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**WOMEN & THE
WEIGHT
LOSS**
TAMASHA

WITH A PERSONAL NOTE
BY KAREENA KAPOOR

FROM THE AUTHOR OF
'DON'T LOSE YOUR MIND,
LOSE YOUR WEIGHT'



Women The Weight Loss Tamasha By Rujuta Diwekar
2011 Paperback

Rujuta Diwekar



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Women And The Weight Loss Tamasha (Marathi) - & Rujuta Diwekar, FROM THE EXPERT NUTRITIONIST OF CELEBRITIES LIKE KAREENA KAPOOR ALIA BHAT VARUN DHAWAN SAIF ALI KHAN AND VISHAL BHARADWAJ An expert shines a light on the often confusing and contradictory advice offered on the subject of weight loss Women and the Weight Loss Tamasha is based on the health and nutrition fundamentals and principles This book by renowned nutritionist Rujuta Diwekar helps women in losing weight toning their bodies bringing the glow on their faces and some sort of wisdom in their brains The women have to concentrate on their weight issues right from their puberty marriage pregnancy to menopause The body weight fluctuates with these hormonal changes in their bodies The author gives details about all the changes that a women goes through during these phases Indian women have to consider many other factors hormonal changes in laws children career house help and what not Also a woman s overall well being is directly related to her body weight The author emphasises on the four pillars of health Nutrition Exercise Sleep and Relationships in the the book Special stress is laid on lifestyle disorders such a PCOD hypothyroidism and diabetes The author has rubbished common myths related to food hormones and exercises According to the author theories that pregnancy hypothyroidism and menopause are related to weight are not valid A woman can maintain a healthy lifestyle throughout her life by following some simple tips This edition unlike her first edition is diverse in many ways The chapter related to lifestyle disorders throws light on the subjects of PCOD and hypothyroidism that have become very common The author has stretched herself beyond food to cover exercise and sleep which are crucial and important aspects of a person s health **Fitness Gītā** Rujuta Diwekar,2013 On women fitness and weight loss

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