

HOW TO LOSE WEIGHT ON A FULL & STUFFED STOMACH

LESSON 2 HIGH ENERGY MASTERCLASS

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HOW TO LOSE WEIGHT ON A FULL & STUFFED STOMACH

First of all, is losing weight important for you?

Why?

And how much?

For most of the people, losing weight is directly connected to a better self-image and self-esteem.

I just want to briefly state about a study where researchers talked with men and women who had lost and kept off more than 50 kg in United States.

They were asked to think back to when they were heavier and make a choice, "If someone offered you a couple of million dollars if you stayed morbidly obese forever, would you have chosen the money?

Or would you have chosen to be normal weight no matter what?"

They all jumped and said they would give up being a multimillionaire to be normal weight.

If that shocked you, hear this now.

They were then asked about being obese compared to other disabilities.

Each of the 47 men and women said that they'd rather be deaf for the rest of their lives than obese.

More than 90 percent said they would rather have a leg amputated and 9 out of 10 said they would rather be blind their whole lives than obese.

When asked the reason, one of the person responded "when you are blind, people want to help you. No one wants to help you when you are fat!"

So with that being the psychological downsides of obesity, lets jump to **1 key foundational strategy** for long term sustained weight loss.

But before that, let's look around and you will find there are 3 species on this planet which are having problems with their weight.

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What is the commonality about all 3 of the species?

Well, they all stay at the same place.

They all live in the human's house.

Yes, we are talking about – **Dog, Cat & Human.**

Look all in nature. You will not find any other species fat.

Have you seen an overweight pigeon?

Or a fat horse?

Watch animals in the natural habitat, even if there is plenty of food they get, like birdsThey do not get overweight.

So isn't that interesting?

Now the topic is how **to lose weight on a full & stuffed stomach.**

Given a choice, if you have to lose weight, would you want to lose it by feeling hungry or by feeling full?

I have asked this questions to hundreds of people and the answer is always the same, every time.

Nobody wants to lose weight by feeling hungry.
Everyone wants to lose weight by feeling full.

Why is that? Let's understand it first.

Satiety or satiety is a physical feeling of being full & satisfied.

It is the opposite of hunger and a powerful innate survival mechanism. That's why it's hard to defeat the hunger with willpower.

Now the most interesting part is this - Equal calorie foods do not represent equal satiety.

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Hmmm....what does that mean?

Let's see, which food can fill you more?

2 piece of Creamed Cookies OR 1 small muskmelon?

2 Spoon Butter OR 1 Kg watermelon?

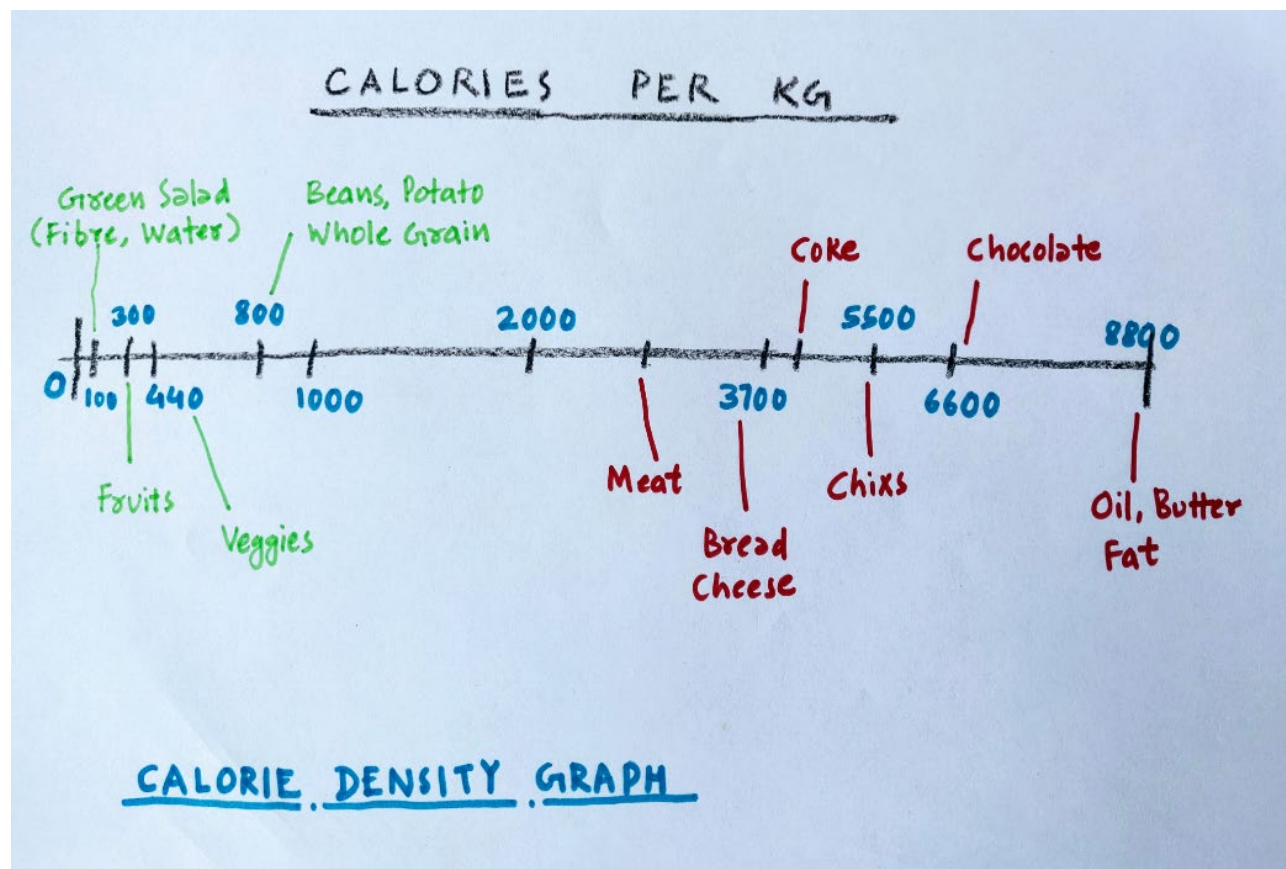
1 french fry packet OR 1 Plate of carrot?

1 Cup cashew or 6 boiled mashed potatoes?

2 chix nuggets OR 1 Cup Vegetable lentil soup?

2 scoop of ice-cream OR A half-plate of raw salad+ 3 ears of corn + 2 baked potato and 1 tray of cherry tomato?

Satiety will be high for foods having more water, more fiber and more volume.



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Let's understand the other part, It is the easiest and accurate way to determine whether food will cause weight loss or weight gain.

It is the number of calories in a given weight of food, also called **calorie density**.

Certain foods have more calories packed into them gm per gm, there can be 40x difference.

Factors that reduce Calorie density and Increase Satiety, these are the food you need to eat more.

Foods with high water content, high fibre content and bulk (volume)
More bulk means fewer calorie.

Factors that increase calorie density and decrease satiety, these are the foods you need to eat less.

Foods with high fat, high sugar which are refined & processed.

Next is **Food Sequencing**.

Eat foods which have got low calorie density first. They are the foods having more water and fiber. Start your meals with soups and salads.

Food sequencing is a major aspect of principal of satiety.

Here is an example,
Let's say, you jump to brown rice dinner having 4 cups, it will give you 700 calories.

But if you decide to first eat your 2 cups of vegetables or salads, it will give you only 80 calories.

And then when you eat your brown rice , after eating 2 cups itself , you will feel satiated , and it will give you 350 calories.

So in first example, you get 4 cups of brown rice = 700 calories.

In second example, you get 2 cups of vegetables first and then 2 cups of brown rice = 80 +350 = 430 calories.

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You calorie consumption is reduced by 48% without any effect on your satiety, you will feel full in both the cases.

Now you understand why Food sequencing can play such a crucial role.

Always start your food with low calorie density choice, foods having water and fiber naturally.

Lastly dilute the calorie density of the food.

Mix food in high Calorie density with food in low calorie density.

For example, adding vegetable always lowers Calorie density and raises satiety. Whereas adding fat always raises Calorie density and lowers satiety.

1 spoon of olive oil has more calories than 1 pound of broccoli.

So in above example, if you just add 2 spoon of olive oil in 4 cups of brown rice, you are adding 300 calories extra.

So in 2 meals of the day, it becomes 600 extra calories.

In a month, you will end up getting $600 \times 30 = 18000$ extra calories which will reflect around your chin, waist and thigh.

So in a nutshell,

Eat Real Food, unprocessed, unrefined as grown in nature

These are the foods which you will not find any advertisement of

High in water, fiber, vitamins & nutrients

Low in calorie & calorie density

Fresh fruits, vegetables, starchy vegetables, whole grains and legumes.

Decrease refined and processed food

These are the foods which are heavily advertised

High in calorie & calorie density

Little or no fibers, vitamins & nutrients

Flours, sugars, processed and factory made commercial artificial foods

Cakes, cookies, Candy are just some example of it.

Refining a food destroys it, It eliminates the water.

It reduces and sometimes eliminates the fiber & the nutrients.

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Which brings me a very important personal question for you.

Has it happened that you ended up eating what you know was actually not good for you?

You know potato chips are not good for you.

However your friend is eating them.

Not only that, when he even offers it to you, Can you not have it?

Or is it chocolate?

or cake ?

or sweets ?

or cookies ?

or popcorn while watching Netflix ?

If you had a packet of chips or popcorn or a plate of cucumber, which one will you choose?

We all know cucumber is healthier but will you pick cucumber or the chips?

It is no more only about knowledge, it is about food habits and food temptations.

Do you find it hard to resist food temptations?

And Food cravings?

That's what we are going to cover in Lesson no. 3

How to change food habits and Achieve Food freedom for Life

Here are just a few examples of Vineet's students and the results they have achieved:

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“I lost 30 KG, boosted my nutrition and went for a safe & planned pregnancy with Vineet’s guidance. I have a cute daughter now.”

Jyoti Chanchlani

“I have been able to shed 9 kg within 2 months. I feel young, lively & energetic. It’s a feeling like my college days. Vineet’s teachings are powerful and work in real life.”

Vivek Ramesh

“Thanks to Vineet’s teachings. I have been able to reverse my Life style ailments completely within 6 months. I have already recommended Vineet’s book & program to hundreds of people.”

Amit Soni

“Vineet is a wholesome package. I have known him for a decade now. He is a very caring teacher and gets himself involved in his student’s success completely. His student’s results are a witness!”

Samarth Rao

In today’s time, mostly we have the knowledge what to eat and what not to eat , but we do not know how to implement that knowledge in our day to day life .

So in Lesson No. 3, am going to share with you **7 different types of eating and 3 step strategy to tame food cravings & stop overeating.**

It is how you release old habits and build a new identity for yourself.

You will get the knowledge about behavior psychology. Why it is tough to change habits and how to change food habits.

And by the way , if you want to get results in your life quick & fast , you may want to carefully invest in HIGH ENERGY EXPERIENCE (HEX Intensive), when it is offered to you in next few days .

It is a habit implementation program and It is a workshop like learning environment backed by systems & processes to change your habits in a step-by-step structured scientific way.

For the rest of your life.

Vineet