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What Is Blocking Your Weight Loss?



Understanding Your Body Beyond Diet and Exercise

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Let's Start with a Simple Question

In my daily practice, I meet many people who say:



“I eat less, but still gain weight”



“I lose weight... and then it comes back”



“Nothing works long-term”



▶ This is NOT another diet guide

▶ This is about understanding what your body is doing

Ramesh, 42 — 'I'm Doing Everything Right'



- Reduced his food intake

- Walked daily

- Avoided sweets

Still...



His weight barely changed



His body was not responding to his effort

*Effort alone does not always
equal results. The body has its own logic.*

Priya, 34 — 'I Eat Less Than Everyone'



She ate
very little



Still —
weight increased



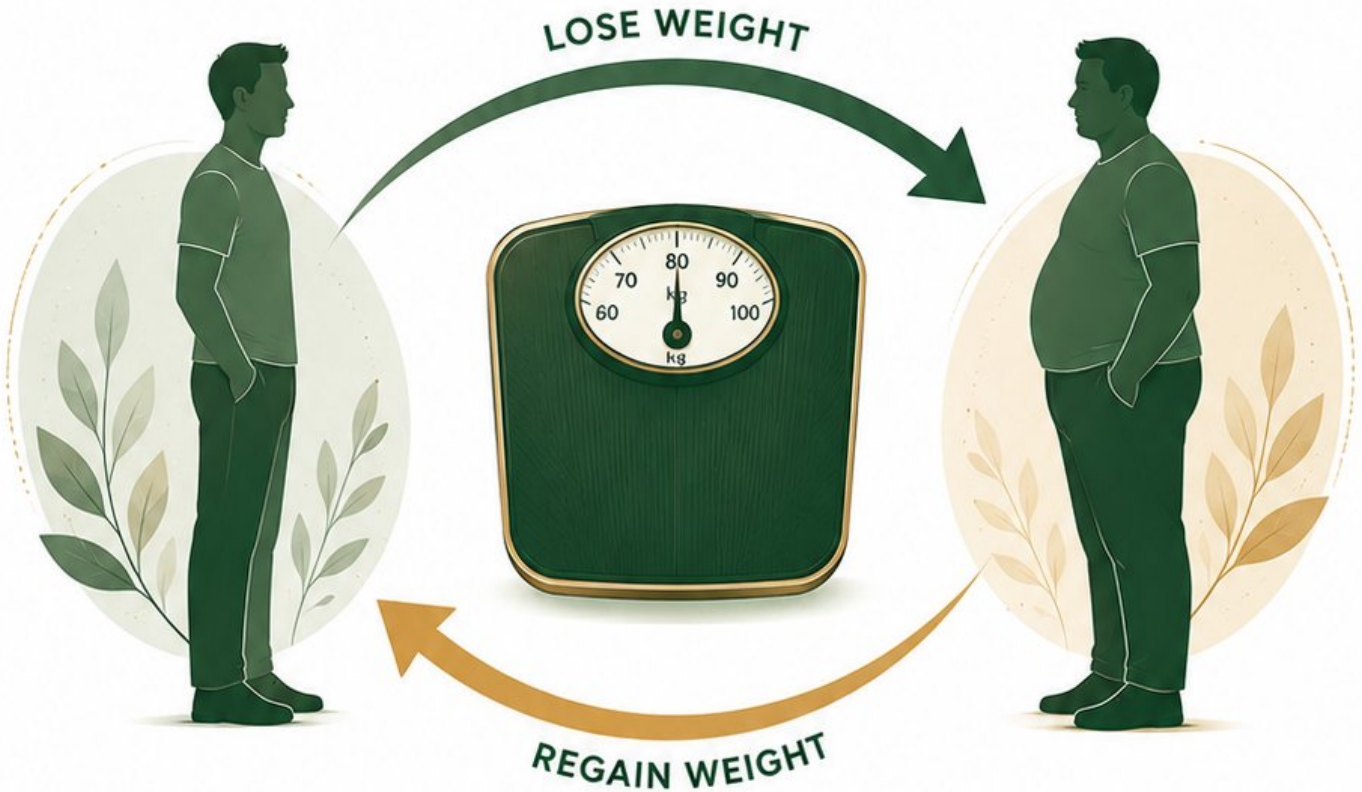
Cycles became
irregular


Her body responded
differently to the same food




Same effort. Different body response. That is the key.

Amit, 38 — ‘Why Does It Always Come Back?’



 Amit could lose weight...

 But always **regained** it

*His body adapted and resisted change.
This is called **metabolic adaptation**.*



This is not a willpower issue. This is a biology issue.

What Do All Three Have in Common?



Made sincere efforts



Followed good advice



Still got different results



≡ ONE SIMPLE TRUTH ≡

“Their bodies responded differently.”

It was never about motivation.
It was about **metabolism**.

The Real Question We Should Ask



What diet should I follow?



Which exercise is best?



⇒ THE RIGHT QUESTION ⇒



What is happening
inside my body?

WHY THIS MATTERS



Weight may continue to increase



Health conditions like diabetes, BP,
joint issues may develop



Future treatment becomes more difficult



Understanding early makes a difference.

Your Body Is Designed to Protect You



Your body's goal is:
To protect you



Slows metabolism



Increases hunger



Stores fat
as reserve



It is not working against you.
It is working to protect you.



The Body Response Model



“Weight is decided not just by effort... but by how your body responds.”



≡ IMPORTANT DIFFERENCE ≡



Diet plans and gym routines focus on **controlling** the body



This approach focuses on understanding the body



How Do We Approach This?



In my practice, the focus is not just on weight... it is on **understanding** your body first.

1



Understand Your Metabolism

How your body is functioning

2



Identify Your Body's Response

Why weight is not reducing

3



Guide You to the Right Path

Lifestyle / medical / metabolic options



Every person is different.
So the approach must be personalized.



When the Body Needs Support

In some people, the body strongly resists weight loss



**Forcing
the body harder**



**Changing how
the body responds**

— • Support may include: • —




**Medical
Treatment**



**Structured
Programs**



**Metabolic
Procedures
(in some cases)**



The right option depends on your unique body assessment.

What Should You Do Next?

If this made sense to you...
you may consider getting your body assessed.

In a consultation, you will get:

- ✓ Understanding of your metabolism
- ✓ Clarity on your body's response
- ✓ Guidance on suitable next steps

*No pressure.
Just clarity.*

**“Your body is not failing.
It is responding.”**

*When we understand the body's response,
we stop blaming ourselves...
and start choosing the right treatment.*

— Dr. Anil S. Mehta, FRCS | Seren Med Lounge