



Women and the Weight Loss Tamasha

By Rujuta Diwekar

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The nutritionist who taught us that simply eating (pun intended) is the key to a fab body is back with a comprehensive book on women, food and everything in between. From puberty to marriage, from pregnancy to menopause, Rujuta explains in detail the changes women go through (and, God knows, as Indian women, we go through way beyond those just hormonal - husband, in-laws, children, career, etc.) and how what we do (or don't) during these phases affects our overall well-being. Building on her four principles of eating right from Don't Lose Your Mind, Lose Your Weight, she goes on to share her four strategies (Nutrition, Exercise, Sleep and Relationships) for each of these phases and especially the lifestyle disorders of Pcod, hypothyroid and diabetes. Rujuta, in her usual indomitable style, debunks (rubbishes rather) myths related to food, hormones and workouts, forces us to rethink our belief that pregnancy, menopause, hypothyroid, etc come in the way of losing weight and reveals just how easy it is to remain healthy, strong and fit through one's life.

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Editorial Review

About the Author

Rujuta Diwekar works out of Mumbai, practises yoga in Rishikesh, ideates in Uttarkashi and treks in the rest of the Indian Himalayas. Winner of the Nutrition Award 2010 from Asian Institute of Gastroenterology, she is amongst the most qualified and sought-after practitioners in India today and the only nutritionist to have accreditation from Sports Dietitians, Australia. Her first book has sold over two lakh copies in four languages and is still in national bestseller lists, more than a hundred weeks after its debut. In the plethora of diet fads and fears, Rujuta's voice rings loud and clear, urging us to use our common sense and un-complicate the act of eating. With over a decade of experience working with people from all walks of life, including Kareena Kapoor, Anil Ambani, Preity Zinta, Karishma Kapoor, Saif Ali Khan and Konkona Sen Sharma, she has fine-tuned her methods to the real issues facing urban Indians.

Users Review

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