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**THE BRIDGE**  
**A CUSTOM DETOX**  
**& BREATHWORK PORTAL**

POST CLEANSE | OCT 6-20

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# GOALS FOR THIS NEXT PERIOD:

- ☀ Celebrating your weight loss achievements so far!
- ☀ Continued, slow and steady weight loss with a focus on fat metabolism and no muscle loss.
- ☀ Supported energy and vitality for an active month in Mexico, working, exploring and caring for your dad.
- ☀ Sustaining your excellent digestion! No gases! No bloating! Great elimination! Keep it going!
- ☀ Monitoring stress and actively moving into de-stressing exercises and practices until they become so ingrained, they are non-negotiable.
- ☀ Finding new foods, herbs and medicinal foods and recipes in your native land.
- ☀ Playing with gently, slowly and joyfully expanding your recipe repertoire with foods that are aligned with your goals, and that you enjoy!

# Weight Loss Plan

## **CURRENT STATUS:**

You've lost 20 lbs in under 4 weeks. That's impressive! You should be very proud of your dedication and commitment.

But it's also a big shift for your body to process, and now we want to transition from pace *to balance*.

***Why the quick weight drop stopped?*** This is usually because your body is adapting from the fasting period. Since you have been fasting, your body has adapted to become more energy-efficient. Slower weight loss is your system saying, "Okay, I see you. I'm learning to do more with less." That's good. Your body is protecting your long-term integrity!

## **Why slowing it down is perfect for your long term goals:**

1 . Dramatic weight loss can mean less fat, but also muscle and water.

**The goal is always visceral fat. Not muscle. Not water.** We want your body tightening up, not shrinking in ways that reduce strength. So it's important to make sure you are losing fat and not muscle.

2. The most sustainable fat-loss rates are about **1–2 lbs/week** or even less for some. This is the MOST SUSTAINABLE.

3. **Fat consumption** - keep your "good fats."

MCT oil, coconut oil, olive oil, ghee are your allies, not your enemy. In my experience, with moderate but consistent usage, they are unlikely to be the cause of slowed weight loss. And, the rate you are losing weight now is more appropriate and sustainable for long term anyway. Cutting them too much could even slow your progress more, by reducing your body's nutrient/carrier support by taking away substance from the body.

4. Remember, ***any form of stress*** makes your body conserve energy instead of burning fat. This is why the **Nervous System practices** are so important for you. When you go through a period of stress (like you have been the last week with work and travel preparation) your body will naturally slow down fat burning - again, a good sign your body is protecting you!

Since you have experienced some **drops in energy**, let's focus on

1. Good hydration
2. Increasing non-animal sourced Protein consumption
3. Increasing your caloric intake to 3 small meals a day.
4. Dedication to nervous system support.

## GOOD HYDRATION

- You are also “drinking water” when you *eat watery foods*. Water-based cooking methods like steaming and boiling are beneficial because they minimize the formation of Advanced Glycation End Products (AGEs), which are linked to inflammation and accelerated aging. You are already doing this with steamed vegetables and soups — keep them as regular staples in your diet. Increasing your “soup recipe repertoire” will be very helpful
- You can also add more raw vegetables and salads now, especially hydrating ones like cucumber and celery.
- Continue with the **Trace Minerals** in your water to support hydration and electrolyte balance
- Keep cooking your beans and other legumes with the Kombu for minerals and ease of digestion.

## **INCREASING NON-ANIMAL SOURCED PROTEIN CONSUMPTION**

If you still want to avoid adding eggs, other good options include:

- Legumes (beans, lentils)
- Quinoa
- Amaranth
- Huauzontle
- Chaya
- Tofu / Tempeh
- Seeds like pumpkin, sunflower & hemp
- Nuts like almonds, walnuts and brazil nuts

Aim to spread protein across your three meals, so your body always has what it needs to maintain muscle, support energy, and recover well.

You can add plant-protein shakes if needed but lets try without.

## **INCREASING YOUR CALORIC INTAKE TO 3 SMALL MEALS A DAY.**

You can now return to 3 moderately sized meals per day. This will help you with energy for exercise and constant protein intake. No snaking.

Try to align your meal times with your Dad to ease your time schedule.

Only eat when hungry, eat conscientiously and keep portion size 20% smaller than a “normal” portion.

Keep up with your eating practices. Warm diluted ACV before meals, rest then walking.

## **DEDICATION TO NERVOUS SYSTEM SUPPORT.**

Keep following your morning and evening Dinacarya. Include breathwork, rest, napping if you have any sleep deficit, listening to the recorded meditations and Nidras.

# A Weeks Movement & Support

## **You can keep up with:**

- 2-3 × nitric oxide workout daily - with rest days per week if needed
- Walking after lunch and dinner

## **STRENGTH TRAINING**

It would help you to add 2 × sessions/week of strength training targeting all major muscle groups. This will also help preserve lean muscle, support metabolism, and ensure that your continued fat loss is not just water/muscle, this is very important now.

## **ONE CARDIO BLAST**

You could also mix in one slightly more intense cardio session per week, if you have the energy. This could be faster walking or soft jogging, or finding hills to walk.

## **REST DAYS**

It's important you don't overdo it and always build in rest days. So days off or light days are good! If you find yourself fatigued, make sure you add in more rest or napping practices.



# Celebration Ritual!

## CELEBRATE YOUR WINS!

You MUST celebrate your wins, dear heart! You have lost 20 lbs. You have changed, evolved and effectively detoxed your body. You must celebrate your wins to train your body that positive changes are welcome and safe to stay. Remember, your cells are always listening to your cues.

Find one way to celebrate your body every day that has nothing to do with weight!

This could look like:

**The Abhyanga oiling practice** - Really feeling into the areas that are "smaller" now. Let them know they are loved, in any form.

**Speak to your body in the mirror** - Keep the vision of where you are going (your imagined end goal) strong, but love the process of the journey!

**Dance!** Put on a song you love and move your body with joy, not exercise. Feel what your body can DO, not just how it looks.

**Wear something** that makes you feel beautiful NOW - Not "when I lose more weight" clothes. Something that celebrates this exact body, today.

Notice one physical win "Today I feel no pain in my neck" or "My digestion felt easy and light" - celebrating *function over form*.