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Women Aur Weight Loss Ka Tamasha

Diwekar Rujuta

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Women Aur Weight Loss Ka Tamasha Diwekar Rujuta
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 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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