

eBook

# The Niyama Reset - *Weight loss*

- Weight Management for Indian Moms Without the Gym

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By Shvtas – Wellness for the Modern Indian Mother

# *A Letter From* *Shweta*

Dear beautiful mama,

Let's be honest — the “bounce back” pressure is real.

From Instagram “What I eat in a day” reels to new-age fitness hacks, you're constantly being told how your body **should** look and what you **must do**.

But here's the truth:

You don't need extreme diets, 5 AM bootcamps, or fat-burning pills.

You need **rhythm**. You need **discipline**. And you need to **trust your body again**.

This is not a gym plan.

It's a **Niyama plan** — a sacred discipline rooted in Ayurveda, nature, and ancestral food wisdom. This guide blends ancient Indian practices with modern science to give you a 21-day path to feel lighter, healthier, and in harmony with your body.

Because when you live in sync with nature — your body responds.

Let's reset together.

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# What Is the *Niyama Reset*?

**Niyama** in Yogic philosophy means “inner discipline and self-care practices.”

The **Niyama Reset** is a **21-day lifestyle and food protocol** designed for Indian mothers who want to:

- Reduce bloating, fatigue, and weight gain
- Eat Indian food — not “protein bars”
- Feel light, energetic, and strong
- Reconnect with ancient body wisdom
- Do it without a gym or expensive supplements



# The *Real Science* of *Sustainable* Weight Loss

Forget calorie math. Real weight balance is about **metabolism, inflammation, and digestion.**

## Your Body Loses Weight When:

- Your gut is clean
- Your hormones are stable
- You sleep well
- You eat food your DNA understands
- You move naturally & daily
- You don't overstimulate your nervous system

*Ayurveda + science = reset your agni (digestive fire), reduce ama (toxins), and restore ojas (vitality)*

# Why *Indian* Moms Struggle *After 30*

- Hormonal changes (especially post-baby)
- Lower metabolism due to erratic routines
- Digital lifestyle: more sitting, more scrolling
- Eating Western diet with Indian genes
- Not honoring menstrual rhythm or lunar cycle
- Too much “wellness” info = confusion, frustration

## **The Solution?**

→ Stop outsourcing your health. Start listening to your body

# 21-Day Niyama *Meal Plan*

## RULES OF THE RESET

- Eat local & seasonal
- No raw salads post sunset
- Stop eating 3 hours before bed
- Eat your biggest meal at lunch
- Keep dinner light and warm
- No eating while scrolling/TV
- Hydrate with warm herbal water
- Sleep by 10 PM

## MORNING RITUAL (Daily)

- Wake up by 6:30 AM
- Drink warm jeera-ajwain water
- Sit in sunlight for 5–10 minutes
- Light abhyanga (oil massage 2x/week)
- Pranayama (Anulom Vilom or Bhramari, 5 mins)

# 21-Day Niyama *Meal Plan*

## WEEKLY MEAL TEMPLATE

Time	Meal Type	Sample Meals (Rotate Weekly)
7:30 AM	Digestive Start	Jeera-ajwain water or Triphala + warm water
8:00 AM	Light Breakfast	Ghee-roasted moong dal chilla / Poha with curry leaves
11:00 AM	Mid-Morning Herb	Ashwagandha + almond milk or coconut water
1:00 PM	Heavy Lunch	Millet khichdi + sabzi + pickle + 1 tsp ghee
4:00 PM	Light Snack	Fruit (banana, papaya, guava) or roasted makhana
6:30 PM	Light Dinner	Lauki soup / moong dal soup / khichdi with jeera tadka
8:30 PM	Sleep Ritual	Turmeric milk with a pinch of nutmeg or fennel tea

# *Weekly* Focus Themes

### **WEEK 1: Cleanse & Align**

- Focus on hydration + bowel regularity
- Avoid wheat, sugar, and deep-fried food
- Take 10 mins of sun each morning
- Begin sleep wind-down routine

### **WEEK 2: Stabilize & Nourish**

- Start meal timings (clock-based)
- Introduce 20 mins daily walk after lunch or dinner
- Begin journaling: “What feels lighter today?”

### **WEEK 3: Rebuild & Reset**

- Notice energy, mood, and cravings
- Add 2x abhyanga + 3x deep breathing
- Celebrate your body's progress — gently

# *Foods to Avoid* After 30

- Refined carbs: Maida, white bread
- Processed oils: Refined sunflower, soybean
- White sugar & artificial sweeteners
- Carbonated drinks
- Frozen & preserved food
- Raw salads at night
- Protein powders not made for Indian bodies

# *Supplements That Actually Help*

Always consult a certified expert before starting anything new.

- **Triphala (night)** – Gut reset & gentle detox
- **Ashwagandha (morning)** – Stress resilience, thyroid balance
- **Shatavari (for hormonal balance)** – Especially post-30
- **Iron + B12** (especially for vegetarians)
- **Magnesium glycinate (night)** – For sleep & muscle recovery
- **Cumin-Coriander-Fennel tea (daily)** – Beat bloating & flush toxins

# *Wellness in the Age of Reels & Hustle*

- Set digital eating rules: No screen with meals
- Mute weight-loss obsession accounts
- Follow real people who talk about nourishment
- Discipline > motivation
- You don't need 6-packs. You need strength & rhythm.

# Your *Ancestors* Were *Right*

- They ate what grew nearby
- They fasted naturally
- They moved with nature (not machines)
- They honored menstrual rest
- They cooked with hands and love
- Their rhythms were their diets

**Trust your DNA. Don't copy a diet from California. Your body holds centuries of Indian intelligence.**

# Final *Reflection* Page

- What changed in your energy levels?
- What habits feel like home now?
- How can I honor my body without punishment?
- What does discipline with love look like for me?

***Weight loss is not about shrinking.***

***It's about alignment, rhythm, and nourishment.***

***Your body is wise. All it needs is for you to listen."***

**– Shvtas**