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6 kidscorner

Lose Fat, Be Fit

I am a 22-year old girl, weighing 84 kgs. Despite dieting, working out and slimming treatments, I don't notice substantial weight loss. All my reports (for PCOD, Thyroid, etc.) are normal. Can homeopathy help me lose weight effectively?

>> Obesity is a serious health issue, affecting more than 30 crore adults worldwide. If not controlled, it can result in serious health effects including diabetes, high cholesterol levels, high blood pressure, heart problems, etc. It can also cause psychological and emotional problems.

Obesity is the effect of faulty metabolism, the root cause of which needs to be treated for effective weight loss. As the root cause of your problem is still untreated, no attempt at weight loss seems to work. Dieting, slimming treatments, etc. have little impact on substantial weight reduction as they more or so work on the external effect, without uprooting the root cause. Moreover, inappropriate obesity medications may provide temporary weight loss



but hardly improve metabolism and may have many side-effects; they may also affect the liver if taken for a long time. Effective weight loss requires correct medication along with a holistic plan including proper diet and exercise.

Homeopathy is the ideal medication for obesity. Proper homeopathic medicines uproot the root cause of obesity, thus improving metabolism leading to effective weight loss.

I recall a 24-year old girl weighing 86 kgs when she approached us. She

was hypochondriac and conscious about her looks. Despite exercising in gyms, her weight wasn't reducing substantially. She mentioned that her parents had parted ways in her childhood, so she was raised by her aunt. But when she was 15, her mother returned to take her away and in this tussle, the girl feared losing her identity. She became depressed and during this time, put on weight. With the right homeopathic medicines, her depression was cured and she gained confidence. And the best part - she lost 25 kgs in just 5 months!

At MindHeal Homeopathy, alongwith proper homeopathic medicines, we devise a customized plan including diet and exercise so that you lose weight and regain your fitness and confidence.

Free Health Check-Up for Obesity and other health problems, Mondays to Saturdays 1pm-6pm at MindHeal Homeopathy. For enquiries and appointments, contact 9930363981, 25230530 or crm@mindheal.org. Website: www.mindheal.org