



TWO MEAL DIET FOR EFFORTLESS WEIGHT LOSS

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ABSTRACT

Medical Science has made great progress. Even Cancer and AIDS are treatable. However one area where medical science has failed miserably is in weight management and weight loss. Of course there are medicines for weight loss. Even if one ignores the side effects of these medicines, these can only bring marginal weight loss at very huge financial costs. There are as many weight loss strategies as experts advising – Ornish, Atkins, Keto, Zone, Intermittent Fasting, Frequent eating and the list is endless. Most of these contradict each other and have unsatisfactory results in long run. One strategy that seems promising is Two Meal Diet. Basically it is life style where you eat only two meals a day and nothing in between. While the rate of weight loss is slow, this is easy, natural, simple and sustainable in long run.

KEYWORDS :**INTRODUCTION**

Obesity and Over weight is a massive problem. The immediate effect of obesity and over weight is cosmetic and that is a problem that cannot be dismissed even by serious medical professionals. Cosmetic effect of obesity effects professional and person lives of people. Besides of course obesity impacts almost every medical condition – diabetes, cancer, heart diseases etc.

However no medical solution for obesity has been found. Exercise does not work beyond a point and Diet is an impossible jigsaw puzzle to solve. Medicines in market also do not give satisfactory results. Hence despite all advances in medical science, the health care sector fails at the most basic of requirements and that is solving the problem of obesity and overweight.

This paper proposes a Two Meal Diet that is simple, easy and natural and yet surprisingly effective and sustainable in long term. All that is required from participants is to restrict food consumption to two times a day and eat nothing in between. This leads to lower insulin levels and that helps in reducing weight and more importantly keep weight off.

Over Weight And Obesity: Increasing Problem

Globally Obesity is an increasing problem. Even if we can ignore somebody who is overweight, obesity is clearly unacceptable, as much cosmetically as much due to its ramification on other health problems.

In United States 35% population is obese and what is worse is that obesity has increased from 10% to nearly 40% of population from 1960 to 2020. France usually famous for slim people has obesity rate of around 20% of population. Britain has obesity rate of 27% in 2020 while an obesity rate in Britain in 1975 was just 10%. There are 200 nations in the world and it is difficult to cite obesity rates of all 200 nations.

Suffice it to say that in many nations of the world, obesity is a problem and what is worse obesity has increased drastically in last 50-60 years despite discoveries of great diets and newer miraculous exercise regimens.

Health Problems Due To Obesity

Obesity impacts almost every disease and medical condition. However the most important medical conditions on which obesity has severe impacts are as follows:

1. Heart Disease and Stroke
2. Type 2 Diabetes
3. Cancer
4. Gall Bladder disease
5. Arthritis

6. Gout
7. Sleep Apnea
8. Depression
9. Cancers

Exercise Only Works So Much

There are some articles on Internet that make very provocative statements that exercise do not help you lose weight. The truth is rather nuanced. Studies done on exercise without diet over a 10 month period showed that people lost 5% body weight. This is actually very less. After all in a 10 month period if you lose 3-4 kgs that really does not mean much.

Other studies have showed that exercise helps you lose some weight but not much. Other studies say that exercise will help you lose weight but only with dietary modifications. One thing is certainly clearly exercise most certainly will help you to lose weight.

Some studies tell you the truth that while both exercise and diet have a role to play in losing weight diet seems to have greater role in helping lose weight. Scientific research suggests that exercise has small but important role to play in losing weight.

Here is the final verdict on exercise – exercise does help you lose weight and most certainly improves fitness but you cannot lose all the weight you need to lose by exercise alone. Diet is a must when it comes to weight loss.

Does Diet Work In Long Run ?

We will not even bother to ask if diets work. Of course they do. But question is do they work in long run. Everybody on diet seems to lose weight initially. The more important question is can they keep those pounds off.

Some studies show that over a 12 month period 80% of people do not manage to keep off their weight loss and gain weight. Other studies show very few people manage to maintain weight. Among patients with modest weight loss, 23.1 percent maintained their weight and 2.0 percent continued to lose weight over the two-year monitoring period; in those with moderate weight loss, 14.1 percent maintained their weight loss and 4.1 percent continued to lose weight; and in those with high weight loss, 19.4 percent maintained their weight and 11.1 percent continued to lose weight. That means that almost 80% regain weight. And that is very bad news.

Some studies on diet are even more pessimistic. They seem to suggest that on the whole 97% of people regain weight within 3 years. Other studies suggest that 80 to 95% gain weight lost through diet over long run. Considering that these studies

cover almost all diets there are in the market – Ornish, Atkins, Zone, Keto, Intermittent fasting and the entire works, we don't need to study the nuances of each considering that in long run almost 80 to 95% of people on diet regain weight. So diets are as bad as exercise when it comes to long term weight loss

One Permanent Lifestyle Strategy Rather Than Limited Period Diet

The trouble with these diets is that they are unnatural diets either in terms of calorie restriction or choice of foods that in long run they are not sustainable. These diets are fads and as such can only be carried out for a limited period of time, till one naturally slips into a more ordinary way of living which well means you regain all lost weight.

Usually these diets have a weight loss phase and a maintenance phase. And mostly everybody gains weight in the maintenance phase. Hence these diets are not effective in long run. What is needed is a diet that is same whether in weight loss phase and in maintenance phase and in permanent long run nature. Also things like Keto and Atkins which attempt insulin control by increasing fats and proteins that impair insulin sensitivity in long run must be avoided.

Two Meal Diet by Shrikant Jichkar

Shrikant Jichkar, a medical doctor, who was a Member of Parliament, and a Minister who handled more than 14 portfolios researched and discovered and invented the Two Meal Diet. Dr Shrikant Jichkar is something of an academic polyglot displaying his versatility by getting degrees in various fields besides medicine – Psychology, Sociology, Economics, Political Science, Management, Public Administration, History, Anthropology, Sanskrit, English, Law and to top doctorates in Sanskrit and Management.

Currently Dr. Jagannath Dixit, a medical doctor is evangelising this diet. The idea is simple. Every time you eat you generate insulin. And Insulin is a saving hormone. High level of insulin causes you to store fat and by reducing insulin we can lose fat. So the obvious way to reduce insulin is to reduce the frequency of food.

However humanity has learnt unnatural ways of living and has been taught to consume food or drinks every two to three hours in a day. Beginning with morning tea, and then breakfast after couple of hours to be followed by another tea and lunch and then afternoon tea and evening snacks and dinner and desert late at night – humans almost eat 6-8 times a day. No wonder humans generate profuse amount of insulin. And the insulin generated is rather independent of amount of food. And insulin is generated in a 55 minute time slot.

Hence what is being suggested is that instead of calorie restriction to have two meals a day – each meal within 55 minutes time slot. Say Lunch in afternoon and Dinner at night or Brunch in morning and early Dinner in Evening - and not to eat anything or drink anything in between. If you have to take tea, then milk is OK but no sugar or sugar substitute. No fruits, No snacks. Actually it is best that you consume nothing between two meals.

This diet reduces weight slowly, but this diet is natural diet and meant for long term and is sustainable in long term. This is a permanent life style change that can be adopted by entire humanity by rejecting unnatural eating patterns learnt wrongly. It is best to avoid a high fat and high protein diet because these diets impair insulin sensitivity. Medicines can be taken as far as possible along with food or slightly before or after, though thyroid medication must be taken 2 hours before meals

Exceptions

Of course there are exceptions to people who cannot take these diets

1. People with Type 1 Diabetes
2. Pregnant Mothers
3. Lactating Mothers
4. Youngsters below 18 years
5. Children below 6 years.

These people should adopt 3 meal diet and children below 6 years can have 4 meals a day. But again even a 3 meal diet is tremendous improvement over present 6 to 8 meals a day diet.

Diet For Everybody Not Just For Overweight And Obese

Actually this diet is for entire humanity and not just obese and overweight. Indeed after the age 40 it makes sense for everybody to follow two meal diet. As discussed above in exception section some people can take three meals but after the age of 18 even healthy normal weight people should chose 2 meal diet, perhaps with 3-5 cheat days when they can have three meals a day but no more.

Does it Work? Proof of Pudding is in Eating! Twice a day, one presumes.

Dr Jagannath Dixit carried out an experiment and has published a paper in International Journal of Clinical Trials.

The paper is titled "Eating frequency and weight loss : results of 6 months follow up of public health campaign at Aurangabad". Following is the abstract of the paper.

Obesity is a major health problem in developed as well as developing countries. The "carbo-insulin connection" theory was popularized by late Dr. Shrikant Jichkar from 1997 to 2004. He advocated the idea of eating only twice a day to lose weight and prevent obesity. The author tried this theory on himself from January to March 2013 and lost 8kg of weight and 2 inches from his belly! Since then the author is conducting lectures for lay people educating them about eating twice and losing weight. Author has addressed audiences in many cities and towns of Maharashtra. The present study provides the encouraging results of this public health campaign. Methods: This study was a self-controlled community trial. The tenure of the study was from 1st July 2013 to 30th June 2014. The subjects were enrolled in the study after taking their informed consent during the author's lectures on weight loss arranged in various cities and towns of Maharashtra. The author got pretested questionnaires filled from the audience who attended his lectures on weight loss. The follow up was done on phone every fortnightly. Total 446 individuals participated in this campaign. Results: The weight loss and decrease in waist circumference in participants was as below: weight loss: average 1.5 kg in first month, 4.2 kg in 3 months and 6.8 kg in 6 months; inches loss: average 0.5 cm in 1st month, 1.5 cm in 3 months and 3.5 cm in 6 months. No side effects were observed. Conclusions: The weight loss activities have taken a form of exploitative business for many. Poor and ignorant people are being looted. This simple method of weight loss costs nothing, there is no requirement of a doctor and contrary to many other successful methods of weight loss, can be followed for a life time. Hence such a simple method should be advocated for all. There is a need to spread this message in the form of a public health campaign.'

Beware: Sumo Wrestlers Also Eat Twice A Day

While it has been argued that there is no need for calorie restriction in two meal diet, one can take that advice too far. Sumo Wrestlers who are very fat also eat twice a day, but they eat almost 10,000 calories a day, which is 4 times what normal humans eat.

So yes, there is no calorie restriction, but that does not mean you can have 2 heavy meals. Hearty meals yes, but not heavy meals. After all if average person takes 700 calories in lunch and 700 calories in dinner besides food at breakfast and

snacks and so on, you can consume at the most 1000 calories in lunch and 1000 calories in dinner, in a two meal diet.

Yes there is no calorie restriction, but in a reasonable and sensible way and it is possible to not lose weight on two meal diet if you decide to eat lot more than you should in two meal diet.

CONCLUSION

It is said in Sanskrit, that a person who eats One meal a day is a monk, the person who eats twice a day is Enjoying person and the person who eats three meals a day is diseased person. Let us all at least shift from diseased category to enjoying category by choosing two meal a day diet with no food or drink in between.

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