

Program Details:

<b>WEIGHT LOSS + HEALTH PROGRAMMES</b>	
1	<b>WEIGHT LOSS</b>
	Lose excess weight & maintain it, naturally
2	<b>DIABETES MANAGEMENT &amp; WEIGHT LOSS</b>
	Manage blood sugar level naturally. Achieve & maintain ideal body weight.
3	<b>BLOOD PRESSURE MANAGEMENT &amp; WEIGHT LOSS</b>
	Personalised food plan to control blood pressure naturally along with achieving & maintaining ideal body weight.
4	<b>GOOD DIGESTION &amp; WEIGHT LOSS</b>
	Get rid of gas, lethargy, constipation & poor digestion. Lose weight & feel right.
5	<b>JOINTS PAIN RELIEF &amp; WEIGHT LOSS</b>
	Excess weight affects the weight bearing joints in your knees, back, etc. Lose weight at the same time.
6	<b>IMMUNITY BOOSTER / ENERGY BOOSTER &amp; WEIGHT LOSS</b>
	Empower your body to fight disease by eating the right food & lose excess weight at the same time.
7	<b>MENOPAUSE MADE EASY &amp; WEIGHT LOSS</b>
	Reduce menopause symptoms like hot flushes, depression, bloatedness by eating right & feel good by losing stubborn weight.
8	<b>FIT AT FORTY &amp; WEIGHT LOSS</b>
	This personalised program addresses most problems that you experience after age of forty e.g. tiredness, irritability, bloat, sugar cravings, weight gain etc.
9	<b>SKIN IMPROVEMENT &amp; WEIGHT LOSS</b>
	Eating right influences all aspects of your health including your skin. Improve your skin even as you lose weight.
10	<b>DETOXIFIER PLUS &amp; WEIGHT LOSS</b>
	Get rid of toxins. Lose weight naturally.