

# HLC Obesity & Weight Loss

Obesity is a medical problem that increases the risk of other health problems, such as heart disease, diabetes, high blood pressure and certain cancers.

The good news. Obesity can be effectively treated without medications at HLC. Post this you can manage a healthy weight through basic dietary and basic exercises.

Ayurveda identifies Obesity as a condition due to sedentary lifestyle and high calorie intake exceeding the number of calories burned leading to the storage of excess calories as body fat. The result is excessive weight gain.

Ayurveda diagnoses Obesity by considering genetic, hormonal, behavioural, environmental and cultural causes, and correcting the doshic imbalances with medicines, practical diet, lifestyle changes and home remedies.

## Obesity Conditions Treated with Ayurveda, Naturopathy & Yoga

**Grade I: Upto 7 kgs Overweight Grade II: 7-15 kgs Overweight Grade III: > 15 kgs Overweight**

HLC's Obesity Management and Weight-loss Programme is a safe and effective way to lose weight. The programme will assuredly help you gain control over your body through Ayurvedic, Naturopathic treatments, detox therapies, exercise, yoga, diet and meditation. When you finish the programme, be ready for an improved metabolism, a toned body and a renewed vigor.

TREATMENTS	14 NIGHTS	21 NIGHTS
Ayurveda Therapy Sessions	12	19
Naturopathy Therapy Sessions	13	22
Personal Yoga Sessions	4	6
Personal Pranayama Sessions	3	4
Personal Meditation Sessions	2	2
Cleansing Therapy	4	6
Personal Fitness Sessions	8	11

## Plan for Obesity Management covers

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**Accommodation**  
 Individual, spacious cottage,
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**Expert Consultation**  
 AYUSH, allopathy doctors,
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**Diagnostics**  
 Health tests, analysis
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**Food**  
 Nutritious and delicious meals by 5 Star Chef.
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**Natural Treatment**  
 Ayurveda and naturopathy based, with free medicines.
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**Yoga**  
 Personalised Exercises & Techniques.
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**Therapy**  
 Optional Abhyangas, Sauna, Steam and Hydrotherapies.
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**Detox**  
 Kavala, Kashayam, Herbal Teas and Diet.
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**Complementary Knowledge Sessions, Expert Talks & Activities.**

