

# Obesity is not weight problem

DIETING AND GYMMING ONLY 'MANAGE' OBESITY; HOMEOPATHY CURES IT



**W**hat if I were to tell you that the solution to obesity has little to do with losing weight? Misled by advertising, the media and, even physicians, we hit the gym with a vengeance, embark on crash diets and even swallow pills to kill our appetite. But the truth is these so-called solutions to being overweight are no solutions at all.

Fitness centres, nutritionists and even medical doctors pushing these myths have turned obesity into a lucrative business. When you 'manage' the problem, it does not go away.

Obesity has assumed alarming proportions. In the US, for instance, 65 per cent of the population is overweight. Unfortunately, the number of overweight Indians is also on the rise. What's even more alarming is that the number of overweight children too is on the rise.

Obesity positively correlates with diabetes and hypertension, all of these conditions forming what medicine calls the 'metabolic syndrome'. Indeed obesity is the result of faulty

metabolism, where the body does not process and store food the way a healthy body does.

So, the less food one eats, the less weight one is likely to put on, right? Or the more one exercises, the more fat one burns, right? Wrong, on both counts! The simplest way to test this statement is by abstaining from dieting and exercising mid-way. Result: You begin to gain all those kilos you so painstakingly shed.

So what if there was a course of treatment that took away the very root cause – as opposed to managing the symptoms – of being overweight? What if your faulty metabolism itself was constitutionally corrected, ridding you of your root tendency to gain weight? Not only would you be restored to normal weight, you would be healthy and happier as well.

This is no magic remedy. Just simple homeopathy. According to Dr Anita Salunkhe, founder of MindHeal Homeopathy, it is possible to shed as much as 2-3 kg a month with homeopathy, of course supported by a healthy lifestyle.

This holistic and natural system of medicine addresses the individual's constitutional weakness and counters the very genetic predisposition that leads to the disease. While those little white pills do all the hard work, you drop the extra baggage along the way.

MindHeal Homeopathy has several success stories on obesity to share. For inquiries and appointments, call: 022-25230530 / 9930363981. or write to [crm@mindheal.org](mailto:crm@mindheal.org). Website: [www.mindheal.org](http://www.mindheal.org). Blog: [www.mindhealhomeoclinic.blogspot.com](http://www.mindhealhomeoclinic.blogspot.com)