

# healthy Living

A CONSUMER CONNECT INITIATIVE

Life *alive*™

A clinic for antiaging and medical weight loss

## LIVING WITH POSITIVE VITALITY

Life alive is a medical antiaging and weight loss clinic in Chennai. Conceived by Dr Deepak Chaturvedi, MD (Internal Medicine) and Dr Sunita Ravi, MDS, Life alive has a team of qualified doctors, and we use US FDA approved equipment. We do not give false promises or blind packages



< Dr Deepak Chaturvedi, MBBS, MD (Medicine) Specialist in Bio-Identical Hormone, Anti-aging and Obesity management

A recent study conducted by Diabetes Research Centre and the World Health Organization (WHO) among 2,000 men and women in Chennai has revealed that the urban lifestyle has led to rising levels of obesity. We, at Lifealive help people in managing issues related to obesity, using the antiaging approach for obesity management.

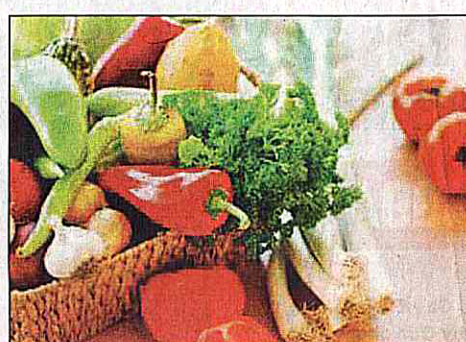
Obesity management is not just weight management, and temporary measures must not be used to deal with it. Obesity is a syndrome that hints on the possibility of many underlying health issues, and has emerged as a modern epidemic. At this juncture, it might help to understand the economics that are behind it. One might have to take leave from work due to obesity related complications and many people spend considerable sums of money to manage their weight by going to gyms and other health centers without identifying the causes that are behind it, most of them being treatable. In this regard, screening for underlying causes and risk factors is of prime importance. Obesity management should be an integrated approach comprising of all the components of modern medicine, wherein the causes and complications of obesity should be found out and treated.

On the other hand, people should modify their life styles by adopting the right eating patterns, exercise regularly, and avoid risk factors. Added to this, other factors like the roles played by yoga, meditation and stress management, also help to a great extent, and these cannot be underestimated. In addition, there are possibilities like Bio Identical Hormone Replacement Therapy, that might have to be considered, if need be, but only under strict supervision of an experienced doctor. There should also not be any sort of apprehension of using pharmacotherapy, and only after complete understanding and informing the patient about the approach, should it be used. While each patient has the right to information and education, our responsibility does not end simply in giving advice about medicines. We must also educate our patients about issues related to their health, and provide them with all details about our approach to deal with their problems.

A misconception that many people have is that if two people have the same problem, then they need the same solution. This is not true. Everyone's body is different, and so are their physical conditions. Each patient should be treated as an individual, using an individualised and customised approach. High quality care must be provided in an environment of discretion and safety. Immediate goals like a pound or inch loss should not be the only goal. The ultimate goal should be to help our patients lead healthy and productive lives. Weight management is a process and we all should enjoy it. It is not an over the counter solution or a miracle. It is about changing your life, and is a life time process that you do by yourself. Just believe in yourself. You can do it.

At Life alive Antiaging and Weight Loss Clinic, we offer complete non-surgical management of obesity and weight loss. Our expertise is Avitropin diet weight loss, Medical weight loss and a combination of technologies (Zerona LipoLaser, Cryolipolysis) that cannot be found anywhere else. All the protocols work on different principles and the combination which you may require depends on your current health status and in the frequency of your visits.

We conducted an event in association with The Times of India (Chennai Times). The purpose was to reach out and educate people who seek solutions for obesity in a scientific manner. We have been contacted by a lot of people who have been responding to this event.



### LIFE ALIVE DIET

1. Research shows that HCG (Human Chorionic Gonadotropin), combined with a medically supervised very low calorie diet (VLCD) can help loose 8-10 kg in 40 days
2. Increased fat loss during weight loss
3. Decreased irritability and weakness during weight loss
4. Improvement in sleep

In addition to loss of unwanted fat, the benefit of the AVITROPIN™ Diet protocol is its ability to help modify the dieter's relationship with food and eating, resulting in easily maintainable, long-term weight loss.

Many people have tried multiple diets without success. They are frustrated by not losing weight, despite reductions in their food intake and multiple sessions at the gym. After all their struggles, they just can't understand why the extra rolls of fat just don't melt away. If you are one of these people who can't seem to get off that weight loss plateau, then the AVITROPIN™ Diet is a very good option for you. Instead of relying on only your dieting and exercising expertise, rely on the amazing properties of AVITROPIN™ to change your metabolism to help you.

### TESTIMONIALS

*I am very happy with the Zerona programme, and the Life alive diet. I have never had this kind of success with any programme before. I have tried them all, and I have been to many slimming centres as well. I would lose weight, but would eventually gain weight again. It was frustrating, and with a demanding corporate job, losing weight seemed to be an unnecessary effort and a waste of time. It was easier to just give up, and that's exactly what I did.*

*By the time I hit 48, I weighed an incredible 90 kg, with a height of 5 feet 1/4 inch. I spent a lot on clothes to conceal the fat, and every time, I outgrew my clothes, I felt horrible. I was also on medication for high BP and borderline diabetes. I decided to quit my job, and started my own business. I did a lot of research and decided to go in for the custom diet that was offered by Life alive. I was an avid internet researcher, and I learnt a lot about the diet online. I met Dr Sunita Ravi and the team at Life Alive, and then decided to go in for it. I was amazed when I started to lose weight, and along the way, I had started going to the gym. I started to become motivated, and today I go to the gym at least five days a week. I now exercise everyday, and also practice yoga. I eat everything, including sweets, but in moderation. I am a lot healthier than before, and my annual medical check up reveals that.*

*Surprisingly, I also learnt some secrets...that the Life alive diet is easy to follow, because you never feel hungry, and when you are not hungry, you are not tempted to eat. Exercise can be fun, especially when you realise that being thin is need not be a dream, but something that can be attainable. The Life alive diet and Zerona can give you a powerful jump start in being thin. I can now cross my legs, touch my toes, and tie my shoe laces. I moved from a size 16 to a size 8, and my BP is normal, and so is are my sugar readings. The best part is that I am thin, and this is something that I have aspired for about 25 years of my life. Thank you Life alive and Zerona, and I'd like to especially thank Dr Sunita Ravi and Life alive team, in particular, for showing me the way, and for motivating and guiding me. Thanks to Life alive, I have managed to lose around 27 kg in all.*

**PAMELA**

49, Software Professional, Entrepreneur

*I have tried all possible ways to reduce my weight. Though some of these methods helped me reduce my weight, my total wellness energy levels and were completely affected. I started to look unwell, and was on the lookout for a proper weight loss programme. I went to Life alive as a last resort, and Dr Sunita Ravi inspected my medical reports and gave me hope with a customised diet chart. I started feeling that I was in the right hands, and I was 106.4 kg when I started my AVITROPIN™ Diet. I followed her instructions along with my diet, and so far I have lost 12 kg in 35 days. I'm 94.4 kg now, and I feel energetic, proud and confident. I feel light on my feet and I can now fit into clothes that are one size smaller. I have also started looking younger.*

*Now I believe that I can reduce 20 kg with the diet and Zerona. In addition, it helps that it is an affordable and effective programme. Zerona is an easy weight loss method that is one of the safest methods that are being used today. Life alive has helped me to be light and happy.*

**P BALASARASWATHY**

37, Entrepreneur



< Dr Sunita Ravi, MDS Director, Life alive



### ZERONA LIPOLASER

1. A low level laser device clinically validated and US-FDA cleared to reduce the circumference of the waist, hips, and thighs
2. Very effective to drop dress sizes and to get a lean body without the hassles of strict diets
3. Patented beam technology covers a large area instead of a small spot
4. 8-12 inches reduced due to fat loss in various circumferences of the body in as less as three weeks
5. Zero pain, zero surgery, and zero downtime

### TESTIMONIALS

*My association with Life Alive started in 2011 when I read about Dr Sunita Ravi talking about Zerona in one of the newspapers. I decided to take 12 sessions of Zerona, and after the fourth session, I could not believe my eyes, as all the fat in my body started to burn. After that there was no looking back, and by the end of 12 sessions, I had lost 10 kg and 19 inches. I was impressed by Zerona, and I must add that the diet plan is completely custom made to suit the individual's daily routine and hence it is comparatively much easier to stick to.*

*My association with life alive has continued ever since. As a matter of fact, I have decided to include 10 sessions of Zerona in my holiday budget every time I take a break of 15-20 days. I can enjoy my holidays fully without worrying about weight gain as I know that after coming back, Zerona will melt every ounce of fat that I have gained.*

*I am grateful to ZERONA, and Dr Sunita Ravi and her team for bringing this miracle to Chennai. It is easy, fast, and with a little control in food habits, coupled with 30 minutes of exercise for at least four to five days a week, this technology can really work wonders.*

**RAJA**

33, Commercial Pilot

## LIFE ALIVE

A CLINIC FOR ANTIAGING AND MEDICAL WEIGHT LOSS

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