



Weight Loss for Seniors is a science-based composite plan developed by a practicing physician with a 20-year history of treating thousands of patients. It will help you move with ease, wake up energized, and lower your reliance on daily pills.

About the Author



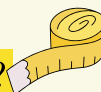
Dr. Indranill Basu-Ray

is a cardiologist and interventional cardiac electrophysiologist internationally recognized as a pioneer in establishing yoga and meditation as evidence-based therapy for cardiovascular disease. Trained at Harvard Medical School, Tulane University, and Baylor College of Medicine, he has published more than 100 peer-reviewed publications in leading medical journals. Through this rigorous clinical research, he has helped move these ancient mind-body practices from the margins into mainstream preventive cardiology, and was among the physicians selected to author the American Heart Association's scientific statement on meditation and cardiovascular risk.

He is Editor-in-Chief of *The Principles and Practice of Yoga in Cardiovascular Diseases* (Springer, 2022) and author of *Yoga for Cardiovascular Disease and Rehabilitation* (Elsevier, 2025). He founded and chairs the American Academy for Yoga in Medicine and convened the world's first conferences on meditation and yoga for cardiovascular disease.

His authority is spiritual as well as scientific. A meditator since the age of six, Dr. Basu-Ray was initiated into Kriya Yoga by Swami Hariharananda Giri—a brother disciple of Paramhansa Yogananda, author of *Autobiography of a Yogi*. Having practiced, taught, and researched these disciplines for more than three decades, he writes from a rare union of two worlds: the precision of the cardiologist and the lived wisdom of a lifelong yogi.

Struggling with Weight After 40?



Excess weight after 40 is about more than numbers on a scale. It's the exhaustion of managing fluctuating blood sugar, high blood pressure, and the fear of heart attacks and strokes. Restrictive diets fail, and weight loss drugs offer only a temporary fix with serious long-term consequences.



Weight Loss for Seniors is your evidence-based guide to sustainable health and vitality. Written by Dr. Indranill Basu-Ray, a world-famous cardiologist and pioneering medical researcher, this book bridges the gap between ancient wisdom and rigorous clinical science.



Dr. Basu-Ray's

20 years of clinical experience offer a clear roadmap tailored specifically for adults and elders who want to defeat obesity, and its complications including diabetes, hypertension and heart disease at the root source.

Inside *Weight Loss for Seniors*, you will discover:

The Cardiologist's Protocol: A proven, drug-free methodology designed to help you shed pounds and permanently prevent weight regain.

Food as Medicine: How a plant-based yogic diet and structured intermittent fasting optimize your metabolism, ensuring peak daily energy without triggering fat storage.

The Power of Restorative Movement: Tailored yoga asanas and deep breathing practices that actively reduce chronic inflammation and protect cardiovascular health.

The Stress and Sleep Connection: Simple meditation techniques to lower cortisol levels, eliminate emotional eating, and restore deep, healing sleep.

Tracking for Longevity: How to use ultramodern, non-invasive wearable devices to monitor your health from home without painful finger pricks, including cutting-edge tools to track meditation depth and Heart Rate Variability (HRV) for cardiac wellness.



Weight Loss For Seniors

Written by

Dr. Indranill Basu-Ray