

# SECRET 5 PILLARS OF WEIGHTLOSS

MENTIONED IN BHAGAVAD GITA

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Version 0.01



# **MY OWN TRANSFORMATION!**



Lockdown-1

Lockdown-2

***If I Can do it  
YOU can do it***

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**SET YOUR HEALTH GOALS  
WITH VIPUL & DR.VAISHNAVI**

**CHANGE YOUR LIFESTYLE  
AND CHANGE YOUR DESTINY**

**MASTER YOUR HEALTH WITH  
5 PILLARS OF GOOD HEALTH**

## 5 PILLARS OF GOOD HEALTH

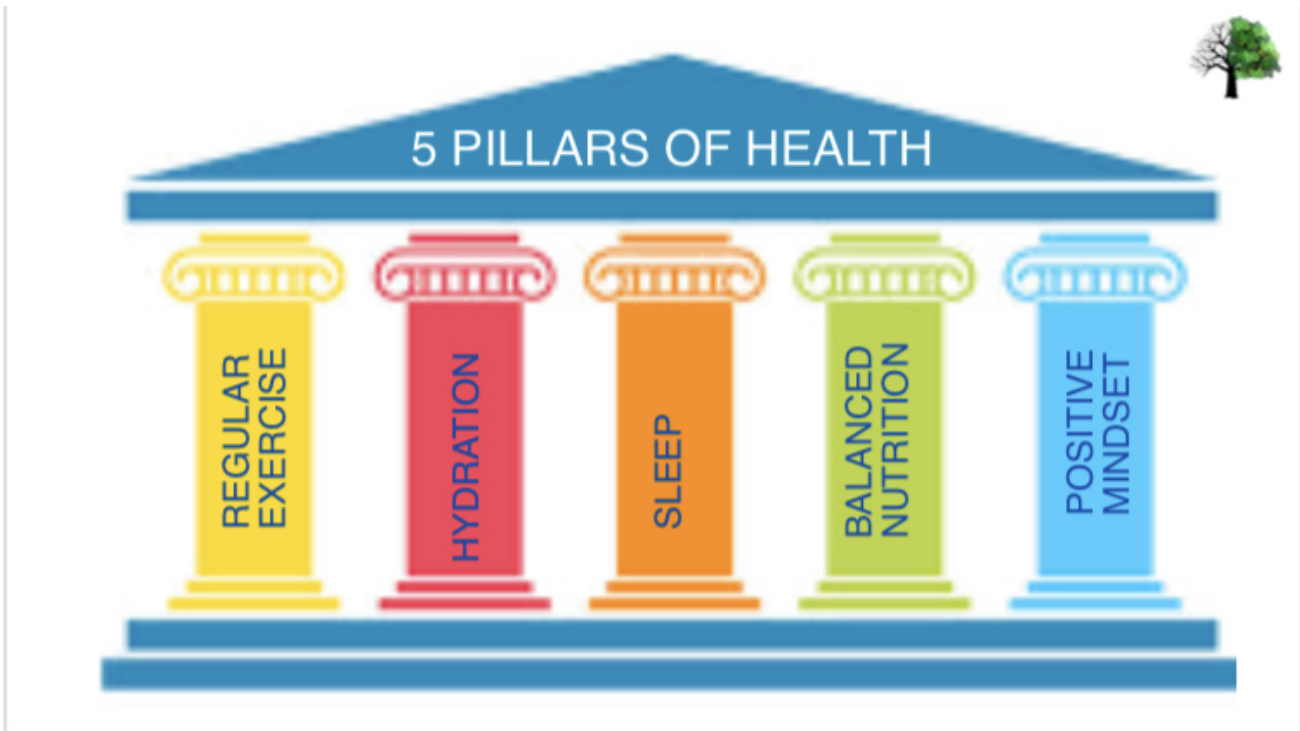
### OUR STORY:

Me and wife both were overweight and was looking for solution to do weightloss. Health issues started for me due to obesity and the list was going long. I was having hyper acidity problem. To take care of acidity, I was taking antacids like Rantac, Pan-D, Gelocil, Pudina hara, just to name a few. Sometimes, I had to omit early morning to remove excess acid from my body. Otherwise, it used to lead to headache by afternoon. I was low on energy and used to get tired. My weight was 82kg !! and I was 20 kg overweight. It was like carrying 2 full cooking cylinders on my back at every moment. I used to get stressed up with my job and was frustrated with myself.

In such scenario, it is evident that we may get caught up with low self esteem. But, because I was performer with strong professional background, I was above par in my career when compared to many people. So, low self esteem never touched me as I am BE/MBA with specialization in supply chain management from IIM-Calcutta.

My wife, Dr.Vaishnavi is homeopathy expert. Though, she was doctor, but she also put on lot of weight after our first child. She was faced with PCOD issue throughout her life. She was having lot of skin issues. She used to get tired soon being overweight. She was 68 kg and almost 11 kg overweight. It was like carrying 1 cooking cylinder on back at every moment. We both started facing health challenges due to overweight and was worried about lifestyle diseases when we discovered the world's greatest wisdom through Bhagawad Gita.

## 5 PILLARS OF GOOD HEALTH



These 5 pillars for good health is the proven scientific process to achieve good health. These Secret 5 Pillars are also mentioned in Bhagawad Gita when Lord Krishna was resolving the query of Arjuna when he asked the Lord **"How can one have a healthy body and a happy mind ?"**.

Krishna begins his teachings with shloka 2.11 wherein he has assured mankind that there was no cause for grief. The wise grieve neither for the living nor for the dead. It Implies that any sorrow was uncalled for. Contentment was the natural state of one's being. Leading a healthy and happy life was everyone's right.

**Essential to good health is proper diet. In shlokas from 17.7 to 17.10, Krishna has described various kinds of foods and their effects. The foods in the mode of goodness promote strength and vitality, those in the mode of passion cause distress and disease; and those in the mode of ignorance result in misery.**

**As the human body is made of food, quality of the food taken is of utmost importance. The kind of diet one takes has a great influence on one's overall personality. One must therefore eat not only to gratify one's tongue; but also for the enhancement of his vital energy. And anything one eats must first be offered to the Supreme Lord.**

**Not only Quality, but also the quantity of food taken is very important for good health.**

**In shlokas 6.16 and 6.17, it has been advised that one should be regulated in eating, sleeping, waking and recreation. In other words, abstinence from any of these activities is harmful to the health. Moderation is the key to happy living. One must learn to exercise restraint.**

**Gita has also highlighted the importance of action. In shloka 3.8, it has been stated that without action, one cannot even maintain one's physical body. By action, Krishna does not mean any action. In shloka 4.17, he says that one has to understand as to what is right action, what is wrong action; and also what is inaction. In the context of healthy living, it means that one should involve himself in those activities which promote good health; and must avoid those which are harmful.**

To put this in simple words, for maintaining good physical health, one must have a balanced and nutritious diet and exercise regularly. Junk food, over-eating, excessive fasting and sedentary lifestyle must be eschewed. Physical health is only one aspect of overall well-being. Equally important is mental health. Only a knowledgeable, relaxed and stable mind can handle effectively the physical viruses and emotional stresses of life. Gita has explained in detail as to how can such a serene and disciplined mind be obtained.

Through multiple shlokas, it has been elaborated as to how one can overcome fear, greed, anger, envy, anxiety; grief. How can one curb the lust, through control of the senses. How can one cultivate equanimity of mind. How can one remain content in himself. How can one attain perfect calmness of mind. How can one be free from doubt; and gain self-confidence. Once such a discipline of the mind is obtained, one gets rid of self-indulgent habits through the power of his mind.

Gita has also recommend pranayama and meditation for blissful living. Regulation of the breath and concentration of the mind brings cheerfulness. One becomes joyful from within.

**Apart from the body and the mind, Gita has thrown ample light on the metaphysical concept of jeevatman, the self.**

**When one understands that his true nature is the self, which is the imperishable and eternal reality behind his physical existence, then he transcends all sufferings associated with the body and the mind.**

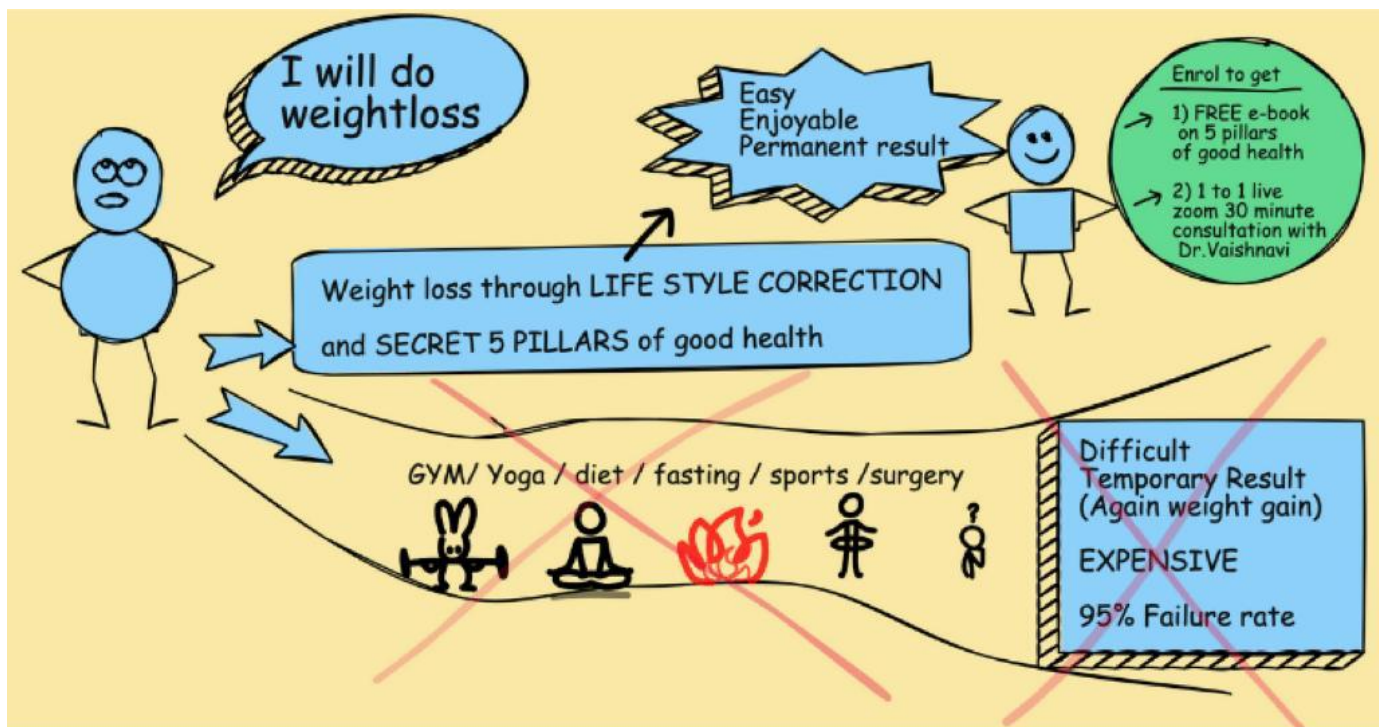
**He/she overcomes the fear of old age and death. He can then appreciate the real meaning and purpose of life. With such a strong body, serene mind and pure soul, one can effectively cope up with any stressful situation. No lifestyle disorder or psychosomatic disease can impact him/her long. He or she can thus lead a healthy and happy life. Spiritual lifestyle is a blissful lifestyle.**

**Time tested-proven process having its detailed importance given back in Bhagwad Gita. This valuable knowledge with same basic things needs to be implemented with todays modern LIFE-STYLE to achieve the good health.**

Many of us are aware of some of the pillars of good health. However, point to note here is that even if ONE PILLAR is neglected then it will lead to poor health.

There are thousands of examples where we find people who are following one or two pillars but neglecting other pillars knowingly or unknowingly. We have done survey to reveal shocking fact that more than 80% people think that EXERCISE is the only requirement for good health. More than 15% people think Proper food and nutrition along with Exercise is required for good health. 90 % people know the importance of HYDRATION but; Shocking 85 % people are unaware about the Hydration required by Human body per Kilogram of body weight. Almost, 95% people did not know that positive mind set plays vital role to achieve good health.

I was also under same influence that I have to do heavy workout in GYM to do weightloss. However, with my strong dedication I also achieved 11 kg weightloss through heavy workout. But, since, it was just one pillar, I was focusing for weightloss and was not part of my lifestyle; I again regained the weight. The following snap well describes my earlier situation as well as my current understanding that I need to make lifestyle correction.



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[click here](#). Its FREE. No obligation meeting

By making lifestyle correction through these secret 5 pillars of good health, I achieved weightloss of 20 kg and reduced my weight from 82 kg to 62 kg. I am maintaining my ideal weight as on date from more than 1 year as of now.

My wife Dr.Vaishnavi also made lifestyle changes and achieved phenomenal transformation.

Our transformation with these secret 5 pillars is evident from the following snap

**2016**

**2022**



**11 kg fat loss in 60 days.  
Result vary person to person**



**My Own Transformation in consolidated  
6 months-Vipul Jayawant**

After getting this phenomenal result, we made proper organized course based on these secret 5 pillars mentioned in Bhagawad Gita. We shared this information with our near and dear ones. My mother, my brother, my maternal uncle all got phenomenal results as shown below.



**My mother recovered and living healthy life through these 5 pillars**



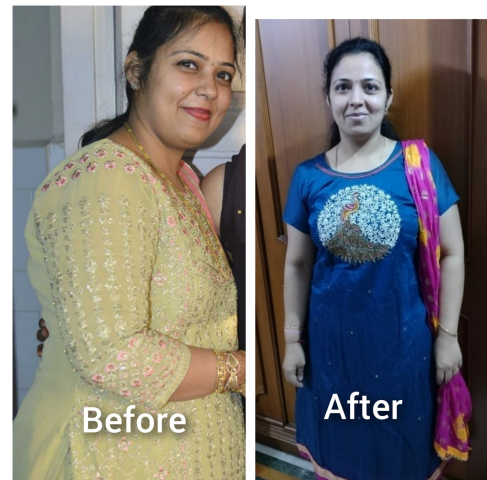
**My Elder Brother-Itish Jayawant achieved 30 kg weightloss**

**When we got mind blowing results for ourself, we started helping other people. Many of our students also achieved wonderful weightloss result. Below are just few transformtions. Then, we helped more than 1000 students to do successful weightloss with help of these secret 5 pillars**

August 2019 vs June 2022



**Diya Hinduja**



**Prerana Tourani**



**Vasavi Gupta**



**Rao saheb**

My wife Dr.Vaishnavi was helping lot of patients to get rid of lifestyle diseases through her homoeopathy medicines. Obesity is the main reason for all lifestyle diseases like Thyroid, BP, Diabeties, Heart problems, Acidity etc just to name a few.

When she understood these secret 5 pillars in depth to prevent lifestyle diseases, she has now made her life goal to save 100000 families. I am helping her to achieve her dream through my digital marketing skills. We can help you achieve your weightloss through our online live ZOOM program and Whats app program.

We run marathons to track these 5 pillars in your lifestyle and help you correct it. In the process, you achieve weightloss through your life syle correction. Hence, the weightloss achieved is not temporary. It is permanent healthy weightloss. Also, the program is very simple, fun and easy to give magical result without GYM & CRASH DIETING. More than 1250 students have achieved their weightloss. You can also achieve your weightloss.



## REGULAR EXERCISE



### REGULAR EXERCISE

The benefits of REGULAR EXERCISE are more than weight management. Exercise also combats stress, promotes better sleep and activates the immune system



## REGULAR EXERCISE

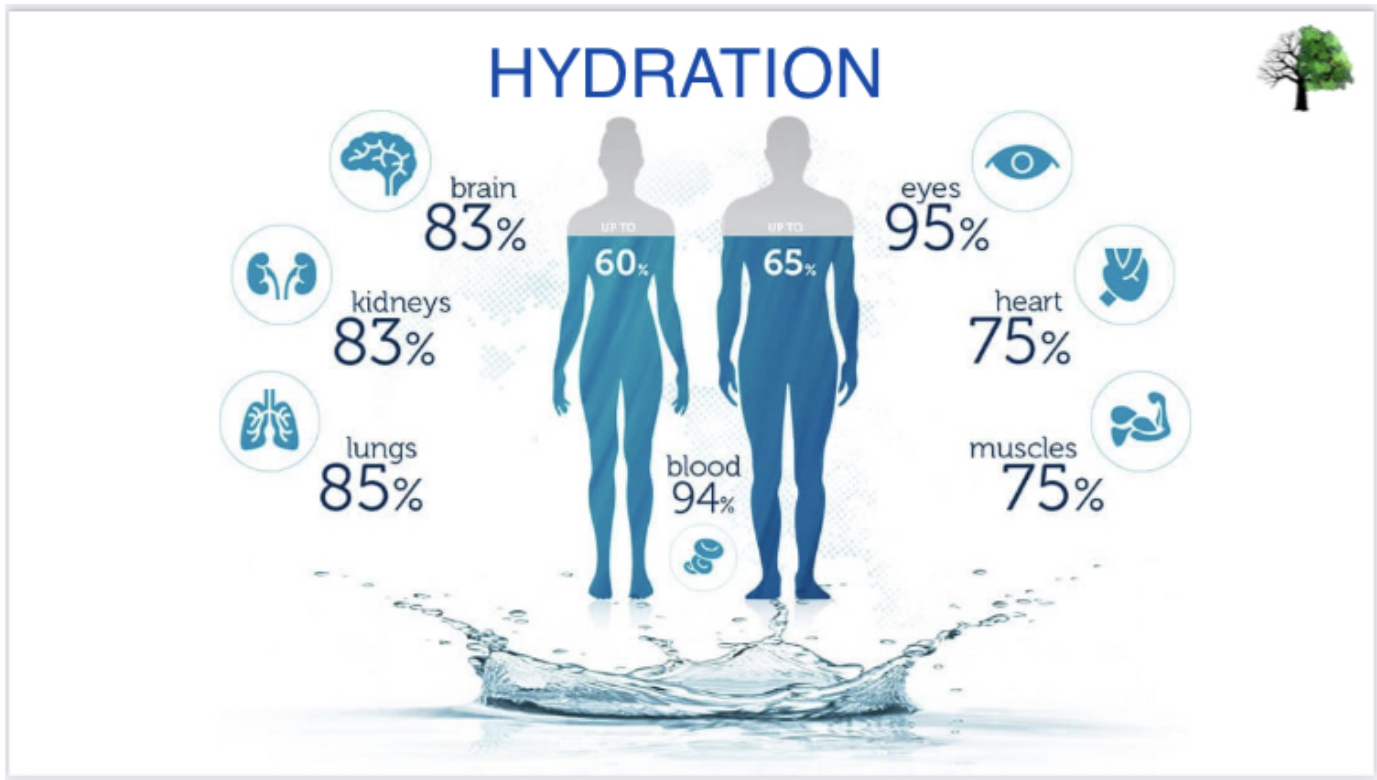
Please make a note that REGULAR EXERCISE is the key and not just exercise.

Daily exercise of 45 minutes is required for maintaining good health. Don't confuse exercise with GYM. Regular exercise of 45 minutes is possible at home. Just walking and daily counting of your steps is sufficient. Whole body work out exercise, targeted exercises from beginner to professional is available with our community.

Physically active throughout the day is the requirement for continuous proper calorie consumption which will lead to good health.

If you are fond of some sports like cycling, badminton, swimming, football, cricket, lawn tennis, running, table tennis and if these amenities are available to you then that is the best way for physical exercise. Regular exercise should be the fun for your life and not the liability or burden or task to be completed to make habit in your daily life style.

## HYDRATION



**How much water is required by your body?**

**Make a note for life**

**1 litre for 20 kg of your body weight.**

**Eg**

**If you are 80 kg then your body needs minimum 4 litre of water.**

**If you feel thirsty then you are already dehydrated !! Keep your body hydrated by drinking water SIP by SIP.**

## SLEEP



- 1. Sleep like a Baby. Rest and relaxation is very important to achieve fast fat loss which ultimately leads to optimum health.**
- 2. Our body follows biological clock. So, one should always sleep at night. Its myth that even if we sleep late at night and woke up late mornings its ok. Actually, late sleepig detoriates one's health.**
- 3. Maximum weight loss happens during sleep !!**

## SLEEP

### 4. Eat dinner before 8 pm

Eating late in the night can cause indigestion, which interferes greatly with your sleep cycle. If you eat dinner early, then your metabolism gets to work early and by the time you're ready to go to sleep, any potential indigestion problems will have already been dealt with by the digestive system, making sure that you sleep well at night.

## SLEEP

### **5. Avoid using gadgets or watching TV while in bed**

These days almost all of us have TVs in our bedroom, and an overwhelming number of us bring our smartphones, tablets, laptops, and other devices to bed with us on a daily basis.

We watch videos online, chat with friends and family, and even play games right before we sleep. On top of that, most of us claim that the first thing we do after we wake up in the middle of the night is reach for our phones.

Unfortunately, these habits suppress melatonin, a natural sleep hormone. The bright lights of your gadgets tricks your brain into thinking it is daytime, disturbing your natural cycle.

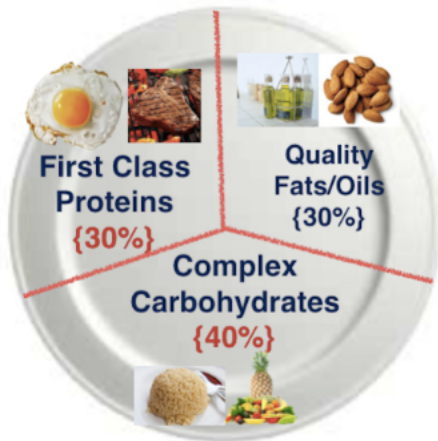
## **6. Avoid bright light prior to going to sleep**

In addition to banning devices in bed, it is also important that you shut off all lights in your room, make sure that no ambient light is seeping into your bedroom, and that devices like mobile phones that might disturb you are turned off.

A dark room naturally kick starts your sleep cycle and is very important for your sleep hygiene.

## BALANCED NUTRITION

### BALANCED NUTRITION



Please make a note that **BALANCED NUTRITION** is important and not only food.

Balanced Nutrition is made up of following 3 Macronutrients

- 1) FIRST CLASS PROTEINS
- 2) QUALITY FATS/OILS
- 3) COMPLEX CARBOHYDRATES

**How much Protein is required by your body on daily basis ?**

Make a note for life

**1 Gm Per KG your body weight protein is required by your body on daily basis.**

Eg

If you are 80 kg then your body needs minimum 80 gm of first class protein as a thumb rule.

However, for body builders, sports persons or pregnant women the requirement of first class protein goes upto 1.5 gm to 2 gm per kg of body weight depending upon the actual physical activity.

## BALANCED NUTRITION

**How much is the requirement of Proteins, Fats/Oils and Complex Carbohydrates ?**

**Make a note for life**

**1. First Class Proteins- 30%**

**2. Quality Fats/Oils- 30%**

**3. Complex Carbohydrates- 40%**

**Important note here:**

Proteins are building blocks of your body and is good source of energy. (Calories).

These are required by body on daily basis for a your physical activities. Fats/Oils is also required as calorie source.

Recommneded oils is Coconut oil. Avoid Refined oils. (Kacchi Ghani Oil is recommneded). Carbohydrates are of two types. Simple carbohydrates and Complex carbohydrates. We need complex carbohydrates for our good health. To understand in more detail; attain our 3 day online sesssion on zoom

## POSITIVE MIND SET



## POSITIVE MINDSET



**Positive mindset is the 5th and most important pillar for achieving optimum health.**

**You need to have 100% Positive Mind Set  
not only for achieving good health but  
to achieve anything is your life.**

## **POSITIVE MIND SET**

**Positive mindset can be developed through proper mind training. Your mind should always feel resourceful. The simplest way to start having positive mind set is to start paying GRATITUDE. Always, try to think the brighter picture of the situation. Be Thankful to whatever you have. Challenges will always be there in your life. Every body has challenges. Your mind should be open to challenges as it will only make you better person. It will grow you as a person. Look at all problems as opportunities then only you can grow.**

**Spend time in RECREATION activities. Work on your hobbies. Do whatever you enjoy. Follow your passion. Listen to some cool music. Dance to your favourite song. This will help you to have positive mind set. These are few things which one should do to have positive mind set.**

## POSITIVE MIND SET

Positive mind set also depends on the company. We have the same mind set as of 5 our closest people with whom we interact on daily basis. And, the sad news is majority of the people has negative mind set. Every body is suffering. The society speaks negative news. Media shows negative news which has very bad impact on your mind. The best way is to keep away from News channel, News papers, Negative movies, Negative friends, Negative people. The best way to have community of positive mind set people. Listen to motivational speakers and few spiritual leaders. I would personally suggest few names like Sandeep Maheshwari, Vivek Bindra, Brahmakumari Shivani, Sadhguru, Gaur Gopal Das just to name a few. Read good books, Listen to positive affirmations. Visualize the best future for you. I would recommend to visit my club for 3 days as club guest to understand the positive mind set of people in the community. People come with lot of challenges. Every body has challenges, but then how you overcome the challenges and how you look at the challenges will make the difference in you as mediocre or Successful person. So, Positive set is not only required for Good Health but also for the growth in all areas of your life. To be specific, Positive mind set is required to have Good Health, Good Wealth, Good Relations to ultimately achieve HAPPY LIFE !!.

## **SOMETHING ABOUT US :**

I am BE (Mechanical) and MBA (Marketing) also done specialization in supply chain management from IIM-Calcutta.

I have more than 18 years of work experience in sales & marketing and worked with big corporates which includes Eicher Motors (VECV), Ashokleyland, L& T Komatsu. I am still working with Tata Hitachi as ADM-Exports and taking care of SAARC countries for digital marketing activities and country manager for Sri Lanka & Maldives. As my passion towards digital marketing, I want to help my wife Dr.Vaishnavi through my digital marketing skills to achieve her dream to help more than 1 lakh families.

Dr.Vaishnavi Jayawant (BHMS) is expert Homeopathy doctor having more than 10 years of experience. She has treated more than thousand of chronic cases has done survey with more than 15 thousand people (random database) and has concluded the study that there is no surprise for the rising cases of Obesity, diabetes (sugar patients) , Blood pressure, Thyroid, PCOD/PCOS, Heart patients and other lifestyle diseases just to name a few. Almost, everyone is suffering from one or more health challenges due to lack of this basic health knowledge. she is on mission to spread this basic knowledge of 5 pillars of good health to 1 lakh people. We have already helped more than 1000 students. We can help you to achieve your weightloss.

For more information book appointment with me by clicking on following link

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# GOAL SETTING OF MY LIFE FOR 2023

## HEALTH



- 
- SMART HEALTH GOAL-1
  - SMART HEALTH GOAL-2
  - SMART HEALTH GOAL-3
  - SMART HEALTH GOAL-4

# TO ACHIEVE YOUR HEALTH GOALS YOU NEED TO FIND OUT YOUR REASON

## TOP 4 PAINS IN MY LIFE



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● PAIN-1

● PAIN-2

● PAIN-3

● PAIN-4

**TO ACHIEVE YOUR GOALS YOU NEED TO FIND OUT  
YOUR REASON**

## **TOP 4 GAINS IN MY LIFE**



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● GAIN-1

● GAIN-2

● GAIN-3

● GAIN-4

## MY DAILY ROUTINE TRACKER

5 PILLARS	ACTION	1	2	3	4	5	6	7	8
POSITIVE MINDSET	BOOKS/VIDEO								
WATER INTAKE	1 LTR PER 20 KG OF WT								
REGULAR EXERCISE	30-45 MIN PER DAY								
SLEEP 7-8 HRS (10PM TO 5AM)	UNDISTURBED SLEEP								
FOOD & NUTRITION	PROTEIN/FATS/CARBS(VIT & MINERALS)								
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# THANK YOU

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