

Qodesh Beauty



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Shalom! This channel is for all women interested in The Most High Yah and health! ...more

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**Shalom! This channel is for all women interested in The Most High Yah and health!
I hope it is a safe platform to share respectfully about diverse opinions and to
encourage each other.**

www.youtube.com/@qodeshbeauty

Joined Jan 26, 2023

My weight loss journey: Yes! it is a journey and I'm still in it!!

It all started in 2011... when I met the love of my life, who became my husband a few months later.

We started working out together.



We enjoyed fitness:

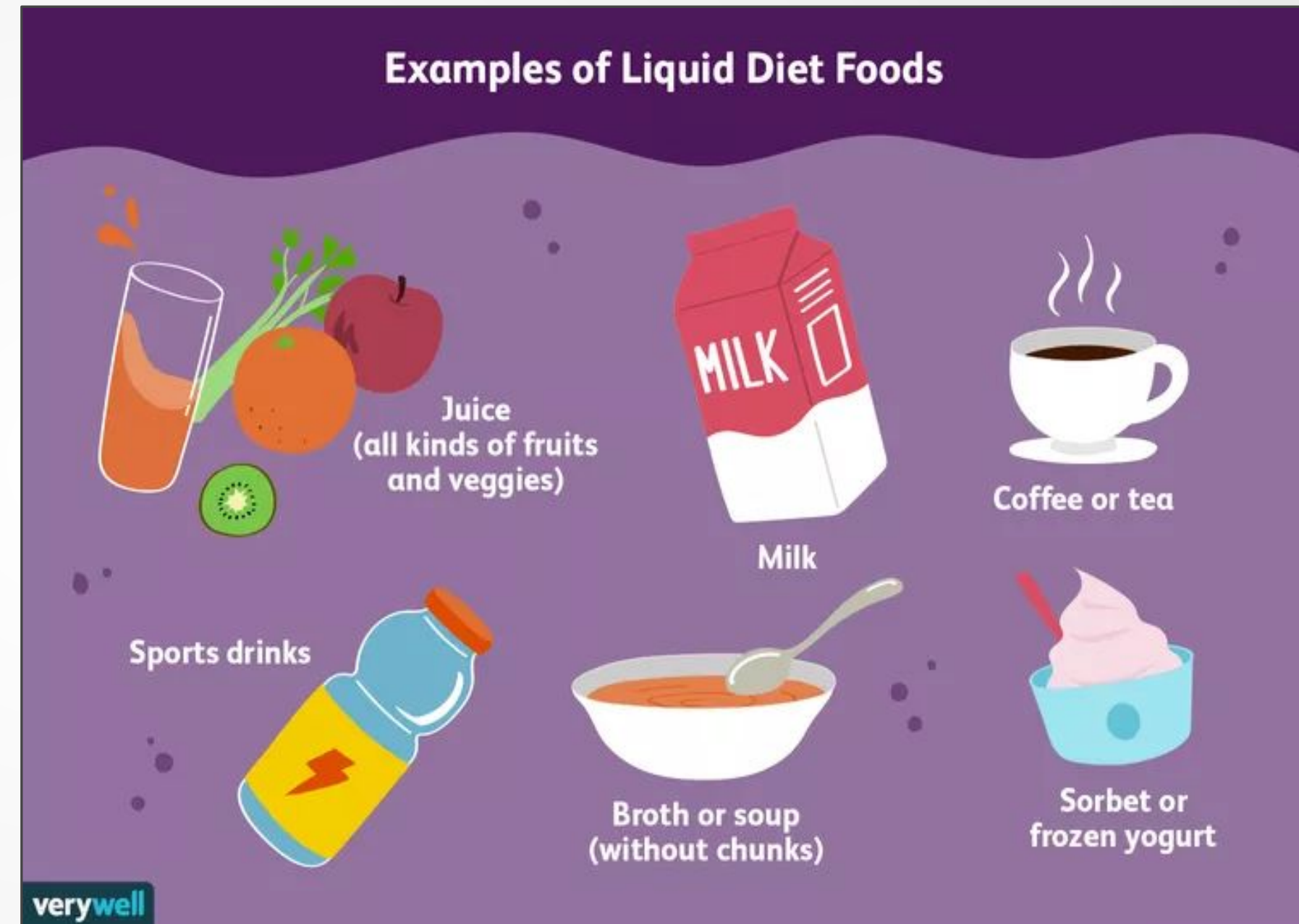
During our 1st year of marriage, we lost some weight together

- However, I was only focusing on fitness and not on my diet...
- which represents 80% of a successful weight loss



Then, the struggle was real for me... between 2013 and 2016

- Because I am somebody that gets discouraged quickly if I don't see any results
- I went up and down for years! By the grace of Yah, I still managed to go from 208 lbs down to 167 lbs
- And then, in 2017, I discovered about liquid diets, and everything changed...

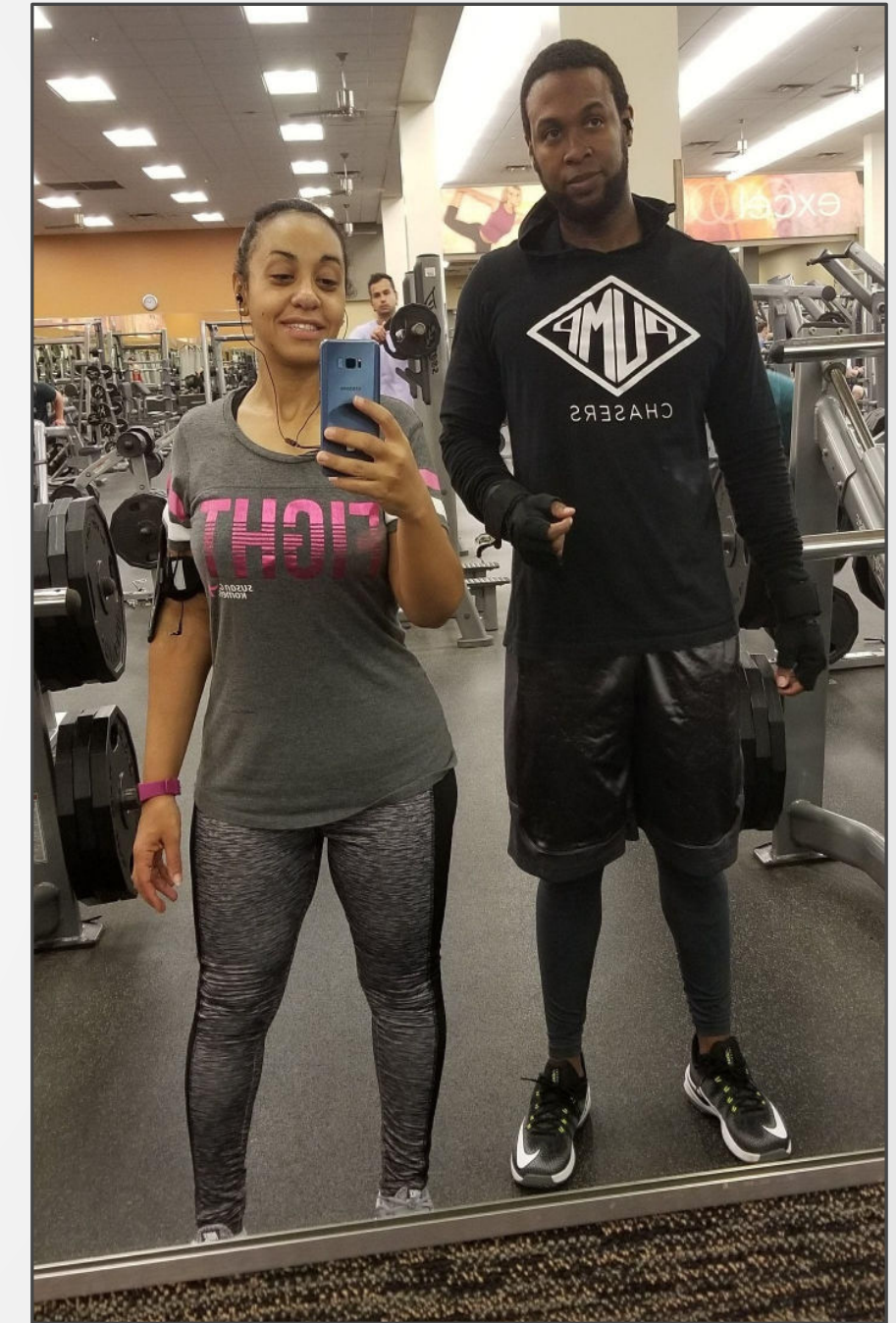
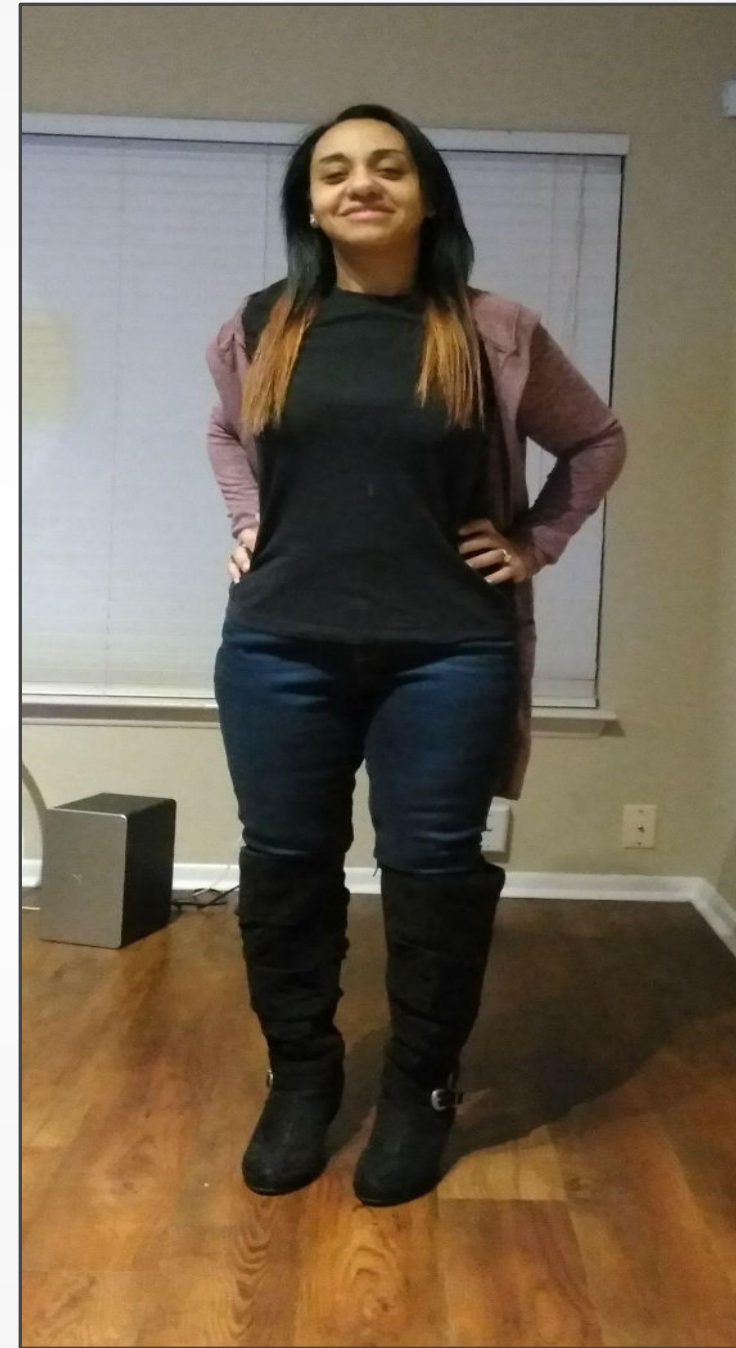


Beginning of 2017, I did 2 months of a liquid diet...

- It was the boost I needed to lose weight fast enough that it would encourage me to continue
- I lost 27 pounds in 2 months
- It was a great kick start for me which help me stay motivated...

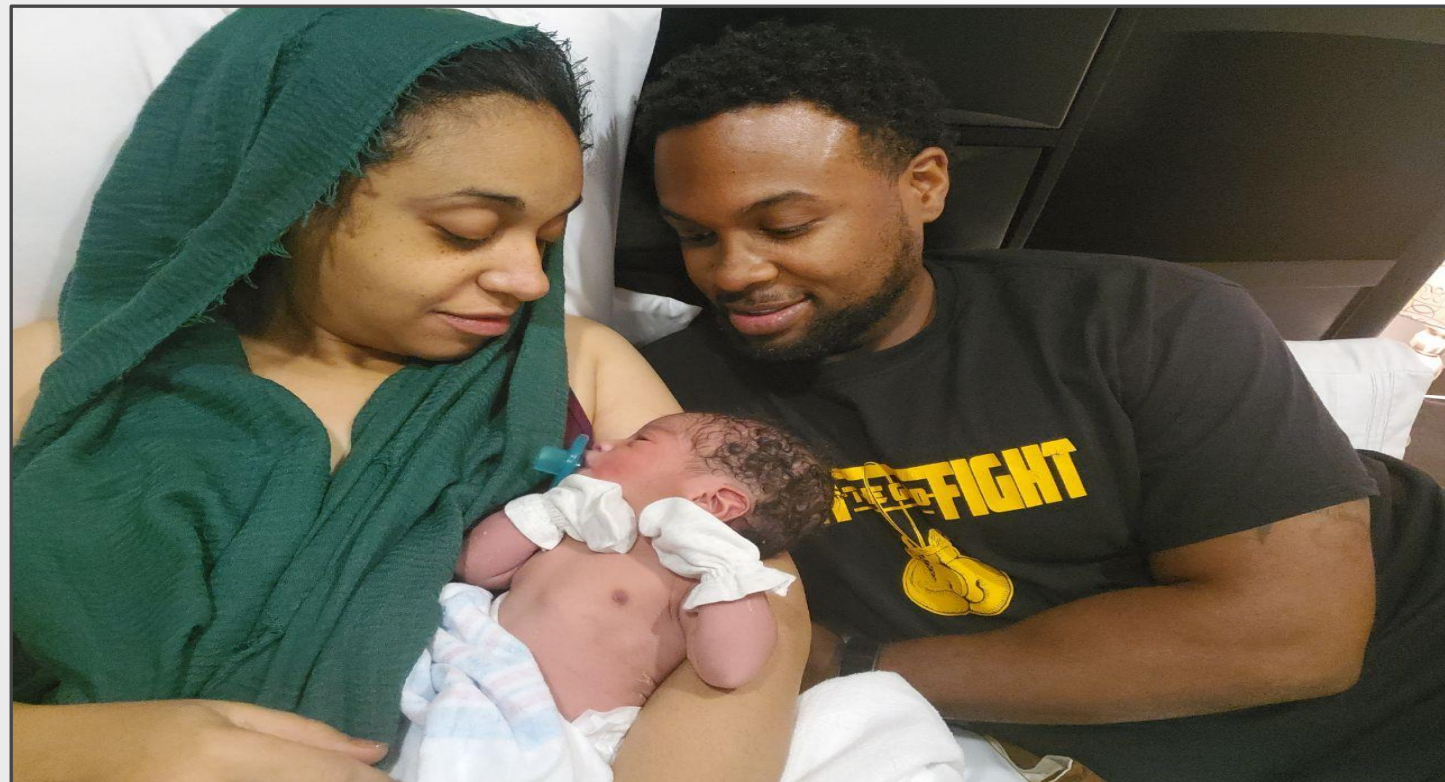


**For years I stayed in a healthy lifestyle...
Always with the support of my husband!**



Then, after years of trying and 2 miscarriages, TMHYAH blessed us with a healthy pregnancy

- In June 2020, we got pregnant for the 3rd time
- In February 2021, I gave birth to a healthy baby boy (our birth story is on Yahudah's living YT :))



After the pregnancy and over a year and ½ of taking care of our son, it was time to get back in shape...

- A couple years back, I heard about IF (intermittent fasting) but I didn't really pay attention to it
- After a conversation with my hubby who "challenged" me to lose 20 lbs, I decided to combine IF with a liquid diet
- I came up with a 6 weeks diet plan to try (not knowing it was the beginning of a complete mental and physical transformation...)



The 6 weeks turned into 12 weeks...

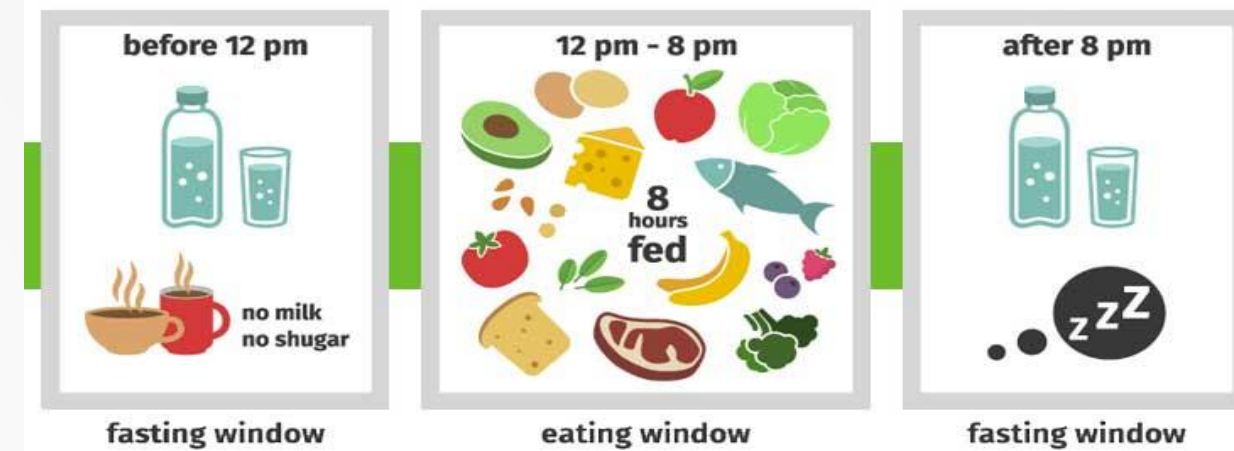
- My DSF, Aaliyah, decided to do it with me, which was a great help because being accountable was a motivation
- I went from 155 lbs down to 125 lbs in 12 weeks
 - My husband and friends encouraged me to share my success story, so this is how my YT and Tiktok channels “Qodesh Beauty” were created at the end of Jan. 2023.
- I posted a video about what I did to lose 30lbs in 12 weeks <https://youtu.be/oUoPsBNN0pQ> and little by little added workout and tips videos, like the benefits of IF <https://youtu.be/liJwXEYXUXY>



After that, I maintained for over a year and then ...

- I was eating healthy, was working out least 5/6 days a week and was doing IF for 15/16 hours almost everyday. I even started running...
- For over a year, it was great and then during summer of this year 2024, I started gaining some weight back
- I went back up to 132 lbs and was really feeling defeated, so I did a little bit a research and read about the benefits of long IF, carb cycling, alternate fasting and one meal a day (OMAD).

Health Benefits of Intermittent Fasting



- ✓ Helps Reduce Weight
- ✓ Lowers Risk of Diabetes
- ✓ Lowers Blood Pressure and Cholesterol Level
- ✓ Improves Heart Health
- ✓ Increases Lifespan
- ✓ Delays the Onset of Neurodegenerative Diseases

So since october 2024, I included 2 days of 20 hours fast and the results have been great ...

- Twice a week, I push my fast to 20 hours and try to workout around hour 19 so my body is in deep fat burning mode...
- Not only I went back down to 125 lbs in 3 weeks but now I am in the best shape and lowest weight of my adult life
- I am currently at 115 lbs and I'm still a work in progress by the grace of TMH YAH! HalleluYah!!

