

# LOSE WEIGHT FOR HEALTH

*"A holistic approach to weight management based on divine teachings, inspiration, and healthy lifestyle practices" — Saint Reza*



## INTRODUCTION

Each person should have a healthy weight. The body becomes overweight when weight is beyond its healthy range. As weight increases and excessive fat builds up in different part of body, it is obesity.

Obesity is a chronic complex disease that can impair health. Although obesity is a cosmetic concern, however in reality, it is a medical problem which increases risk of many other illnesses such as sugar problem, diabetes, blood pressure, high lipids, fatty liver, and joint pain. Obesity also affects reproductive system known as Polycystic Ovary Syndrome (PCOS) and Erectile Dysfunction. Medical studies have shown some cancers are caused by obesity. Obesity is a definite indication of slow metabolism which may include toxicity build up, compromised healthy flora, constipation, poor sleep, low energy, restless and anxiety.

## REPORT ON OBESITY

World Health Organization reported:

- In 2022, 1 in 8 people in the world were living with obesity.
- Worldwide adult obesity has more than doubled since 1990, and adolescent obesity has quadrupled.
- In 2022, 2.5 billion adults were overweight. Of these, 890 million were living with obesity.
- In 2022, 37 million children under the age of 5 were overweight.
- Over 390 million children and adolescents aged 5-19 years were overweight in 2022, including 160 million who were living with obesity.

More than half of what Americans eat is "Ultra Processed". In a 2013 ranking of affluent countries' health, United States came in last. Here's another bummer of a statistic to toss on the pile: less than 3 percent of Americans meet the basic "HEALTHY LIFESTYLE", according to a new study published in Mayo Clinic Proceedings. This study underscores the difficulty of the obesity problem in the U.S., which persists even as Americans eat more produce and workout more than they used to, but once again, fat proves the toughest nut to crack.

## THE PROGRAM

LOSE WEIGHT FOR HEALTH is a healthy lifestyle program based on divine teachings, Inspiration, and morality in which the connection between Man and God guides the lifestyle. In order for all aspects of an individual to stay in harmony with universe through teachings of Saint Reza the ninth descendant of Prophet Muhammad (PBUH), the individual gains guidance, and appropriate nourishments to live in unity with universe.

It is extremely important to understand that arrogance has no place in this program rather submission to will of God does. Karma, obsession, hatred, miserliness, attachment, fanaticism, envy, intoxicants, lust, theft, murder, falsehood, and other unhealthy thoughts have to be pushed back consistently to their devilish sources.

LOSE WEIGHT FOR HEALTH program is not for vanity, pride in appearance, false character, quality of being vain, narcissism, and or egoism. Any deviation from these will stop the individual from losing weight automatically by itself. Our goal is for you to be happy and enjoy life, experience tranquility, and peace from within and without, something that requires your definite submission to reach this goal.



## PROGRAM DETAILS

LOSE WEIGHT FOR HEALTH program is not and does not replace medical treatments. It includes Rz's holistic plan which is designed uniquely to increase knowledge, awareness, and education in this natural healthy journey. It also includes evaluation of your body and recommends weight loss within certain period of time.

You will also get the recommendations for Food, Healthy Drinks, Remedies, Vitamins, Exercise, Cleansing, Detoxification, Prayers, and Energy therapies.

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## Program Components



Personalized Plans



Nutritional Guidance



Exercise Regimens



Spiritual Wellness



Detoxification



Vitamin Support



Natural Remedies



Energy Therapies

Begin your journey to better health today

This program is not intended to replace medical treatments