



## **HOME REMIDIES**

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# Home Remedies for Obesity

We are obsessed with physical appearances and yet the lifestyles we lead are not at all suitable to give us the best shapes and sizes. We have a debilitated metabolism in general and diseases are jumping time pool to attack us in our 30's. Nothing could be more resonant of our times than the cardiovascular cases that are occurring at such tender age. Obesity is difficult metabolically as well as emotionally.

Being the element of ridicule among friends and low perception of the self has often resulted in turning people into recluse. While increasing obesity cases has given birth to various crash diets, and weight clinics, home remedies for obesity still offers frill-free methods of curing the malady Let's talk about a few home remedies for obesity.

**Bottle gourd can be effective** - While many do not relate it to obesity; it's a case of ignorance that can be counterproductive. Bottle gourd can be one super treatment for tackling obesity. There is a smart reason. Often obesity is caused by the accumulation of tar and slime in our intestinal cavity. Juice of bottle gourd has the power to extenuate this debris. You are required to drink this juice in 300 ml glasses twice a day and preferably once during morning.

**Jujube can be clinical** - If you are seeking home remedies for obesity, don't bypass this one. A fair quantity of jujube leaves shall be soaked in water and the water should be allowed to stagnate over night. Consumption of this liquid is quite helpful in lessening your waistline. In a month, the results are out. Yes you must remember to take the juice early in the morning and over an empty stomach.

**Finger millet is a useful method** - It's among the best home remedies for obesity. Finger millets are digested particularly slowly in the human body and this metabolic pace suits the carbohydrates which then take a higher time to get absorbed. In this way, the hunger triggers are curtailed. Finger millets also curb the concern that such a low calorie diet can result in malnutrition. For the uninitiated, this diet has ample nutrients like vitamin B1, B2, calcium, iron and phosphorus.

**Cabbage has its set of admirers** - It is believed that tartaric acid present in token quantity in cabbage is largely instrumental in preventing the conversion of carbohydrate in the diet to fat. This way, the development of cellulite is also taken care of. For best utilizing cabbage, you can use a cabbage salad. This again can be prepared in a nutritious and yet delectable way.

**Acai is doing well** - While this one is the pleasure of only the Brazilian homes and at places other than the Amazonian recess they have to be bargained over commercial counters, you find this fruit to be extremely effective in fighting obesity. It has anthocyanins, beneficial cholesterol and a lot of other aspects that not only tide over the obesity ghost but also creates a healthier metabolism that cancels out lethargy, flatulence,

bloating among other things. This one is certainly a top draw among the home remedies for obesity.

**Diet regimen is important-** Obesity does not require you to go through the crash diets. It's because these diets are prone to relapse and also they create a famine phase in the body which makes the metabolism store higher quantity of fat for urgent needs of immediate future. While choosing a regimen you should think about factors like removal of toxic waste, nutritional content and absence of side effects.

You should choose a few of the above mentioned home remedies for obesity to enhance the chances of getting slim. None of them is a miracle pusher and require a disciplined regimen to tide over the obesity crisis.