



Lose weight by Fasting and Meditating

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LOSE WEIGHT BY FASTING AND MEDITATING.

SOUNDS INTRIGUING? OR ARE YOU SKEPTICAL?

Intermittent fasting in conjunction with meditation helps you lose weight effectively and permanently.

Let me tell you why and how.

Before you freak out, let me assure you, anyone, including YOU, can fast and meditate to lose weight. It is not as hard as you think.

So here's the bottom line:

Meditation COMBINED with Fasting is a radical new approach to lose weight for good. This approach helps you:

- Eat mindfully and in tune with the needs of your body
- Subdue your mental cravings for food
- Overcome overeating due to stress and emotions
- Obtain mastery over mindless and unconscious eating

Outcome:

Lose weight and keep it off.

I urge you to give it a try.



Now on to the WHY and HOW

First, Just so we are on the same page-

Intermittent fasting is restricting your food intake to a number of hours (or days). Basically, it's eating less often. Fasting addresses and fixes the root cause of being overweight and obese. i.e, the metabolic and hormonal issues.



Meditation, in this case mindfulness meditation, is being aware of what you're sensing and feeling in the moment. Meditation has been referred to as *inner engineering* or *inner technology*, because it rewires your brain to make you more aware, more calm and more focused.

WHY FAST?

FASTING:

- Addresses weight at the hormonal level (insulin) which is the root cause of our weight gain so you lose weight and keep it off.
- Reduces appetite.
- Normalizes your hunger hormone (Ghrelin) so you eat when you are physiologically hungry.
- Helps you recognize when you are satiated so you don't overeat.
- Lessens your cravings.
- Makes you fat adapted - so you utilize your own body fat instead of storing more fat on your body.
- Allows you to make a lifestyle change instead of relying on a diet. Say goodbye to Weightwatchers and Optavia.
- Decreases inflammation and chronic pain.
- Increases your energy levels.
- Makes you more clear headed and focused instead of feeling foggy.
- Improves your blood pressure and diabetes (and other chronic diseases)
- You achieve better overall health and longevity.

So many benefits. Here, I've only touched upon the weight-related benefits. This list actually goes on. There's even mental and emotional gains from fasting,

My two favorite perks of fasting

(other than weight loss)

1

Fasting is Absolutely Free-
no gimmicks, no diets, no
supplements needed.

2

**Fasting makes it easier to
meditate.**



WHY MEDITATE?

MEDITATING:

- Increases resilience - so you don't keep giving up on yourself and your weight loss efforts. Had a cheat meal? No problem, you pick right back up, instead of wallowing in self-pity and derailing yourself.
- Makes you more aware of the voice in your head and how not to react to it, i.e., voice says I want a donut and you bypass that voice instead of acting on it.
- Decreases stress (cortisol), resulting in less stress eating; ergo, more weight loss.
- Makes you calmer and happier so you decrease your dependence on food to make you feel better.
- Lessens cravings.
- Makes you more energetic.
- Makes you feel good.
- Makes you more focused and alert.
- Improves symptoms of depression and anxiety.
- Improves blood pressure and immune system.
- You achieve better overall health and longevity.

Here again, I've alluded to the weight loss related perks of meditation. There are so many more science-backed pros to meditation.

My two favorite perks of meditation

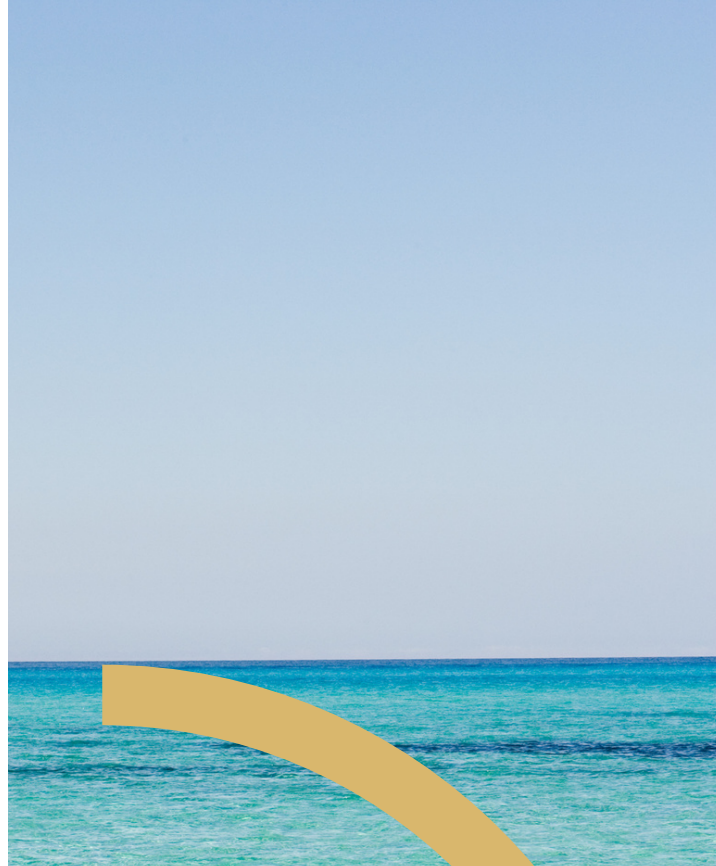
(other than weight loss)

1 Meditation is Absolutely Free-
no gimmicks, no diets, no
supplements needed.

2 Meditation makes it easier to
fast.



You can see how intertwined meditation and fasting are, how they have similar physical and mental benefits, AND how meditation makes it easier to fast and vice versa. Both practices complement each other and have cumulative benefits. ALSO, both have been around for thousands of years and in recent years, both have had numerous studies done on them citing their various benefits.



So now that you can see how a regular practice of fasting and meditation can help you lose weight, are YOU in? Ready to give it a try?

Well, ummm, maybe not quite all in. You have some objections. Naturally.

No problem, lets address those objections right here.



COMMON OBJECTIONS TO FASTING/FAQS

Won't I be hungry all the time?

- The key is to start slow and have a manageable fasting plan. The more you fast, the easier it gets.

Won't I feel lightheaded or less focused?

- Once you transition to fasting, you'll experience the opposite with lots of energy, focus and clarity.

If I'm eating less often, won't this mess up my metabolism?

- Not at all. By improving your insulin sensitivity, you will actually speed up your metabolism

Will I be able to work out?

- Keep in mind, you do NOT need to exercise to lose weight. Fasting in itself will do the trick. As you are transitioning to fasting, I recommend you focus on strengthening your fasting muscle. But you will be able to work out and will actually have better workouts.



COMMON OBJECTIONS TO MEDITATION/FAQS

I can't do this. My mind wanders too much. I'm too wired/restless.

- The point of meditation is not to stop the mental chatter. This distraction is normal. This is what minds do. The goal is simply to become aware of it.

Meditation didn't work for me. I tried it before.

- It's likely because you thought you were doing it wrong because you couldn't quiet the voice in your head and so you gave up. The more you meditate, the easier it gets.

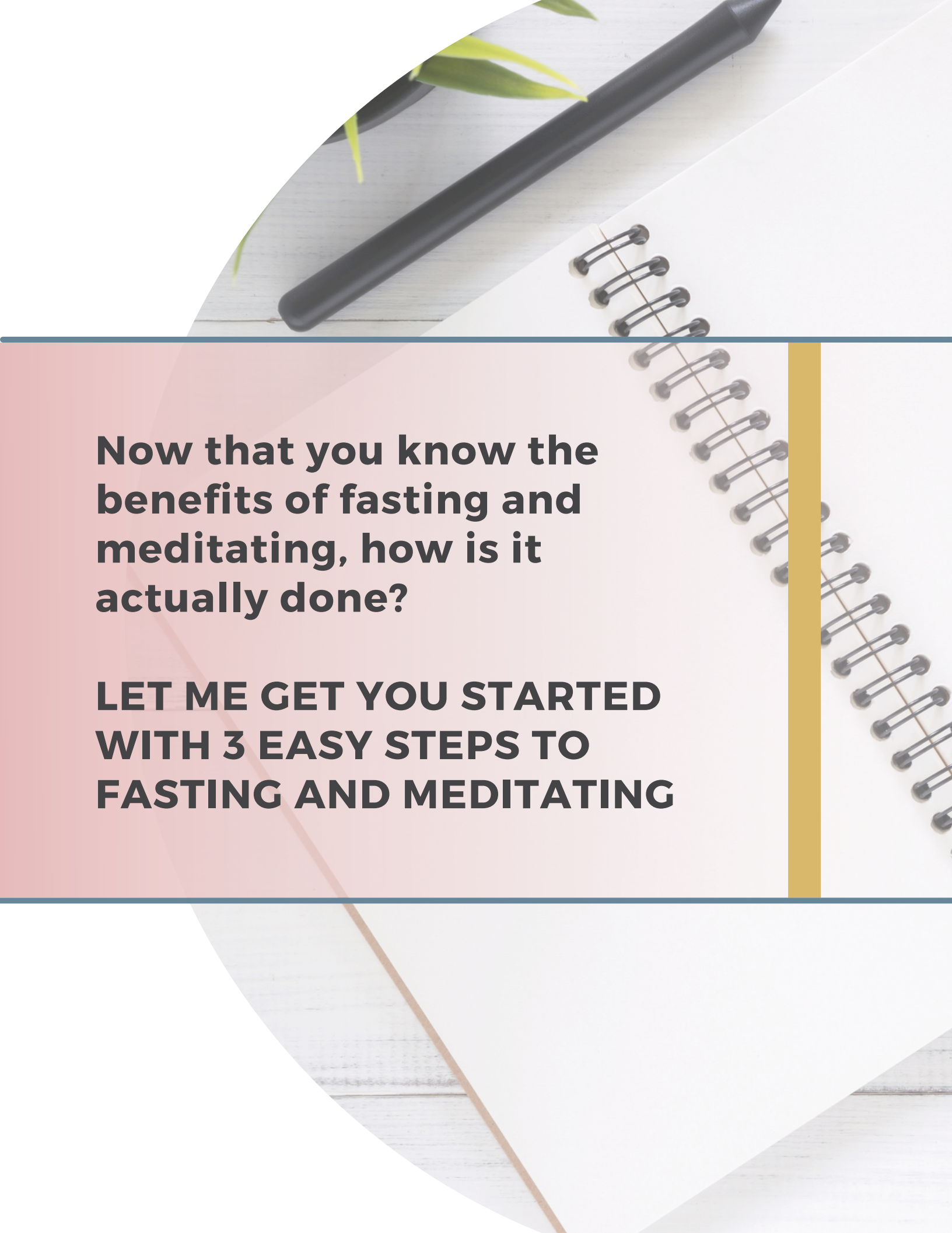
I don't have time for this.

- Just 5-10 minutes a day is all you need. If this seems too much, even one minute a day will help you.

But I'm not a Buddhist nor do I want to become one.

- The kind of mindfulness meditation I'm referring to is secular and not faith-based.



A black pen lies diagonally across the top of a spiral-bound notebook. The notebook is open, showing a blank page with a spiral binding on the right. The background is a light-colored wooden surface. A small green plant with yellow-tipped leaves is visible in the upper left corner. A semi-transparent pinkish-red rectangle covers the middle section of the image, containing text. A vertical gold bar is on the right side of the pink rectangle.

**Now that you know the
benefits of fasting and
meditating, how is it
actually done?**

**LET ME GET YOU STARTED
WITH 3 EASY STEPS TO
FASTING AND MEDITATING**

HOW TO FAST

3 STEPS

1. Cut out snacks and eat three meals a day. No grazing, no eating between meals.

2. Cut down on processed foods including sugar and flour.

3. Delay your breakfast by 15 minute increments, until you skip breakfast altogether.

With these 3 steps, you can be fasting 16-18 hours/day.

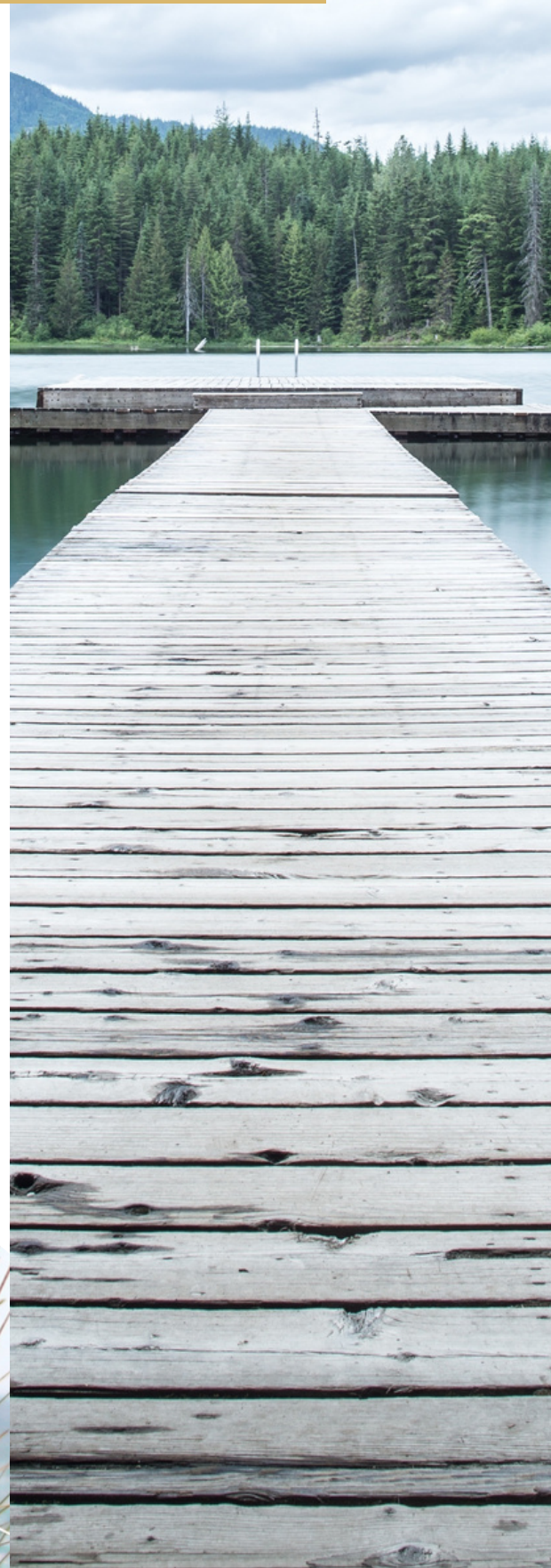
Remember to stay hydrated.




HOW TO MEDITATE

3 STEPS

1. Set a timer for 5 min. Sit comfortably- chair or floor. Eyes closed or pointing down at a fixed place.
2. Focus on the feeling of your breath coming in and out. Place your attention on one spot- nostrils, chest or belly. Just FEEL your breath. In. Out. If it helps, you can make a soft 'note' of each breath in your mind. In. Out. In. Out
3. As soon as you start, the mental chatter will begin. This is NORMAL. This is meditation: to become aware of the chatter and return to the breath. And as soon as you become aware of the chatter, come back to feeling the breath. In. Out. In out.






See how easy fasting and meditating can be? Both fasting and meditating are amazing skills to develop and will be your lifeline for years and years to come.



AND FINALLY, HERE IS MY DELIGHTFUL SURPRISE FOR YOU!



*Still nervous and scared to start?
Don't know where and how to begin?*

LETS DO IT TOGETHER

I've put together a

**FREE 5 DAY
FASTING AND
MEDITATION CHALLENGE**

JUST FOR YOU.

*You will have me to guide you
every step of the way.*

ABOUT THE FREE 5 DAY CHALLENGE

You are already on my email list - watch out for the emails announcing the challenge shortly. **We fast and meditate together.**

I'll give you a few days' notice and then we dive right in with Day 0.

I send you an email and small video everyday, starting with:

Day 0: How to prep for the challenge (easy stuff, no special equipment needed)

Days 1 - 5: I guide you through the entire process, giving you helpful tips every single day. And everyday you will learn a new facet of how fasting and meditating will help you lose weight. Every day, you will have a new 5 minute guided meditation video in your inbox.

If you already do a bit of either fasting and/or meditating, I will help you up-level your practice.

Day 6: Another email and video, and a short informal get-together on Zoom to debrief. What worked? What didn't work? I'll answer any and all questions you may have.

This is my superpower: To help you fast and meditate so you can lose weight with a bit more ease and a lot more effectiveness.

THE TIME TO START IS NOW

So what are you waiting for? Let me help you get started. You've got this! Fast. Meditate. Lose Weight.

Still have questions? I'm here for you. Email me: silky@drsilky.com

Are you already an experienced faster and/or meditator, but struggling to lose weight? Let me help you figure out where you're stuck. Book a free consultation with me [here](#).

**FOLLOW ME
ON FACEBOOK**

I go live every Tuesday

**FOLLOW ME
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Disclaimer: Silky Bagga, MD is a medical doctor, but she is not your doctor and she is not offering medical advice in this setting. If you are in need of medical/professional advice, seek the advice of your own doctor/therapist.