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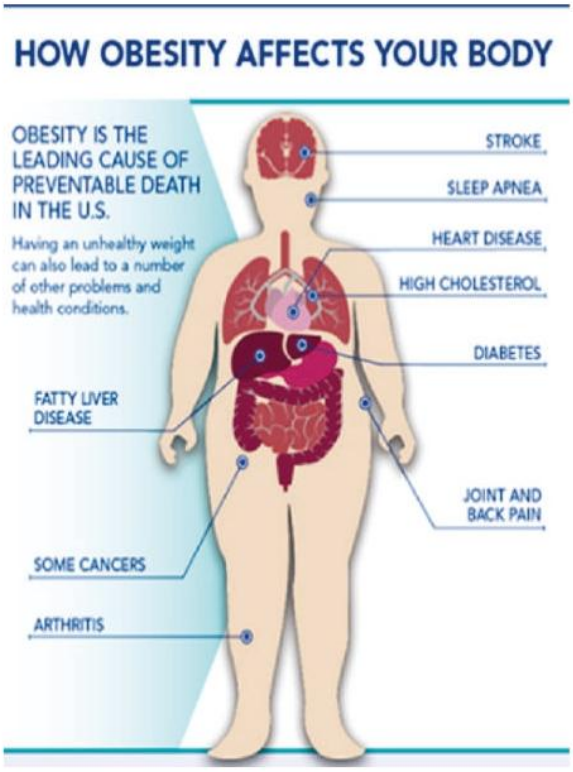
Plot No. 272/A, Opp. Renaissance Hotel,
Chankyapuri Road, Nr. Kargil Petrol Pump,
Off. S.G. Highway, Ahmedabad- 380061.
+91 9723287125
info@satejglobalscience.com
www.satejglobalscience.com

Obesity

Overview

Do you weigh more than you should? If so, you're like the approximately two-thirds of American adults who are overweight, In the United States, being seriously overweight (obese) has reached epidemic proportions. One in three American adults is considered to be obese. And childhood obesity is at an all-time high.

Obesity is more than a cosmetic concern. Being over fat puts you at greater risk of developing such serious health risks as high blood pressure, diabetes, cardiovascular disease, stroke and cancer. The human body, with its 30 billion to 40 billion fat cells, can support some extra fat. Fat is important for storing energy and insulating the body, among other functions. But after a certain point, body fat can begin to interfere with your health. Ultimately, obesity can even be life-threatening.



Obesity involves having an abnormally high proportion of body fat. Doctors define obesity as having a body mass index (BMI) of 30 or higher.

The good news is that even a modest weight loss of 10 to 20 pounds can bring health improvements, in many cases this can be accomplished by committing to eating healthier, exercising and changing behaviors. For those who don't respond to lifestyle changes, prescription medications and surgical techniques are available to enhance their weight-loss process.

With a positive attitude, you can lose weight. Yet, before pursuing any plan to take off excess weight consult your doctor. Crash diets and other quick fixes can be dangerous to your health

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Causes:

Weight is largely determined by how you balance your intake of calories from food with the energy you use in everyday activities. If you consume more calories than you use, you gain weight. Your body stores calories that you don't need for energy as fat.

Overeating and lack of physical activity are the main causes of obesity, especially in combination. But many factors contribute to obesity.

Benefit of SGS Therapy:

- Reduces the excess fat gained in blood, liver & adipose tissues through stool passing process.
- Regulates the fat metabolism gained by body
- Give energy & strength in daily laborious activities
- Ensures the weight of the body to maintain it as per Body Mass Index (BMI)

Suggested Products:

Grolyfe : Take 10 drops 3 times under the tongue
Minerjal Lyte : Add 20 drops in 1 litre Drinking water and finishes it 2 times in a day
ActiSat : 1 Capsule 3 times after meal
LivoSat : Daily 1 Sachet 2 time



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