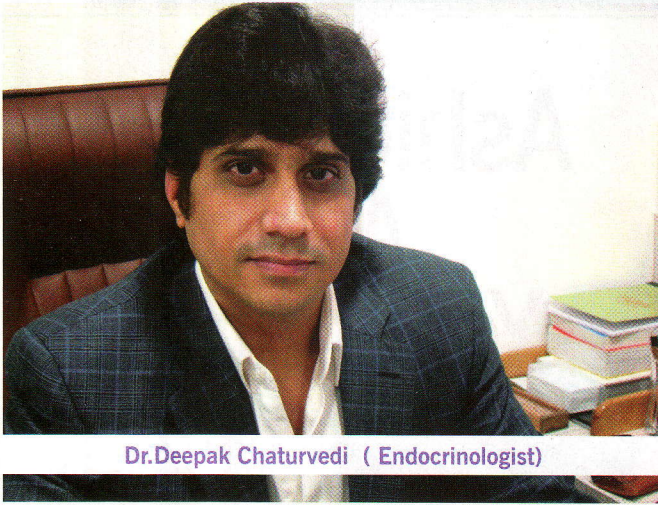


The Art & Science of Obesity Management



Dr. Deepak Chaturvedi (Endocrinologist)

Case I - Manisha walked into our clinic the other day. For a new patient, she was quite forthcoming.. Why people tend to loose most of their fat with heavy exercise except at some areas. I had to interrupt her to know if she was from a health magazine and wanted inputs as she didn't seem someone who needed weight loss treatment. She answered in the negative and before I knew, she lifted her top, pulled down the elastic garment on her tummy to reveal her "below bra bulges".

Case II - Richa had taken it easy after her first childbirth. It took her 2 years thereafter to notice that she had become double her original size and could fit into clothes only in the XXL section. Getting back to her original S size, now seemed a distant dream.

Case III - Praveen, a successful banker with a loving wife and kids was not a happy man. A strict diet and exercise regime, herbal weight loss pills, and several thousands spent on various sessions of cavitations, radiofrequency and LipoLasers, he could not loose weight. He was now contemplating surgery as no non-surgical method seemed to work for him.

Manisha is not alone. A lot of women and men have this common problem that despite all their exercise and dieting and even weight loss pills, there are some areas, which just wouldn't budge. This is specifically called "stubborn fat". Stubborn fat can be explained in 2 ways; one where it indicates that the size of the fat cell is too large and beyond the control of "leptin"; a chemical in our body that governs fat metabolism. The second refers to lax pockets in our body that allows fat to accumulate, like the lower abs and lower back in men, and the lower body in women. We treated Manisha with CryoLipolysis and ZeronaLipoLaser over a 3 week period. She lost more than 50 % of the bulge at the end of 3 weeks and stayed so for 3 months after which she came for a repeat session of CryoLipolysis. Manisha doesn't use her compression garments anymore.

Richa was a difficult patient to treat not just because she had to loose weight while attending her baby; but we had to also tackle her self-doubt and low self-esteem, common with first-time mothers. After spending a lot of time with Richa just to reinstate her self-belief, we put her on a HCG Diet protocol. Under the guidance of our endocrinologist, we ensured she followed a safe and energizing weight loss protocol with HCG so she that never felt drained even with her 500 calorie diet. She reported elevation

of mood, feeling energetic and loosing 9.5 kgs with inch loss in a span of 40 days. 2 years since her weight loss, she now successfully runs her fashion boutique while managing her 4 year old.

Praveen met Arundathi, one of our old patients at a party and was surprised to see her in fabulous shape and yet not missing out on any starter at the party even as Praveen clinged on to his fresh lime sugar-free juice. The next day, he booked an appointment with us and explained his problem. After an exhaustive history with Dr. Deepak Chaturvedi, an hour later Praveen came out smiling. In case you were wondering what made Praveen smile was the fact that Praveen had never been investigated before his numerous weight loss packages. After a few investigations, Praveen had alterations in few hormone levels that were responsible for weight regulation. Hormone Correction and a simple 900 calorie diet regimen, Praveen lost 5 kgs a month in the following months. Praveen is now happier and lighter.

Obesity is the epidemic of the 21st century. This has caused a



Dr. Vrushali Rane-Khan (Dermatologist)

logarithmic rise in the number of commercial slimming centers with fancy packages. At Amaya Antiaging Clinics, we do not believe in preset weight loss packages. With a team of an Endocrinologist, a Dermatologist and two advanced technologies, we are the only center that approaches obesity with an "Antiaging" approach with Combination

Treatments that give early & long-lasting results.

While ZeronaLipoLaser needs no introduction and is also US FDA approved for long-term global reduction of fat, it is also the most studied Laser for fat reduction. Another reason for Zerona being our choice is that studies have shown it to reduce blood cholesterol levels too. While most procedures temporarily reduce flab by Lymphatic Drainage, Zerona acts on fat cell causing its "deflation" and not "destruction". This non-invasive nature of action is very relevant in the wake of medical breakthroughs which have elevated the stature of a fat cell to an "endocrine organ".

CryoLipolysis, on the other hand reduces local flab or spot reduction. It uses advanced cooling (cryo) technology to safely target the fat layer and slowly crystallize it. This frozen fat is then eliminated from the body by natural body metabolism. Being a one-time procedure in most cases, it is becoming increasingly popular as the fastest method for Spot Reduction.

Weight loss or Body sculpting is a science and not a spa treatment. It should aim at long term reduction of fat and not by temporary releasing water retention (Read lymphatic drainage). Before embarking on a regimen, always discuss with your doctor all treatment options and the efficacy of the procedure, its failure rate & side-effects. Looking good is your right, but doing it the right way will make it stay.

AMAYA™
Antiaging Clinics



(Center for Metabolic Syndrome, Age Management & Hormone Corrective Therapy)

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