

C.V.S.HOMOEEO CLINIC

GUIDELINES TO REDUCE OBESITY OR OVERWEIGHT

Skipping a meal has become a fashion. It is not the proper method of dieting. Simply skipping a meal and compensating it with heavy food at a time or consuming chocolates or light foods will never help you. At the outset you should know causes for overweight. Briefly following are the cases.

IMBALANCE FOOD:

We are predisposed to consume too much carbohydrate food and fats, especially in the case of higher middle socio-economic class of people. We take too little protein diet. Our staple food is 'Rice', which is more or less purely carbohydrates gets cumulated in the form of fat tissues and add to your weight. So we have to reduce rice amount and increase quantity of dal and vegetables.

ACTIVITY:

All our traditional methods and ways are replaced by modern appliances. We take minimum physical exercise in our household activities. We have go machines for grinding, mixing, washing, cleaning etc. we don't feel like walking for a single kilometer. But we can't avoid this lifestyle. In order to compensate for this reduced physical activity,

Certain measures should be taken and followed rigorously like regular exercise atleast half an hour in morning and evening preferably yogic exercise.

Don't get depressed for your problem. Mental depression leads to reduced physical activity and reduction in metabolic rate which leads to growing of fatty tissue. Skipping of meal also will lead to reduce metabolic rate. So don't get depressed. Be active and dynamic both physically and mentally. So please follow these instructions and help yourself.

1. Reduce rice quantity and replace it with vegetables and dal
2. Avoid taking ghee and sweets including chocolates
3. Avoid having coffee and tea too many times
4. Don't skip meals. You can slowly reduce the quantity
5. Take regular exercise at least for half an hour both morning and evening
6. Take medicines regularly. Homoeopathic medicine will help in altering the nature of metabolism and remove the metabolic defect which definitely helps in weight reduction.
7. Too much worrying and getting depressed will not solve any problem. Try to be active and dynamic.
8. Don't get depressed about your over weight. In turn this depression will become the cause for your increasing body weight.

Take medicines regularly and take the above precautions carefully. Changes in your health will be observed soon.

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