

WEIGHT LOSS DEMYSTIFIED

with love from an **ex-obese** to
all the **otherwise-to-be-obese**



TOP 10 MYTH BUSTERS ABOUT
WEIGHT LOSS CIRCUS
+
1 BONUS INFORMATION

Through my experiences,

Omkar Deshpande

ex "fad-diet"ier

ex- "fad-workout" freak



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My Letter

Dear Friend,

The reason why I am calling out to all "to-be-obese" people is that I know the price of ignoring our health and even if we are aware of the issue, we are not dedicated or aware enough to take actionable steps towards our fitness goals.

My appeal is to all those people who are slowly getting swallowed by the monster called a "work environment" which hammers us 24/7 and not allowing us to connect with our own self.

After Corona, we can easily say that "work-related stress" is another *silent pandemic* world is grappled with and we are yet ignorant about it.

I used to make the same mistake. Not really looking at what am I eating, am I able to get enough sleep or not, am I able to stay positive or not and I was completely unaware of all this since I was still able to be a *top performer* at my workplace.

The least I was knowing that my body was just trying to *adjust* itself to my incorrect lifestyle and, like any other machine that is overworking fails early, my body started showing me the signs. I have mentioned the entire journey in the first part of my blog series "Live IT Up" hosted **www.omkarinsfire.com**.

My Letter

And if you are not aware of what is the cost of ignorance, if you are not able to take out time for yourself and leading a sedentary lifestyle, you are just waiting to be called "obese" in near future grappled with all those lifestyle diseases.

And this slow deterioration of our body is resulting in so many people getting affected severely by the current Corona crisis.

Here is my small attempt to wake you up. This is a short ebook that I am distributing free so people can be aware of myths of "weight loss" and be free of any kind of fear or misinformation about the process and really own up their lifestyle. This ebook contains all those myths that I had once before taking things seriously.

If you need to someone to help you with your lifestyle issues, stress, weight loss, reach out to me and I will be happy to impact even 1 person out of my experience and knowledge. There won't be any fess for this as this is something from my own heart.

More about my mission on the last page of this book.

Thank You,
Omkar Deshpande
ex-obese & now
Lifestyle Improvement & Accountabilty Mentor

Myth #1

Give up on your favorite food

Have you also fallen prey to those fad dieting concepts that tell you to skip everything you love and be on a diet that is nothing more than a "jail-ka-khana" diet?

I was one of the *victims* of these fad diets until I got to know the things in detail about dieting.

If you are such, here is a happy surprise for you !!!

Unless you are suffering from any underlying medical condition, you may not require to put away your favorite pav-bhaji, sandwich, or dal-rice.

Most of the fad diets have their origins in the western countries; prepared as per the local body types. However, a study has shown that South Asians have different body types and genes and hence, those fad diets will not do much other than make you and your body suffer.

Also, if your body senses any sudden change in the eating, though it will show signs of weight loss in the beginning, it will think like "*Is the person ok, why am I getting different food or restricted suddenly*". This way, the body will stop getting rid of fat and on the contrary, will try to store more fat.

Another aspect is, when you try to give up on your favourite food, there is every possible chance that you will have a cheat day and end up eating a lot on that day. After that, you end up feeling guilty and sometimes, we over-eat out of guilt. This adds to fat storage more and again we start looking for another diet.

Our body has adapted to certain food type since our childhood and that would be the best diet to have. The reason why we become obese is not due to the staple food, but it indeed because of being ignorant of our local food and going for those fast foods.

If you want to lose weight, ask your *dadi* s and *nani* s what is the food they are habitual eating for generations. They are the best dietician of all time.

So no more giving up on your favorite rice, or chapati or roti.

FAD DIETS JUST SAY NO



Myth #2

You need to hit the treadmill to start with

Most of us think about hitting the treadmill whenever we think of reducing our weight. So even if we do not like them, we end up paying huge fees and then don't take interest in that.

We need to first understand that if we are obese it is largely due to years of inactivity; what we call a sedentary lifestyle.

So when you are starting with something new, you are asking your body to push itself out of its comfort zone and do something it has never done before.

Hence, the main focus right now should be to **START WITH THE ACTIVITY YOU LOVE TO DO!!!** If you enjoy dancing, indulge in a dancing workout, if you love swimming, indulge in that. The main focus right now should be to get the body moving and get it habitual to the new active regimen. What happens most of the time is, our body and mind will resist any changes that will get it out of the comfort zone.



You will be able to survive this resistance from your mind and body only when you are excited to the level that you can ignore their *buk-buk* and perform the activities. And this can happen only when you do what you simply love doing it.

Now, if you are someone like I was earlier, not knowing what you love or which type of activities to do, open *YouTube* and search for *Cardio*, *zumba*, *Strength Training*, etc. and try out each one of them. Trust me, it is fun to try new things !!! It may take time for you to identify what you enjoy the most, but hey, we want to change the "lifestyle" so we need to understand that these things are part of a longer process.

And once your body gets used to the new routine, then you can go technical into the exercise routine and then start with cardio. (I recommend mix of cardio and strength training)

Caution: I would not recommend doing anything High Intensity as you are not yet acclimatized to it.

Myth #3

Losing weight is all about dieting and workout

While dieting and exercising play their part in your weight loss journey, there is more to it.

It involves developing a positive mental setup which is very critical during the initial phase of your journey. This is because, during this phase, you come across many changes that will test your mental toughness. For example, you may need to wake up early in the morning and without a strong will, you will just end up hitting that snooze button on that alarm and go back to sleep.

Also, a positive mental setup helps you in a great way to relieve stress, better manage the tasks and plan your day better. This way you help your body to regulate the release of happy hormones which helps the body in getting rid of fat around the critical organs, This relation between mind and body is too well known in science.

Apart from the mindset, losing weight consists of the following :

- How well you are able to get a good natural sleep.
- How well you are hydrating yourself.
- How well you are able to connect with your surrounding.
- How well you are able to enjoy every aspect of your life.

It is important to focus on overall wellness aspects rather than just weight loss for long-term results.

When we want to lose weight, it is recommended to have a long-term wellness goal in mind. This is because when you have only "weight-loss" as a goal, it is a short-term goal and there is every chance you get into the anxiety phase if you see those numbers on the weighing scale not coming down. You would, hence, end up indulging in those fad diets.

On the contrary, when you have a long-term goal such as ageing gracefully, you tend to focus on making those vital lifestyle changes. Since these are lifestyle changes, the result they provide is long-term.



Myth #4

Carbs are bad

Most of us think that carbs are bad and I have seen people going on an absolute no-carb diet.

Here are few points about the carbs,

- When we take in carbs, the glucose from the carbs are stored in glycogen (group of glucose molecules)
- When we perform any kind of physical activity, glucose is taken up from these glycogen stores, and energy is provided to the working muscles of the body.
- Hence, carbs can be said as the main source of energy for our body.



Our brain is the most metabolically active organ of our body. This means it needs the most amount of energy.

Now, imagine if you cut down on the carbs completely, how will the brain be able to work to its optimum levels? This creates an imbalance in brain cells and hence, we may feel sluggish or not very active throughout the day.

Also, if we deprive our body of carbs, it will look to get energy from fatty acids extracts from the fats. However, since the energy is not much extracted from the fatty acid when at rest, the body will then break down proteins and use it as energy. So, instead of helping build that muscle mass and, in a way reducing fat mass, proteins are deployed to be broken down for energy to carry out other functions.

Remember, our body takes in Carbs, fats, and proteins (as the very last option though) as sources of energy. Deprive of anyone, your body would not be able to function at its optimal level.

Myth #5

The more you sweat, the more you will reduce weight

This is the most common of all myths. I still remember I was asked by one of my gym trainers to wear a jacket and run so that I can sweat more and lose weight quickly.

However, I got to know later that all these things are just futile and I learnt the basic science behind this not working.

When you want to reduce weight, you basically want to reduce that oily matter that we commonly call as *Fat*. And the sweat that we experience is more of water, electrolytes and minerals exiting the body.

Since childhood, we have been learning that oil and water do not mix together. So, how can evaporation of water be equated to the disappearance of fat mass?

Sweating is a mechanism by which body balances its internal temperature through thermo-regulation.

"Stop raining sweat, you are just abusing your body"

When the temperature of the body goes up, due to closed room workouts or anything, the body initiates the mechanism to cool down by sweating (losing out water, electrolytes & minerals).

So, when you wear a jacket and go for a run, you are giving an extra workload to your body to regulate the temperature. Instead of focusing on the workout muscles and providing the fuel, it will spend its resources to regulate the temperature.

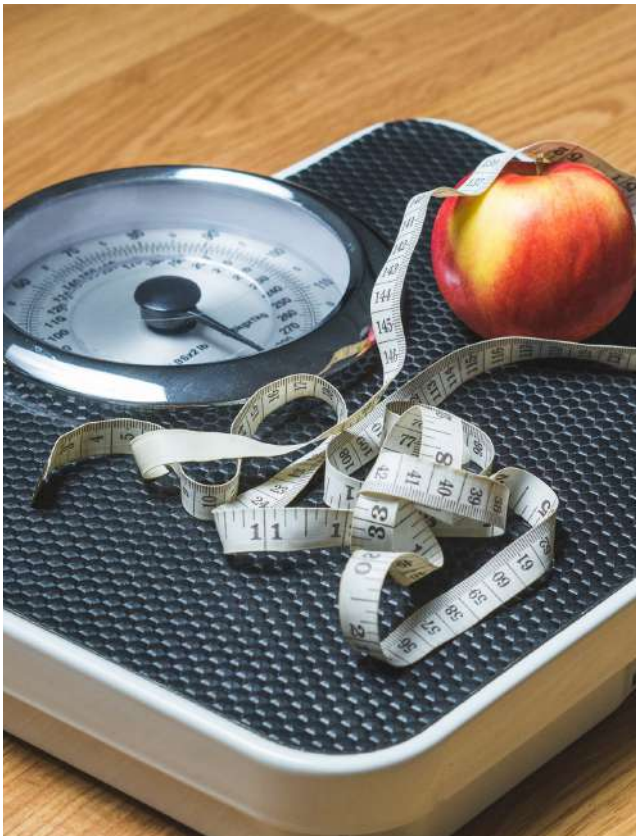


Myth #6

"Low-Fat" food is healthy

We often get fooled by the labels on the food packets which say "low-fat" or "fat-free" and we get the sense as if we have found some treasure.

However, here is the mistake that we do. Being "fat-free" does not mean "sugar-free" or free of calories. In most food products, "fats" are something that adds to their natural taste. Now, imagine that fat is removed and you are served that food. You are not able to eat it. To help you make eat that food, there needs to be some compensation for the taste. There goes some sugar, salt, chemical additives and all the other things.



Let's take some example,

"Low-fat" frozen yoghurt is considered healthy over ice cream. However, it could contain as much sugar as in the ice cream. If the fat is removed from the yoghurt and no additives are added, you won't be able to eat that yoghurt. Instead, yoghurt with fat will be more nutritious than without fat with added sugar.

Food containing fat is actually not bad for you. In fact, it is said that fat should constitute a major portion (about 20-30%) of our daily intake, second to carbohydrates.

Also, the body will use these fats to convert into fatty acids and when you perform any workout (especially anaerobic), this fatty acid is provided to the working group of muscle to generate energy.

Consumption of 4-5 small spoons of desi ghee gives you a lot of good fats that are required for the smooth functioning of our body internal.

Myth #7

Workout twice a day to have rapid weight reduction

This was another myth I had earlier and I used to work out twice a day until I got to know something.

Most of us are aware that in order to reduce weight, we need to have our body utilize more and more energy or calories.

Now, let's look at some exercise science. When you workout, the body burns fuel to keep the working group of muscles at their optimal performance. During this time, muscle fibres undergo microscopic breakdown. This is called *catabolism*.

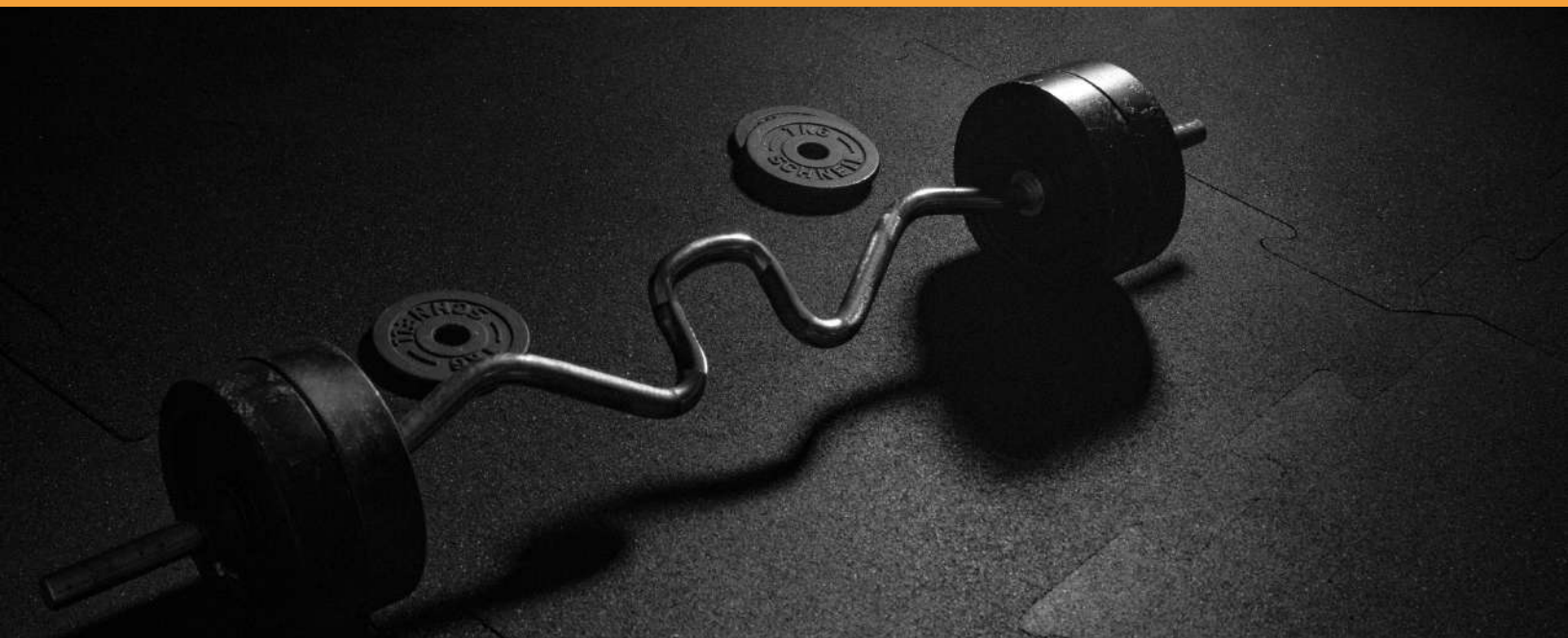
After you finish your workout, your body starts the repair and restoration process of those broken tissues. This is called *anabolism*. This process can last up to 48 hours from since you finished your workout.

Now imagine you working out twice a day. You are breaking down more muscle fibres in the short span after the previous breakdown and the body is just piled with the work of repair. Due to these rapid cycles of breakdowns, anabolism is unable to take effect.

Exercising 40-45 mins a day is more than sufficient to kick start your fat-burning furnace.

Hence, if you are working out twice a day, you are not burning the fat, but just making sure that your muscle tissues break down more often than repair.

Hence, performing mindful exercise is the best way to go instead of just going crazy spending the whole day doing workouts. That's what I call as *fad workouts*.



Myth #8

A lot of crunches will get rid of that huge pot belly

When I used to get that "burn" sensation in my abs after getting that huge potbelly undergo a higher number of crunches, I used to feel good and used to say, *"Yeah, I am feelin' the burn, I am losin' it"* All I was losing was the healthy muscle fibres.

The truth is, when you contract and relax the muscles too many times, a byproduct of that process known as *lactic acid* get produced. This acid is what gives us that burning sensation. The fat over the muscle remains untouched



Another thing is when you say that *"I am doing crunches to get flat abs"* what you are basically saying is *"I want to take out a bucket of water only from a corner of the swimming pool"*. Isn't this highly impractical?

Belly fat is very stubborn and is counted under "visceral fat". Visceral fat is the fat that covers your critical organs such as the kidney, liver, etc. This fat gets accumulated thanks to all the years of incorrect eating, lifestyle habits and sedentary lifestyle due to which your body continuously feels that you are not ok and it will try to protect the critical organ using fat.

Now, the only way to reduce that belly to make sure you lose weight regularly for the entire body, get rid of fat from other parts and once your body trusts you that you are regularly nourishing it proper food and workout and once it sees fat from other parts going away, then the last thing it will do is lose fat from that tummy.

Hence, the key is to **Get to the ideal wt first, the tummy will get in shape later.**

Myth #9

Strength training will get girls bulky arms

Hey *Lady Popeyes*, don't worry, you won't get those bulky arms or shoulders like men do when they do straight training.

This is because the female body does not produce the amount of *Testosterone* (growth hormone) that is required to bulk up those arms. In the female body, *estrogen* is more dominant than *testosterone*.

So, unless you are suffering from severe hormonal imbalance, you won't be getting those big bulky arms.

Now, who wants those flat sexy abs and tighter butts??

Another reason why strength training is highly recommended for women is that it improves insulin resistance which is very important for those suffering from the issue of PCOS. Here is how,

- Muscle cells are the highest consumer of glucose. Hence, growing muscle cells will help keep a tab on the sugar levels in the blood.
- Exercise will help make muscle cells become more sensitive to insulin and hence, the pancreas will have less work to do.

Strength training will also help women to keep in check the level of testosterone which, otherwise, may show PCOS symptoms.

You need to work on your strength training as well. Why should boys have all the fun ;-)



Myth #10

Walk in the morning is enough for me for weight loss.

Though walking can be great physical activity, walking in the garden in the morning and then spending an entire day sedentary will not help you lose weight.

An hour of workout is just 4% of your entire day, what you do for the rest of the day also determines how fast you would reduce your weight.

If you are just sitting at one place for the entire day after working out, it will be treated as being a "sedentary" lifestyle.



Hence, it is recommended that if you are in your office or at home, make sure you move from your place every hour. Take a walk, go to your colleague's desk, say hi to him/her, get up and grab a glass of water.

Try to make at least 10000 steps a day. You can track it using any of the apps on your mobile or get a fitness tracker/watch for yourself.



Bonus fact:

Why natural night sleep is important for weight loss?

I used to be so proud to brag about my mystical ability about able to stay awake the whole night and complete the presentations.

Lesser I was knowing that I was bragging about my body being abused and undergoing slow deterioration.

Our body works as per its own biological clock no matter what you are doing externally. And if you are unable to provide it with its favourable conditions to follow as per the biological process, the body will skip the function which, otherwise, it would have carried out.

Sleeping is said to be one of the most vital functions of all for our survival. Because this is the

function in which our nervous is at rest and that's when our body gets a chance to undertake various repair and regeneration processes of our vital organs such as kidneys, lungs, heart, blood vessels, spleen, etc. It also restores the working of critical body systems such as the endocrine system which is responsible for the secretion of various types of hormones.

Sleep also regulates our digestion system, immune system, brain function and much more.

Sleeping will help you lose weight, have a good one.

If you are unable to give your body time to rest and repair itself, it goes under "stress mode" where it releases *Cortisol- the stress hormones*. This hormone gets the body to store more fat around the critical organ since the body thinks you are under some stress and hence, unable to rest.

You may not see its immediate impact, however, if you see any person developing fat rings around the neck, there is a high possibility that the person would be obese and struggling with his/her sleep.





Meet Me

EX-OBESE AND EX-FATTY LIVER GUY

If you are reading this small ebook, then you have probably been through my profile and the letter I shared at the start of this ebook.

However, for those who haven't visited my profile, the above picture shows my 2 versions. The picture to the left is an older version of me. I was working in a night shift job for 5-6 years, really not able to take care of my health and fitness and with incorrect lifestyle, incorrect sleeping time, and incorrect eating pattern.

All these resulted in me getting diagnosed with pre-diabetic condition with HBA1C test showing the sugar level at 64%.

The one you see on the right side is the new version of me. Completely different, high levels of energy, highly productive, waking up early in the morning and planning out the day. This has resulted in me getting out of that pre-diabetic zone, no more fatty liver, and am able to fit into all my older clothes.

I achieved this all through simple knowledge of basic body sciences, a bit of Ayurveda, and focussed on vital changes in my lifestyle.



I am on a mission

To help people in the corporate sector, who are suffering from obesity and stress, to be free of these lifestyle diseases and lead a healthy lifestyle without dietary restrictions and simple natural body processes re-alignments.

Get free 1:1 counselling

This is my way to contribute to society. Especially during this Corona pandemic where people are locked in their homes, it is very important to take care of the lifestyle.

If you are looking to take charge of your lifestyle and lead a healthy, active and happy lifestyle, please click on the link below to book a free 1:1 counselling session with me.

[Book Free 1:1 Session](#)