

GENERAL

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Introduction – Research on

- Prevent old age.
- Control health by change diet on base of blood test.
- Many diseases primary control by nature including how to weight loss & weight gain
- Philosophy

MOTO

- No economical at all
- Many people desire but not getting proper guideline so I feel to contribute my experience & research.

Note

- Diet for few days
- There is no magic stick in real like 1 tablet solution etc. Like the way you eat food regularly the same way do exercise regularly lifetime, if stopped then there will be unwanted results.
- After lose weight will feel lighter, freshness, joyful
- Taste of food forgotten, know taste of salt & sugar, tempting But note there is every food own self flavor which you will know by correct diet.

Weight

- Income 1 lac – Expenses- 30,000/-
- 70% kit – 30% exercise
- Will take long time, but continuous correct effort will surely give result
- Sugar support to gain weight

FOR WALKING:-

- Catch or drop 1 stop after or before
- Use staircase up to 4-5 floors
- Do home small work & own work
- Don't miss opportunity to walk.
- Walk straight or big round walk to keep rhythm

Exercise

- GYM can't be done continuously, so learn & Do exercise at home
- All exercise for belly stress,
 - 1) Do slow & steady
 - 2) Breath in rhythm, no panic, exhaust, it is joy.
 - 3) Try to keep close eyes
 - 4) Concentrate on target muscle.
- It's opportunity for meditation, so no earphones, no Audio & A/c, keep window open

2 Stages to reduce weight & for flat belly.

1. For big belly -
 - Diet as described separately
 - 40 minutes brisk walk.
2. For normal belly OR after 2 month –
 - Stop OR eat 1 time wheat instead of that eat jawar roti (bhakri)
 - Stop white rice (1 bowl brown rice can eat) & all pack foods, cookies, maida items.
 - 40 minutes' walk.
 - 40 minutes morning sleeping position home exercise (9 + 5 + 3 pose will teach)

More Accuracy - Begin with fast 3 days process

Who Can't follow diet:-

- Stop OR eat 1 time wheat / stop carbo, cookies etc.
- Stop rice or eat 1 bowl brown rice
- 45 minutes' walk.
- 40 Minutes home Exercise

Top 5 Good Food - Lentils, Sweet Potato, Carrot, Spinach, and Garlic

Top 5 Bad Food : - White bread, Sauce, Cold drink, Sugar ,refined oil

NOTE: - All guideline is on my personal research or study from many author which convince me. Follow guideline under doctor's observation.