

NATURE CURES

Exclusive Issue on Obesity

OBESITY KILLS



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A study published in the noted medical journal Lancet says India is just behind US and China in this global hazard list of top 10 countries with highest number of obese people

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CHAIRMAN'S MESSAGE

It gives me immense pleasure to share with you the latest edition of our magazine after a long hiatus.

In the meantime I assure you that we have worked very hard and our Centre has made great strides towards improving and enhancing the facilities, and amenities. Our constant endeavour is to turn NCYC into a centre of excellence in the field of integrated medicine. The new improved Gym and other sports facilities will hopefully keep you healthy and fit even while you are recuperating.

While the whole world longs for health and wellness, the modern medicine system is struggling to fulfill the gap of accessibility, affordability and quality of care only by surgical interventions and medication. Nature Cure and Yoga Centre has been relentlessly working towards bridging the gap and delivering effective healthcare in the area of chronic and non-chronic health conditions through modification in lifestyle and treating the root of those health issues holistically rather than depending solely on pills.

You will be happy to know that Nature Cure Yoga Centre has created a benchmark not only in promoting health and fitness but also in curing various diseases from their root causes like obesity, sleep disorders, anxiety, hypertension etc.

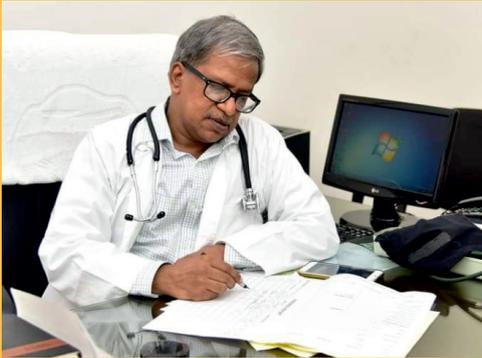
The Centre is trying to create awareness and solving the problem of "Obesity" in particular which is the worst Lifestyle disease prevailing in our country. I am happy that our winter issue is doing an exclusive on this subject.

I am sure you will find this newsletter interesting and helpful. Do share it with your friends and family and spread the good word. We will continue to strive for improvement and ways to serve you better.

May this festive season bring you and your loved ones good health and cheer.

Wishing you all merry Christmas and a very happy New Year.

Chandra Kumar Dhanuka
Chairman Trustee
Nature Cure and Yoga Centre



EDITORIAL

In just approximately over three decades, obesity has become a global epidemic and an urgent health crisis due to its impact on health services and the loss of human capital. Nearly one in every four persons is overweight. With Obesity becoming the new normal it is not just a crisis for health professionals, but also a concern for economists and Govt. machinery due to premature loss of life and economic productivity.

The impact of Scientific advancement & Socio Elite Culture on body composition which results in negative lifestyle features such as irresponsible and irregular food habits, Lack of Physical Exercise, Stress, etc., are not the only determinants of the obesity epidemic. In addition, the contemporary Lifestyle influencing or regulating the Hormone responses to energy-in and energy-out adds to the problem. Altered sleep habits, shortened sleep duration, environmental pollution, and multitasking at work contribute obesity pandemic on the rise alarmingly.

Obesity can diminish the overall quality of life. Hampers the activities that we enjoy. Obese persons may avoid public places. People with obesity may even encounter discrimination.

Other weight-related issues that may affect your quality of life include:

- Depression
- Disability Shame and guilt
- Social isolation
- Lower work achievement

Obesity is a complex disease involving an excessive amount of body fat. It isn't just a cosmetic concern. It's a medical problem that increases the risk of other diseases and health problems, such as heart disease, diabetes, high blood pressure, and certain cancers.

Naturopathy is a system of Medicine effective solution and addresses the Obesity issue more efficiently than any other existing branches of Medicine, we have decided as a part of the promotion & propagation to effectively tackle not only the Obesity Pandemic but also other lifestyle-related disorders like Diabetes Type 2, Hypertension, Dyslipidaemia, Heart Diseases PCOD, Arthritis, Anxiety Neurosis, and Depression, etc.

To this effect, we will bring out a series of newsletters starting with the inaugural issue on Obesity and its Management.

Happy Reading

Dr. M.A. Rama Murthy
Chief Medical Officer



OBESITY KILLS

Obesity is a complex disorder of the modern world, emerging as the most prevalent sedentary lifestyle disorder in urban society. The prevalence of obesity is increasing at an alarming rate, fast approaching a state of global epidemic.

Obesity is a medical condition in which excess body fat has accumulated to the point where it starts having a negative effect on health, leading to reduced life expectancy and/or increased health problems. Obesity is associated with many comorbid conditions that have major implications on longevity, quality of life, and health-care costs.

ARE YOU OBESE?

Body mass index (BMI) is a measurement which is widely used to estimate the prevalence of overweight and obesity within a population, and it is calculated as $B.M.I. = \text{Weight (in kgs)} / [\text{Height (in metres)}]^2$. While this is an incomplete metric that doesn't take muscle mass into account, it is useful for persons with average muscle mass to estimate the status of their health.

Waist-to-hip ratio (WHR), skinfold thickness, and waist circumference play a role in determining a person's weight and fat distribution. Men with a waist circumference of 40 inches or greater and women with a waist circumference of 35 inches or greater are considered to have increased health risks related to obesity.

TYPES OF OBESITY

Depending on the area of fat deposition, there are three forms of obesity:

1. Peripheral: accumulation excess fat in the hips, buttocks and thigh. (pear-shaped)
2. Central: accumulation of excess fat in the abdominal area. (apple-shaped)
3. Combined: a combination of both peripheral and central obesity.

SIGN AND SYMPTOMS OF OBESITY?

Weight gain is the most common sign of obesity. Some ways that people know they have put on weight are:

- Clothing becomes tighter; this is the often first clue for most people who do not monitor their weight
- Presence of extra fat around the waist
- A higher than normal body mass index (BMI)
- Waist circumference and a higher reading on the weighing scale

COMMON SPECIFIC CAUSES OF OBESITY INCLUDE:

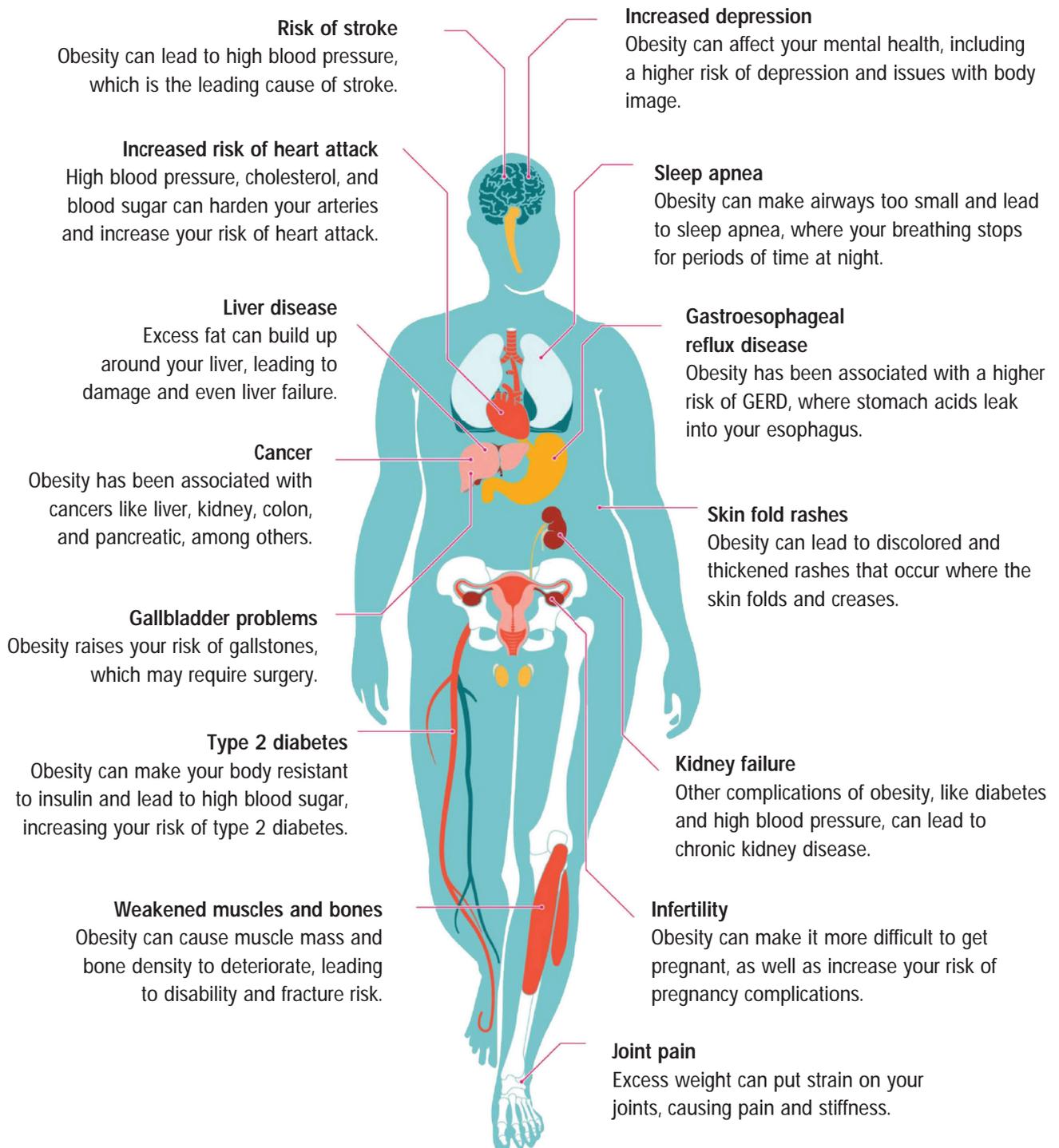
1. Eating a poor diet high in fats/sugar and simple carbohydrates.
2. Leading a sedentary (inactive) lifestyle.
3. Not sleeping enough.
4. Genetics.
5. Psychological factors: stress, anger, depression, eating disorders.
6. Certain medical conditions such as Polycystic ovary syndrome, Cushing syndrome, hypothyroidism, osteoarthritis.
7. Some medications such as antipsychotics, anticonvulsants and mood stabilizers, hypoglycemic medications, glucocorticoids used to treat rheumatoid arthritis, some anti depressants, birth control pills.

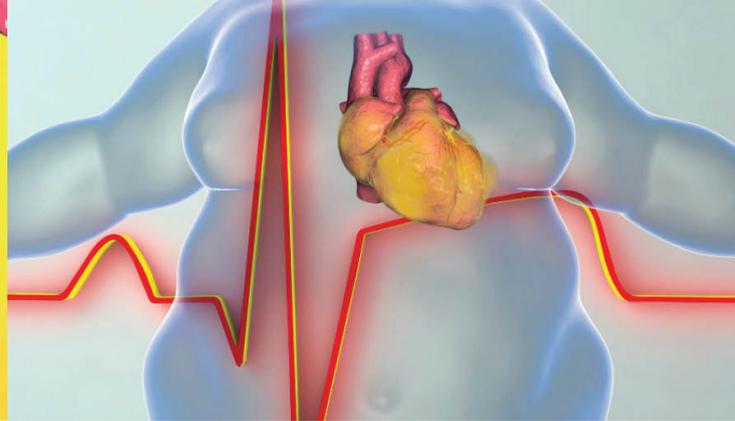
FAMILY HISTORY MATTERS:

Most people would relate their obesity and other ailments to family history, as it reflects the effects of shared genetics and environment among close relatives. Families can't change their genes but they can change the family environment to encourage healthy eating habits and physical activity. Those changes can improve the health of family members – and improve the family health history of the next generation.



Obesity Effects on the body





Obesity & Your Body

ENERGY BALANCE

Energy balance deals with the amount of energy intake, energy storage, and the amount of energy spent (energy expenditure). A person's body weight is dependent upon the amount of energy intake and the energy expenditure (calories).

Energy intake = energy expenditure-stable body weight.

Energy intake > energy expenditure-weight gain.

Energy expenditure > energy intake-weight loss.

In order to burn 1 kg of fat, you need to burn about 7,000 Cal. On average, women should consume between 1,400 to 2,000 calories per day, and men between 2,000 and 3,000 calories, depending on age and physical activity level.

GUT BRAIN CONNECTION

Hunger is a neural signal that initiates eating. Hunger signals originate in the stomach. Furthermore, gut hormones transfer information from the gastrointestinal tract to the centres of appetite regulation located in the central nervous system (Hypothalamus). This communication between the gut and the brain is known as the gut-brain axis.

The Role of Hormones

Hormones are chemical messengers that regulate processes in our body. They are one factor in causing obesity. The hormones leptin and insulin, cortisol, sex hormones and growth hormones influence our appetite, metabolism (the rate at which our body burns kilojoules for energy), and body fat distribution. People who are obese have levels of these hormones that encourage abnormal metabolism and the accumulation of body fat. Excesses or deficits of hormones can lead to obesity and, on the other hand, obesity can lead to changes in hormones.

What is Satiety?

Satiety –Satiety is a period of time between the meals with no hunger.

Satiation – suppression of the hunger and termination

of the food intake after ingestion of certain amount of food. Feeling satiated is important to avoid excessive food intake.

Different foods have different effects on satiety (satiety index) and how many calories you end up consuming in subsequent meals. Eating soups, vegetables, cottage cheese, potatoes, oatmeal, quinoa, Greek yogurt, and legumes keep one more satiated than cakes, croissants, bread etc.

Psychological consequences of being obese

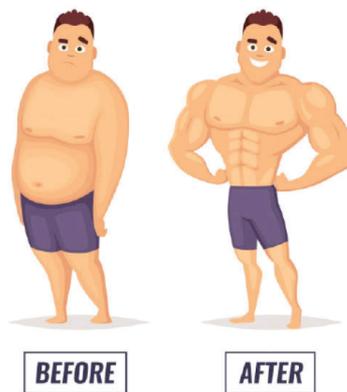
Lowered self-esteem and anxiety, and more serious disorders such as depression and eating disorders such as binge eating, bulimia and anorexia. Obese or overweight people are looked down upon (stigma). It's easy to feel bad about one's self, to become depressed or anxious or to develop obsessions around eating control.

Types of Eating Disorders

Eating disorders are serious mental illnesses that involve disordered eating behaviour. Examples include anorexia nervosa, bulimia nervosa, and binge eating disorder. Symptoms of such disorders can include limiting the amount of food eaten, eating very large quantities of food at once, getting rid of food eaten through unhealthy means (e.g. purging, laxative misuse, fasting or excessive exercise), or a combination of these behaviours. It's important to remember that eating disorders are not all about food itself, but about feelings. The way the person interacts with food may make them feel more able to cope, or may make them feel in control.

FAST FOOD

Fast food tends to be high in fat, refined grains and added sugars, all of which increase their energy density and contains no or very less amounts of fibre, vitamins and minerals. Chips, French fries, pastries, burgers, pizza, samosa, kachori, and instant noodles all come under the fast food category.



The Effects of Fast Food on The Body

Digestive System

Fast foods, drinks, and sides are full of carbohydrates and are often have little to no fibre.

Excess fats and oils along with spices added in these foods act as an irritant to gastric mucosa leading to excess secretion of hydrochloric acid, leading in gastritis.

Intake of high amounts of carbs often leads to repeated spikes of sugar. Over time, it can cause the standard insulin response to faltering. There will be a risk of insulin resistance and can further lead to type 2 diabetes and weight gain.

A low-fibre diet is associated with a higher risk of digestive conditions such as constipation and diverticular disease, as well as reductions in healthy gut bacteria.

Cardiovascular System

A diet high in trans fats raises the amount of "bad," cholesterol and lowers the amount of "good," cholesterol. This means that a person is more likely to develop heart disease. High sodium can be harmful to people with blood pressure conditions as it can increase blood pressure.

Respiratory System

High in saturated fat can increase inflammation in the airway, potentially making an asthma attack more likely. Excess calories may lead to weight gain and increases risk of asthma and shortness of breath.

Central Nervous System

Excess trans fats can trigger an inflammatory response. The inflammation has links to anxiety and depression, lowers memory and learning, raising the risk of Alzheimer's disease.

Fat and sugar in combination are capable of producing a dopamine-driven surge of intense pleasure in people with a propensity for addictive behaviour.

Aspartame in diet drinks has the power to slow down body's production of serotonin, which regulates mood. Caffeine can cause sleep disturbances.

Effect On The Reproductive System

Processed foods contain phthalates, a chemical that interrupts fertility hormones.

Integumentary System (Skin, Hair, Nails)

Carbohydrate-rich foods can lead to an increase in blood sugar which can affect skin appearance, thus creating acne and eczema. It can also affect hair and nail growth. Increase in mouth acids can develop tooth cavities.

Skeletal System

A high sodium intake and lack of vitamins such as A and C, and minerals such as magnesium and calcium can cause your bones to weaken, leading to possible osteoporosis.

Immune System

The body treats junk food as an infection, and it causes immune system to become more aggressive and causes systemic inflammation.

Making Your Best Food Choice

A calorie is a calorie, but different calorie sources can have vastly different effects on hunger, hormones, energy expenditure and the brain region that controls food intake. Simple changes in food selection can lead to better results rather than restricting your calorie intake.

200 calories of nachos \neq 200 calories of apples

Energy from healthy food and junk food are processed differently by the body.





Junk	Healthy
200 calories look tiny on the plate	200 calories would potentially fill up the plate
Glucose enters bloodstream in 5-10mins causing sugar rush	Glucose enters the blood slowly taking hours
Requires rapid increase in Insulin	Won't require much of an insulin response immediately
Calories are absorbed rapidly (largely empty calories)	Whole foods calories are absorbed gradually over hours
Very little satiety may lead to overeating	Keeps you satiated for a longer time
Processed food causes your body to store more fat	Natural foods have very little or no fat
Lacks fibre, vitamins and minerals	Rich in fibre, vitamins and minerals

Calories from whole grains, whole fruits, and vegetables don't disappear. What's likely happening is that when we increase intake of healthy food, we cut back on calories from other food. Abundance of fibre may be responsible for the weight control benefits, since fibre slows digestion, helping to curb hunger. High water content may make us feel fuller on fewer calories.

MINDFUL EATING

Mindful eating is eating with awareness and involves paying attention to body's signals. This means eating only when hungry and knowing when to stop. Mindful eating is good for ones well-being as it helps eating in a healthy, balanced way.

How to eat mindfully :

Here are 7 simple steps to help start eating mindfully:

1. Slow down the pace at which you eat. Take breaks during bites, chew more slowly.
2. Eat away from distractions, such as the TV, computer, mobile.
3. Take note on how your body lets you know when it's hungry and full. Gradually you will recognise these cues more easily.
4. Use these cues to guide your decision on when to begin and end eating.
5. Notice your responses to food (likes, dislikes, neutral) without judgement.

6. Choose to eat food that is both pleasing and nourishing by using all your senses i.e. smell, taste, sight, while eating.

7. Become aware of and reflect on the effects caused by eating out of boredom or sadness, overeating to the point of feeling uncomfortable.

How am I supposed to know exactly how hungry I am?

If you have a hard time knowing just how hungry you are, the hunger and fullness use this scale to stay in touch with your body's signals and to guide your food and portion choices. When using the hunger and fullness scale, try to stay between 3 and 7. This will prevent you from feeling too hungry or too full.

Hunger-Fullness Scale	
Overly hungry	1. Painfully Hungry
	2. Ravenous- Very Distracting
	3. Very Hungry - Eager to eat
Starting to notice hunger	4. Hungry, but not starving
	5. Slightly Empty Stomach
Starting to notice fullness	6. Neutral - Not Hungry or Full
	7. Slightly Full Stomach
Overly full	8. Comfortably Satisfied
	9. Little bit too full
	10. Uncomfortably full
	11. Painfully Full



Benefits of maintaining weight loss

Weight loss to a healthy weight for a person's height can promote health benefits. These include lower cholesterol and blood sugar levels, lower blood pressure, less stress on bones and joints, and less work for the heart. It is vital to maintain weight loss to obtain health benefits over a lifetime.

Motivation plays a key role

We all have the motivation to lose weight and be healthy, try and hold onto whatever reasons motivate you to lose weight.

Motivation is directly tied to dieting through consistency. If we feel that we are not seeing results based on our diet after a few days, or if we hit a plateau, we start to lose motivation and start uncontrolled eating and then feel bad emotionally for not being able to be strict with diet.

It is important to know that weight loss process is a marathon and not a sprint, we should reinforce our consistent dieting patterns and thus stay motivated to stay on the diet and exercise. Weight loss maintenance may get easier over time, after successfully maintained weight loss for 2–5 yrs, the chance of long-term success greatly increases.

Probiotics

Probiotics may reduce the number of calories you absorb from food. They also affect hormones and proteins related to appetite and fat storage. They may also reduce inflammation, which can drive obesity.



Weight gain and cancer risk

The possible reasons that obesity is linked with cancer include:

- Increased levels of insulin and insulin growth factor-1 (IGF-1), which may help some cancers develop
- Chronic, low-level inflammation, which is more common in people who are obese and is linked with an increased cancer risk
- Higher amounts of oestrogen produced by fat tissue, which can drive the development of some cancers, such as breast and endometrial cancers
- Fat cells may affect processes that regulate cancer cell growth.

Changing Indian scenario leading to obesity

With globalisation, India has fallen prey to OBESITY like any other developed nation. Easy access to fast food, untimely eating, insufficient sleep, increasing screen time, changing modes of transportation and urbanization are the cocktail of factors that are sending obesity rates soaring in India.

Indians have historically valued pure, freshly cooked home-made meals which are wholesome and healthy. Today fancy, imported food, salads, variety of seeds, herbal teas, detox drinks are considered healthy.

For our parents, eating out was an occasional thing. The trend of eating out, ordering through food delivery apps, buying ready to eat, frozen food slowly emerged



over the past few years. Wanting to try different cuisines and trying innovative desi dishes like butter loaded peri-peri idli, Schezwan and chocolate dosa, Indian versions of Chinese dishes, replacing water with soda, juices with mocktails, frankies, desserts, burgers, and fried chicken has increased and is making our food high-fat, high-sugar, high-salt, energy dense, and micronutrient-poor, lower in nutrient quality.

We are eating much more than before, earlier people had breakfast, lunch, dinner and maybe some snacks. The concept of eating small portions at every 2 hours have evolved recently where we are ready to eat frequently but do not want to compromise on the quantity, adding extra calories. Portion sizes have grown dramatically over the last 15 years making us eat more.

Example of how our humble Dosa became a high calorie food :

Plain dosa gives 120.9 calories and the modernised version, Schezwan cheese dosa gives 624.7 calories per serving.

If you prefer fast food meal over an Indian meal you should also be aware of the calorie content before you decide which one is better.

Meal at a fast food restaurant :

1 large burger = 540 calories

Regular fries = 312

Regular coke = 170

1 ice cream = 520

Total calories = 1542,

Traditional Indian meal :

2 chapati = 100 cal

3/4th cup Gobi matar sabji = 125

1 cup dal (thick) = 166

1 cup dahi = 100 cal

75g onion & tomato salad = 23, Total calories = 514

This clearly shows 1 fast food meal is almost equal to 3 normal meals.

Take time to learn the difference between a portion

size and a serving size. A portion is how much food you choose to eat at one time.

Serving size is the amount of food listed on a product's nutrition facts label.

Sometimes the portion size and serving size are the same, but sometimes they are not. Over the past few years portion sizes have increased drastically over the years, contributing to the rising obesity rate. Some meals have portions that are enough for two or more people.

India is undergoing rapid nutritional transition. Over the past two generations, Indians have swapped a primarily cereal-based traditional diet for highly processed foods. When compared with the dietary habits of our grandparents, today we eat more salt, refined carbohydrates (such as polished white rice),



fat and sugar. Many also regularly consume sugary, high-calorie drinks and fast foods. This new eating pattern is deficient in fibre. We currently consume about 70-80 per cent of calories from carbohydrates, reducing this to 50-55 per cent and including complex carbohydrates such as brown rice, millets, legumes, pulses and green leafy vegetables would be the best diet prescription for the prevention and management of diabetes, obesity, metabolic syndrome and cardiovascular diseases (CVDs).

Why obesity is becoming a problem and a challenge?

Nearly 30 percent of the world's population, are either obese or overweight, according to a new global study published in the Lancet.

Obesity is an issue affecting people of all ages and



incomes, everywhere. It is one of the greatest public health challenges of modern times with its negative health consequences and huge wider cost to society. Obesogenic environments-word describes the cities and towns in which we now live, learn, work and play. The way people eat, drink and move is changing. Increasing numbers of supermarkets, easy availability of cheap, less nutritious food, as well as a decrease in physical activity, are leading to more people becoming overweight. Many people are also becoming very sedentary because of reliance on automobiles for transport, the rise of office-based work, and the use of cell phones, television and computer screens for recreation, discouraging physical activity and social contacts.

The problem with obesity is that it increases the likelihood of various diseases and conditions, particularly cardiovascular diseases, type 2 diabetes, obstructive sleep apnea, certain types of cancer, osteoarthritis, and depression, decreasing the quality of life.

It is a challenge to tackle Obesity due to its complexity, and slowing down the increase of it is going to take large-scale efforts and policy change at a global, local,

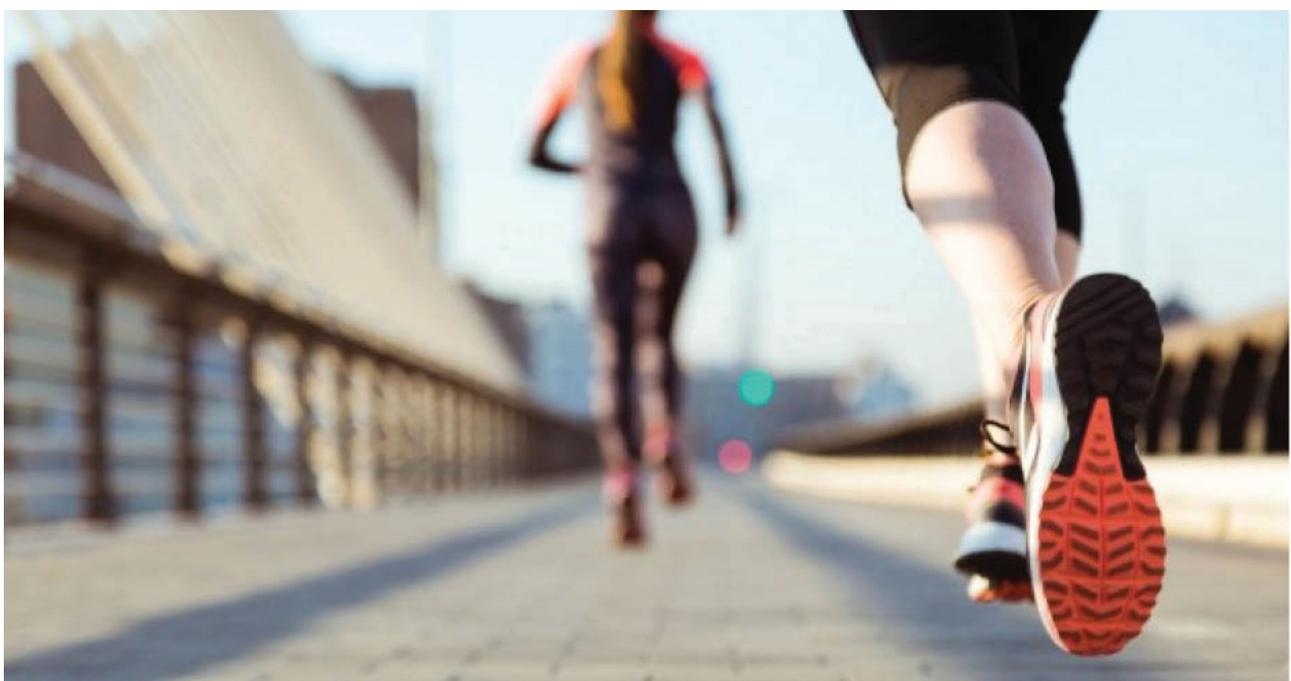
family, and individual level. Given how difficult it is to lose weight once someone becomes obese, prevention is key. Prevention may include primary prevention of overweight or obesity, secondary prevention or prevention of weight regains following weight loss, and avoidance of more weight increase in obese persons unable to lose weight.

It is essential to build sustainable strategies for a healthy lifestyle. The most crucial step for people is to take personal responsibility for their health. There is no doubt that the primary prevention is the main strategy for controlling this growing public health problem.

Although obesity is a slow death, there is still hope to cure this health condition; it just depends in the discipline and persistence a person put into it, there are many advices and ways to control and avoid obesity, which will be dealt in the next edition.

Interesting fact:

According to a survey by Franchise India, 34% of the people eat out two to three times a week, while 27% eat once a week, about 11% eat three or more times a week, 12% eat once a month, 3% eat on special occasions, while 12% love to eat daily at a restaurant.



COUNTRIES TAKING SPECIAL MEASURES AND IMPLEMENTING TAXES TO CURB OBESITY WORLDWIDE



Dubai government has come up with an unusual way of encouraging people to lose weight - paying them in gold for every kilogram they shed, child (2-14) will be paid 2gms gold for every 1kg lost.

Norway government increased the sugar tax level by 83% (in Jan 2018) for general sugar-containing ready-to-eat products, and 42% for beverages, restricts junk food availability to children.

The United States of America- Berkeley, Philadelphia implement soda tax
Italy to implement sugar tax from 2023 and Poland by 2022.

Japan in 2008 introduced a novel Metabo tax which sought to curb burgeoning waistlines.

Mexico has imposed taxes on junk food which will increase its prices by 8%, add a surcharge on the sale of carbonated drinks

Hungary levies a 27% value added tax on junk foods based largely on sugar and salt content.

India Kerala government imposed a 14.5% tax on the consumption of fast food like burgers, pizza, pasta, tacos. Bihar's state administration has hit where it hurts, by imposing a 13.5% tax on desi junk food like samosa, jalebi since

The United Arab Emirates introduced a 50% tax on soft drinks and a 100% tax on energy drinks since 2017.

Oman introduced a 50% tax on sugary drinks in 2019

Sri Lanka has a sugar tax from November 2017.

Singapore chose to ban advertisements of drinks with high sugar content, the first country in the world to do so since October 2019

Ireland Soda tax introduced on May 1, 2018. Foods high in fats, sugar, and sodium are banned from advertising, in children's TV and radio programs.

Taiwan implemented unhealthy food advertising limits for kids under 12 years old since January 2016

Malaysia has a sugary drink tax implemented April 1, 2019

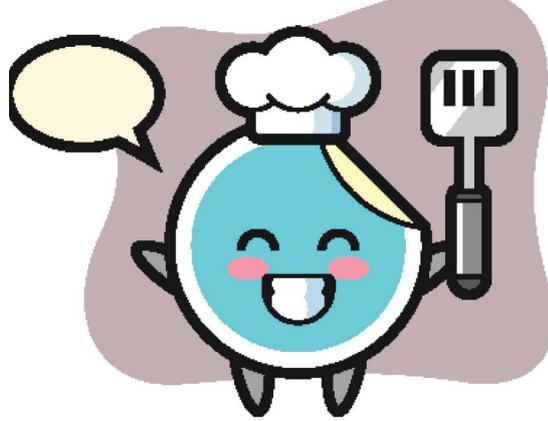
UK Government announced the introduction of a sugar tax, officially named the "Soft Drinks Industry Levy" since 2018

France introduced a targeted tax on sugary drinks at a national level in 2012

Portugal introduced a sugary drink tax in 2017. It also has a tax on foods with high sodium.

Saudi Arabia has a 50% sugar tax only on sugary and energy drinks

CHEF'S CORNER



Water Chestnut Salad



INGREDIENTS

- 250 Gram Fresh Waterchestnut/Singhada
- 1/2 Pineapple (diced)
- 1 Small Red apple
- 1 1/2 Tbsp Lemon juice
- 1 Tbsp Honey
- 1/2 tsp Ground fennel seeds, roasted
- 1/2 tsp Salt and pepper
- 1 Tbsp Beaten thick yoghurt

FOR GARNISHING:

At the onset of heatstroke, patients may display:

- 1 TbspTulsi leaves, shredded
- 1 Tbsp Browned flaked almonds
- 1 tsp Whole fennel seeds, roasted

Take thick yogurt,honey,salt,pepper,lemon juice in a bowl and combine all the ingredients for dressing. Addsinghada, pineapple and apple in bowl.Toss with dressing. Garnish with tulsi leaves, nuts and fennel seeds just before serving.

Sweet Potato + Carrot Soup

INGREDIENTS

- 1 Medium carrot (cut into cubes)
- 1 Medium tomato
- 1/2 Medium sweet potatoes (cut into cubes)
- 1/2 cup yellow moong dal (soaked)
- 3 Whole black pepper
- 1 Bay leaf
- 1 tsp cumin seeds
- Cinnamon stick
- 2 Tulsi leaves cup coriander leaves
- Salt and pepper
- 1 tsp oil

METHOD:

Heat a pressure cooker, add oil and cumin seeds, sweet potato, carrot ,tomato, soaked moongand 3 cups water, salt, pepper, bay leaf ,cinnamon, tulsi leaves, cover with lid & cook till 3-4 whistles and mash. Boil the mixture for 3-4 mins, add water as required to adjust consistency. Garnish with coriander leaves.

In conversation with Mr. Tarakeshwar & Mr. Ram Chefs, NCYC



TESTIMONIALS



“ Would like to applaud the lessons working here, from Piyali, and doctors (Rama and others), the pleasant and. Yoga teachers and people working in treatment centre for massage, In fact, everyone is courteous and willing to help.

The place with wonderful natural surroundings is a revelation and I am going to recommend to my friends to make use of this great place.

Keep up the good work.”

V.K.Arora

“ I feel very good here. Everything is very nice. Very well organised. Staffs are really very co-operative. Will come again.”

Mr R.P. Ritolia

“ I heartily congrats trust of Nature cure for making the centre the best in all respect i.e. perfect natural treatment, very cool atmosphere, top greenery, heavenly atmosphere, very neat and clean and smart behaviour of each and everybody. When I came my weight was 100.7 Kg *(came on 5th evening) , from 6th treatment started, On 9th weight came down to 97.7 Kg. and I feel very light and tight. I had big relief in my back pain. It's like magic. I am very much thankful to Dr. Aishwarya ji for her wonderful leadership and her co-operation and guidance given to me. Definitely I will tell all my friends to come for their body oiling and cleaning as we do for our cars.”

Sajjan Phumra



Naturopathy

Discover the art of drugless healing



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