



MAHARISHI
AYURVEDA®

Perfect weight balance

*The Maharishi Ayurveda approach
to achieving your ideal weight*

Obesity pushes diabetes cases up to 2.5 million

About 90% of people with diabetes have the Type 2 form of the disease, which is strongly associated with obesity and a sedentary lifestyle. There are about 5 million obese people in the UK, compared with almost 4.8 million last year.

Douglas Smallwood, the chief executive of Diabetes UK, said the figures were “truly alarming”. Although part of the rise could be explained by improvements in diagnosing the condition, he said the main factor was the UK’s ‘obesity crisis’.

While doctors don’t fully understand why some people develop Type 2 diabetes and others don’t, it’s clear that weight balance is very important and yet difficult to achieve.

Perfect

The Maharishi AyurVeda Approach to weight balance

Have you noticed that some people eat more than others yet never seem to put on weight. Weight control depends on how you eat, as well as what you eat. If your digestion, assimilation and metabolism are out of balance, it is difficult to lose weight.

Radical diets can damage the natural processes of the body, yet diet is important. Heavy foods combined with too little exercise can result in digestive impurities (Ama) accumulating in the body and throwing the fat metabolism out of balance. The body starts storing too much fat tissue and this results in weight gain. When Ama accumulates it is also common to experience cravings and overeating. Ayurveda understands that digestion involves seven

weight balance

sequential steps at each of which a tissue is created. If one step becomes disrupted the tissue from the previous step accumulates. For instance fat accumulates when the fat metabolism process (medoagni) is disrupted.

Maharishi AyurVeda offers two herbal supplements to help balance body weight:

Be Trim 1 Food supplement is recommended for those who have a slow metabolism and tend to put on weight easily even when food intake is not great (kapha dosha/body type). It supports the fat metabolising process (medoagni), helps curb the appetite and slows the absorption of carbohydrates.

Be Trim 1 also helps improve liver function (ranjaka pitta), assists in the production of pure nutritional fluid (rasa agni) and blood (rakta agni). It also assists in the digestion, the movement (samana vata), and breakdown (pachaka pitta) of food.

Be Trim 2 food supplement is recommended for those who have a strong appetite even after eating and a tendency to produce excess stomach acid (pitta dosha/body type).

This supplement helps moderate the appetite, balance the regulation of stomach acidity and enliven fat metabolism.



MA1006 and MA1006



To identify & understand your dosha/body type and appropriate diet see - www.maharishi.co.uk/media/upload/PDFs/map-dosha-guide-2015.pdf

Herbal Masterpiece

The herbs in Be Trim 1 and Be Trim 2 are combined in exact proportions and are prepared in the traditional Ayurvedic manner.

The synergy of the collective benefit is much greater than the isolated individual herbs.

Gymnema sylvestre helps balance fat metabolism.

Indian Bedellium helps balance fat metabolism

and the accumulation of cholesterol. Indian

Sarsaparilla boosts digestion and assimilation.

Zinc Bhasma aids fat metabolism.

Related Health Tips

- Don't fast or skip meals when taking Be Trim.
- Only take the tablets after meals as this helps

keep blood sugar levels, metabolism and detoxification in balance.

- Savour your meals. Don't divide your attention by reading, working or watching TV.
- At meals only eat until you are about ¾ full.
- Take a balanced diet appropriate to your dosha/body type (see pages 18-21 of the dosha guide). Favour light nutritious foods. Fill up on sweet, juicy fruits and vegetables.
- Add barley and mung bean soup to your diet.
- Cook with fennel, cumin and turmeric.
- Avoid cold drinks and food. Cool is fine.
- Regular, daily bowel movements are important. Psyllium seed husk aids regularity.
- Avoid day sleep
- Exercise regularly but only to 50% of capacity - do not strain!!

“I have a fairly slow metabolism so I tend to put on weight easily. I’ve been using Be Trim 1 for a couple of months now - it has stabilised my appetite and my weight is beginning to reduce” - CB



How to Order

Order online at www.maharishi.co.uk

For further information or to request a catalogue,
contact Jenny or Xiangyao on 01695 51015



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