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## 8 Ayurvedic tips to follow for weight loss

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01 /9 | 8 Ayurvedic tips to follow for weight loss



The pandemic has made us all gain weight, which is why weight loss is on many minds right now. While there are various fancy diets that claim to make you shed kilos in no time, most of them are not sustainable in the long run.

But some simple old ayurvedic methods can help you to lose weight and maintain it. Here are eight simple Ayurvedic tips that can be really helpful.

Read more: Weight loss story: "I cut down spices and sugar from my diet and controlled my weight."

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02 /9 | Sip on warm water



Ayurveda suggests having warm water instead of cold. Warm water is considered an elixir in Ayurveda and helps the body get rid of toxins (ama). Ama is a sticky food substance that gets accumulated in the body due to pollution and unhealthy food choices.

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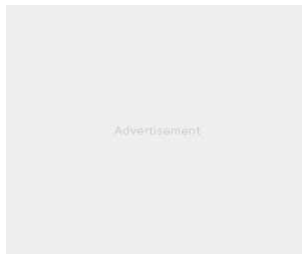


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### 03 /9 | Get enough sleep



Sleeping between 10 pm to 6 am is considered best as per Ayurveda. Even modern research shows that lack of sleep can harm the mental and physical health of people. [READ MORE](#)



### 04 /9 | Have a light dinner



Having a light dinner doesn't strain your digestive system and boosts the natural detoxification of the body when you are asleep. The best time to have dinner is before 7 pm as per Ayurveda. This gives your body enough time to digest food. [READ MORE](#)

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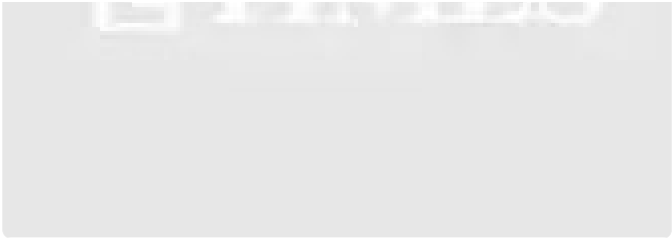


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Your body needs some rest from the regular digestion process. Thus, it's important to give it rest by eating healthy and small meals. Having three meals a day without any snack in between gives it time for digestion.

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06 /9 | **Walk after your meals**



Being physically active is important for overall well-being. If you cannot go to the gym, choose to walk after meals for at least 10-20 minutes every day. This helps boost your metabolism and makes you feel lighter.

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07 /9 | **Have seasonal foods**



Nature gives us food as per season. In summer, nature gives us foods that keep us cool. In winter it gives us nuts, seeds and root vegetables.

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Ayurveda divides food into six categories as per taste - sweet, sour, pungent, astringent, bitter and salty.

It's important you have all the taste to balance the gunas and doshas in the body. Too much sugar and salt can lead to weight gain.

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A few common spices and herbs used in homes are turmeric, ginger, ashwagandha, guggul, Triphala and cinnamon. Using them in your meals every day promotes weight loss.

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