

# WHY CAN'T I LOSE WEIGHT?



MICHAL OFER  
SHABNAM DAS KAR

## TOP 4 REASONS WHY YOU CAN'T LOSE WEIGHT

- **You are insulin resistant.**
- **You spend a lot of time sitting continuously.**
- **You do not sleep enough.**
- **You eat too often.**

# You Are Insulin Resistant

Insulin Resistance is a condition where the hormone Insulin produced in your pancreas does not function as well as it should. When you have **insulin resistance your body cannot process the carbohydrates that you eat. The carbohydrates get stored in your body as fat.**

**Good quality fat from food does not make you gain fat!**

**How will you know if you are insulin resistant?**

**The infographic in the next page will tell you!**

What is the solution?

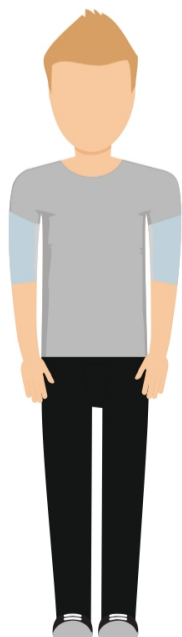
Eating less carbohydrates than you can tolerate will help you lose weight and manage insulin resistance better.

How much carbohydrates should you eat?

It depends! Each of you have a different level of carbohydrate tolerance.

## INDIVIDUALISED CARBOHYDRATE TOLERANCE

250 Grams



25 Grams



35 Grams



150 Grams



# INSULIN RESISTANCE

Are you insulin resistant?

Do you have?

## WAIST/HIP RATIO

Men >0.9

Women >0.8

Waist measurement at level of belly button.

Hip measurement at level of maximum girth

## WAIST CIRCUMFERENCE

Men >34 inches (85-90 centimetres)

Women >31.5 inches (>80 centimetres)

## ABNORMAL LIVER ENZYMES

High SGOT /ALT

High SGPT /AST

## FATTY LIVER (NASH/NAFLD)

## REQUIRE EXTREME EXERCISE

to maintain body composition

## PREDIABETES

or

## TYPE 2 DIABETES

## HIGH INSULIN

or

## EXTREMELY LOW INSULIN

## HIGH TRIGLYCERIDES

## HIGH URIC ACID

## PCOS

Polycystic Ovarian Syndrome

# You Spend A Lot Of Time Sitting Continuously

You have the “**Sitting disease**” !

**Spending many hours sitting continuously makes you store fat! And not fat just anywhere, but belly fat and fat around your organs. This fat is way more dangerous than the fat in your arms and legs!**

Continuous sitting is considered to be the new smoking. Interestingly, if you sit continuously throughout the day, **it negates the time you spent in the gym !** That’s not great! I know! “I don’t make the rules, I only state them.”

How much time do you spend sitting?

**How long is your commute?**

**How much time do you watch TV every day?**

**How much time do you spend sitting in front of a computer?**

**Are you getting your 10,000 steps a day?**

## **What Can You Do?**

Set a reminder on your mobile or computer/wearable to get up every hour.

Move around for at least 7-10 minutes every hour

Get up to drink water

Use a standing desk

Use a treadmill desk

Try walking meetings.

# You Do Not Sleep Enough

Do you consider sleep a priority? Or is it just something that you do because you have to?

**Not sleeping enough makes you store fat.** And not only does it make you gain weight, sleeping for less than 6.5 hours is associated with

- Diabetes
- Dementia
- Memory loss
- Heart disease
- Some cancers
- Worsening of Autoimmune Diseases
- Reduced fertility

## **Sleep Hygiene:**

- Have a specific bedtime during weekdays AND weekends. This is related to your circadian rhythm (biological clock).
- **A disrupted circadian rhythm makes you store fat!**
- **Do not use backlit devices nearer to bedtime. This includes all lighted rectangular devices .....laptops, tablets, cell phones, backlit eReaders.**
- Your bedroom should be used for sleeping and intimacy ONLY! No TV or charging devices in the bedroom.
- Use dark curtains/shades such that you can't see your hands when you switch off the lights at night.
- Keep room temperature at 18-19 degrees Centigrade.
- Have a cold shower just before getting into bed.
- Use a mattress cooler

# You Eat Too Often

How many meals do you eat in a day? Breakfast, lunch and dinner? Really? What about that tea with biscuits in the morning, and the snacks in the afternoon?

You have probably been sold the myth that you need to eat 6 times a day to lose weight. That is just that, a MYTH.

A smartphone study done a few years ago showed that people eat as long as they are awake. As the researcher of that paper Dr Satchin Panda says, **“your mouth is open as long as your eyes are open”**.

**People eat for 14-15 hours a day!**

You don't believe it, right? Track for 2 weeks and you may be shocked to see your results!

**Eating during time restricted windows helps in**

- **losing weight**
- **better sleep**
- **better mood**
- **less inflammation.**

What Can You Do

- 1. Track your eating times.**
- 2. Eat an early dinner. Your last meal no later than 7 PM.**
- 3. Start with 12 hours overnight fasting.**
- 4. You can slowly increase your fasting intervals (with counsel).**

# MDS PROGRAM

Are you interested in knowing more?

You can explore our website or join us for one of our online programs , where we teach you strategies for lifelong health.

**We do not use dieting , calorie counting, prescription drugs or surgery.**

**Please feel free to explore our website [www.mdsprogram.com](http://www.mdsprogram.com) or send us an email.**

***Michal Ofer***

***Shabnam Das Kar***

**Calgary, Canada.**