were high, post trauma depression and my weight gradually increased and stagnated. When the body is already in hormonal imbalance, the stress can only worsen the situation.

Stress, hormonal imbalance, and weight gain have a link with each other and all others, and hence one can lead to another. The point here is to break this vicious cycle with the diet I proposed in the previous chapter, along with mindful practices where you should learn to respond and not react to STRESS.

HORMONE RESET



I also encourage you to use these journaling prompts whenever you see yourself facing the stress zone. *In the same DREAM HEALTH book that you earlier created, let half the book be used for these prompts and call it as 'Brain-Drain':*

1. What is making me feel stressed at the current moment?
2. Is there anything I can do to look at the situation in a different view?

HORMONE RESET

3. What will happen if I don't be part of the stressful situation?
4. How will my life be impacted if I withdraw myself from this situation?
5. What will happen if I allow myself to be bothered by the situation?
6. Who am I responsible for?

These prompts can challenge you and there might be resistance in journaling them. Allow yourself some time to settle in and then get to the root by asking yourself these questions.

Apart from the above journaling prompts, I strongly encourage you to use the [‘Energetic Release Practice’](#), a journey that will allow you to breathe into your stressful body and breathe out to feel empowered and energised.

By following the right diet, maintaining the right mindset, following the right workout regimen, and along with your heartening commitment, you can get through your stress and achieve your DREAM HEALTH!

HORMONE RESET

Ask Yourself: You have the power within you to choose. What are you choosing today? STRESS or EASE?

Chapter 11

Role of our consciousness

Success in life is always within you, and it always starts from you! Till now, in this book, we have seen all the causes that led to your hard path of a non-idealistic weight loss journey or the confusion to choose one! We covered the do's and don'ts part of weight reduction. So it is time we set you in the right direction.

As a person who went through the real troubles of seeing my weighing scale go up and down and all the knowledge I gained through the years by studying, researching and certifying myself as an EBM practitioner, I learnt one important thing - ***Weight Release is not just a physiological change, but it takes your mind - body -soul to accomplish it.*** Yes, I know! You have been putting in all your effort, and you are ready to try everything possible. But you are

unique; I always tell my clients and I would want you to hear this too - ***Unless your fingerprint matches someone else's, you cannot compare yourself to them.*** Always compare yourself with who you were yesterday.

What is the best way to see those numbers on the scale drop? The answer lies within you. Don't get alarmed when I say that. I know you are probably doing everything that you believe is right. So ask yourself - *What do you want? Why are you doing this? What is the end result of this journey? Until you picture the answer to these questions, you can't be ready!*

But don't worry, that is why we are here, right? To take you to the path of success and enjoy what I tasted, the happiness of reaching your dream weight. When you yearn for something, but you can't have it, it's likely that the inner you, fears and anxieties are keeping you from getting it.

Let's look at an example of a faraway light. The light you see is your conscious mind. It's apparent and

visible. Your objective is apparent from this vantage point.

Your subconscious mind is all about the object actually creating the light, concealed and waiting.

Your subconscious mind has much more capacity than you can realise the magnitude of its impact until you come into contact with it.

To get beyond any subconscious energetic blocks you may have, you must first figure out what they are. Take it easy on yourself. It's not your fault you're having trouble releasing weight if you have no idea what's preventing you from doing so.

It can be your past experiences of neglect, emotional attack, abandonment, and other events that stays as a trauma; your subconscious mind may still contain the energy of poor self-worth, remorse, shame, and distrust in yourself and the world.

Imagining yourself in a negative way in your subconsciousness has an impact on you that you may not be aware of. For example, you may be aware that

portion restriction at mealtime is essential for weight drop. But you keep eating even when you're physically full. You can't stop yourself from putting extra food on your plate since you're trying to drop weight. ***This is because you are trying to feed your emotional hunger, and nothing will be sufficient for it, unless we address what it truly wants.***

When you use food to comfort yourself, it's easy to spot—*those days when you're unhappy, lonely, or annoyed and rush directly to the refrigerator.* There may be a time you may be unaware that you are experiencing an inner hunger that is not related to food. But if you keep eating those portions yielding to the cravings, it's an indication that something deeper is interfering with your progress.

So the subconscious mind is your lifeline to deal with all this inner chaos and burden! *The good thing about our subconscious minds is that they don't work on facts; rather, they depend on feelings, emotions and the images they see.*

The first step is to make your mind understand what you are going towards and also know what you really

HORMONE RESET

want. The weight release journey has a different purpose in different women, and it is unique. The path to your dream health will be a long hauling road; I will be humoring myself if I say it is easy peasy! It is necessary to make up your mind and body towards it.



There is always a Mantra that we follow in our lives regarding wealth, career, love, and friendships, but what about health?

Do you also have a Health Mantra, or are you still figuring it out?



But here, the little trick is playing with your mind. When your mind believes it, your body can easily accept and do it! So ask for yourself!

HORMONE RESET

Am I motivated enough?

Am I ready to let go of the pressure and concentrate on the long term results?

Am I ready for the change towards healthier eating?

Am I ready for the change towards a healthier lifestyle?

You are ready when you can say "Yes" to all these answers! If you can't, start by adding "Why" to all those answers. You will find what is stopping you. Once you identify the root cause, it is as good as finding the solution. You also need to ask yourself what your dream weight is! Once you realise, you can make it your home weight! It is the ideal weight you think is correct for your body. You were 65 kgs at college, and you are 85 kgs after your kids! So you can target 65 kgs, once you reach it, your body will accept that it is your new home for your weight. Once you accomplish this, you will get free of weight fluctuations.

It took me 7 years to understand this concept of consciousness towards my new home for my dream

weight. I struggled, I fretted, I plateaued! But I did not stop. I had that BURNING DESIRE in me to bring myself back to my pre-pregnancy weight while I still ate my authentic ‘South Indian’ food. And I did it! It is this journey of mine and what my mom went through as life threatening ailments that the seed of thought of this book was laid. However, to bring it to this form and to share with you as a reader because I want you to achieve YOUR DREAM HEALTH, I have put my heart and soul in it. It does not matter if you are struggling with any hormonal imbalances as THIS IS THE CERTAIN WAY for you to achieve your dream body and health. But if you feel like you need positivity to stay motivated in this journey, below is a ‘mantra’ that you can contemplate on -

“I allow myself to experience the benefits of DREAM HEALTH with ease and grace. The journey to my destination is filled with positivity and I enjoy walking the path every moment, each day.”

DO IT NOW: Write down the mantra given above in a sticky note, stick it on your bathroom mirror

HORMONE RESET

and read it every day until you memorise and then repeat it every time you feel bogged down in this journey.

Chapter 12

Story time! Mistakes I Made That Prolonged My Dream Health Goal.

Weight loss involves releasing weights of all the fats sitting unnecessarily inside your body. How did that fat go in there in the first place? It is because you were leading a life by following practices that were moulding you mentally, physically and psychologically into a state of dis-ease. Hence in this chapter, I will explain the importance of weight release through the mistakes I made in my life and about what I learned from them.

Everyone has their own struggle while trying to accomplish weight drop! Technological development is both a boon and a bane to our society. As much as it gives information whenever necessary, it also gives too much information! The minute you start searching for a weight loss plan, the social media

algorithm starts working overtime and displays you all the weight loss programs available in the world. You will be naturally tempted to try everything. You might do it for a while, but as time goes on, you will see yourself coming back to where you were! Again to get back on track, you choose another program, and the vicious cycle goes on and on!

So, what is the reason behind this? It is because none of them tells you or tries to connect with you to make sure if that program is ideal for you! I say it because I have gone through most of them before I found the ideal path. You can follow any food diet and any workout routine. But these are the basic mistakes I did and which was a huge hindrance for my DREAM WEIGHT.

In this chapter, I will explain the three ‘food’ mistakes I made all along my weight release journey, how I was plateaued at 72kgs for 1.5 years and the way it transformed my weight once I realised it. There is one key ingredient that you need to eliminate from your diet if you want to release weight and maintain the same. It is white sugar!

HORMONE RESET

Yeah, you probably have been reading a lot about it too. But when you are in need of a cup of coffee or tea on a tiring day or a glass of juice on a hot day, you can't stop yourself.

I know! It is easier said than done. So let's make it clear to your mind why you are doing this! When you give a purpose to action, you can see the way it can work positively.



Mistake 1: Using Sugars

Everybody is talking about cutting down sugar; here, let us see why? All the table sugars we use contain both fructose and glucose. While glucose can be absorbed by every part of the body, fructose can be absorbed only by the liver. Hence once you start consuming a high amount of sugars (Yeah, maybe not chocolate and ice cream, but remember all those fruit drinks, tea and coffee you take), you will make your liver work overtime.

Benefit with No-Sugar

In the previous section, I explained what sugar consumption can do to you! Now we can learn what you can get by cutting the sugar from your diet. As I said, the purpose is to make your mind understand why you are doing this, as it will make it easier to accept and stay consistent with it.

Normalised Blood Sugar

By following a no sugar diet, you will be able to keep your blood level normal; thus, you can avoid your

body becoming insulin resistant. This, in turn, will keep your body's metabolism at normal levels. Reduces the hunger cravings when the glucose is at normal levels. People who cut down on sugar are at lesser risk of obesity and diabetes. So it is not just about your weight loss, but also the overall health protection. As a person who struggled with thyroid, I know how much it is difficult to achieve weight shedding along with an underlying condition.

Healthier Heart

People who are on the higher side in their BMI and have higher sugar intake have high cholesterol levels. Especially, high in triglycerides. It puts you at risk for various diseases and also disrupts your weight release journey. The high triglycerides will put you at a higher risk for heart diseases. So lowering and cutting the sugar means giving healthier time to your heart.

How to Overcome Sugar Addiction?

I have talked all about the problems of taking sugar and the benefits of cutting it down. I took all the

effort to explain it because I know it is easier said than done! As much as you know, it will become easier to accomplish it.

Now coming to the crucial part! Yes, you know, you need to cut down sugar, but you can't let go of the coffee and tea which has been energising you! You couldn't even imagine it! So, what is the solution? Make your mind go crazy in the absence of it? No, you don't need to!

I propose an alternative for the sugar, "**Stevia or Erythritol**". If you have the determination and completely avoid added sugars, it is well and good. If not, you can use stevia or erythritol, which is the best alternative sweetener that will help you survive through your cravings. It is available in almost all countries. This is also something that all my clients are relieved as they don't have to go off the sweet bud. In fact, all the sweets that you make can use Stevia instead of raw sugar. The glycemic index in raw sugar will only severe your DREAM HEALTH journey and hence opting this will be an amazing treat to yourself.

HORMONE RESET

Now, you have the solution to keep drinking your tea, coffee or juices yet still cutting down your sugar intake.

During my first half of the weight release journey, the fluctuating weight (68 -72), even after reducing it from 90 kgs to 68 kgs, was my biggest challenge, and I found it disturbing. Once I cut my sugar intake, my weight drastically went down to 60 kgs. For me, the home weight I mentioned earlier was 60 kgs. Once I reached this, even coming back to normal sugar didn't disturb it. That is the best part of my weight-release method, I would say!

I learned it after making all those mistakes and correcting myself from them. But you are lucky if you are already reading this! You don't need to go through that frustrating road of unyielding weight journey. You simply have to follow my path and replace your sugar with stevia if you really want sweeteners. But note that when I say sugar, it is always the added sugar. Natural sugars that come in fruits, when consumed in limited quantities don't have an ill effect on your health, and hence you can

take them unless you are advised not to do so for any underlying conditions.

Mistake 2: Dairy Product- an easy Food

The consumption of dairy products does not cause weight gain as such. The real issue arises when you eat too much dairy or consume byproducts that are not compatible with your body. Not all dairy products are beneficial to your health; you must select the one that best meets your needs while also practicing mindful eating.

Ice-creams, yogurt, milk tea, milk coffee can all add to inflammation, digestive issues and play with insulin if you are sensitive to these. It happened to me that I put all that I lost at risk just because I was not cutting down on my dairy consumption.

But, hey! As I said, my method of dieting, if you would want to call it that way and weight release involves eating whatever you want and not starving! So what can we do to stop consuming dairy products? I propose alternatives. ***Use Almond milk***

and Coconut milk in place of the dairy products.

The benefits you can reap by using Almond milk are

- Filled with healthy nutrients
- Enhances weight release as it is less in calories
- Less in carbohydrates
- Reduces inflammation with the Vitamin E
- Fights Vitamin D deficiency
- Free of lactose
- Gives you clearer skin

The benefits you can reap by using coconut milk are

- Weight Release
- Healthier heart
- Enhanced immune system

PS : Almond latte and Cappuccino are excellent to drink if you are a coffee lover. And for those of you, who love Masala tea, give it a go with almond milk and you will never go back to dairy.

Mistake 3: Sticking on to Gluten Products

Consumption of gluten foods, in the long run, can cause unnecessary reactions in the body that can disrupt the fat burning process of the body. Few includes -

1. Digestive discomfort
2. Bloating
3. Constipation
4. Irritation

HORMONE RESET

If your body cannot process gluten, it is highly likely that your body will not be absorbing proteins properly from the foods consumed.

Gluten intolerance can prevent your body from absorbing the nutrients in your food. If your body is unable to absorb vitamins from the food you eat, vitamin deficiencies can develop. Your body might react adversely by developing inflammation in either the gut or other parts of the body, which could develop adversities.

Gluten intolerance, which causes inflammation in the body, can exacerbate problems like weight loss struggles, Multiple Sclerosis and Diabetic disorders. It can even cause Celiac disease, a severe allergic reaction.

It is hence a given thing that you should stay far away from Gluten foods and replace them with gluten-free diets. We are blessed to be in an era where we get almost everything gluten-free. While you are in your journey to DREAM HEALTH, letting go of sugar, dairy and gluten will provide optimum results for

HORMONE RESET

your weight release. However, as of writing this book, I eat everything, as once you know your body has achieved the ‘new home’ weight, there cannot be any fluctuations as long as you keep your STRESS at bay.

At the end of this book, you will find a link to a 1 week DFY (Done-For-You) meal planner - all you have to do is, just follow it. Each of these recipes has been carefully considered given the nutritional value we should be getting on a daily basis and the micro-macro nutrients our body needs. I would love for you to start making shifts in your dietary routine using these recipes and share your thoughts with us [@ poornima@poornimavamsi.com](mailto:poornima@poornimavamsi.com).

Conclusion

In the end, the best-case scenario for weight release is that we will discover that weight release is not a necessary consequence of just calorie restriction and diet. In other words, there is no need to eat less in order to lose weight. Instead, it is a combination of all the factors, working together to impact our metabolism and health from within.

In any case, knowledge and understanding are extremely important when it comes to weight release. It is through knowledge that we have been able to understand what happened in the past as well as learn from it.

This is why it is important to have a good grasp of the limitations of your specific

HORMONE RESET

energetic body type, and adapt your routine to fit your body's needs, instead of the other way around.

As Energetic coach and an expert in the field of Hormonal Imbalances, I believe we need to devote time and effort to understanding past mistakes and successes when it comes to overall well-being, inclusive of weight release. As a result, I believe there are two important ways that historical weight release should be studied more: **physiologically** and **psychologically**.

While we have good knowledge about what happened historically, there are still many aspects of weight release that we do not know. For example, we don't know why some people are able to both eat less and exercise more effectively than others, while other people will eat as much as they

HORMONE RESET

want yet still get a lot of weight gain over time (if we park STRESS aside).

In addition to this, there is a need for additional research in order to completely understand the physiology of weight release and exercise. Much of the modern research into weight release is due to the fact that bodies can be made to lose more fat by making them exercise more.

HORMONE RESET

If I can make a comeback, then anyone in this world can!

Health is a lifestyle, and we must focus on maintaining it - both psychologically and physiologically!

Let's achieve **THE DREAM HEALTH** and make ourselves unstoppable!



I am on a mission to help WOMAN like you get to the basics of weight release and make it a part of your routine using elementary changes. Are you willing to join me in this journey?

PS: While my dream health journey has been listed, I would also like to specially mention my mom, who is now cancer free without chemotherapy and all that she did

HORMONE RESET

was follow what has been guided in the book. I consider this as my life-time achievement!

And to you, my dear - I would like to dedicate an intuitive poem I wrote -

“My time is NOW”

My time is NOW
because yesterday can't come..

My time is NOW
because tomorrow can't be seen..

I am not concerned when THEY did
because my time is NOW..

I won't be saying 'I wish I did it then'
because my time is NOW..

HORMONE RESET

I will take action now
because my time is NOW..

I will move forward now
because my time is NOW..

Now is the time the universe has opened
its blessings for me to experience my
vision, my goal, my dream

and

I will make the best of it because I know
my time is NOW!

Love,
Poornima

Downloads:

1. **One week DFY meal planner:**

HORMONE RESET

- **Indian:**

<https://drive.google.com/file/d/1UevXDV7nxRMpaHyzjEy4fqWUAhBuvDW-/view?usp=sharing>

- **International:**

<https://drive.google.com/file/d/181UX0lw1ytT04yUEmu0qwckHMqvIVM5J/view?usp=sharing>

2. **One week metabolic activity**

planner:

<https://docs.google.com/spreadsheets/d/1eRutGgvufXQRtgw05jZS6z7qZjYOKjC/edit?usp=sharing&oid=104656922338326735600&rtpof=true&sd=true>

3. **Energy Release Practice:**

https://drive.google.com/file/d/1QKLNR0Vc9_f22LJhO7a5rgUpv99ij1iI/view?usp=sharing

HORMONE RESET

Your Dream Health Space

**Write your goals(ABC : Ask;
Believe; Claim)**

Set a date:

HORMONE RESET

Achieve it!!