

Weight Loss Treat Obesity

From 134KG to 74 KG
In Less than 4 Months

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Preface

My Transformation Pictures

These are my transformation pictures from left to right. I went from 134 kilograms to 74 Kilograms in less than 4 months.



No more 3-hour Machining Crossfit or Gym Sessions, Leave those things for the Robots, No more killing Workouts, No more Killing Diet, Learn the Right Way, and Do it in a Very Human Way!

You do not need to lose weight by performing body, mind and spirit breaking exercise routines that cause near death experiences and blackouts, you don't need to cause yourself

acute physical and mental fatigue/injury by following extreme natured diet and exercises that lead to endocrine and stress injuries. And most importantly you do not need to listen to cruel gym instructors, doctors and friends who never had an obesity issue, leave them in the no brainers list.

Luckily I have done the job for you by spending not only a lot of hours but hundreds and hundreds of hours researching via online health documentaries, reading magazines, journals, surfing the internet, youtube, newspapers, watching lengthy weight loss documentaries, and lastly torturing myself with everything that does not work, especially working out 2 to 3 hours a day without any results for years following gym instructors and doctor's flop and useless advice that encouraged me to perform 2 to 3+ hours killing workouts daily with a strict diet, breaking my body, mind, and spirit, hurting my endocrine system and also having acute physical stress injury doing all this for years, authoring this book and sharing my experience with everyone was a decision i made to help other like me, and I am sure that whoever grabs this book will transform his life and at least be satisfied by what they will become in the process.

I have written this book for anyone who is obese or overweight and wants to get fit in the best healthiest way possible. I had tried and experimented with everything that is written in this book and has written this book in the best way that has worked for me and every method that has been a success for me.

The working principles and diet plan with exercise regimen included in this book will work for anyone or any age, regardless of gender.

The diet plan and exercises written in this book are very effective and easy, the overall difficulty and adaptability of the "Weight Loss: Treat Obesity" is easy and is for any obese person except for very elderly people.

This book is the outcome of my 9 plus years of exercise experience in Gym and Park. Luckily I was an experienced Gym enthusiast before I got really out of shape and obese, but I worked my way out of it with very detailed research and experimentation.

You do not have to go to the gym and you do not need gym for following this book for your fat loss transformation, you only need a room and a walking area or outdoor park, Although gym can work fine but it is not necessary to have a gym membership for following this book, but in case you like to go to gym then it's perfectly fine and you can walk on treadmill instead of outdoor walk.

You also need a pair of 2 lightweight dumbbells (between 1 to 3 kg max pair of dumbbells) for both the men and women.

I hope in the best way that my book will transform and enlighten your life and help you achieve a dream physique.

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Chapter 1

Health Introduction

“Journey of a thousand steps begins with a single step”

As you have heard before or your intuition told you many times when you were hurt or ill, that “Health is the real wealth” well said. As every wise man knows that health is the treasure without it you can't have a good life and every other thing in the world will seem not worth it. All pleasures of life will seem unpleasant because of bad health.

Imagine being a king with billions of dollars in the bank account but having a single illness will make all your being a king experiences to the level of zero satisfaction.

Very Lucky for all the obese people that being fat is the only so-called problem which can be reversed with proper dieting and exercise and is least costly compared to other illnesses human beings have.

If you are less than 60 years old then still you can do it and there is big hope, and if you are younger than 40 then it is going to be very easy.

Why a Ph.D. doctor might not be able to help you?

There is always a big difference in the ones who write after having a real experience than the one who writes without any such experiences, and yes this is true that many Ph.D. level doctors do write about obesity and weight loss and have widely popular publications but only if they really experienced and tasted the actual obesity beside studying about the cause or if they had this tough issue and resolved it then they might be right but in the end all the obesity doctors say the things like you need to do a diet of extreme nature or intermittent fasting and watch your carbohydrates and definitely get advice that you need to perform 2 or 3 hours hardcore exercise session on a daily basis and lower the insulin levels in the body .etc. and yes they all seem right because these extreme things do lead to weight loss for short-term only but those methods are very extreme and hard in reality and no one can stick to them for a long-term, we humans are not machines made of mechanical components or motors and not born to act like robots, we are humans made of flesh and the instruction we get from fitness instructors or obesity doctors are against human nature and the helpless person who follows those incredibly hard routines is the one who really suffers in the end. Finally, let's say that it is very easy for any naturally gifted slim guy from healthcare or fitness industry to tell you to adopt routines of extreme nature but it's not easy for the person to pursue such difficult and impossibly hard fitness programs or 3 hours of physical labor, it's only a recipe for disaster and irreversible long-term injury, and besides the mentioned if the

obesity doctors who never had any obesity issues were true and their approach worked then everybody would be living proof and fit and obesity pandemic would have never existed, but its a real rising cause of early death and its getting worse. The “Weight Loss: Treat Obesity” is a tried and true formula for extreme weight loss, you do not have to do hardcore robotic workouts or killing diets of an extreme nature or dangerous Gastric-bypass-surgery to get results, you can lose weight easier and faster than ever, safely and healthily. The author of this eBook has lost 60 kg in less than 4 months and You can too!

The exercise program in the ‘Weight Loss: Treat Obesity’ is very human-friendly when it comes to weight loss and is an easily adaptable weight loss method for treating and managing obesity in people.

The readers and followers of this ebook will be performing weight loss in a very human way without using those interventions which are impossible for humans to adapt and perform.

What is Acute Endocrine Injury? Do not break your Endocrine System with Extreme Workouts or Diets?

Do not break your endocrine system doing 2 or 3 hours of hardcore gym sessions, nobody will ever tell the truth but the human body works properly due to our internal hormones regulation by our bodily glands such as the pituitary gland which is a master gland in the brain and is a size of a pea and the

adrenal glands that sit on top of both kidneys, well there are 8 glands in the human body that produce over 50 crucial hormones on which the human life depends, these glands are Hypothalamus, Pineal body, Pituitary, Thyroid and parathyroid, Thymus, Adrenal gland, Pancreas, Ovary(female), Testis(male). Have you ever wondered why you are so fatigued after a 2 or 3-hour Gym session or when you do an extreme diet, that is because your vital glands are at stake and your wrong exercise program instructed by a cruel fitness instructor or obesity doctor has a toll on your hormonal glands on daily basis leading to poor hormone regulation inside the body and acute injury to the endocrine system that is ultimately causing you to become more overweight with acute stress injury instead of helping you lose weight, you look terrible don't you after performing those extreme workout routines that are making you eat double or triple the amount of food an average guy consume, you are gulping on 3 days of food daily after adapting extreme hardcore regimens that do the complete opposite of weight loss, don't they? Yes, they do. It's not your fault that you are broken and helpless against those extreme diets and exercises, in reality, these extreme exercises and diets are making you more hungry and even a Tarzan or Superman can't fight those hunger pangs, You don't know this but you are not a weak-minded person but these are the wrong instructions that are causing these fatigue and hunger issues, performing 2 or 3-hour exercise routine is like banging your head on a wall again and again with you being trapped in a loop because everywhere you go they tell you to perform diet and exercise of extreme nature but the people who tell these things

have never been obese and doing very well with the commission they get for consultations that never helped you.

This Weight Loss book is for just anyone tired of performing excruciating exercise routines and wants to lose all body fats in a more reliable, easy, and faster way that is healthily and safely possible and a tried formula based on real weight loss transformation that led to 60Kg fat-loss in less than 4-months.

An eye-opening truth when it comes to losing bodyweight?

This is true that more than half of the earth's population is overweight and in the present fast-food culture, fitness is a concern for everyone. and everyone is looking for a quick solution to shred some body fats to look great.

The major issue is that people are educated in many things but are not very well educated when it comes to fitness and because of that reason everyone does very wrong trials before learning the right knowledge which leads to the right path.

The wrong trials are part of the long term experience but you can avoid the wrong trials early enough and for that, you need the right knowledge which not everyone has. So that is when this Weight Loss ebook plays an important role in your life to help you win the situation.

This is a reality that anyone can tell you to do a 1-hour bicycle followed by a 1-hour elliptical machine and lowering your calories, but in reality, if you are working out for 2 or 3 hours then you definitely need to consume even more than the daily intake requirement in fact you might need to consume a diet consisting of 4000 to 5000 calories to maintain your bodily functions after hitting yourself with such a high energy demanding workout routine.

Did you know that marathon racers run 3 to 4 times in the week for 2 hours to 3 hours max and they consume around 5000 to 6000 calories and more?

So isn't it unfair to a person to hit the gym for 2 to 3 hours and eat only fewer calories to lose weight? In reality, it is completely wrong to work out so much and consume fewer calories.

The weight loss program such as diet and exercise in this obesity management book is designed in such a way which does not cause you to lower your calories and work out to the point which starts to harm your body.

One of the weight loss mistakes which everyone does is doing hard weight training in the gym with a low diet and that is completely the opposite as everyone knows how many calories do the bodybuilders take to compensate for the weight training they do in the gym.

Another concern of people is that they do not know how to shred fat for weight loss the right way and they keep listening to those fitness trainers and coaches who had never done weight loss in their life and never had any obesity issues.

The reality is that bodybuilding and losing weight with improving body shape are completely of the opposite nature.

Many gym coaches put people on hard aerobic training or a hard crossfit workout routine which breaks the body and spirit and badly affects your nervous system leading to mental and physical fatigue.

The reality is that the gym coaches might believe that they are right because they have years of experience in the fitness field or maybe they are unintentionally or intentionally playing with your mind to get the remuneration they get from personal training.

Yes the nature of work of a fitness coach is really hard and they may be trying to do good to you and want to make you stronger and muscular and leaner and they might be good at turning an average or moderate guy into a fitter form but handling obesity clients and dealing with weight loss is entirely something different.

All the Bodybuilding instructors are incredible at their job and deserve a credible recognition when it comes to weight training, bodybuilding or Crossfit but not everyone is great at dealing and managing with obesity issues of clients and that is because most of them have never experienced being obese and do not know

how much challenging and harder it is to lose weight if not done correctly.

Many of the Gym instructors ask you to buy their time to teach you about exercising and weight loss and that is solely because they are making a living out of it and many do believe that what they are teaching you about weight loss is true because they are the fitness trainers in the gym which seems like a true evidence of truth perhaps is not a strong fact when it comes to weight loss or dealing with obesity clients.

You might see the big muscles of your gym coach and then fall into the illusion that he knows also about weight loss which leads you to follow the instructions given by the muscular coach and you immediately start to perform the high-intensity workouts.

Every coach has a few things to say like I want to see your face red and your heart rate up or I want you to perform in the gym for an hour more and you are leaving so soon.

After even following every command of the gym coach you go home tired and all fatigued-out and then you finally realize a hard pain in your body and then know that it is some sort of injury that you are facing right now. But still, then you consult with the same gym coach again and he has a few other lines to say like these pains are temporary and you will stop feeling them in a week or so, yes you will not feel that pain resulting from an injury because your senses will be numb in a week and so on.

Pain while doing bodybuilding is different and for that, we all consume the right foods which repair the muscles and grow them big because in the bodybuilding we are doing micro-damage to our muscles and muscle ligaments and which ultimately grows due to stress and consumption of high protein, fats, and carbs rich dieting.

The pain you get in a typical weight-loss session and a bodybuilding routine is completely different as bodybuilders do not go through such an extreme cardio session as an average weight loss gym-goer does, So a bodybuilding coach has nothing to solve your problem of obesity except demanding you for a high-intensity workout.

Later-on What was just an injury will become a health disaster in a few months and then you will be mentally and physically defeated and finally will quit the gym for a long time.

If you have already felt all of this and are familiar with the situation then you know better about this as you have already experienced and felt it and if not then you are going to feel this way afterward joining a local gym for weight loss.

Anyone can easily predict how difficult a 3-hour workout is.

One of the things you should probably ask your gym instructors is if they had any obesity issues and how they dealt with it.

If your Gym instructor shares his 5 to 10-pound weight loss experience then it probably means that he is an inexperienced weight loss coach.

So this is why you should get this weight loss book to get all the answers to solve your obesity issue.

You will learn the art and science of weight loss from this unique only book, as it is very easy to follow than the traditional gym routines which involve 2 to 3 hours work out and the obesity management program in this book does not cause those issues mentioned above and is truly from real-life experience and a true weight-loss trial.

What is so Special about this Weight Management book?

The special thing about this weight loss book is that it is a real tried formula and that is something the current top books cannot offer as many people who author a weight loss book writes them based on a research and theory and not a real practical experience which one attains after many years of wrong and correct trials moreover one needs to understand the sensitivity of experiences the readers had faced in their life concerning the obesity issue and that is what this book offers to its readers.

Many of the top books advise you to hit the gym hard daily or do a life-threatening diet such as the keto diet or the weight loss shakes, teas and pills but all those things and interventions ultimately lead to a disaster of health and everyone knows how hard following those routines are.

Why this book for you?

The main reason why this weight loss book is the best choice is that it is a very easy to follow weight loss and Obesity management program and anyone who can still walk can make their fitness goal a reality.

Benefits after following?

Fat-loss towards fitness, Muscle formation and endurance, Body strength building, Stamina enhanced, Muscular endurance, Stress relief, Eating pattern improved, Better digestion, Self-development, Higher self-esteem, Better attitude, Character building, Play favorite sports, From obese to fit, Clothes fitting, No more extra+ sizes of clothes.

Difficulty level of program?

The program in this book is easy to follow. You do not have to over train and do hard diet.

Who can follow the book?

This book is for both men and women who are obese and overweight. The exercises inside the book are easy. The program is a mixture of simple cardio and aerobics. The length of the program is short. It took me two years to self-experiment and figure out a way to lose fats in a safe and reliable way.

Become Healthier and Happier with Easy Weight Loss!

If you follow this Weight Loss book then you are going to become healthier and happier than before and will be self-aware about your health and will be in your ideal BMI weight category. I hope that after reading you will no longer look for other weight loss books and will have plenty of knowledge to cure obesity in a positive manner rather than a hard and harmful one.

I would really like to read your feedback, comments and ratings and want you to give an honest feedback about your journey after following this book.

Learn the Art of Weight Loss Step by Step!

I have written the chapters in a proper sequence to guide you the right way which is easily understandable and very easy to read in your free time without making things complicated. This Weight Loss book is easy to follow with the easiest level of exercises which does not cause higher stress levels in people.

I have also given the weight loss program's quick summary in the end and written answers to many important questions such as maintaining blood glucose/ sugar levels and taking proper rest. I have also mentioned about whether going to the Gym first or Skipping until weight loss transformation.

Readers of this Weight Loss book will find it very easy to manage obesity the right way without losing brain and body energy as done in keto-diet and other types of harmful fad diets. I am sure that after reading this fat loss book anyone can get fit from being fat and be on a great and better fitness level.

No Torturing yourself with the Ketogenic or keto Diet!

You do not have to do a fad diet or reduce your carbohydrates intake to zero as done in ketogenic diet or keto diet, you will be eating a balanced meal and almost all types of foods carrying high nutritional value according to the instructions in this weight management book.

Get Fit in A Reliable Way!

I have written this book for any average obese person who likes to lose weight and get fit in a very easy and reliable way with proper balanced dieting and proper nutrition and an easy to follow exercise routine which aids in weight loss naturally and effectively overtime.

Beat the Fast-food Culture and be Healthier and Happier!

An average man living in a fast food culture may not have enough knowledge and exposure to complete information to solve his obesity condition and may find weight loss treatment very hard. An average beginner to weight loss program may find it a very challenging task and which diet or exercise program to follow might be a big challenge itself.

Avoiding Dangerous Diseases and Get Fit and Slim!

Growing obesity in people causes increased risk of various diseases such as heart diseases and digestive disorders and many doctoral researchers working in health organizations found out that obesity also causes hormonal disturbances and hormonal imbalances such as low thyroid functions and metabolic disorder.

Most of the time people find dieting most difficult because they start to immediately cut the meal frequency by doing some type of fad dieting which causes your brain and body to immediately lose energy levels because of unbalanced diet, they ignore the fact that humans need balanced nutrition to work properly to keep up bodily functions.

Learn the Right Weight Loss Knowledge!

People do not find weight loss and treating obesity easy because first they lack the right knowledge and do not have enough experience to cope with challenges involved in managing obesity

through a clean diet routine and exercise program to start weight loss correctly.

Treating obesity is not a difficult task with the right knowledge!

Treating obesity is not a very difficult task and is easier to treat than other medical conditions. According to my research on the rising obesity epidemic, the issue is growing faster and becoming harder by time for the people to get fit from being obese because of the modern lifestyle which involves eating more than usual to survive due to rise in the food and drink industry, and due to rise in potent medications related to psychological and physical ailment, these medications are so potent that even if you fed them to top fitness experts or supermodels or superhero starring A list celebrities in Hollywood or Bollywood they all will end up ultra obese in fastest and shortest time and will remain ultra obese until they stop taking these potent medications. In reality these medications are so potent that even if the people taking them perform rigorous exercise and strict diets they still would not be able to get rid of the body fats and will remain ultra obese unless they completely get off these potent medications. Unfortunately this ebook will not be suitable for people on potent medications because you cannot take a serious cause of obesity such as potent medications and expect weight loss. This ebook is for just anyone who wants to start a weight loss program that helps overcome this issue safely, holistically and healthily except people who are on potent medications or having an existing condition such as but not limited to myocarditis, cancer, aids or any other. Consult with your healthcare before starting any weight loss program especially if you have an existing condition.

Fitness Benefits in Life

Fitness has many benefits, especially being at a healthy weight according to the Body Mass Index(BMI) is best for Human Health.

Physical Fitness has many good effects on the human mind and body. People with a healthy BMI may enjoy a more active lifestyle than an overweight person, such as playing favorite active sports, like football, tennis, swimming, going for a run, or a daily brisk walk routine, wearing desirable clothing, etc.

As you have heard "Take care of your body, it is the only thing you live with" so everyone must take care of themselves and their health.

There is nothing in the world more precious to you than your health. All other monetary things are just for making you happy for a temporary period and nothing gives you permanent happiness except your health and well being.

Wealth is the creation of your health, and people take wealth over health as they ignore their health for wealth. Later realize that health is the most expensive and most valuable asset than any other thing in the world.

In our daily life, we tend to look good and wish to look fit in desirable clothes because everywhere you go, whether in your school, college, office or even in your own home, your first impression is your physical appearance, so better the fitness, better the health and appearance. Being on a healthy weight is

much better than being overweight, especially when it comes to health and an active lifestyle.

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