

Plan on bodyweight reduction by 10%. over six months.

Bodyweight reduction of 10% by adopting plant-based foods, regular exercise, and activity will normalize lipid levels by increasing the levels of good HDL-cholesterol and reducing the level of bad LDL- cholesterol, and Triglycerides. The 10% weight loss translates to 7 kg weight loss in a 70 kg female and ten kg weight loss in a 100 kg male. The medical research has shown that weight loss of less than 10% does not improve upon abnormal lipid profile. Weight reduction also improves Insulin Sensitivity, which is the root cause of food and lifestyle diseases such as Obesity, Metabolic syndrome, PCOS, Heart disease, and Type2 diabetes.