

Prevention and cure of obesity require two strategies:

1. Fix the hormonal imbalance – By using Food and Lifestyle strategies which will lower levels of hormones Insulin and Cortisol, and normalize the level of the sleep hormone melatonin.
 - a. Lower Insulin levels – By eating holistic foods and modifying eating habits, so the fasting period is longer than the feeding period in a 24- hour day cycle.
 - b. Lower Cortisol Levels – Optimizing mental health via stress management and cultivating spiritual dimension to improve happiness index.
 - c. Optimize rejuvenating sleep by normalizing melatonin levels.
2. Mobility and exercise – Muscle activity enhance glucose utilization. Muscle can use up to 70-80% of glucose consumed in the food. More the muscle activity, more the glucose used and less the amount of glucose left in the body for fat synthesis and storage.



70 – 80% body glucose used by muscles.