

S.M.A.R.T Life



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BUTE HOUSE MEDICAL
CENTRE

HATTERS HEALTH NETWORK



S.M.A.R.T Life



SLEEP



MEDITATION



ACTIVITY



REAL FOOD



TIME RESTRICTED
EATING.

Agenda – Intermittent Fasting



Diet Myths



Basic Science



Practical Steps

Disclaimer

- Education evenings organised by Hatters Health Network are for information purposes only.
- Information given here is generic and doesn't replace medical advice given in one to one consultation settings.

B.MI/WC

- Normal BMI - 25
- Overweight - 27
- Obese - 30

- Men –
High risk above 102cm
Loose weight above 94
cm
- Women –
High risk above 88 cm
Loose weight above 80cm

A large, irregular pink brushstroke graphic with a textured, hand-painted appearance, serving as a background for the title text.

Who shouldn't fast

Eating disorder

Low BMI

Pregnancy & breastfeeding

Children

Medications – like Insulin & Gliclazide

Diet Myths

Breakfast is the most important meal of the day





Diet Myth - Eat Less/Move more



Diet Myths - Calorie In/Calorie Out



Basal Metabolic Rate

Number of
calories your body burns
while at rest



Why diets don't work



- How you burn calories is more dependent on your BMR as compared to activity.

*Time Restricted
Eating*

FASTING



FAST

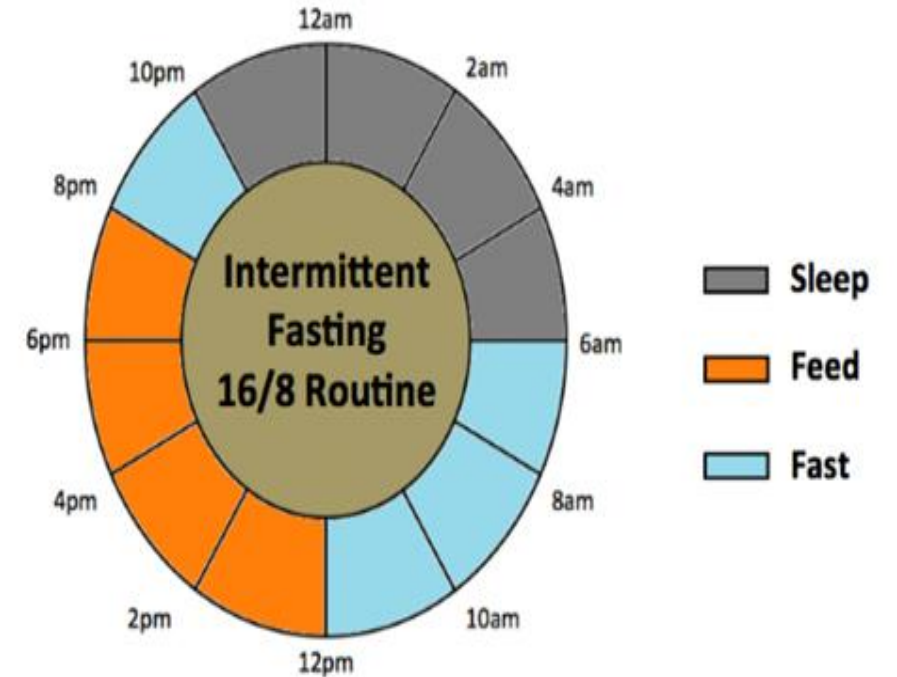
- Free
- Available
- Simple
- Time saving

Intermittent Fasting

Easiest to start

Can be done by most people

Fewer meals within restricted time.



Starvation Mode



Hunger waves

It gets better as you practice more

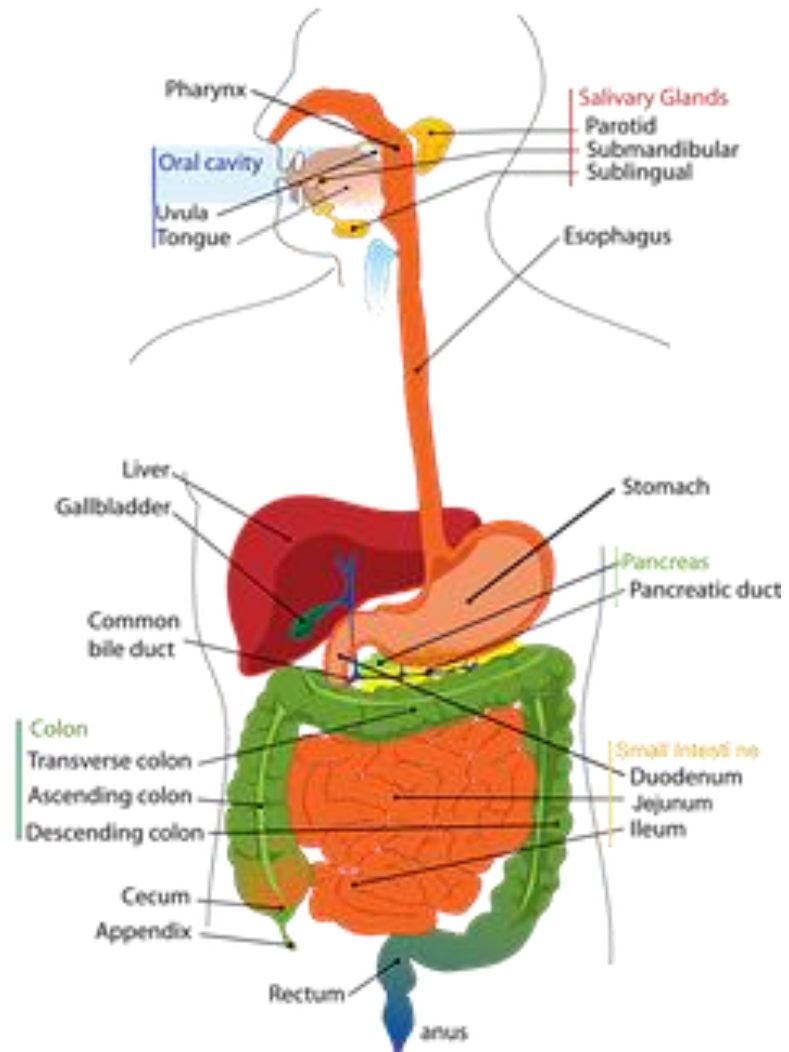
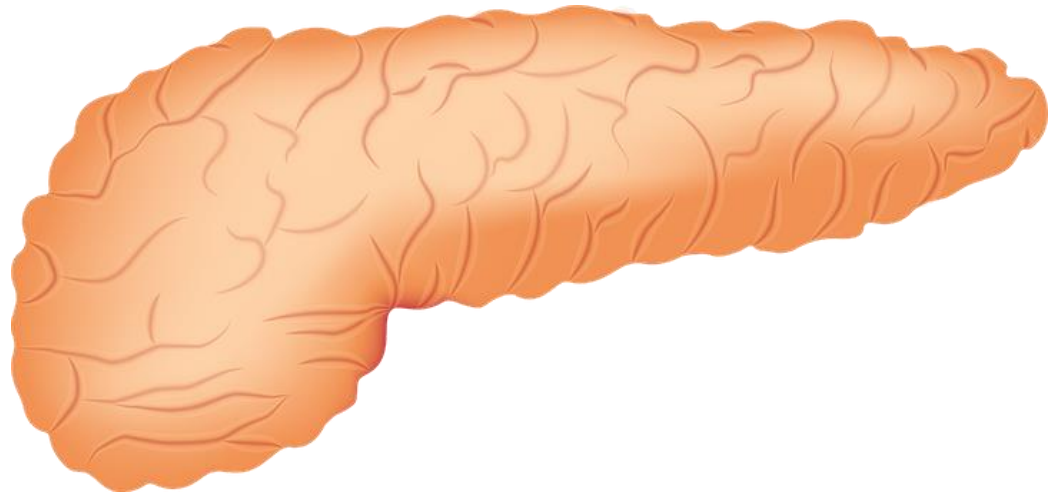
Sometimes it is just thirst – warm water
do miracles

It comes and goes in waves

Need to understand role of Insulin

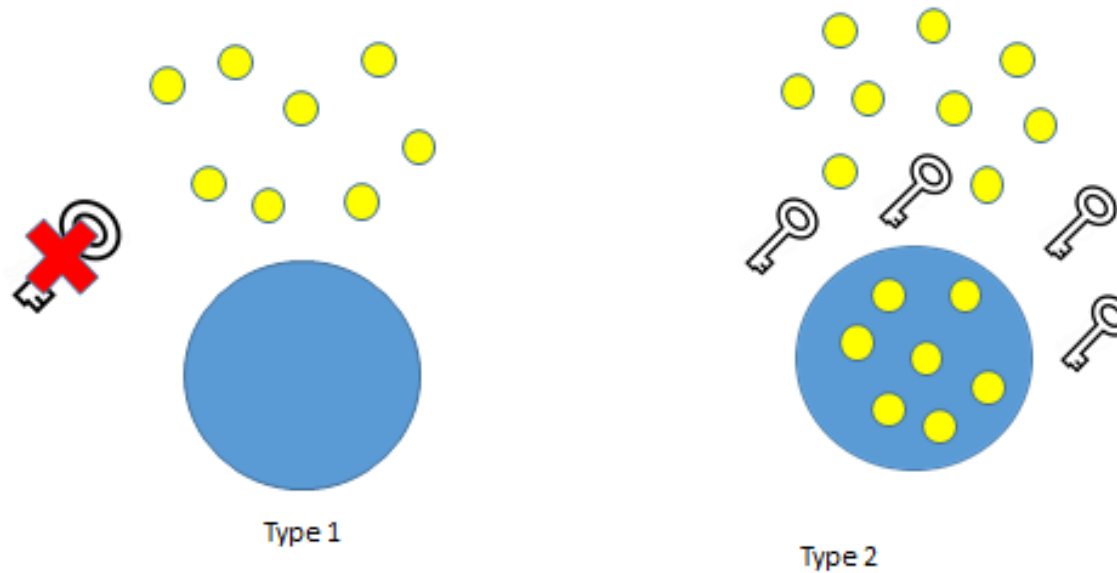


Insulin



Insulin is the Key

Understanding diabetes – insulin is the key



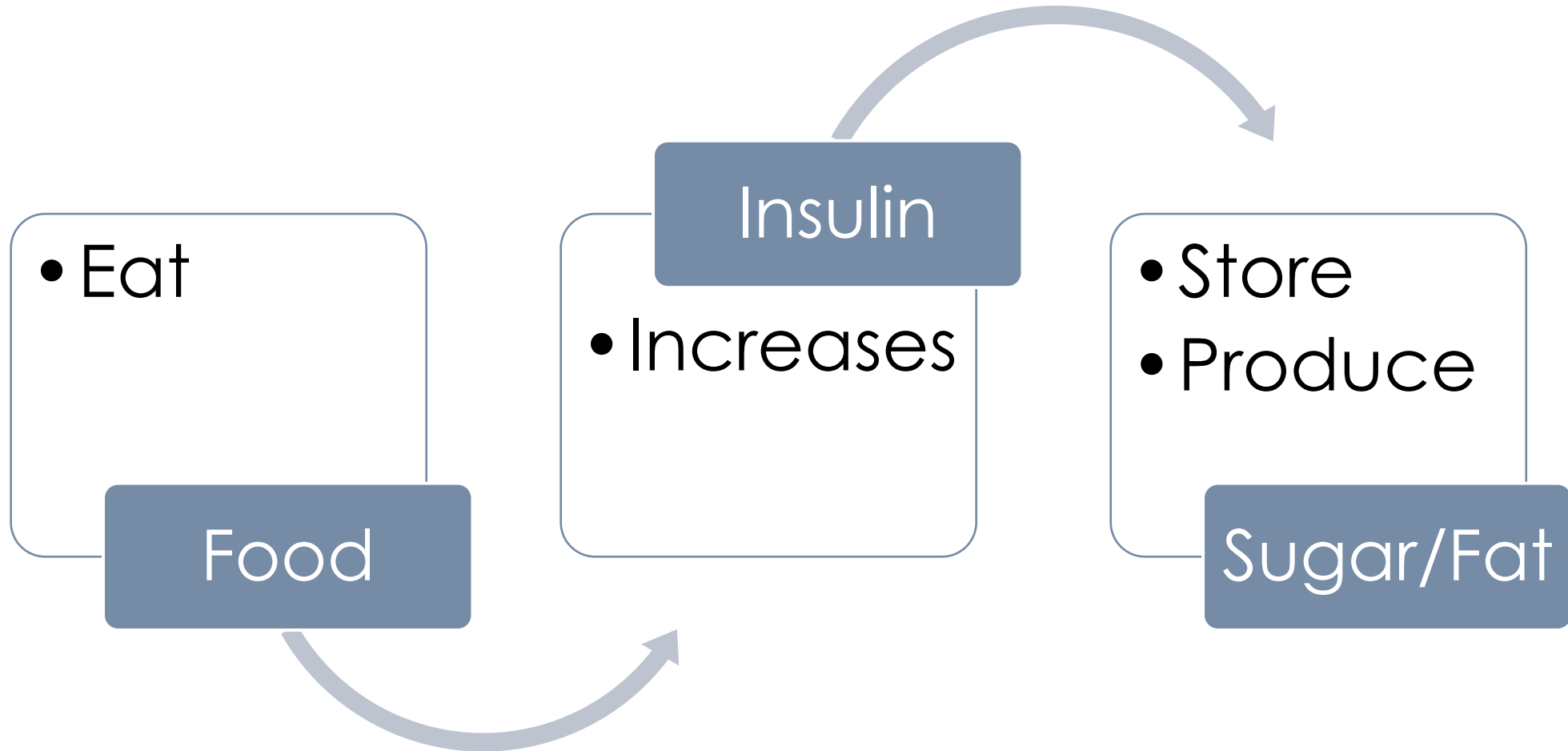
*Insulin – The
Food/Fat
Controller*



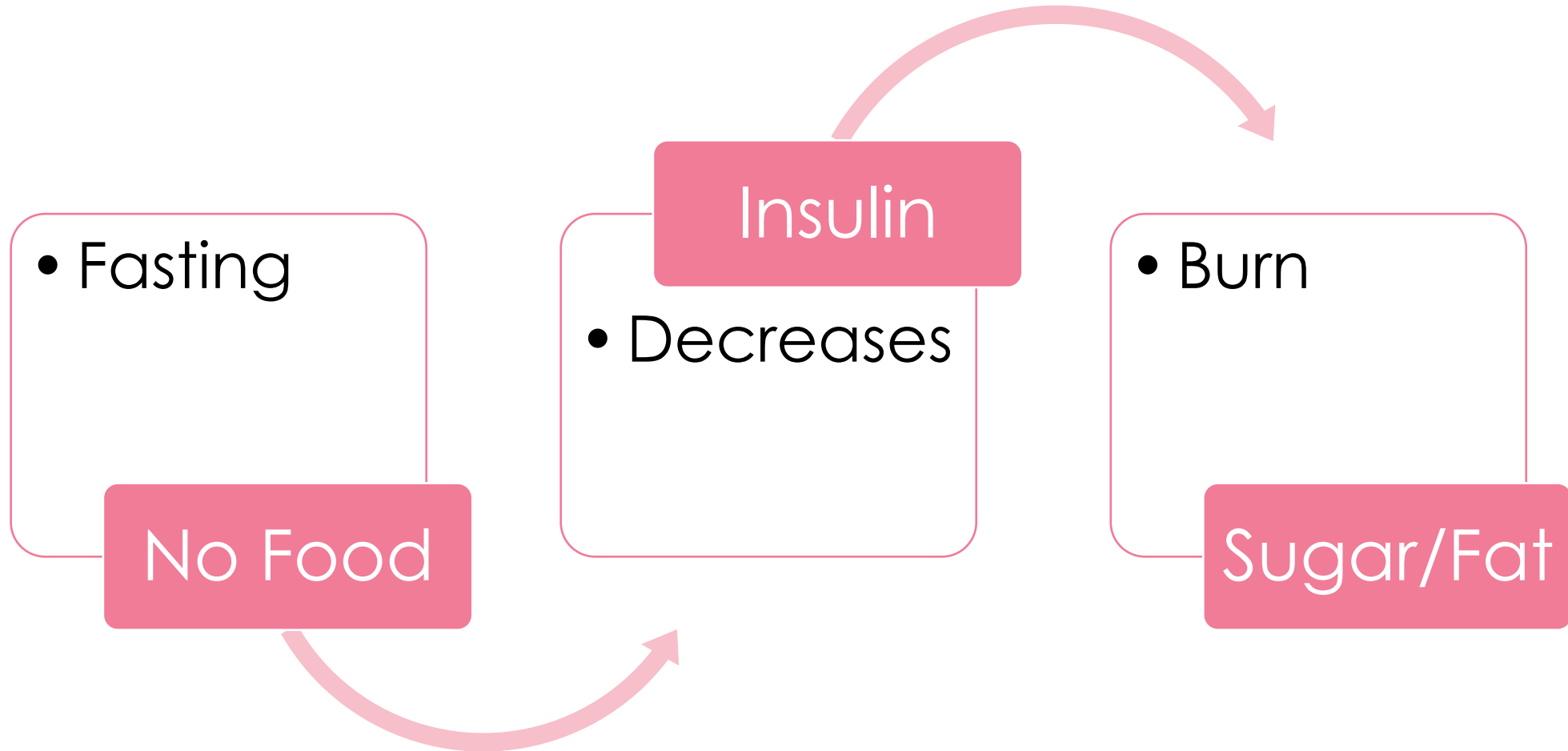
Insulin



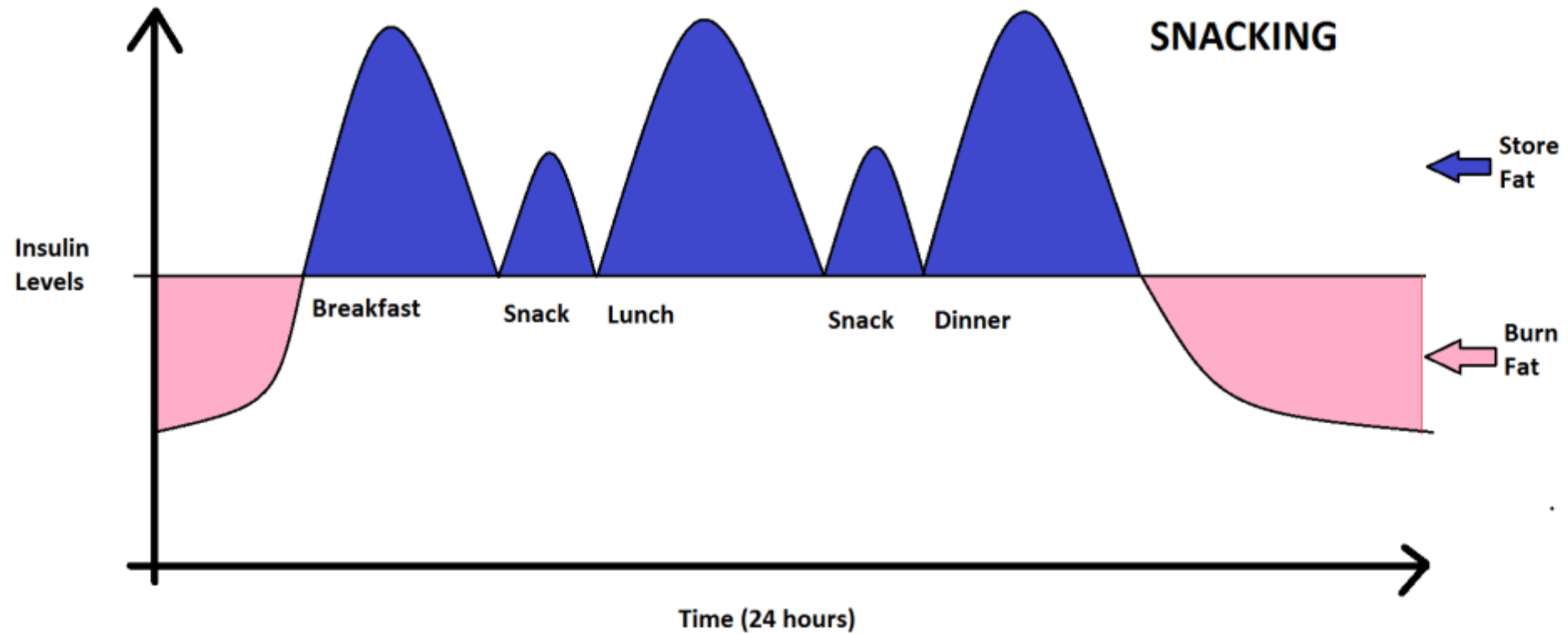
Eat



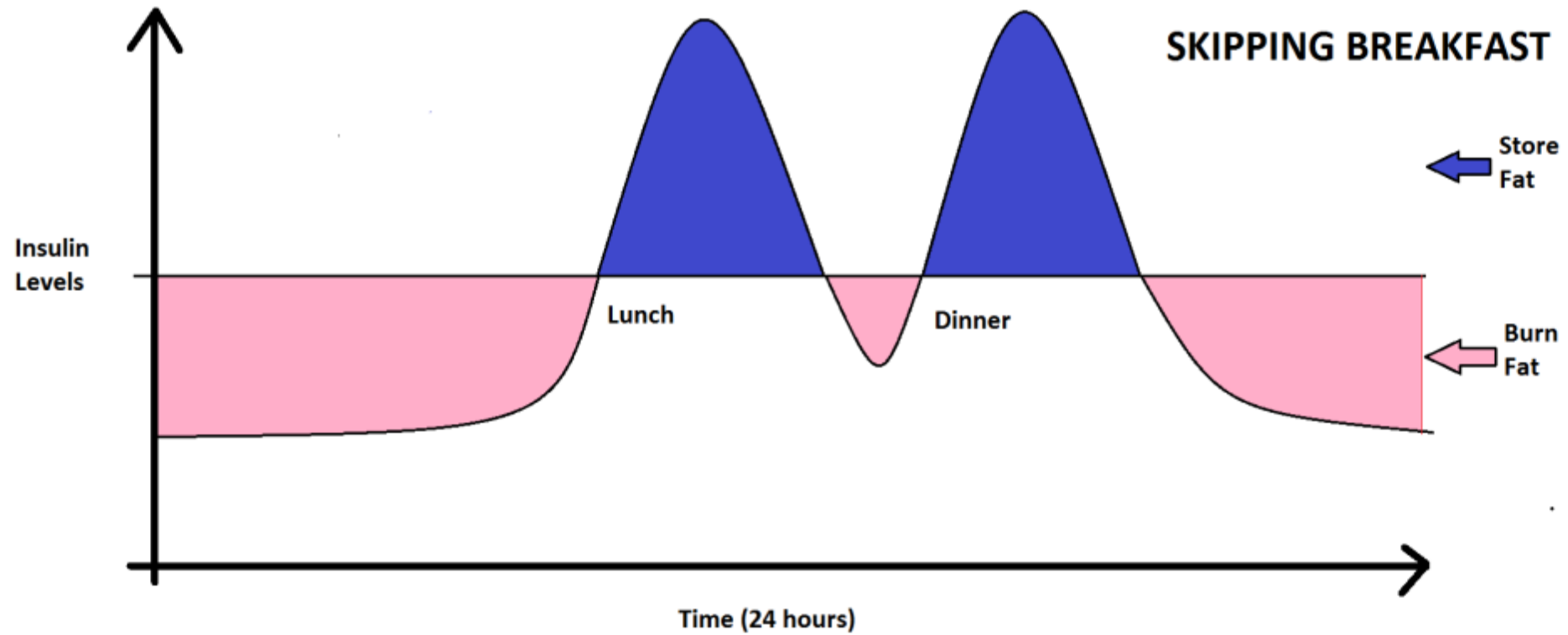
Fast



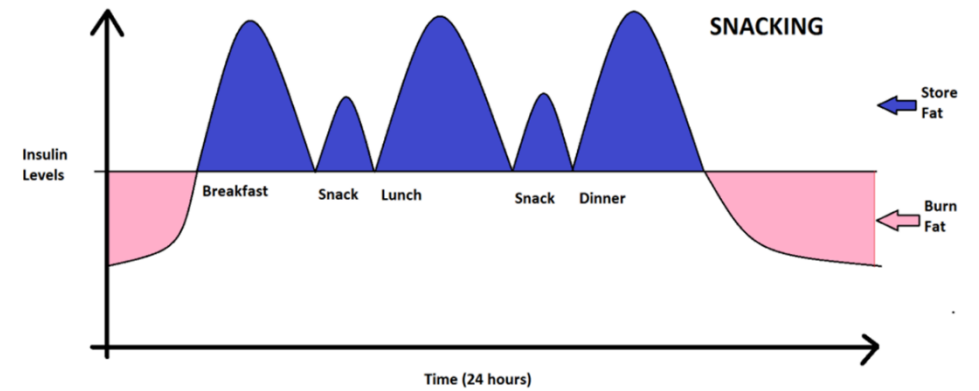
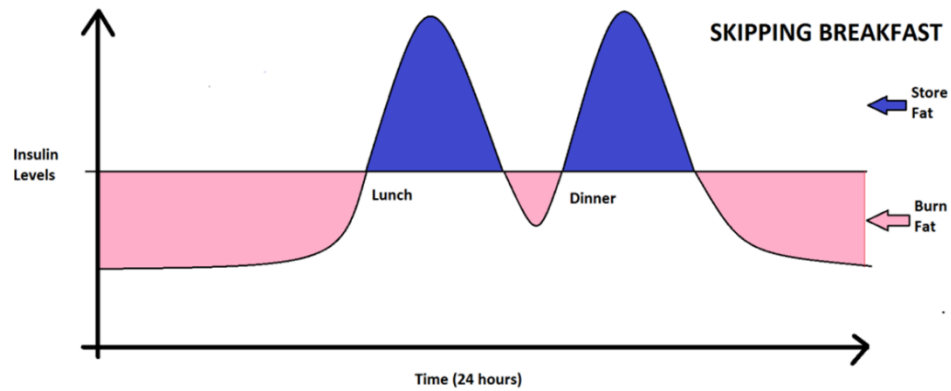
Typical Day for most of us.



Two Meals a day



Comparison



Benefits of Fasting

Helps weight loss and helps burn fat

Reverse Diabetes/Fatty liver

Reduce Blood Pressure

Cancer risk reduction

Enhances brain function

Obesity/Fatty Liver

Fasting

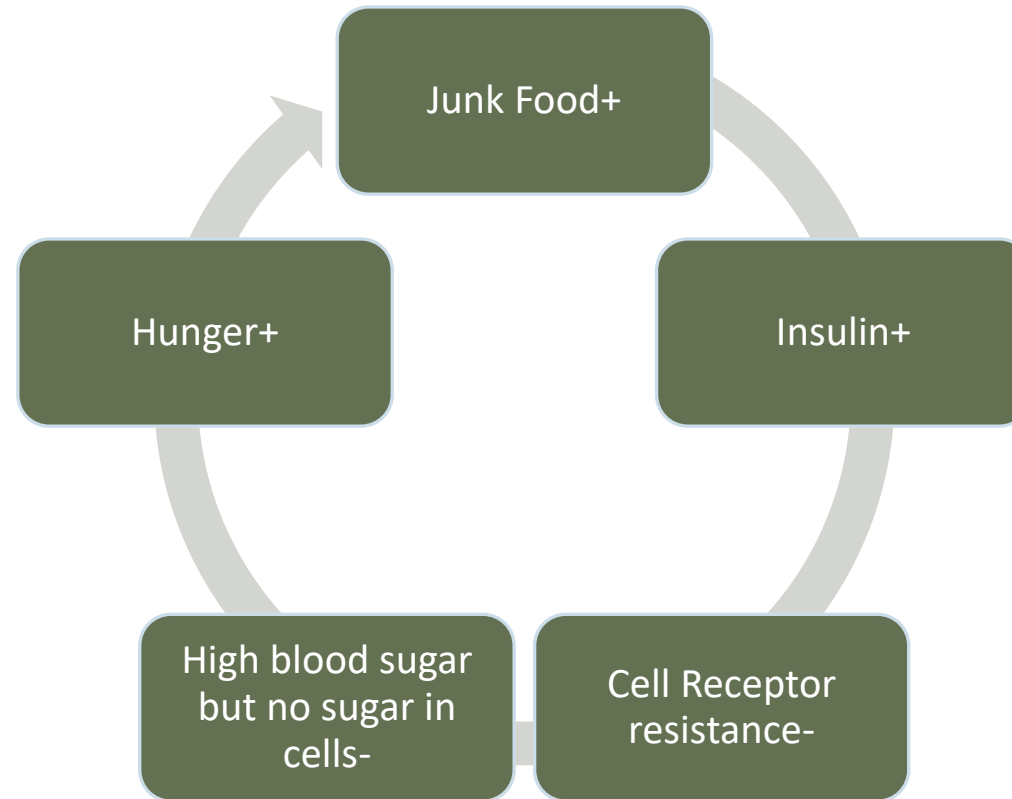
No
Insulin

Burn
Fat

BMR still
normal

Lose
weight

Diabetes – Insulin Resistance



Cancer Risk Reduction

Autophagy - Eat Self – Cellular Cleansing

What do you do when space is less –
Large House/1 BHK Flat

Repair Mode – Start removing damaged
cells as only limited source of food/energy

Reduce Cancer Risk

Brain Boost

Sleepy, tired & lethargic

Food Coma

Alert, looking for food, using all the power of positive hormones

Removes mental fog



Brain power

Sleepy, tired & lethargic

Food Coma



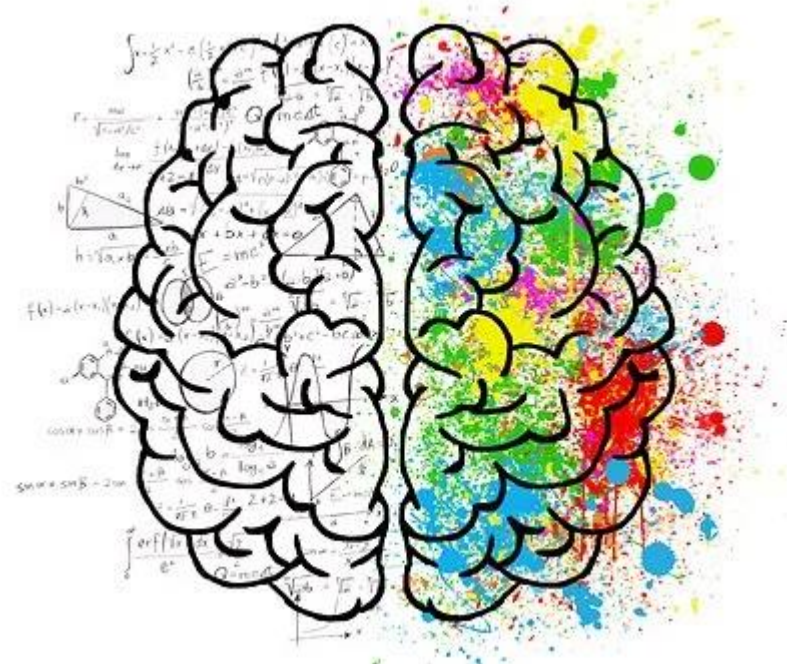
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Removes mental fog

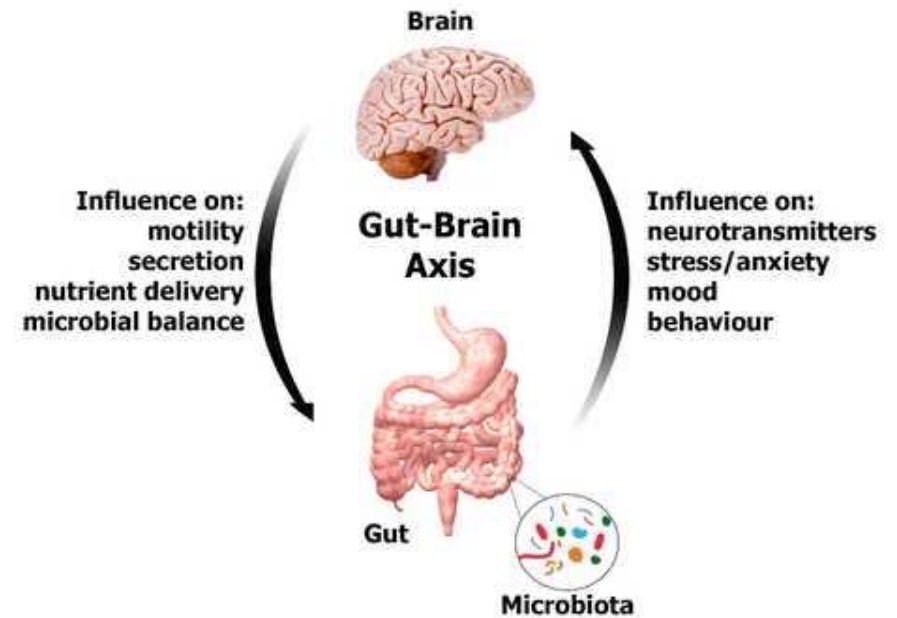


Brain Gut Pathway

- Central Nervous system



- Enteric Nervous System





True Fast

Water

Mineral
Water

Green
Tea

Veg/Bone
Broth

Black
Coffee


Black Tea

How to start?

- Eating window – 12 hours – 8 hours
- OMAD
- ADF
- 5:2

Who shouldn't fast

- Eating disorder
- Low BMI
- Pregnancy & breastfeeding
- Children
- Medications – like Insulin & Gliclazide

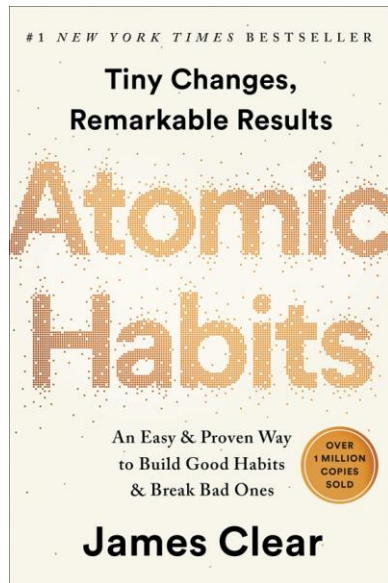


*Every action you take is
a vote for the type of
person you wish to
become.*

James Clear

Small steps

- Rome was not built in a day.



- They were laying bricks everyday.



Satiety – What to avoid

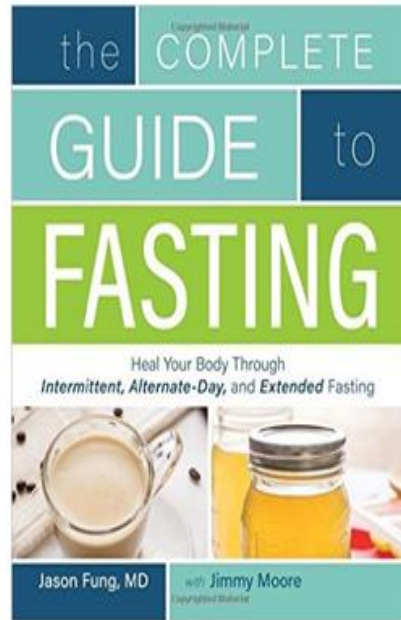


What to Eat

- Real Food
- Low in Sugar
- Low in Chemicals
- Low in Artificial sweeteners
- Rainbow Fruits/Vegs
- Healthy Fats
- Nuts & Seeds



Where to get further information



A must read if you are interested in fasting

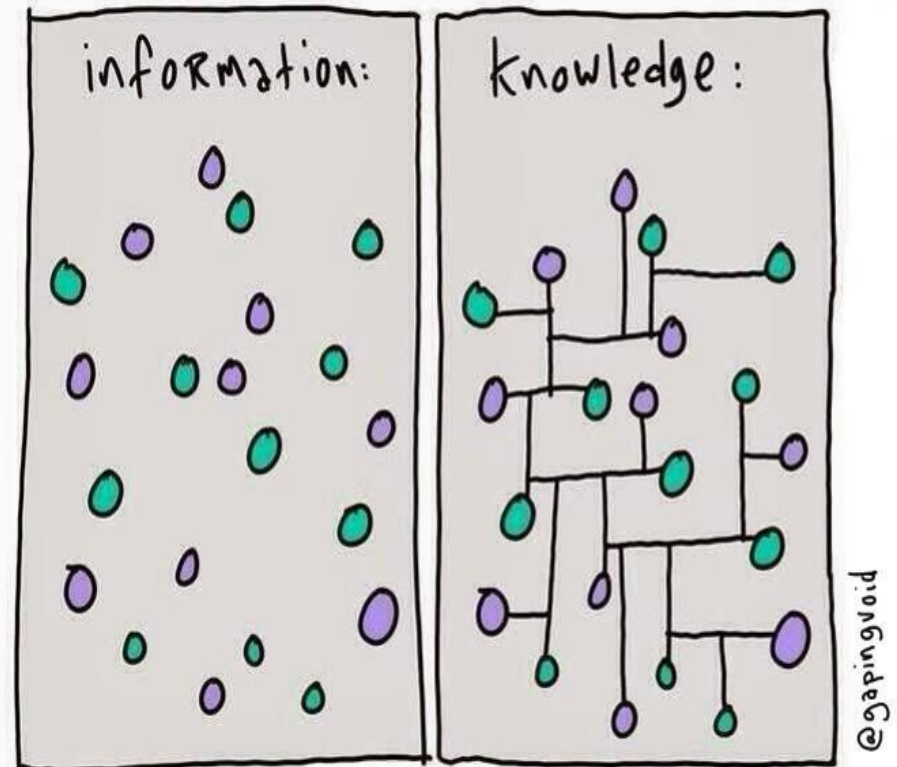


Questions & Answers

Me: What can I do to get healthier, doctor?

Doctor: Use a bicycle and cut the carbs

Me:



Feedback

