

# MEDICINE AND SURGERY

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### Obesity- Eat great, move a bit & loose weight!

**Aim:** Obesity is the big issues with developing world & post COVID. So in this article, we work on Sugharsize Diet to rehab with eat great, move a bit & loose weight!

**Background:** Since generations obesity is a big problem & has been a focus of our life! Being overweight is really common nowadays! But what is obesity & overweight & how are they different? Our nation is plagued with obesity & a host of digestive problem! There are likely so many remedies for obesity i.e. hurt burn, indigestion, gas, belching & bloating! Abundance of research available on these health issues! Basic idea behind writing this article is, are we alleviating our national health issues i.e. obesity & intestinal difficulty? The answer is absolutely no! Most of us are getting fatter & develop health issues! And we spend loss of money hoping that things will improve!

**Methods:** Solution to obesity lies in what we eat, how we should move! So is above article include a weekly diet & exercise plan to beat out obesity! Three rules of before starting anything:

1. Motivation is primary tool!
2. Know your ideal body weight!
3. Work on water retention!
4. Move your body!

Change your lifestyle:

1. Avoid crash diet!
2. Start food packets whole day!
3. Split size food!
4. Separate food items!
5. Eliminate the funky foods!

**Conclusion:** With these principles of food combing easy to follow & utilize when eating out or social gathering at home! After all eating great & lose weight is good combo we had like to experience! One can loose weight immediately weight & get ideal body weight by correcting diet, half hour physical routine & getting out of sedentary lifestyle! But when you are obese it takes more time, effort, dedication & discipline to get into shape!

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**Recent Publications:**

1. Deeksha Singh et.al (2021). Hormones and Light-Regulated Seedling Development. DOI: 10.1007/978-3-030-77477-6\_4.
2. Deeksha Singh et.al (2020). Role of Arabidopsis BBX proteins in light signaling. Journal of Plant Biochemistry and Biotechnology. DOI 29. 10.1007/s13562-020-00597-2.
3. Deeksha Singh et.al (2020), Light signaling and UV-B-mediated plant growth regulation. J. Integr. Plant Biol, 62: 1270-1292. <https://doi.org/10.1111/jipb.12932>.

**Biography**

Deeksha has completed her MP degree at the age of 24 years from MP Medical Science University, India. She is the published author of two books on OBGYN name it's all about pregnancy & it's all about periods! She has been serving as an editorial board member of two reputed journals. She is the life member of IAP, AWID & PCOS Society of India. She is the founder of group Hormonalwings. She is blog writer & also run you tube channel on women's health rehab. She also do volunteer for United Nations. She also is an active member of man & women's health sites. Her aim is to make 'Pelvic health more integrated & universal practice for all individual regardless of gender, age & stages of life'. She is also a passionate speaker on many international platform include world physiotherapy conference. She is certified in Prenatal & Postnatal Rehab, Canada.

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