

## **10 TIPS THAT CAN HELP YOU LOSE WEIGHT**

### **10- DRINK A GLASS OF LUKEWARM WATER WITH LEMON ON EMPTY STOMACH.**

This will allow you to suppress early morning hunger, suppress unhealthy bacteria and boost your metabolism.

### **9- MORNING WALK and 5 minutes of meditation**

10 -15 MINUTES OF MORNING WALK HELPS IMPROVE CIRCULATION, GET FRESH AIR AND CLEAR YOUR MIND.

Meditation helps your mind align with your body and start your day off with the right mindset.

### **8- FIX YOUR BREAKFAST**

Unless you are following intermittent fasting, choosing correct breakfast is the key as to how you are going to start your day. A combination of high protein, moderate fat and low carb can be a great choice

### **7- DRINKING WATER**

Pure and clean water is the best solution for the body. Drinking 60 to 70 ounces of sparkling water helps clean the gut, kidneys and all the cells in the body. It also flushes sugar from the body. Replacing water with commercial DRINKS can lead to significant weight loss.

### **6- EAT OUT**

**There are no two opinion about cooking at home, the real and whole food is better than commercial food. However, our**

**busy life does not allow all the time to be able to cook at home. We can manage eating out by making balanced choices with more salads, vegetables and grilled meat. Commercial food is high in sodium and causes weight gain.**

#### **5- PHYSICAL ACTIVITY**

**After every 60 minutes, we need to get up and move around at work or home for a few minutes. So, we can use the alarm, cell phone to remind us to get up and move. 150 minutes physical activities per week will help in weight loss.**

#### **4- GUT HEALTH**

**Being regular in our bowel movements is critical to maintain or lose weight. Our medical recommendation is 35 Gm of fiber is needed daily to maintain a healthy gut. The best way to get fibers is from real food or can be supplemented from medical grade supplements.**

#### **3-GOOD NIGHT SLEEP**

**A good night sleep is very critical for overall health. Deep sleep helps body rejuvenate, clean the toxins in the brain and clean the damaged cells in the body. It is recommended that adults should sleep for 7 to 8 hours daily.**

## **2- NUTRITION**

Nutrition is the key element for a sustained optimal health. A real food, whole food cooked at home is the best gift you can give to yourself. Creating time for healthy grocery shopping, meal planning and cooking is crucial for health and wellness.

### **1-THE STRESS**

Even if we follow all the tips given, but ignore stress management, it will be very difficult to achieve optimum health and weight loss.

This is the root cause and the gateway to all the chronic disease and illnesses. Stress leads to water retention, high sugar, inflammation, anxiety and depression leading to Obesity.

So, learning how to de-stress is the key to lose weight. We can create few common habits like breathing for one to three minutes every hour, 10 to 15 minutes of meditation before going to bed, go out of the building, get fresh air and if possible, get out of the situation. Chronic stress causes weight gain.

Every patient has a different reason of gaining weight, so we need to address it on an individual basis. We need to analyze the root cause of weight gain that will help a prolonged and sustained weight loss.

At Vail Medical Center and Weight Loss, we provide customized approach to lose weight.

So, let us help you analyze YOUR personalized reason for weight gain and not “ONE FITS ALL APPROACH.”

THANKS FOR THE GIFT OF YOUR TIME TO READ THIS HEALTH AND WELLNESS ARTICLE. DON'T HESITATE TO SHARE IT WITH YOUR FAMILY AND FRIENDS.

WARM REGARDS,

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