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Weight management through Ayurveda

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Chief Ayurvedic Physician

Weight management techniques encompass long-term lifestyle strategies that promote healthy eating and daily physical activity. Effective weight management strategies consider not only weight loss toward but also the maintenance of a healthy body weight over time. Moreover, weight management involves an understanding of meaningful ways to track weight over time and set ideal body weights for different individuals.



Ayurveda Weight management does not include fad **diets** that promote quick, temporary weight loss.

It focuses on the long-term results that are achieved through slow weight loss, followed by retention of an *ideal body weight* for age, sex and height.

Obesity is a risk factor for many chronic diseases such as **Type 2 diabetes**, **hypertension** and cardiovascular disease. Managing one's weight is one factor in preventing such **chronic diseases**.

For registration and further details:

Date & Time
24th November 2018
2:00 pm to 4:00 pm

Venue
Ayur Centre
Number, 8 Jalan Utara
46200, Petaling Jaya

Organised By
Ayur Centre Sdn Bhd



For registration, please contact:

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