



*Welcome
Friends*

**INFORMATION ABOUT
WEIGHT LOSS JUICE**



पिएंगी यह स्पेशल जूस, तो एक महीने में पा लेंगी स्लिम- ट्रिम शारीरिक स्वास्थ्य



जब आपके शरीर पर जरूरत से ज्यादा चर्बी यानी की आपका वजन बहुत ज्यादा हो जाता है तो उसे कम करना आपके शारीरिक स्वास्थ्य और कल्याण के कई पहलुओं (weight loss benefits) को बेहतर बनाता है। वजन कम करने से आपके व्यक्तिगत जीवन, मानसिक स्वास्थ्य, आपकी इंद्रियों और अधिक में परिवर्तन हो सकते हैं। अगर आप थोड़ा बहुत वजन कम करना चाहते हैं, ज्यादा वजन कम करना चाहते हैं या फिर 100 किलो तक वजन कम कर अपने शरीर को फिट रखना चाहते हैं तो आपको आत्मविश्वास के साथ-साथ शरीर में होने वाले अन्य परिवर्तनों के बारे में भी सोचना होगा। क्या आप जानते हैं कि इतना ज्यादा वजन कम करने के कितने फायदे हैं। अगर नहीं तो जानिए कौन से फायदे आपके लिए बेस्ट हैं।

वजन कम करना आपके शरीर को ही अच्छा महसूस नहीं करवाता बल्कि यह आपके मूड और मानसिक स्वास्थ्य को भी बढ़ाता है। एक अध्ययन में मोटापे से ग्रस्त कुछ व्यक्तियों ने अपने वजन में महत्वपूर्ण कमी की, जिसके 3 महीने बाद, उनमें तनाव, अवसाद, क्रोध और थकान कम दर्ज किया गया। जिन लोगों का मूड बेहतर था, उन्होंने अधिक वजन कम किया। स्वस्थ वजन रखने से अवसाद, चिंता, और अन्य मानसिक स्वास्थ्य समस्याओं के लिए जोखिम कम होता है। अच्छा मूड और स्वस्थ वजन एक साथ चलते हैं।



मोटापा कई स्वास्थ्य समस्याओं के लिए आपके जोखिम को बढ़ाता है। अतिरिक्त वजन कम करने से उन स्वास्थ्य समस्याओं को खत्म करने या उनके लिए अपनी बाधाओं को कम करने में मदद मिल सकती है। वजन कम करने से आपका रक्तचाप और कोलेस्ट्रॉल कम हो सकता है। यह मधुमेह, हृदय रोग, स्ट्रोक, पित्ताशय की थैली रोग और पुराने ऑस्टियोआर्थराइटिस के लिए जोखिम को कम कर सकता है।



How weight loss improves your health

Lower blood pressure.

Lower levels of triglycerides.

Less risk of heart disease.

Improved mobility and reduced pain.

Better sex and less erectile dysfunction.

Improved mood.

Better sleep.

Higher self-esteem.

11 Potent Immunity-Boosting Herbs. Our Immune Care Juice is a blend of the best herbs that help boost immunity. We travel across the country to source the best version of each ingredient. We also use the most nutritious part of every herb, such as giloy stems or amla fruit. Free from pesticides and artificial treatments, each ingredient's core nutritive benefit is captured in the juice. Kapiva's range of Ghee, Honey, Juices, Teas, Oils and other products all have one common theme - they are selectively sourced, with great emphasis on purity and authenticity. Our dream is to make great quality products accessible to every Indian household, by combining our expertise on traditional Indian knowledge with the latest technology.



वजन कम करना है तो जरूर पिएं यह जूस

1 इसे हर दिन पिएंगे, तो याददाश्त तेज होती है।

2 जल्दी वजन कम करने में भी यह जूस मददगार साबित हो सकता है। इसके लिए खाली पेट इसका सेवन करें। वर्कआउट के बाद पीने से भी वजन तेजी से कम होता है।

दमकती त्वचा के लिए

जर्नल ऑफ अमेरिकन एकेडमी ऑफ डर्मेटोलोजी में प्रकाशित शोध की मानें तो वजन बढ़ने के साथ-साथ त्वचा से संबंधित संक्रमण, सोरायसिस, बालों की बहुत अधिक लंबाई या मुंहासे की समस्या हो सकती है। इसकी वजह मोटापे से होने वाले हार्मोनल बदलाव हो सकते हैं। ऐसे में जो लोग वजन नियंत्रित रखते हैं उनकी त्वचा अपेक्षाकृत अधिक सेहतमंद होती है।

इससे शरीर को कई फायदे होते हैं। यह कई चीजों से मिलकर बनता है। इसमें सेब, बीटरूट या चुकंदर और गाजर को नींबू के रस के साथ मिलाकर बनाया जाता है।

तेज नजर के लिए

वजन कम करने का संबंध आपकी दृष्टि से भी है। ओपथेमोलॉजी के एक सर्वेक्षण में वजन कम करने का संबंध मोतियाबिंद, ग्लूकोमा जैसी आंखों की समस्याओं से है। शोधकर्ताओं का दावा है कि वजन नियंत्रित रखने वाले लोगों को बढ़ती उम्र के साथ-साथ इन समस्याओं का रिस्क कम रहता है।

सेक्स लाइफ बेहतर होती है

क्लीनिकल एंडोक्राइनोलॉजी एंड मेटाबॉलिज्म में प्रकाशित शोध की मानें तो पेट की चर्बी घटने से शरीर में टेस्टोस्टेरोन हार्मोन का स्तर बढ़ता है जिससे सेक्स लाइफ बेहतर होती है।

35 Surprising Benefits of Weight Loss

Everyone has different reasons for wanting to lose weight.

Some people might want to lower their blood pressure or cholesterol while others might want to simply feel more comfortable in their own skin.,The benefits of weight loss go a lot further than just improved cardiovascular health. In fact, losing weight can have a positive impact on nearly every aspect of a person's life.,Here are some rather surprising benefits of weight loss that aren't discussed quite as often:

1. **More energy;-** Carrying extra weight requires the body to use a lot of energy. When someone loses weight, their energy levels will skyrocket. Plus, the body can function much better when it's supplied with nutritious food.
2. **Fewer headaches;-** People who suffer from headaches or Chronic migraines might notice these symptoms slowly vanish once they drop the pounds.
3. **Stress may disappear;-** Foods with a high fat, sugar, and salt content – especially processed carbs – can trigger high levels of cortisol aka. the stress hormone. A weight loss regimen can reverse this.
4. **Balanced mood;-** Exercise tells the brain to release feel-good chemicals like endorphins leading to a more balanced mood and positive attitude.
5. **Saving money;-** Pizza delivery and fast food meals are unhealthy and expensive. Nutritious alternatives can be made at home for a fraction of the cost.



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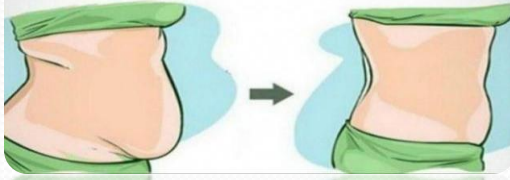
- 6. Work gets easier;-** When people feed their body the right vitamins and minerals, this could also improve Cognitive function making jobs seem a lot less overwhelming.
- 7. Better social life;-** People who lose weight tend to spend a lot less time sitting around the house. Instead, they get out and go to new activities where they can meet more friends.
- 8. Better immune system;-** Added weight puts a lot of stress on the immune system. This leads to more colds and other illnesses. Losing weight helps support the immune system and improve overall health.
- 9. Recognition;-** Unfortunately, society doesn't treat overweight folks fairly. When someone loses weight, they may notice that people remember them more often.
- 10. Clearer skin;-** High sugar foods and simple carbs put the kidneys liver through a lot of stress. Improving the diet takes a lot of pressure off the body's filtration system which means clearer skin and healthier hair



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- 11. Better sleep;-** After losing weight, people tend to sleep throughout the entire night and experience higher quality of sleep.
- 12. Food starts to taste better;-** Salty foods desensitize flavor receptors on the tongue. Food might taste bland at first, but down the road everything tastes much, much better.
- 13. New-found respect;-** When people make a decision to lose weight, they usually experience a new-found respect for themselves. This same respect translates into other relationships.
- 14. Improved organizational skills;-** Monitoring physical activity and eating behavior helps hone organizational skills.
- 15. Learning to cook;-** Adapting a healthy diet requires cooking. As people lose weight, they'll learn new recipes and try out new techniques in the kitchen.
- 16. Much more praise and a lot less scolding.**

BURNS BELLY FAT
without exercising



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- 17. Mental clarity;** - Unhealthy amounts of salt and sugar can screw up the brain chemistry leading to fog. This tends to vanish when people lose weight.
- 18. Improved sex drive;** - Weight loss boosts testosterone production leading to better libido.



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19. Daily tasks get easier;- The benefits of weight loss impact every part of life. Sitting, standing, going up the stairs – these are all immensely easier with less weight.
20. Adventurous attitude;- Losing weight is a difficult task. After people drop the pounds, they may feel compelled to keep up with this adventurous attitude by trying new things they would have never considered in the past.
21. Better memory;- The brain requires adequate vitamins and minerals to function. When people lose weight, they tend to consume better foods with higher antioxidant levels resulting in improved memory capabilities.
22. Reduced need for prescription medications;- Better overall health means reduced need for blood pressure, cholesterol, diabetes, or mental health medications.
23. Exploring new goals;- Losing weight changes lives. Some people may feel compelled to explore new career paths or make big life decisions.
24. Lower alcohol tolerance;- Lower body weight means less alcohol is required to feel tipsy so people tend to drink less (if at all).

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- 25. Job promotion or raise;- Unfortunately, society rewards skinny folks more so than others. This could translate into a raise or job promotion.
- 26. Balanced hormones;- At a moderate weight, the thyroid can function more efficiently which promotes balanced hormones.
- 27. Reduced joint pain;- Less weight means less stress and inflammation in the knees, elbows, and hips.
- 28. Enjoying new activities;- The benefits of weight loss aren't restricted to physical health alone. Losing weight opens up a new world of activities that were previously impossible: amusement parks, carnival rides, swimming, hiking, etc.
- 29. Turning down junk food;- The body will crave healthy food instead of chips, candy, and other junk. After losing weight, people tend to turn down the birthday cake or fries.
- 30. Less sweating;- Hugging people gets less embarrassing because the body sweats a whole lot less when it's carrying less weight.



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- 31. Less doctor appointments;**- Improved cardiovascular health means less doctor appointments.
- 32. More clothing options;**- No more searching for shapeless clothing in the largest size.
- 33. People might be nicer to you;**- It isn't right, but people tend to be ruder to overweight folks. Dropping a few pounds could mean people suddenly become nicer.
- 34. Reduced hunger;**- When people feed their bodies healthy food full of nutrients, they're less likely to feel hungry throughout the day. Less weight also means the body requires less calories to function properly.
- 35. A positive impact on the world;**- When people see that someone is taking charge of their health, they may feel compelled to make positive changes in their own life.

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