



# LIVINE

HOLISTIC WELLNESS

...towards wholesome health

## NEWSLETTER

EDUCATE • EMPOWER • HEAL

India's Integrated Healthcare Ecosystem

SEPTEMBER 2026

EDITION

SECTION

1

# RESET YOUR METABOLISM

## The Science of SUSTAINABLE WEIGHT LOSS

Move Beyond Calories.  
Transform Your Metabolism.  
Transform Your Life.



IMPROVE. BALANCE. THRIVE.



Sustainable Weight Loss



Better Energy Every Day



Balanced Blood Sugar



Heart & Metabolic Health



Stronger Immunity & Vitality

“

Don't just lose weight. Improve the metabolism that controls your weight.

Expert Insights



Science-backed Strategies



Delicious Recipes



Ayurvedic Wisdom



Real Patient Success



Practical Takeaways



REAL PEOPLE. REAL STORIES. REAL HEALING.





# YOUR WEIGHT IS MORE THAN A NUMBER

## UNDERSTANDING THE METABOLISM BEHIND SUSTAINABLE WEIGHT LOSS

Dear Readers,

Welcome to the **September 2026 Edition** of the **Livine Holistic Wellness Newsletter**.

This month, we are focusing on a challenge faced by millions of people:

“Why am I not losing weight despite trying so hard?”

Many people respond to weight gain by eating less, skipping meals, following restrictive diets, or exercising excessively. Sometimes the weight decreases temporarily—only to return again.

Why? Because **body weight is not controlled by calories alone**.

### OUR METABOLISM IS INFLUENCED BY MANY INTERCONNECTED FACTORS

- |                                   |                                            |
|-----------------------------------|--------------------------------------------|
| Insulin sensitivity               | Gut health                                 |
| Muscle mass and physical activity | Food quality and protein intake            |
| Sleep and circadian rhythm        | Genetics and age                           |
| Stress and emotional health       | Certain medications and medical conditions |
| Hormonal health                   |                                            |

When these factors are disturbed, sustainable weight management can become considerably more difficult.

### WHY QUICK-FIX DIETS OFTEN FAIL

Extreme diets may produce rapid changes on the weighing scale, but they can be difficult to sustain.

Long-term success requires something very different:

- |                   |                  |               |                  |               |
|-------------------|------------------|---------------|------------------|---------------|
| Better nutrition  | Adequate protein | More movement | Stronger muscles | Quality sleep |
| Stress management | Healthy routines | Consistency   |                  |               |

The most effective lifestyle is not the most restrictive one. It is the one you can continue.

### WHAT YOU WILL DISCOVER THIS MONTH

- |                                                             |                                                  |
|-------------------------------------------------------------|--------------------------------------------------|
| Why metabolism can slow or become dysfunctional             | Ayurveda's perspective on Agni, Kapha and Meda   |
| The connection between insulin resistance and abdominal fat | Simple movement and strength-building strategies |
| Why muscle is important for metabolic health                | Healthy Indian vegetarian recipes                |
| How sleep and stress influence appetite and weight          | Common weight-loss myths versus facts            |
| How to build a metabolism-friendly Indian plate             | A real Livine transformation story               |
| Practical strategies for sustainable fat loss               |                                                  |



With warm regards,

**Dr. Harshit Maniar**  
Founder & Integrative Health Practitioner

**Dr. Khushboo Dhar Maniar**  
Co-Founder & Integrative Health Practitioner

### BEYOND THE WEIGHING SCALE

At Livine, we encourage people to look beyond kilograms.

A healthier metabolism may also mean:

- |                            |                             |                  |                                   |
|----------------------------|-----------------------------|------------------|-----------------------------------|
| Better blood sugar control | Reduced waist circumference | Improved energy  | Better strength and fitness       |
| Healthier lipid levels     | Improved sleep              | Better digestion | Reduced risk of metabolic disease |

Therefore, the goal should not simply be:

“How quickly can I lose weight?”

A better question is:

“How can I build a healthier metabolism that I can sustain for life?”

### THE LIVINE APPROACH

At Livine Holistic Wellness, we believe weight management should begin by understanding the individual—not simply prescribing another diet chart.

Our integrative approach brings together:

- |                     |                                      |                                  |                    |
|---------------------|--------------------------------------|----------------------------------|--------------------|
| Functional Medicine | Ayurveda                             | Clinical Nutrition               | Lifestyle Medicine |
| Exercise & Movement | Yoga, Breathwork & Stress Management | Sustainable Habit Transformation |                    |

The objective is not merely to help someone become lighter. The objective is to help them become **metabolically healthier**.

### A MESSAGE FROM US

“Don't just lose weight. Build a healthier metabolism, stronger body, and lifestyle you can sustain for life.”

- |                   |                          |                     |                        |
|-------------------|--------------------------|---------------------|------------------------|
| Small steps today | Better choices every day | Stronger metabolism | Healthier you for life |
|-------------------|--------------------------|---------------------|------------------------|

Let's make this month the beginning of a healthier, stronger, and more energetic you! ♥





# THE METABOLIC PUZZLE

## Why Some People Struggle to Lose Weight

You may know someone who seems to eat freely yet maintains a healthy weight, while another person carefully watches every meal and still struggles with weight gain. Why does this happen?

Because metabolism is much more complex than simply "calories in versus calories out."

Body weight is influenced by energy intake and expenditure, but both sides of that equation are affected by our biology, environment, sleep, activity, muscle mass, hormones, medications, appetite regulation, and daily habits.

Understanding this metabolic puzzle is the first step toward sustainable weight management.



### WHAT EXACTLY IS METABOLISM?

Metabolism refers to the thousands of chemical processes happening continuously inside your body that keep you alive and functioning.

Your body requires energy even while you are resting to:

- Keep your heart beating
- Maintain hormonal processes
- Maintain body temperature
- Power your organs
- Support brain function
- Support digestion and cellular activity
- Repair tissues

The amount of energy your body uses each day is broadly influenced by:

- RESTING ENERGY EXPENDITURE**  
Energy required to maintain basic body functions.
- PHYSICAL ACTIVITY**  
Energy used during walking, exercise, household work, and daily movement.
- THERMIC EFFECT OF FOOD**  
Energy used to digest, absorb, and process food.

Together, these contribute to your **TOTAL DAILY ENERGY EXPENDITURE**.

### SLOW METABOLISM – THE TRUTH

People often say, "My metabolism has become slow."

Sometimes metabolic rate does decrease. Age, loss of muscle mass, prolonged calorie restriction, reduced activity, body-size changes, and certain medical conditions can all influence energy expenditure.

However, sustainable progress rarely comes from trying to "boost metabolism" with teas, powders, detoxes, or supplements.

The foundations are far more powerful:

- Adequate protein
- Strength training
- Daily movement
- Quality sleep
- Balanced nutrition
- Appropriate calorie intake
- Stress management
- Consistency

### LOOK BEYOND BODY WEIGHT

A weighing scale tells you only how much you weigh.

It does not tell you:

- Waist circumference
- Blood pressure
- Muscle mass
- Lipid profile
- Fitness
- Liver health
- Blood sugar
- Sleep quality
- Insulin sensitivity
- Energy levels

Someone can improve their metabolic health significantly even when the weighing scale moves slowly.

Health transformation is bigger than weight loss.

### 7 FACTORS THAT CAN MAKE WEIGHT LOSS HARDER

#### 1 INSULIN RESISTANCE

Insulin helps move glucose from the bloodstream into cells. When cells become less responsive to insulin, the body may compensate by producing more insulin.

Insulin resistance commonly accompanies:

- Abdominal obesity
- Prediabetes
- Type 2 diabetes
- Fatty liver
- High triglycerides
- Metabolic syndrome

Improving insulin sensitivity can therefore be an important part of metabolic health.

#### 2 LOW MUSCLE MASS

Muscle is metabolically active tissue. More importantly, skeletal muscle is a major site for glucose disposal and plays an important role in insulin sensitivity.

This is why sustainable weight management should not focus only on:

"How much weight did I lose?"

It should also ask:

"Am I preserving or building muscle?"

Strength matters.

#### 3 POOR SLEEP

Regularly sleeping too little can influence:

- Hunger
- Appetite regulation
- Food choices
- Insulin sensitivity
- Energy levels
- Motivation for physical activity

If your nutrition is excellent but your sleep is consistently poor, an important piece of the metabolic puzzle may still be missing.

#### 4 CHRONIC STRESS

Stress doesn't magically create body fat, but chronic stress can make healthy weight management more difficult.

It may contribute to:

- Emotional eating
- Increased cravings
- Poor sleep
- Reduced activity
- Irregular meal patterns
- Difficulty maintaining healthy routines

Managing stress is therefore part of metabolic care—not an optional extra.

#### 5 FOOD QUALITY & PROTEIN INTAKE

Two diets containing similar calories can differ dramatically in:

- Protein
- Fibre
- Micronutrients
- Satiety
- Degree of processing

Meals rich in vegetables, pulses, legumes, whole foods, and adequate protein generally provide better satiety than diets dominated by refined and ultra-processed foods.

Don't only count calories. Improve the quality of those calories.

#### 6 HORMONAL & MEDICAL FACTORS

Certain health conditions can influence body weight, appetite, energy expenditure, or activity.

Examples include:

- Hypothyroidism
- PCOS
- Cushing syndrome
- Menopause-related changes
- Certain sleep disorders

Some medications may also contribute to weight gain.

Persistent or unexplained weight changes deserve proper medical evaluation—not another crash diet.

#### 7 YOUR DAILY ENVIRONMENT

Sometimes the biggest metabolic barriers aren't inside the body—

Consider:

- Sitting for most of the day
- Processed foods
- Large portion sizes
- Poor sleep?
- Low physical activity?
- Screen losing weight?
- Fatty deprivation?
- Lack of structured exercise

When the environment repeatedly encourages unhealthy choices, any cluster of these alone becomes difficult. may justify a medical and metabolic assessment.

### THE METABOLIC HEALTH CHECK Ask yourself:

- Increasing belly fat?
- Strong sugar or carb cravings?
- Energy crashes after meals?
- Poor sleep?
- Low physical activity?
- Difficulty losing weight?
- High triglycerides?
- Fatty liver?
- Prediabetes or elevated blood sugar?
- Family history of diabetes?

One feature alone does not diagnose metabolic dysfunction, but a cluster of these signs may justify a medical and metabolic assessment.

### LIVINE INSIGHT

Your metabolism isn't a switch that needs to be "boosted." It is a complex biological system that needs to be supported.

Instead of chasing rapid weight loss, focus on creating an internal environment that supports better metabolic health.



Don't fight your body. Understand it. Support it. Transform it.



# INSULIN RESISTANCE & BELLY FAT

## The Hidden Metabolic Connection Behind Weight Gain

You may think belly fat is simply stored excess calories. But abdominal fat—particularly visceral fat stored around internal organs—is **metabolically active tissue**. When excess visceral fat and insulin resistance occur together, they can reinforce each other and contribute to a cycle of worsening metabolic health.



Understanding this connection can change the way we approach weight management.



### FIRST, WHAT DOES INSULIN DO?



INSULIN

Whenever you eat carbohydrates, they are broken down into glucose. Glucose enters the bloodstream, and the pancreas releases insulin.

#### Insulin helps:

- ✓ Move glucose from the bloodstream into cells
- ✓ Provide cells with energy
- ✓ Store excess energy for later use
- ✓ Keep blood glucose within a healthy range

Insulin itself is not the enemy.  
It is an essential hormone.



### WHAT IS INSULIN RESISTANCE?

In insulin resistance, muscle, liver, and fat cells do not respond to insulin as effectively as they should.

The pancreas may initially compensate by producing more insulin.

For some time, blood glucose may remain relatively normal despite this increased demand. Over the years, however, insulin resistance can contribute to metabolic abnormalities and increase the risk of prediabetes and type 2 diabetes.

HIGH  
BLOOD SUGARPANCREAS  
WORKS HARDERCELLS  
RESPOND LESS

### THE INSULIN RESISTANCE-BELLY FAT CYCLE



- 1 Excess Energy & Low Activity**  
Frequent excess calorie intake + insufficient movement promotes fat storage.



- 2 Visceral Fat Accumulates**  
More fat begins accumulating around the abdominal organs.



- 3 Metabolic Signals Change**  
Excess visceral fat alters inflammatory and hormonal signalling.



- 4 Insulin Sensitivity Worsens**  
Muscle, liver, and adipose tissue become less responsive to insulin.



- 5 The Pancreas Works Harder**  
Body produces more insulin to maintain glucose control.



- 6 Metabolic Health Deteriorates**  
Over time: abdominal obesity, high TG, fatty liver, elevated glucose and other metabolic abnormalities appear.

The solution isn't simply shrinking the waist.  
We need to improve the metabolic environment behind it.



### WHY VISCERAL FAT MATTERS

Not all body fat behaves the same way.

#### SUBCUTANEOUS FAT

Stored beneath the skin



#### VISCERAL FAT

Stored deeper inside the abdomen around organs



#### Excess visceral fat is more strongly associated with:

- Insulin resistance
- Type 2 diabetes
- Fatty liver disease
- Abnormal triglycerides
- High blood pressure
- Cardiovascular risk
- Metabolic syndrome

Waist circumference can provide useful information beyond body weight alone.



### WARNING SIGNS OF POSSIBLE INSULIN RESISTANCE

Insulin resistance often develops silently.  
Possible clues may include:

- ⚠ Increasing waist circumference
- ⚠ Prediabetes or elevated glucose
- ⚠ High triglycerides
- ⚠ Low HDL cholesterol
- ⚠ Fatty liver
- ⚠ High blood pressure
- ⚠ PCOS in some women
- ⚠ Dark, velvety skin changes around the neck or body folds (acanthosis nigricans)
- ⚠ Strong family history of type 2 diabetes

These features do not individually prove insulin resistance, but their presence may warrant appropriate medical evaluation.



### THE GOOD NEWS: INSULIN SENSITIVITY CAN IMPROVE

#### 1 MOVE AFTER MEALS



A 10–15 minute walk after meals can help muscles use circulating glucose.

#### 2 BUILD MUSCLE



Resistance training improves strength and provides a larger metabolic reservoir for glucose disposal.

Aim for strength-based activity 2–3 times per week, as per your ability.

#### 3 PRIORITIZE PROTEIN



Include an appropriate vegetarian protein source with major meals:

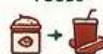
- Dal, Beans, Chana
- Moong, Soy/ Tofu
- Paneer/ Curd
- Nuts & Seeds

#### 4 INCREASE FIBRE



Vegetables, pulses, legumes, whole grains, seeds and appropriate fruits improve meal quality and satiety.

#### 5 REDUCE ULTRA-PROCESSED FOODS



Limit frequent intake of:

- Sugary drinks
- Sweets & bakery foods
- Refined snacks
- Highly processed packaged foods

#### 6 IMPROVE SLEEP



Aim for approx. 7–9 hours of quality sleep for most adults.

#### 7 MANAGE STRESS



Yoga, meditation, breathing exercises, hobbies, nature exposure and healthy social connections support sustainable behaviour change.



### DON'T JUST CHASE A LOWER BLOOD SUGAR

A normal glucose reading does not always tell the entire metabolic story.

Depending on the individual, metabolic assessment may include:



Other investigations when clinically indicated.

### YOUR 5-POINT METABOLIC ACTION PLAN



**EAT** – Build meals around vegetables, protein, fibre and minimally processed foods.



**WALK** – Move throughout the day, especially after meals.



**STRENGTHEN** – Preserve and build muscle with regular resistance exercise.



**SLEEP** – Protect your nightly recovery.



**REPEAT** – Consistency produces results that extreme short-term plans rarely sustain.



### LIVINE INSIGHT

Belly fat is not simply a cosmetic concern. Excess visceral fat can be a visible clue to what is happening metabolically inside the body.

Instead of asking only:  
"How can I lose my belly?"

Start asking:  
"How can I improve my insulin sensitivity, muscle health, nutrition, sleep and overall metabolism?"

When metabolic health improves, weight and waist reduction can become part of a much bigger health transformation.





# THE 7-DAY METABOLIC RESET

7 DAYS TO START BUILDING BETTER METABOLIC HABITS

This is not a crash diet. It is not a detox based on juices, starvation, or extreme food restriction.

The Livine 7-Day Metabolic Reset is a simple lifestyle challenge designed to help you improve the everyday habits that support blood sugar regulation, appetite, energy, muscle health, sleep, and sustainable weight management.

This week, don't aim for perfection.  
Aim for consistency.

## YOUR 7 METABOLIC RULES

**1 START WITH HYDRATION**  
Begin your morning with 1–2 glasses of water. Continue drinking water regularly throughout the day according to your thirst, activity level, climate, and medical needs. Avoid beginning the day with sugary beverages.

**2 INCLUDE PROTEIN AT EVERY MAJOR MEAL**  
Include an appropriate protein source such as moong, dal, chana, rajma, sprouts, tofu, soy, paneer, curd (if suitable), nuts and seeds. Protein supports satiety and helps preserve muscle during weight management.

**3 MAKE HALF YOUR PLATE VEGETABLES**  
At lunch and dinner, aim to make ~½ your plate non-starchy vegetables, according to tolerance. Rotate colours and varieties.



**4 WALK AFTER YOUR MEALS**  
Take a 10–15 minute comfortable walk after lunch and dinner whenever medically appropriate. Don't underestimate this simple habit.

**5 REMOVE LIQUID SUGAR FOR 7 DAYS**  
Avoid soft drinks, packaged juices, sweetened tea/coffee, energy drinks, sweetened shakes and sugary beverages. Choose water, unsweetened beverages or low-sugar alternatives instead.

**6 GIVE YOUR BODY A CONSISTENT NIGHT ROUTINE**  
✓ Finish dinner 2–3 hours before bedtime.  
✓ Reduce unnecessary late-night snacking.  
✓ Dim screens and lights before sleep.  
✓ Maintain consistent sleep and wake timings.  
✓ Aim for ~7–9 hours of sleep for most adults.

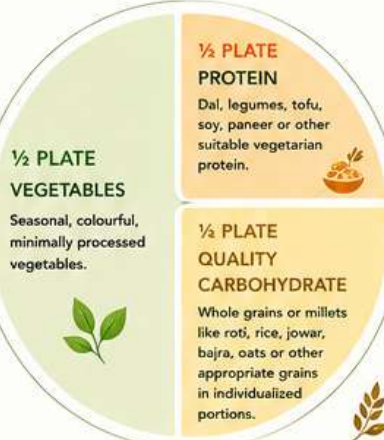
Metabolic recovery doesn't stop when you go to bed.

**7 MOVE EVERY DAY**  
Don't depend only on a morning workout. Break up long sitting periods. Aim for a combination of:



Strength training 2–3 times per week, when appropriate, can be particularly valuable for metabolic health.

## BUILD YOUR METABOLIC PLATE



PLUS: Small amount of healthy fat from nuts, seeds or appropriate cooking oils.

## YOUR DAILY METABOLIC CHECKLIST

- ☐ Hydrated adequately
- ☐ Protein included at major meals
- ☐ Vegetables included at lunch & dinner
- ☐ No sugary beverages
- ☐ Walked after meals
- ☐ Avoided prolonged sitting
- ☐ Practised intentional movement
- ☐ Avoided unnecessary late-night eating
- ☐ Prioritized sleep
- ☐ Managed stress for at least a few minutes

Aim for progress—not a perfect score.

## IMPORTANT

People taking insulin or glucose-lowering medicines, pregnant or breastfeeding women, older adults with frailty, and people with kidney disease, liver disease, eating disorders, or other significant medical conditions may require an individualized nutrition and exercise plan.

Do not make major dietary changes or fasting changes without appropriate professional guidance when these apply.

## YOUR 7-DAY ACTION PLAN

### DAY 1 – CLEAN YOUR ENVIRONMENT



Remove or reduce sugary drinks, sweets, biscuits, namkeen, bakery products, and ultra-processed snacks from easy reach.

Today's goal: Make healthy choices easier.

### DAY 2 – FIX YOUR BREAKFAST



Build breakfast around protein and fibre rather than refined carbohydrates alone. Try moong chilla, besan chilla, paneer/tofu veggie preparation, sprouts-based breakfast, protein-rich vegetable dal chilla.

Today's goal: Start your day with better satiety.

### DAY 3 – MASTER YOUR PLATE



Use the ½ vegetables + ½ protein + ½ quality carbohydrate framework at lunch and dinner.

Today's goal: Improve meal balance without complicated calorie counting.

### DAY 4 – WALK AFTER MEALS



Complete a 10–15 minute walk after lunch and dinner. Also stand or move briefly during prolonged sitting.

Today's goal: Make movement part of your meals.

### DAY 5 – BUILD YOUR MUSCLE



Add an appropriate resistance-training session.

- Chair squats
- Wall push-ups
- Resistance-band exercises
- Sit-to-stand
- Light strength exercises

Today's goal: Train your body—not just burn calories.

### DAY 6 – RESET YOUR SLEEP



Eat dinner earlier, reduce screens before bed, and create a calm bedtime routine.

Today's goal: Give your metabolism adequate recovery.

### DAY 7 – REVIEW & REPEAT



Ask yourself:

- Did my energy improve?
- Were my cravings better?
- Did I feel less hungry between meals?
- Did I walk consistently?
- Was my digestion comfortable?
- Did I sleep better?
- Which habit was easiest?
- Which habit needs more work?

Today's goal: Don't finish the reset—build on it.

## LIVINE INSIGHT

You don't need seven days to transform your body. You need seven days to start transforming your habits.

A metabolic reset isn't about punishing your body. It is about giving your body the fundamentals it needs repeatedly:



NOURISH



MOVE



STRENGTHEN



SLEEP



RECOVER



REPEAT

At the end of seven days, don't return to your old routine. Take the habits that worked—and make them your new normal.



REAL PEOPLE.  
REAL STORIES.



REAL HEALING.  
REAL RESULTS.



**LIVINE**  
HOLISTIC WELLNESS



HEAL YOUR GUT.  
HEAL YOUR LIFE.



# BUILD YOUR METABOLISM-FRIENDLY INDIAN PLATE

## Eat for Better Energy, Better Satiety & Sustainable Weight Management

Healthy weight management does not require abandoning Indian food. You don't necessarily need to eliminate roti, rice, dal, fruit, or traditional meals.

The real difference often comes from improving:

Portions • Protein • Fibre • Food Quality • Meal Balance

A metabolism-friendly plate should nourish your body, preserve muscle, support blood-sugar regulation, and keep you comfortably satisfied.



### ★ THE LIVINE METABOLIC PLATE – Your guide to balanced, nourishing meals

#### ½ PLATE VEGETABLES

Fill half your plate with a variety of non-starchy vegetables.

- Palak & methi
- Lauki, turai & tinda
- Carrot
- Capsicum
- Cauliflower & broccoli
- Cabbage
- Brinjal
- French beans
- Tomato & other seasonal vegetables

#### WHY?

- Fibre
- Micronutrients
- Volume with low energy density
- Better satiety
- Greater dietary diversity



#### ¼ PLATE VEGETARIAN PROTEIN

Give protein a defined place on your plate.

- Moong, masoor, chana, rajma, mixed dals
- Whole pulses & sprouts
- Tofu, soy
- Paneer
- Curd / Greek-style curd (if suitable)
- Nuts & seeds

#### WHY PROTEIN MATTERS

- ✓ Preserves muscle
- ✓ Improves satiety
- ✓ Reduces unnecessary snacking
- ✓ Supports healthy aging
- ✓ Supports recovery from exercise

#### PROTEIN-FIRST PRINCIPLE

Instead of beginning a meal with large portions of rice or roti, structure your meal around:

**Vegetables + Protein  
→ Then Appropriate Carbohydrate**

This simple change can improve meal balance and support better satiety & post-meal glucose management.

#### ¼ PLATE QUALITY CARBOHYDRATE

Choose the right type & portion for your body.

- Whole-wheat roti • Jowar roti • Bajra roti
- Other millets • Rice (appropriate portion)
- Oats • Dalia • Other whole grains

#### ✓ 7 FOODS TO EAT MORE OF

- 1 Vegetables**  
Aim for variety and colour.
- 2 Pulses & Legumes**  
Excellent sources of plant protein and fibre.
- 3 Appropriate Whole Grains**  
Use portions according to individual needs.
- 4 Nuts & Seeds**  
Small portions provide healthy fats and micronutrients.
- 5 Whole Fruits**  
Choose whole fruit instead of juice.
- 6 Fermented Foods**  
Homemade curd, buttermilk, idli/dosa fermentation and other traditional foods.
- 7 Fresh Home-Cooked Food**  
Simple meals often outperform highly processed "diet" products.

#### ✗ FOODS TO REDUCE

- Sugary beverages
- Sweets & desserts
- Biscuits & bakery products
- Deep-fried snacks
- Refined flour foods
- Highly processed packaged snacks
- Large portions of calorie-dense foods
- Frequent restaurant & takeaway meals

Think "less often and smaller portions" rather than creating an impossible list of forbidden foods.



Healthy does not mean unlimited.

#### SMART INDIAN BREAKFASTS

##### Instead of:

- ✗ Plain poha
- ✗ Plain upma
- ✗ Bread + tea
- ✗ Biscuits + tea
- ✗ Large portions of paratha alone



##### Build a more balanced breakfast:

- ✓ Vegetable moong chilla + curd
- ✓ Besan vegetable chilla + paneer filling
- ✓ Vegetable poha + sprouts
- ✓ Vegetable upma + protein-rich side
- ✓ Paneer/tofu bhurji + small roti
- ✓ Sprouts-based breakfast
- ✓ Oats + seeds + suitable protein source

Don't eliminate your favourite breakfast. Upgrade it.

#### SMARTER SNACKING

Before reaching for biscuits, farsan, chips or sweets, ask:

"Am I actually hungry?"

If yes, choose an appropriate option:

- ✓ Whole fruit
- ✓ Roasted chana
- ✓ Small portion of nuts
- ✓ Sprouts
- ✓ Unsweetened curd
- ✓ Makhana (controlled portion)
- ✓ Vegetable-based snack



⚠️ Avoid turning snacks into another full meal.

#### FRUIT: FRIEND OR FOE?

- ✓ Whole fruit rather than juice.
- ✓ Seasonal varieties.
- ✓ Appropriate portions.
- ✓ Variety across the week.

Fruit provides fibre, vitamins, minerals and beneficial plant compounds.

People with diabetes or specific medical conditions may need individualized fruit choices and portions.



Fruit juice is not nutritionally equivalent to whole fruit.

#### ⚠️ DON'T FALL FOR THE "HEALTHY FOOD" TRAP

Some foods are nutritious but still energy-dense.



They can fit into a healthy diet. But eating them without attention to quantity can still increase total energy intake.

Quality matters. Quantity matters too.

#### SAMPLE METABOLISM-FRIENDLY INDIAN DAY

| BREAKFAST                                                                                 | MID-MORNING                              | LUNCH                                                                                                                                             | EVENING                                                                                                           | DINNER                                                                                                                                      |
|-------------------------------------------------------------------------------------------|------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| <br>2 vegetable moong chillas + curd<br>or<br>Paneer/tofu vegetable bhurji + 1 small roti | <br>1 whole seasonal fruit, if required. | <br>½ plate vegetables<br>¼ plate dal/chana/rajma/tofu/paneer<br>¼ plate roti/rice/millet (as per requirement)<br>+ Curd/buttermilk (if suitable) | <br>Unsweetened tea / herbal drink +<br>Roasted chana / small nut portion / suitable protein-rich snack if hungry | <br>Keep dinner simple: Vegetables + protein + individualized portion of carbohydrate<br>Finish 2-3 hours before bedtime whenever possible. |

#### 5 QUESTIONS BEFORE EVERY MAJOR MEAL

- 1 Where is my protein?
- 2 Where are my vegetables?
- 3 Is my carbohydrate portion appropriate?
- 4 Am I eating because I'm hungry—or because food is available?
- 5 Can I take a short walk after this meal?

These five questions can transform the way you build your plate.



#### LIVINE INSIGHT

Sustainable weight loss does not require eating less and less. It requires learning how to eat better.

- ✓ Don't fear Indian food.
- ✓ Don't fear carbohydrates.
- ✓ Don't chase exotic superfoods.

Build meals around vegetables, adequate protein, appropriate carbohydrates, healthy fats, and sensible portions.

**Balance Your Plate.  
Nourish Your Muscles.  
Support Your Metabolism.**

#### ! IMPORTANT

People taking insulin or glucose-lowering medicines, pregnant or breastfeeding women, older adults with frailty, and people with kidney disease, liver disease, eating disorders, or other significant medical conditions may require an individualized nutrition and exercise plan. Do not make major dietary changes or fasting changes without appropriate professional guidance when these apply.



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REAL STORIES.



REAL HEALING.  
REAL RESULTS.



HEAL YOUR GUT.  
HEAL YOUR LIFE.



HEAL YOUR GUT.  
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Healthy eating is not about restriction. It is about nourishment, balance, and creating habits you can sustain for life.



# METABOLISM-FRIENDLY INDIAN KITCHEN

## 4 Protein & Fibre-Rich Vegetarian Recipes for Sustainable Weight Management



Healthy eating doesn't have to mean bland salads, expensive superfoods, or giving up Indian flavours. These recipes are designed around the principles of better meal balance:

Protein • Fibre • Vegetables • Satiety • Portion Awareness



### 1 GREEN MOONG & PANEER CHILLA

#### A Protein-Rich Breakfast



#### PREPARATION

Blend soaked moong with ginger, coriander, jeera and enough water to make a batter. Spread on a heated pan like a chilla. Add spinach and paneer filling, fold, and cook until done.

#### INGREDIENTS — 2 SERVINGS

- Green moong, soaked — 1 cup
- Paneer, crumbled — 100 g
- Spinach — ½ cup
- Coriander — handful
- Ginger — small piece
- Green chilli — optional
- Jeera — ½ tsp
- Salt — to taste
- Oil — minimal, for cooking

#### WHY WE LIKE IT

- ✓ Protein-rich
- ✓ Fibre-rich
- ✓ More satiating than many refined breakfasts
- ✓ Combines pulses + vegetables + protein



**LIVINE TIP:** Pair with unsweetened curd or mint chutney rather than sugary sauces.

### 2 RAINBOW CHANA POWER BOWL

#### A Balanced Metabolic Lunch



#### PREPARATION

Combine cooked chana and vegetables. Add lemon, roasted jeera, pepper and salt. Sprinkle seeds before serving. For those who experience bloating with raw vegetables, use lightly steamed vegetables instead.

#### INGREDIENTS — 1 SERVING

- Cooked kala chana — ½ cup
- Cucumber — ½ cup
- Capsicum — ½ cup
- Coriander — handful
- Roasted jeera powder
- Salt — to taste
- Sesame/pumpkin seeds — 1 tsp
- Tomato — ½ cup
- Carrot — ½ cup
- Lemon juice — 1–2 tsp
- Black pepper

#### WHY WE LIKE IT

- ✓ Plant protein
- ✓ High fibre
- ✓ Colourful vegetable diversity
- ✓ Excellent meal volume
- ✓ Helps improve satiety



**LIVINE TIP:** Eat slowly and chew the chana thoroughly.

### 3 TOFU VEGETABLE STIR-FRY

#### Protein-Focused Dinner



#### PREPARATION

Lightly sauté ginger and vegetables, keeping them slightly crisp. Add tofu cubes, seasoning and sesame seeds. Finish with lemon juice.

#### INGREDIENTS — 2 SERVINGS

- Tofu — 200 g
- Capsicum — 1 cup
- French beans — ½ cup
- Broccoli/Cauliflower — 1 cup
- Carrot — ½ cup
- Ginger — 1 tsp
- Sesame seeds — 1 tsp
- Black pepper
- Lemon
- Salt
- Oil — 1–2 tsp

#### WHY WE LIKE IT

- ✓ High-quality vegetarian protein
- ✓ Vegetable-rich
- ✓ Fibre-rich
- ✓ Light but satisfying
- ✓ Easy way to increase protein at dinner



**OPTIONAL:** Pair with unsweetened curd or mint, or appropriate portion of rice according to individual requirements.

### 4 APPLE-CINNAMON HUNG CURD BOWL

#### A Smarter Sweet Option



#### PREPARATION

Add chopped apple to the curd. Mix in chia, flaxseed and cinnamon. Top with walnuts. No added sugars required.

#### INGREDIENTS — 1 SERVING

- Unsweetened hung curd/Greek-style curd — 150 g
- Apple — ½ to 1 small
- Chia seeds — 1 tsp
- Ground flaxseed — 1 tsp
- Cinnamon — pinch
- Walnuts — 2–3 halves

#### WHY WE LIKE IT

- ✓ Protein + fibre combination
- ✓ Naturally sweet
- ✓ Provides healthy fats
- ✓ More satiating than many desserts
- ✓ Quick and easy



**LIVINE TIP:** Treat nuts and seeds as nutritious additions—not unlimited foods.

#### THE LIVINE RECIPE FORMULA

You don't need a special "weight-loss recipe" every day.



Examples of simple upgrades:

- Poha → add sprouts + vegetables
- Chilla → add paneer/tofu filling
- Khichdi → increase dal + vegetables
- Roti-sabzi → add dal/curd/paneer
- Upma → add vegetables + a protein-rich accompaniment

Don't replace your food culture. Improve its nutritional balance.

#### SMART COOKING RULES

- ✓ Prefer home-cooked food most of the time.
- ✓ Use oil mindfully rather than pouring freely.
- ✓ Avoid routinely deep-frying healthy ingredients.
- ✓ Include seasonal vegetables generously.
- ✓ Keep added sugar minimal.
- ✓ Use herbs and Indian spices for flavour.
- ✓ Avoid making every "healthy" recipe excessively rich in nuts, seeds, cheese, or ghee.
- ✓ Adjust portions to your individual requirements.

#### METABOLIC SPICE BOX



Use them as part of normal cooking for flavour and dietary variety.

Remember: No single spice "burns fat" or reverses metabolic disease. The overall dietary pattern matters far more than any one ingredient.

#### THIS MONTH'S KITCHEN CHALLENGE

##### UPGRADE ONE MEAL EVERY DAY

For the next 30 days, take one regular meal and ask:

- ✓ Can I add more vegetables?
- ✓ Can I improve the protein?
- ✓ Can I reduce unnecessary refined foods?
- ✓ Is my portion appropriate?
- ✓ Am I eating mindfully?
- ✓ Can I walk after this meal?

One upgraded meal every day means ~30 better meals this month.



#### LIVINE INSIGHT

The healthiest diet is not built around deprivation. It is built around better choices repeated consistently.

*Use traditional Indian foods intelligently.*

Keep the flavour. Improve the balance. Nourish the metabolism.



REAL PEOPLE.  
REAL STORIES.



REAL HEALING.  
REAL RESULTS.



**LIVINE**  
HOLISTIC WELLNESS



HEAL YOUR GUT.  
HEAL YOUR LIFE.



# AYURVEDA & METABOLIC HEALTH

## Understanding Agni, Kapha, Ama & Meda Dhatu

Ayurveda has viewed metabolism as more than digestion for thousands of years. Rather than focusing only on body weight, it looks at how effectively the body digests, transforms, utilizes, and eliminates what we consume.

Four key concepts help us understand this better:



AGNI



KAPHA



AMA



MEDA DHATU

“Healthy body composition matters more than simply becoming thinner.”



### AGNI The Power of Digestion & Transformation

Balanced Agni is associated with:

- ✓ Comfortable digestion
- ✓ Appropriate appetite
- ✓ Regular bowel movements
- ✓ Good energy
- ✓ Feeling light after meals

When Agni is disturbed:

- Heaviness after eating
- Bloating
- Irregular appetite
- Sluggishness
- Digestive discomfort

#### Ayurvedic Principle

Support digestion rather than continuously overloading it.



### KAPHA Structure, Stability & Storage

Kapha is associated with:

- ✓ Stability
- ✓ Nourishment
- ✓ Structure
- ✓ Heaviness

Excess Kapha-like pattern may lead to:

- Heaviness
- Sluggishness
- Low activity
- Excessive sleep
- Reduced motivation
- Tendency toward weight gain

The goal is not to “remove Kapha”. The goal is balance.

Movement, appropriate food portions, regular routines, and avoiding excessive sedentary behaviour can support this balance.



### AMA When the System Feels Overloaded

Signs traditionally described:

- Coated tongue
- Heaviness
- Sluggish digestion
- Bloating
- Poor appetite
- Fatigue
- General feeling of dullness

#### Livine Perspective

Instead of aggressive “detoxes”, support the body’s normal physiology through:

- ✓ Wholesome food
- ✓ Adequate hydration
- ✓ Regular bowel habits
- ✓ Physical activity
- ✓ Quality sleep
- ✓ Appropriate medical care



### MEDA DHATU The Ayurvedic View of Adipose Tissue

Meda Dhatu relates to the body’s adipose or fat tissue.

- ✓ Healthy fat tissue has important physiological functions.
- ✓ Concern arises with excess accumulation & associated metabolic dysfunction.

Modern medicine also recognizes that excess visceral fat is linked to insulin resistance, fatty liver, type 2 diabetes & cardiovascular risk.

#### Ancient framework.

Modern understanding.

One important message:

Healthy body composition matters more than simply becoming thinner.



These symptoms can have many medical causes. Persistent symptoms should always be properly evaluated.

### DINACHARYA FOR METABOLIC BALANCE

A consistent daily routine supports metabolism.



- Wake at a reasonably consistent time.
- Begin with hydration according to your needs.
- Include walking, yoga or other movement.
- Get natural morning light when possible.



- Eat in a calm environment.
- Prioritize freshly prepared, balanced meals.
- Sit down and eat without rushing.
- Stop before feeling excessively full.
- Reduce screens & distractions during meals.



- Take a gentle 10-15 minute walk when appropriate.
- Avoid immediately lying down after a large meal.



- Keep dinner appropriate to your appetite.
- Finish dinner 2-3 hours before bedtime.
- Reduce excessive late-night screen exposure.
- Maintain a consistent sleep routine.

### THE AYURVEDIC SPICE BOX

Traditional spices add flavour & variety.



JEERA

Supports digestion.



DHANIA

Adds freshness & flavour.



GINGER

Traditionally used to support digestion.



TURMERIC

Rich in bioactive compounds.



METHI

Useful in vegetables, dals & other preparations.



CINNAMON

Adds flavour without adding sugar.



AJWAIN

Traditionally used for digestive comfort.



These are culinary ingredients—not magic fat burners. No spice can compensate for overeating, inadequate sleep, sedentary behaviour, or poor dietary quality.

### AYURVEDA DOESN'T MEAN EXTREME DETOX

Metabolic wellness does not require:

- ✗ Starvation
- ✗ Juice-only diets
- ✗ Excessive fasting
- ✗ Repeated purgation without indication
- ✗ Consuming large quantities of herbal mixtures
- ✗ Depending on “fat-burning” powders

A safer approach emphasizes nourishment, routine, movement, digestion, sleep & individualized care.

### 5 AYURVEDIC-INSPIRED METABOLIC HABITS

- 1 Eat With Awareness**  
Give your meal your full attention.
- 2 Respect Your Appetite**  
Learn to differentiate physical hunger from boredom, stress or habit.
- 3 Avoid Habitual Overeating**  
Comfortably satisfied is enough.
- 4 Move Every Day**  
Counter heaviness & sedentary behaviour with regular movement.
- 5 Follow a Rhythm**  
Consistent meals, activity & sleep create structure for healthy living.

### ANCIENT WISDOM + MODERN SCIENCE

At Livine, these approaches complement each other.

Modern Metabolic Science Helps Us Understand:



Ayurveda Provides Another Framework:



Used thoughtfully, ancient wellness principles can complement evidence-based nutrition, movement, sleep, stress management & medical care.



### LIVINE INSIGHT

Ayurveda reminds us that health is not created by one herb, one diet, or one detox—it is shaped by how we live every day.



EAT with awareness



MOVE with consistency



SLEEP with discipline



RESPECT your body's signals

Balance Agni. Build Healthy Habits. Support Your Metabolism.

Ancient Wisdom • Modern Science • Wholesome Health





# MOVE MORE. BUILD MUSCLE. IMPROVE METABOLISM.

**Why Exercise Is About Much More Than Burning Calories.**

Movement does much more than burn calories. It supports insulin sensitivity, muscle health, heart health, mobility, sleep, mental well-being, and long-term weight management.



The goal is not to exercise harder.  
The goal is to build a body that is stronger, more active, and metabolically healthier.



“Don't focus only on losing fat. Protect and build your muscle too.”

## THE 4 PILLARS OF METABOLIC MOVEMENT



### MUSCLE – YOUR METABOLIC ALLY

Skeletal muscle plays a major role in using glucose for energy.

Regular strength training can help:

- ✓ Preserve muscle during weight loss
- ✓ Improve strength and function
- ✓ Support insulin sensitivity
- ✓ Improve body composition
- ✓ Maintain independence with aging
- ✓ Support bone health
- ✓ Improve physical confidence



### 1 WALK MORE

Walking is simple, accessible and highly valuable.

Ideas include:

- Morning or evening walks
- Walking during phone calls
- Taking stairs
- Parking farther away
- Short movement breaks
- Walking to nearby places

**LIVINE PRINCIPLE:**

Don't exercise for 30 minutes and remain sedentary for the other 15 waking hours. Movement throughout the day matters.



### 2 WALK AFTER MEALS

Try 10–15 minutes after lunch and/or dinner.

A gentle post-meal walk may:

- ✓ Increase glucose uptake by active muscles
- ✓ Reduce prolonged sitting
- ✓ Support post-meal glucose management
- ✓ Improve daily activity levels
- ✓ Support digestion in many people



### 3 STRENGTH TRAIN 2–3 TIMES PER WEEK

Use your body weight, resistance bands, dumbbells or gym equipment.

**BEGINNER MOVEMENTS**

- Chair Sit-to-Stand Strengthens thighs & hips
- Wall Push-Ups Builds upper body strength
- Resistance-Band Rows Strengthens back & shoulders
- Calf Raises Supports lower-leg strength
- Step-Ups Develops leg strength
- Supported Squats Strengthens major lower-body muscles

Start gradually. Prioritize correct technique.

### 4 MOBILITY, YOGA & FLEXIBILITY

Movement isn't only about strength and cardio.

Include:

- Yoga
- Gentle stretching
- Joint mobility
- Balance exercises
- Breathing practices



## THE LIVINE 30–10–2 FORMULA



**AIM FOR 30 MINUTES**

of purposeful movement on most days. Brisk walking, cycling, swimming, yoga or other suitable activity.



**WALK FOR 10 MINUTES**

after major meals when practical. A simple habit with big metabolic benefits.



**AT LEAST 2 SESSIONS**

of strength training each week. Build, maintain and protect your muscle.

Your exact exercise prescription should be individualized based on your health, age, fitness & medical conditions.

## BREAK THE SITTING CYCLE



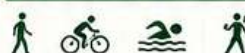
Interrupt prolonged sitting every 30–60 minutes.

- ✓ Stand up.
- ✓ Stretch.
- ✓ Walk around.
- ✓ Take the stairs.
- ✓ Refill your water.
- ✓ Do a few mobility movements.

Small movement breaks accumulate throughout the day.

## CARDIO + STRENGTH: WHY YOU NEED BOTH

### CARDIOVASCULAR EXERCISE



Examples: Brisk walking, Cycling, Swimming, Dancing

Supports:

- ✓ Cardiovascular fitness
- ✓ Endurance
- ✓ Energy expenditure
- ✓ Metabolic health

### STRENGTH TRAINING



Examples: Resistance exercises, Sit-to-stand, Resistance bands, Weight training

Supports:

- ✓ Muscle preservation
- ✓ Strength
- ✓ Bone health
- ✓ Physical function
- ✓ Body composition

Don't choose between cardio and strength. Build an appropriate combination of both.

## HOW MUCH EXERCISE DO ADULTS NEED?

**150–300 MINUTES**

of moderate-intensity aerobic activity per week

OR

**75–150 MINUTES**

of vigorous-intensity activity per week

+

**MUSCLE-STRENGTHENING ACTIVITY** on at least 2 days per week.

If you're currently inactive, start where you are and build gradually.

## A SIMPLE WEEKLY MOVEMENT PLAN

|     |  |                                       |
|-----|--|---------------------------------------|
| MON |  | 30-min brisk walk + post-meal walk    |
| TUE |  | Strength training + gentle stretching |
| WED |  | 30-min walk + yoga                    |
| THU |  | Strength training + post-meal walks   |
| FRI |  | 30–40-min cardio activity             |
| SAT |  | Strength + mobility                   |
| SUN |  | Gentle walk + recovery stretching     |

PLUS: Break prolonged sitting every day.

## DON'T USE EXERCISE AS PUNISHMENT



Avoid thinking:

“I ate too much, so I need to burn it off.”

Instead think:

“I move because my body functions better when I move.”

Exercise helps you become:

- ✓ Stronger
- ✓ Fitter
- ✓ More mobile
- ✓ More energetic
- ✓ Metabolically healthier

## EXERCISE SAFELY

If you have:

- Heart disease
- Uncontrolled blood pressure
- Significant joint problems
- Severe neuropathy
- Balance problems
- Recent surgery
- Significant breathlessness
- Other major medical conditions

Seek appropriate medical or professional guidance before beginning vigorous or unfamiliar exercise.

Intensity & exercise selection should always be individualized.



## THIS MONTH'S MOVEMENT CHALLENGE

**NEVER MISS TWICE**



Missed today's walk? Start again tomorrow.



Missed one strength session? Complete the next scheduled session.



Had a sedentary day? Move more the following day.

One missed day doesn't destroy progress. Repeatedly giving up does.



## LIVINE INSIGHT

Exercise is not simply a tool to make your body smaller. It is a tool to make your body stronger and metabolically healthier.



WALK regularly



SIT less



BUILD muscle



IMPROVE mobility



STAY consistent

Don't Just Lose Weight. Build a Stronger Body to Carry You Through Life.



REAL PEOPLE.  
REAL STORIES.



REAL HEALING.  
REAL RESULTS.



**LIVINE**  
HOLISTIC WELLNESS



HEAL YOUR GUT.  
HEAL YOUR LIFE.



# STRESS, SLEEP & THE WEIGHING SCALE

## The Missing Pieces of Sustainable Weight Management

You may be eating better and exercising regularly—but if you are constantly stressed, sleeping poorly, and emotionally exhausted, sustainable weight management can still become difficult.

Your brain, hormones, appetite, sleep, emotions, and daily habits are deeply interconnected.

Sometimes the next step in weight management isn't another diet. It is better recovery.

“You don't have to control your life. Just control your habits.”

### 1 STRESS & METABOLIC HEALTH

Short-term stress is normal. But chronic stress may make weight management harder by contributing to:

- Increased cravings
- Emotional eating
- Poor sleep
- Reduced motivation to exercise
- Irregular meal patterns
- Preference for highly palatable foods
- Difficulty maintaining healthy routines



Stress management is not simply about feeling calmer. It is part of sustainable metabolic care.

### 2 WHY POOR SLEEP CAN AFFECT YOUR WEIGHT

Regularly getting insufficient sleep may affect:

- Hunger and appetite regulation
- Food choices
- Glucose metabolism
- Insulin sensitivity
- Energy levels
- Exercise performance
- Mood and decision-making



When you're exhausted, your body may not actually need more food. Sometimes it needs more sleep.

#### HOW MUCH SLEEP?

Most adults should aim for  
**7–9 HOURS PER NIGHT**

But duration isn't everything. Sleep quality matters too.



Fall asleep easily



Stay asleep most of the night



Wake up refreshed



Consistent sleep–wake routine

Good sleep means:

### 4 THE STRESS–SLEEP–CRAVING CYCLE



Don't only manage the food. Break the cycle.

### 5 THE 10-MINUTE PAUSE

- STEP 1 – PAUSE**  
Don't immediately reach for food.
- STEP 2 – CHECK**  
Ask yourself: Am I physically hungry?
- STEP 3 – BREATHE**  
Take 5–10 slow breaths.
- STEP 4 – REDIRECT**  
Try: short walk, water, stretching, call someone, step outdoors, journaling, relaxing music.
- STEP 5 – DECIDE**  
If you're genuinely hungry, eat an appropriate snack mindfully.



The goal isn't to suppress hunger. It is to separate hunger from habit.

### 3 EMOTIONAL HUNGER VS PHYSICAL HUNGER

#### PHYSICAL HUNGER

- Develops gradually
- Can be satisfied with different foods
- Appears several hours after eating
- Reduces after an adequate meal
- Associated with genuine bodily hunger cues

#### EMOTIONAL HUNGER

- Appears suddenly
- Triggered by stress, boredom, loneliness, anger or fatigue
- Craves specific comfort foods
- Can occur soon after eating
- May continue even when full



Before snacking, ask: “Am I hungry—or am I stressed, tired, bored, or following a habit?”

### BUILD YOUR METABOLIC NIGHT ROUTINE

- 2–3 HOURS BEFORE BED**  
Finish dinner when practical. Avoid heavy late-night meals.
- 60 MINUTES BEFORE BED**  
Begin reducing work and stimulating activities. Dim lights. Reduce unnecessary screen exposure.
- 15 MINUTES BEFORE BED**  
Try: gentle stretching, slow breathing, reading, gratitude/prayer, journaling.
- BEDTIME**  
Keep your room: Dark • Quiet • Comfortable • Cool  
Maintain consistent bedtime and wake time.

### 5-MINUTE NERVOUS SYSTEM RESET

You don't need an hour-long meditation.

- Sit comfortably and relax your shoulders.
- Breathe slowly through your nose.
- Allow the abdomen to expand gently as you inhale.
- Make the exhalation slow and comfortable.
- Bring your attention back to your breath.

Five calm minutes are better than waiting for the “perfect” time.

### DIGITAL HYGIENE MATTERS

- No phone during meals
- Reduce screens before bedtime
- Turn off unnecessary notifications
- Avoid prolonged scrolling in bed
- Avoid making your phone the first thing you see every morning

Give your brain periods when it is allowed to be unstimulated.

### YOUR DAILY MIND–METABOLISM CHECK

At the end of each day, ask:

- Did I sleep adequately?
- Did I eat because of physical hunger most of the time?
- Did I manage stress without always turning to food?
- Did I take breaks during a busy day?
- Did I move my body?
- Did I have some screen-free time?
- Did I do something that helped me relax?

You don't need seven ticks every day. Awareness comes before improvement.



### DON'T LET THE WEIGHING SCALE CONTROL YOUR MOOD

Body weight naturally fluctuates due to:

- Hydration
- Sodium intake
- Glycogen stores
- Bowel contents
- Menstrual-cycle changes
- Meal timing

A single weighing-scale reading does not define your progress.

Look at the broader picture:

- Waist circumference
- Strength
- Energy
- Fitness
- Sleep
- Food habits
- Blood sugar
- Lipids
- Lipids
- Overall health

Measure progress—but don't let the measurement become the problem.



### THIS MONTH'S MINDSET CHALLENGE THE 3–2–1 RESET (For the next 30 days)



**3** Take 3 mindful pauses during your day.



**2** Spend at least 2 periods without unnecessary screens.



**1** Practise 1 intentional relaxation activity every day.

Walk. • Breathe. • Pray. • Meditate. • Journal. • Read. • Spend time in nature. Choose what genuinely helps you unwind.



### LIVINE INSIGHT

You cannot build sustainable metabolic health while treating sleep, stress, and emotional well-being as optional.



NOURISH YOUR BODY



TRAIN YOUR MUSCLES



PROTECT YOUR SLEEP



CALM YOUR MIND



BUILD ROUTINES YOU CAN LIVE WITH

A Healthier Metabolism Needs Both Action & Recovery.





# FROM 114 KG TO 94 KG

## Kamleshbhai Joshi's 10-Month Journey Towards Better Metabolic Health

20 KG WEIGHT LOSS • DIABETES REVERSAL • BETTER METABOLIC HEALTH

When Kamleshbhai Joshi joined Livine Holistic Wellness, he was living with diabetes, hypertension and a body weight of 114 kg. Through a personalized integrative program, lifestyle transformation and consistent efforts, he not only lost 20 kgs in 10 months, but also reversed his diabetes and significantly improved his health.



### THE STARTING POINT

- WEIGHT**  
114 kg
- DIABETES**  
Present
- HYPERTENSION**  
Present
- METABOLIC HEALTH**  
High risk

“The goal was not just to see a smaller number on the scale. The goal was to improve metabolic health and work towards diabetes reversal.”

### THE LIVINE JOURNEY

Over the next 10 months, Kamleshbhai consistently followed his personalized Livine program focused on the key pillars of metabolic health.

- Personalized Nutrition
- Regular Physical Activity
- Better Daily Routines & Sleep
- Stress Management
- Diabetes Monitoring
- Integrative Health Support
- Regular Follow-up & Accountability

Not about rapid weight loss. About creating improvements that last.

10 MONTHS LATER...

114 KG → 94 KG

**20 KG**  
WEIGHT REDUCTION

### THE BIGGEST ACHIEVEMENT

#### DIABETES REVERSED! ✓

Along with substantial weight reduction and lifestyle transformation, Kamleshbhai achieved diabetes reversal/remission — a major milestone in his metabolic health.

### MORE THAN WEIGHT LOSS

Kamleshbhai's journey reminds us that excess weight, diabetes, hypertension and lifestyle habits are interconnected. So we should ask more than just "How many kgs did you lose?"

- ✓ How has your blood sugar changed?
- ✓ How has your waist changed?
- ✓ Are you stronger and more active?
- ✓ Are your daily habits sustainable?
- ✓ Has your overall metabolic risk improved?

“The ultimate goal is not merely weight loss. It is better health.”

### 20 KG DIDN'T DISAPPEAR OVERNIGHT

Kamleshbhai's transformation took 10 months. That matters. Sustainable transformation is usually created through hundreds of ordinary decisions repeated consistently:

- ✓ One better meal.
- ✓ One walk.
- ✓ One workout.
- ✓ One good night's sleep.
- ✓ One healthier choice.
- ✓ One day at a time.

Consistency turned those small choices into a 20 kg transformation.

### HIS TRANSFORMATION AT A GLANCE



### KAMLESHBHAJI'S JOURNEY



### LIVINE INSIGHT

The weighing scale showed a 20 kg transformation. His metabolic health told the bigger story.

Don't Just Lose Weight.  
Change the Health Behind the Weight.

### KEY IMPROVEMENTS ACHIEVED

- ✓ Better blood sugar control
- ✓ Improved energy & stamina
- ✓ Better blood pressure management
- ✓ Improved body composition
- ✓ Higher confidence & quality of life

### FOCUS AREAS THAT MADE A DIFFERENCE

- ✓ Balanced, wholesome diet
- ✓ Daily physical activity
- ✓ Strength training
- ✓ Sleep & stress management
- ✓ Regular monitoring
- ✓ Professional guidance & support

REAL PEOPLE..  
REAL STORIES.  
REAL HEALING.



Individual outcomes vary. Diabetes remission/reversal should be assessed using appropriate clinical criteria and medication changes should only be made under medical supervision.



REAL PEOPLE.  
REAL STORIES.



REAL HEALING.  
REAL RESULTS.



LIVINE  
HOLISTIC WELLNESS



HEAL YOUR GUT.  
HEAL YOUR LIFE.



# LIVINE HOLISTIC METABOLIC HEALTH & WEIGHT MANAGEMENT PROGRAM

**Don't Just Lose Weight. Transform the Health Behind the Weight.**

A personalized, integrative and sustainable approach that addresses the root causes of weight gain and metabolic imbalance to help you achieve long-term results.



## WHO MAY BENEFIT?



Overweight or Obesity



Type 2 Diabetes



Insulin Resistance



High BP & Dyslipidemia



Fatty Liver



PCOS & Hormonal Issues



Thyroid Concerns



Poor Sleep & Low Energy



Sedentary Lifestyle

## THE LIVINE ROOT-CAUSE ASSESSMENT



We look at the Whole Person, not just the Problem.

## OUR INTEGRATIVE APPROACH



## THE 6 PILLARS OF METABOLIC TRANSFORMATION



## YOUR JOURNEY – STEP BY STEP



“ Small changes done consistently over time create meaningful transformation. ”

## THIS IS NOT A CRASH-DIET PROGRAM

### WE DON'T BELIEVE IN

- ✗ Starvation Diets
- ✗ Juice-only Detoxes
- ✗ Miracle Supplements
- ✗ Extreme Restrictions
- ✗ One Diet for Everyone
- ✗ Exercising as Punishment
- ✗ Obsession with Scale

### WE BELIEVE IN

- ✓ Personalization
- ✓ Root Cause Approach
- ✓ Evidence-Informed Care
- ✓ Traditional Wisdom
- ✓ Progressive Lifestyle Change
- ✓ Clinical Monitoring
- ✓ Sustainability

Because health transformation is holistic, not limited to the weighing scale.

## WE MEASURE MORE THAN KILOGRAMS

- ✓ Weight & Waist
- ✓ Blood Sugar & HbA1c
- ✓ Blood Pressure
- ✓ Lipid Profile
- ✓ Liver Health
- ✓ Strength & Fitness
- ✓ Energy & Sleep
- ✓ Digestion
- ✓ Overall Quality of Life



## READY TO BEGIN?

Your metabolic health journey starts here.

+91 9825783153

livinefitness@gmail.com

www.livinefitness.com



## LIVINE INSIGHT

*Sustainable weight management is not about fighting your body. It is about understanding your body and creating the conditions in which better health can emerge.*

## YOUR GOALS. OUR GUIDANCE.

- ✓ Better Metabolism
- ✓ Improved Health
- ✓ More Energy & Strength
- ✓ Better Sleep
- ✓ Lower Health Risks
- ✓ A Positive Lifestyle You Can Maintain



REAL PEOPLE.  
REAL STORIES.



REAL HEALING.  
REAL RESULTS.



**LIVINE**  
HOLISTIC WELLNESS



HEAL YOUR GUT.  
HEAL YOUR LIFE.





# WEIGHT LOSS & METABOLISM

## 10 Myths That Could Be Holding You Back

Weight management is surrounded by conflicting advice.

"Stop eating carbs." "Skip dinner." "Detox every week." "Sweat more to burn more fat." "Just eat less."

But sustainable metabolic health is rarely that simple.

Let's separate some common weight-loss myths from evidence-informed facts.

### THE BIGGEST MYTH OF ALL

"I NEED THE PERFECT DIET."

#### FACT

There is no single perfect diet for everyone.

The most appropriate nutrition strategy depends on:



Age



Medical Conditions



Culture



Food Preferences



Activity



Medications



Metabolic Goals



Lifestyle

A plan only works long term when it is nutritionally appropriate, medically suitable, practical, and sustainable.

### 1 MYTH

"Weight loss is simply about eating less."

#### FACT

Energy balance matters, but successful long-term weight management involves much more than simply reducing food.

- ✓ Food quality
- ✓ Protein
- ✓ Physical activity
- ✓ Muscle mass
- ✓ Sleep
- ✓ Stress
- ✓ Medical conditions
- ✓ Medications
- ✓ Eating behaviour

#### Livine Takeaway

Don't simply eat less. Learn to eat better.

### 2 MYTH

"Carbohydrates make you fat."

#### FACT

Carbohydrates are not automatically responsible for weight gain.

The type, quantity, overall calorie intake, and total dietary pattern matter.

Whole grains, pulses, legumes, vegetables, and fruits can all fit within a healthy metabolic diet.

#### Livine Takeaway

Don't fear carbohydrates. Personalize the portion and improve the quality.

### 3 MYTH

"Skipping meals speeds up weight loss."

#### FACT

Skipping meals is not necessary for successful weight management.

For some people, excessive restriction may lead to:

- Strong hunger later
- Overeating
- Poor energy
- Difficulty meeting protein needs
- An unsustainable eating pattern

#### Livine Takeaway

Meal timing should fit the individual—not a social-media trend.

### 4 MYTH

"Sweating more means burning more fat."

#### FACT

Sweating is primarily your body's cooling mechanism.

A large drop on the weighing scale after heavy sweating usually reflects fluid loss, not equivalent body-fat loss.

Once you rehydrate, much of that weight returns.

#### Livine Takeaway

Measure exercise by fitness and consistency—not the amount of sweat.

### 5 MYTH

"Cardio is the best exercise for weight loss."

#### FACT

Cardio is valuable, but strength training deserves an important place too.

Resistance exercise helps preserve or build muscle and supports:

- ✓ Strength
- ✓ Physical function
- ✓ Insulin sensitivity
- ✓ Bone health
- ✓ Healthy body composition

#### Livine Takeaway

Walk. Do cardio. Build muscle. You need more than one type of movement.

### 6 MYTH

"Detox drinks melt belly fat."

#### FACT

No lemon drink, herbal tea, spice mixture, or detox beverage selectively melts abdominal fat.

Your liver, kidneys, lungs, gastrointestinal tract, and other systems already perform essential elimination and metabolic functions.



#### Livine Takeaway

Support your physiology. Don't chase miracle detoxes.

### 7 MYTH

"Healthy foods can be eaten without limits."

#### FACT

Nutritious foods can still be energy-dense.

Examples include:



These foods can fit into a healthy diet—but portion size still matters.

#### Livine Takeaway

Quality matters. Quantity matters too.

### 8 MYTH

"The weighing scale tells me whether my plan is working."

#### FACT

Body weight is only one measurement. Progress may also appear as:

- Reduced waist circumference
- Increased strength
- Better glucose or HbA1c
- Improved blood pressure
- Improved lipids
- Better sleep
- Higher energy
- Improved fitness

#### Livine Takeaway

Measure health—not kilograms alone.

### 9 MYTH

"If my weight isn't falling every week, I've failed."

#### FACT

Body weight naturally fluctuates.

- Water balance
- Sodium
- Glycogen
- Bowel contents
- Menstrual-cycle changes
- Meal timing
- And many other factors

Progress is rarely perfectly linear.

#### Livine Takeaway

Look at trends over time—not one day's number.

### 10 MYTH

"Once I lose the weight, the work is finished."

#### FACT

Weight maintenance requires continuing many of the behaviours that helped create the improvement.

The real goal isn't:

"Finish the diet."

It is:

- ✓ "Build a lifestyle I don't need to quit."

#### Livine Takeaway

Maintenance is not the end of transformation—it is part of transformation.

### BEFORE YOU BELIEVE A WEIGHT-LOSS CLAIM...

Ask these five questions:

- Does it promise extremely rapid results? Be cautious.
- Does it require buying a "miracle" product? Be skeptical.
- Does it eliminate multiple food groups without a clear reason? Ask why.
- Does it claim one solution works for everyone? Personalization matters.
- Can I realistically follow this approach six months from now? If not, reconsider the strategy.

### REPLACE THE MYTH WITH THE HABIT

- Instead of "I need a detox" → Eat wholesome food and build healthy routines.
- Instead of "I need to stop carbs" → Improve carbohydrate quality and portions.
- Instead of "I need more cardio" → Combine cardio, strength and everyday movement.
- Instead of "I need to eat as little as possible" → Build balanced, satisfying meals.
- Instead of "I need faster results" → Build habits capable of producing lasting results.



### LIVINE INSIGHT

The best weight-management strategy isn't the one that produces the fastest change. It is the one that improves your health and can be sustained."



NO MAGIC DIET.



NO MIRACLE DETOX.



NO SHORTCUT.

Just better nutrition, more movement, stronger muscles, adequate sleep, appropriate medical care, and consistent habits.

**STOP CHASING QUICK FIXES. START BUILDING METABOLIC HEALTH.**



LIVINE HOLISTIC WELLNESS  
Towards Wholesome Health



REAL PEOPLE.  
REAL STORIES.



REAL HEALING.  
REAL RESULTS.



TRANSFORMING LIVES.  
RESTORING HEALTH.

Understand the Root Cause.  
Improve the Metabolism.  
Build the Habits.  
Transform the Health.



## YOUR 30-DAY METABOLIC HEALTH CHALLENGE

*Small Daily Actions. Meaningful Long-Term Change.*

You have learned throughout this September edition that metabolic health is not determined by one food, one workout, one supplement, or one number on the weighing scale. It is shaped by what you repeatedly do.

For the next 30 days, focus on consistency – not perfection.



- 1 NOURISH YOUR BODY**  
 Build your major meals around Vegetables + Protein + Fibre + Appropriate Carbohydrates + Healthy Fats  
 Ask before every major meal: "Where is my protein and where are my vegetables?"



- 2 WALK AFTER MEALS**  
 Take a 10–15 minute walk after lunch and/or dinner whenever medically appropriate. A small walk repeated daily can become a powerful lifestyle habit. Eat → Walk → Repeat



- 3 BUILD YOUR MUSCLE**  
 Include resistance or strength-based activity at least 2 times per week, according to your ability. Remember: Don't just aim to become lighter. Aim to become stronger.



- 4 BREAK THE SITTING CYCLE**  
 Avoid remaining seated for hours without interruption. Stand, stretch, or walk briefly approximately every 30–60 minutes when practical. Your workout matters – but so does the rest of your day.



- 5 REMOVE LIQUID SUGAR**  
 For the next 30 days, reduce or avoid: Soft drinks • Packaged juices • Sweetened beverages • Energy drinks • Excess sugar in tea & coffee  
 Drink your hydration. Don't drink your calories unnecessarily.



- 6 PROTECT YOUR SLEEP**  
 Aim for 7–9 hours of quality sleep for most adults. Create a simple evening routine: Earlier Dinner → Less Screen Time → Relax → Sleep  
 Your body needs recovery as much as it needs activity.



- 7 GIVE YOUR MIND 5 MINUTES**  
 Spend at least 5 minutes every day slowing down. Choose: Meditation • Breathing • Prayer • Reading • Journaling • Nature • Relaxing Music  
 Metabolic health needs both action and recovery.

## YOUR 30-DAY TRACKER

Each day, give yourself one ✓ for every habit completed.

| DAILY HABIT                           | ✓                        |
|---------------------------------------|--------------------------|
| Protein included in major meals       | <input type="checkbox"/> |
| Vegetables included at lunch & dinner | <input type="checkbox"/> |
| Post-meal movement                    | <input type="checkbox"/> |
| No sugary beverages                   | <input type="checkbox"/> |
| Avoided prolonged sitting             | <input type="checkbox"/> |
| Prioritized sleep                     | <input type="checkbox"/> |
| 5-minute mind reset                   | <input type="checkbox"/> |

Don't aim for 100%.  
 Aim to become more consistent than you were a month.

## THIS MONTH'S 4-WEEK ROADMAP



## THE SEPTEMBER WELLNESS SCORECARD

At the end of the month, ask yourself:

- NUTRITION** Did I build more balanced meals?  
**MOVEMENT** Did I become less sedentary?  
**STRENGTH** Did I challenge my muscles regularly?  
**SLEEP** Did I protect my recovery?  
**STRESS** Did I develop healthier ways to cope?  
**CONSISTENCY** Did these behaviours become easier?

If several answers are YES, you are moving in the right direction.

## WHAT'S HAPPENING AT LIVINE?

- Stay connected with the Livine community for:
- Metabolic health education
  - Health awareness webinars
  - Nutrition education
  - Yoga & wellness activities
  - Community health challenges
  - Practical health resources
  - Lifestyle-transformation programs
  - Corporate wellness initiatives

Learn together. Act together. Heal together.

## SEPTEMBER'S 5 GOLDEN RULES

- DON'T JUST EAT LESS – EAT BETTER.
- DON'T JUST LOSE WEIGHT – BUILD MUSCLE.
- DON'T JUST EXERCISE – MOVE THROUGHOUT THE DAY.
- DON'T IGNORE SLEEP & STRESS – RECOVERY MATTERS.
- DON'T CHASE PERFECTION – CHASE CONSISTENCY.

## YOUR HEALTH JOURNEY CONTINUES

September may end. Your metabolic-health journey doesn't. Carry forward the habits that helped you improve the habits that were difficult. And remember that meaningful health transformation is rarely created by one dramatic decision. It is created by small decisions repeated for months and years.



19 SEPTEMBER 2026  
 BANGKOK, THAILAND

FAME TIMES INTERNATIONAL EXCELLENCE AWARD  
 Recognizing Livine Holistic Wellness for  
 PIONEERING AN INTEGRATED, PERSONALISED & SUSTAINABLE  
 MODEL FOR CHRONIC DISEASE REVERSAL &  
 HEALTH TRANSFORMATION

## LIVINE MILESTONE

From individual transformations to international recognition, our purpose remains unchanged: helping people build healthier lives through personalised, sustainable and root-cause-oriented care.

REAL PEOPLE. REAL STORIES. REAL HEALING.

## A PROUD MILESTONE FOR LIVINE

LIVINE HOLISTIC WELLNESS TO RECEIVE

**FTIEA 2026**

International Recognition at Bangkok

19 SEPTEMBER 2026



**FTIEA**  
 FAME TIMES INTERNATIONAL  
 EXCELLENCE AWARD

at BANGKOK, THAILAND

We are delighted to share a proud milestone in the journey of Livine Holistic Wellness. On 19th September 2026, Livine Holistic Wellness will be receiving the Fame Times International Excellence Award (FTIEA) at Bangkok, Thailand.

This recognition honours Livine for  
*"Pioneering an Integrated, Personalised & Sustainable  
 Model for Chronic Disease Reversal and  
 Health Transformation."*

## WHAT THIS RECOGNITION REPRESENTS

This award celebrates Livine's commitment to building a healthcare model that goes beyond symptom management and focuses on understanding and addressing the multiple factors contributing to chronic disease.



Our model brings together these disciplines with personalised assessment, structured implementation, continuous monitoring and sustainable lifestyle transformation.

## FROM RAJKOT TO BANGKOK

What began with a simple vision – "Towards Wholesome Health" – is now being recognized on an international platform.

This milestone belongs not only to Livine, but also to every patient, family, practitioner, team member and well-wisher who has been part of our journey.

Your trust inspires us to continue building a healthcare ecosystem focused on:



EDUCATING  
PEOPLE



EMPOWERING  
HEALTH



TRANSFORMING  
LIVES