



## WEIGHT REDUCTION PROGRAMME

Obesity / Overweight is the complex disorder of the Modern world. It is defined as an abnormal increase in weight of the body over 10% above the desired level caused due to generalized deposition of fat. Negative lifestyle habits, which contribute to obesity include

- Improper dietary habits
- Lack of physical exercise
- Intake of alcohol, excess tea, coffee, smoking etc.
- Stress and Strain

Obesity / Overweight , obviously is a curse and a serious disease by itself. It leads to Diabetes, High blood pressure, greater risk of Cardiac/Kidney failure and obese individuals are more liable to have swelling in the legs, varicosity, premature onset of arthritis, joint pain and poor balance.

**Nirmayee Nature Cure Centre** helps you to reduce your weight by proper Nature Cure and Yoga treatments and by Lifestyle and Diet modification.

### NATURE CURE TREATMENTS

#### 1st Week

- 1st Day : Enema + Mud pack on abdomen + Sauna bath
- 2nd Day : Full body massage (Oil) + Partial mud application
- 3rd Day : Underwater massage + Partial massage
- 4th Day : Vibro massage + Cold hip bath
- 5th Day : Cold friction bath + Wet pack
- 6th Day : Steam / Sauna + Neutral immersion bath + Partial massage (Vibro)

#### 2nd Week

- 1st Day : Full body massage (Oil) + Partial mud application
- 2nd Day : Underwater massage + Partial massage (Oil)
- 3rd Day : Vibro massage + Cold hip bath
- 4th Day : Cold friction bath + Wet packs
- 5th Day : Steam / Sauna + Neutral immersion bath + Partial massage (Vibro)
- 6th Day : Full mud bath + Partial massage (Oil)

#### 3rd Week & 4th Week

Almost same as 2nd Week with little changes according to Doctor's prescription.

## YOGA

Along with Naturopathy treatments, Yoga therapy sessions will be conducted for better results, which is offered free of cost. Yoga sessions include Asanas, Pranayama, Relaxation Techniques, Meditation and Kriyas.

Asanas	Pranayama	Kriyas
Surya Namaskar	Anuloma-Viloma	Kunjaj
Uttanpadasana	Kapalbhati	
Dhanurasana	Bhastrika	
Pavan Mukthasana	Suryabhedana	
Bhujangasana		
Salabhasana		
Vakrasana		

## DIET

Without diet restriction one cannot achieve weight reduction. At the beginning of treatment, Juice fasting is good to reduce weight. The diet should be more of fibre and roughage. The model diet will be given on consultation.