

# WHY CAN'T I LOSE WEIGHT?



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# Top Four Reasons Why You Can't Lose Weight

1. You are insulin resistant.
2. You spend a lot of time sitting continuously.
3. You do not sleep enough.
4. You eat too often.

## **1) You Are Insulin Resistant**

Insulin Resistance is a condition where the hormone insulin produced by your pancreas does not function well.

**When you have insulin resistance, your body cannot process carbohydrates from food as well as someone without insulin resistance.**

**The carbohydrates get stored in your body as fat.**

Eating good quality fat does not make you gain fat.

# INSULIN RESISTANCE

Do you have the following conditions?

## BELLY FAT (WAIST CIRCUMFERENCE)

Men >34 inches (85-90 centimetres)

Women >31.5 inches (>80 centimetres)

## WAIST/HIP RATIO

Men >0.9

Women >0.8

Waist measurement at level of belly button.

Hip measurement at level of maximum girth

## HIGH FASTING BLOOD GLUCOSE OR PREDIABETES OR TYPE 2 DIABETES

## REQUIRE EXTREME EXERCISE

to maintain body composition

## ABNORMAL LIVER ENZYMES

High SGOT /ALT

High SGPT /AST

## FATTY LIVER

## PREGNANCY DIABETES

## PCOS

Polycystic Ovarian Syndrome

## HIGH INSULIN

or

## EXTREMELY LOW INSULIN

## HIGH TRIGLYCERIDES

## HIGH URIC ACID LEVELS

## HYPERTENSION

(Not all hypertension)

# What Is The Solution?

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

## How much carbohydrates should you eat?

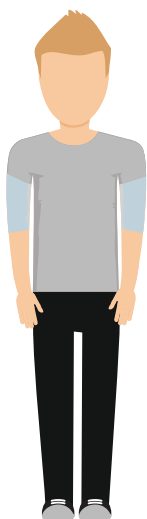
It depends! Each of you has a different level of carbohydrate tolerance.

As you can see in the image below, **people with excess belly fat need to reduce their daily carbohydrate intake to very low levels.**

One apple contains about 20 grams of carbohydrates.

### INDIVIDUALISED CARBOHYDRATE TOLERANCE

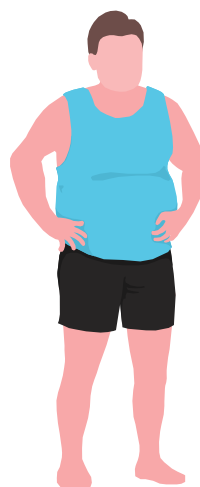
250 gms/day



25 gms/day



35 gms/day



150 gms/day



## 2) You spend a lot of time sitting continuously

**You have the "Sitting Disease"!**

**Spending several hours a day sitting continuously makes you store fat.** And not just fat anywhere, but the dangerous belly fat and fat around your organs.

Sitting continuously is considered to be the new smoking.

**Even if you exercise regularly, sitting continuously takes away the benefits of exercise.**

### How much time do you spend sitting continuously?

- 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?
- What is your daily step count?

## What can you do to interrupt continuous sitting?

- Use a sit-stand desk
- Schedule walking meetings
- Walk during phone calls
- If you work from home, consider using a room other than your bedroom.
- Don't keep your water jug/bottle near your work table; get up to drink water.



### 3) You do not sleep enough

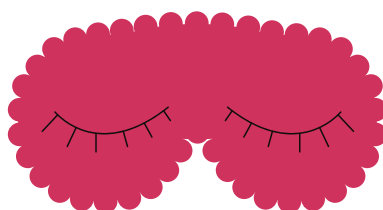
When it comes to sleep there are 3 types of problems:

1. You **don't prioritize sleep**; you don't think sleep is important for weight loss.
  2. You have **chronic insomnia**. You have trouble falling or staying asleep. Taking sleeping pills will not solve your problem. You need Cognitive Behavioural Therapy For Insomnia (CBT-i).
  3. You have **sleep disorders** like obstructive sleep apnoea (OSA). You stop breathing when asleep. You need to meet your doctor for a sleep study.
- How many hours do you sleep every night?
  - Do you have a fixed bedtime and wake-up time every day of the week?
  - Or do you need to catch up on sleep during the weekends?



# Strategies For Better Sleep

1. A disrupted circadian rhythm makes you store fat: Have the **same bedtime and wake up every day of the week**. Your body thrives on regularity.
2. Your bedroom should be used for sleeping and intimacy ONLY! **No TVs or mobile devices in the bedroom!**
3. Sleep in a cold dark cave, like a hibernating bear! Use **darkening curtains** or blinds or sleep masks.
4. Keep your **room temperature between 18-19 degrees centigrade**.
5. Take a **shower** 2 hours before bedtime.
6. **Eat the last meal** or drink of the day at least 3-4 hours before bedtime.
7. Use a **mattress cooler**.
8. Eat **adequate protein** in your evening meal.
9. **Switch off your backlit devices** nearer to bedtime. This includes TV, laptops, cell phones tablets and backlit e-readers.





## 4) You eat too often

You have probably been sold on the myth that you need to eat small frequent meals to lose weight. That is just that, a MYTH!

**When it comes to weight loss, when you eat and how many times you eat are as important as what you eat!**

1. Have an early dinner/supper. FINISH eating or drinking by 7 PM.
2. Track your mealtimes.
3. Prioritize proteins and good fat at every meal.
4. Eat fewer carbohydrate-containing food like rice, bread, pasta, roti, and breakfast cereals.
5. Eat 2-3 high-quality meals every day. You don't need to snack in between meals.
6. Eat within shortened intervals of time-Time Restricted Eating or Intermittent Fasting.

