



Potent Obesity Care The OBEEVILLA Capsules & Oil

50 ml







Why OBEEVILLA Capsules & Oil?



Obeevilla Capsules:

- ✓ Best combo pack of oil + capsules for control over obesity.
- ✓ Made with 12 premium obesity care herbs like Kokum phool, Lasan bulb, Harde, Shuddh gugal, Etc.
- ✓ Helps burn fat, Aids in weight loss, Decrease cravings for carbohydrates & Helps boost metabolism.

Obeevilla Oil:

- √ 50 ml massage oil in dropper pack free with Obeevilla 30 capsules.
- ✓ Enriched with 13 Premium obesity care oils like Lasan oil, Arandi oil, Ajwain oil, Chitrak oil, Etc.
- ✓ Helps burn fat, Fight Stubborn Fat and improve muscle stiffness.



Contains @ OBEEVILLA Capsules

Composition: Each hard geletine Capsule Contains:

Lasan bulb (Allium stivum) 75 mg. A.B.

Nagarmoth rhizome (Cyperus scariousus) 25 mg. A.B.

Suddha guggul niryas (Commiphora mukul) 120 mg. A.B.

Sud. shilajit 50 mg. RTS-P-1

Yastimadhu root (Glycyrrhiza glabra) 75 mg. A.B.

Daruharidra rhizome (Berberis aristata) 30 mg. A.B.

Amala fruit (Embelica officinalis) 20 mg. A.B.

Baheda fruit (*Terminalia belerica*) 20 mg. A.B.

Harde fruit (*Terminalia chebula*) 20 mg. A.B.

Kokam phool (Garcinia combgia) 25 mg. A.B.

Vidang fruit (Embelica ribes) 15 mg. A.B.

Loha bhasma 25 mg. BHR

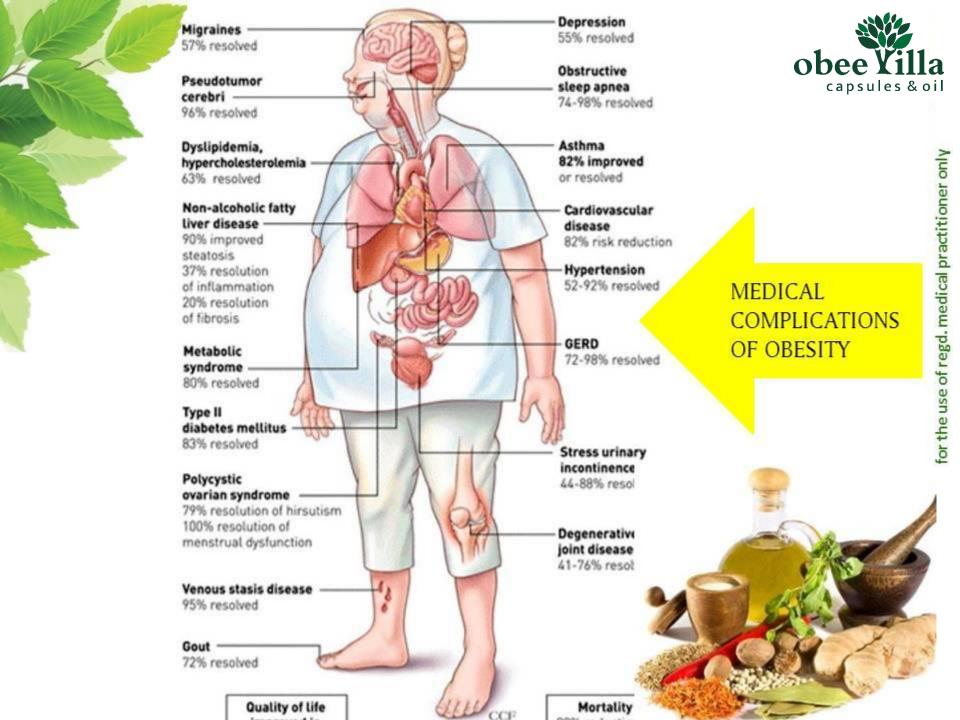
















for the use of regd. medical practitioner only

How Obee Villa Capsules Works......



Provides Fastest Results Due To Enrich Formula With Purified Natural Ingredients

Helps Burn Fats From Stubborn Areas Of Body Like Stomach, Thighs Etc. Without Any Weakness Obee Villa
Never Suggests To
Crash Diets As It
Hampers Metabolism
Of Body Resulting In
Long Term Side
Effects

Very Imp

Controls
Triglyceride's
& Bad
Cholesterol

Boosts Metabolism & Improve Digestion Very Fast



THE POWER OF NATURE





50 ml



Remove Excess Fat Of Body ...

With Massage Of Obee Villa Oil



obee Killa capsules & oil

Contains @ OBEEVILLA Oil

COMPOSITION:

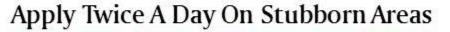
Rasna oil (Vanda roxburghii)	005.0 % A.B.
Arni oil (Permna intergrifolia)	005.0 % A.B.
Ajwayan oil (Carum copticum)	005.0 % A.B.
Kapoor crystal (Cinnamomum camphora)	004.0 % A.B.
Chitrak oil (Plumbago zeylenica)	004.0 % A.B.
Nagarmoth oil (Cyperus scariousus)	004.0 % A.B.
Lasan oil (Allium sativum)	005.0 % A.B.
Daruharidra oil (Berberis aristata)	004.0 % A.B.
Vidang oil (Embelica ribes)	004.0 % A.B.
Arand oil (Ricinus communis)	005.0 % A.B.
Nirgudi oil (Vitex nirgundo)	010.0 % A.B.
Sarsav oil (Bricica campestris)	018.0 % A.B.
Til oil (Sisamum indicum)	022.0 % A.B.











Of Body Like Stomach, Thighs Etc.



GREASY FORMULA



Massage With Obee Villa Oil @ Down To Up

















Ayurvedic..View towards obesity...

In Ayurveda, obesity is known as *Medarog*, which is caused by the aggravation of *Kapha*. *Kapha* is an Ayurvedic humor which is dense, heavy, slow, sticky, wet and cold in nature. It governs all structure and lubrication in the mind and body apart from controlling weight and formation of all the seven tissues - nutritive fluids, blood, fat, muscles, bones, marrow and reproductive tissues.

In a balanced state, Kapha gives nourishment to these tissues through various micro channels. However, when it is aggravated, Kapha leads to production of toxins in the body. These toxins are heavy and dense in nature and accumulate in weaker channels of the body, causing their blockage. In the case of an obese person, toxins accumulate in Medovahi Srotas (fat channels), thereby leading to an increase in the production of fat tissue (Meda Dhatu). When the body produces more fat tissues, it causes an increase in weight.

The Ayurvedic line of treatment for obesity begins with the pacification of Kapha Dosha. This can be done by eliminating Kapha-aggravating foods from the diet. Next, the treatment also focuses on cleansing of the Medovahi channels through cleansing herbs so that excess weight can be reduced.



Diet & Lifestyle Advice

- Avoid high carbohydrates like polished rice and potato.
- Avoid oily and fried foods, processed foods, fatty foods like butter, purified butter, cheese, whole-milk yogurt, cream, chocolate, etc.
- Have more bitter vegetables like bitter gourd and the bitter variety of drumsticks
- Replace refined flour with whole-wheat flour and rice with brown rice or parboiled rice
- Increase intake of fruits, salads and vegetables.

It is very important to engage in daily exercise in the form of walking, jogging, swimming or any other physical activity that is not competitive. Try to take a walk in the morning and again in the early evening, working up to 30 minutes or more each time. Increase physical activity by doing more physical chores during the day.

Yoga and Pranayam: Naukachalanasan and Kapalbhati Pranayam.keeps life healthy.





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