



5 Unbelievable Signs You're Dieting Without Even Realizing It

Author : vidhi mistry
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[image source](#)

Warm water

If your weight is constantly growing and despite not being able to make any difference, drink honey and lemon in warm water and drink for three consecutive months. You must feel the difference. If you do not want to drink this healthy drink, then after drinking the food, start drinking a cup of hot water.



[image source](#)

Rock salt

According to Ayurveda, rock salt burns fat. It improves metabolism in the body and prevents the desire for food. The effect of burning of rock salt is due to the minerals present in it. However, it does not have much effect on destroying fat, but you can use it as auxiliary therapy for weight loss. It also helps remove dead fat cells from the body.



[image source](#)

Sleep

Sleep is a natural and essential part in our daily routine, it gives us energy, which is essential for living a healthy life. The deep and true sleep gives complete rest to our mind and body, which gives us freshness and we become energetic and happy. Happiness, weakness, weakness, lethargy, short life span etc.



[image source](#)

Brown rice

Because brown rice has a high fiber, it controls the amount of calories you take and your stomach fills for a long time, thus reducing the chance of over eating? A study by Harvard researchers found that women who ate more fiber foods such as Brown Rice had more success in keeping their weight normal.

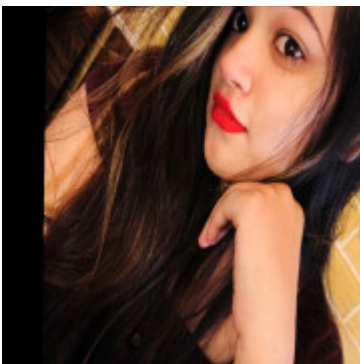


[image source](#)

Running

Most people believe that you can stay healthy by running, but people come to race for running. So today we are going to tell you about the running health benefits. Hope you will get encouragement to run this post and your health will improve. If you are 40 or older, your obesity is too high, has not been exercised for a long time, or if you have any other types of health related discomforts. Slowly start by running and running 30 minutes daily for 6-7 consecutive weeks to build a habit. Run a little more than usual every day. Cool your body for a short while after the rush of Light Exercise.

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About Author:

Vidhi mistry

Dr. Vidhi who has made wholeheartedly contribution to the welfare of many people through Ayurveda is one of the million people who was inspired by her father and her own life incident to choose the correct path in her life. Born in a family of renowned physician Dr. Bharat Mistry and Dr. Jagruti Mistry, she was brought up under the shadow of Ayurveda. This was not just a reason to choose Ayurveda as her career but one of her childhood events also molded her into a true believer of Ayurveda.