



HEALTHY SLIM

NATURAL SOLUTION TO REDUCE OBESITY



WHAT IS OBESITY?

Obesity is an excess proportion of total body fat. A person is considered obese when his or her weight is 20% or more above normal weight. The most common measure of obesity is the body mass index, or BMI. A person is considered overweight if his or her BMI is between 25 and 29.9. A person is considered obese if his or her BMI is over 30. "Morbid obesity" means that a person is either 50%-100% over normal weight, more than 100 pounds over normal weight, has a BMI of 40 or higher, or is sufficiently overweight to severely interfere with health or normal function.



WHAT CAUSES OBESITY?

Obesity occurs when a person consumes more calories than he or she burns. For many people, this boils down to eating too much and exercising too little. But there are other factors that also play a role in obesity. These may include:

Age

As you get older, your body's ability to metabolize food slows down and you do not require as many calories to maintain your weight. This is why people note that they eat the same and do the same activities as they did when they were 20 years old, but at age 40, gain weight.



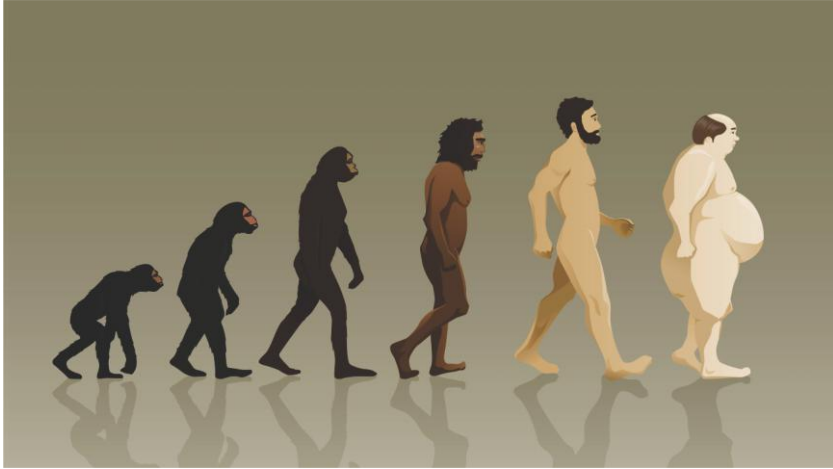
Gender

Women tend to be more overweight than men. Men have a higher resting metabolic rate (meaning they burn more energy at rest) than women, so men require more calories to maintain their body weight. Additionally, when women become postmenopausal, their metabolic rate decreases. That is partly why many women gain weight after menopause.



Genetics

Obesity (and thinness) tends to run in families. In a study of adults who were adopted as children, researchers found that participating adult weights were closer to their biological parents' weights than their adoptive parents.' The environment provided by the adoptive family apparently had less influence on the development of obesity than the person's genetic makeup. In fact, if your biological mother is heavy as an adult, there is approximately a 75% chance that you will be heavy. If your biological mother is thin, there is also a 75% chance that you will be thin.



Nevertheless, people who feel that their genes have doomed them to a lifetime of obesity should take heart. Many people genetically predisposed to obesity do not become obese or are able to lose weight and keep it off.

Environmental factors



Although genes are an important factor in many cases of obesity, a person's environment also plays a significant role. Environmental factors include lifestyle behaviors such as what a person eats and how active he or she is.

Physical Activity

Active individuals require more calories than less active ones to maintain their weight. Additionally, physical activity tends to decrease appetite in obese individuals while increasing the body's ability to preferentially metabolize fat as an energy source. Much of the increase in obesity in the last 20 years is thought to have resulted from the decreased level of daily physical activity.



Psychological factors

Psychological factors also influence eating habits and obesity. Many people eat in response to negative emotions such as boredom, sadness, or anger. People who have difficulty with weight management may be facing more emotional and psychological issues; about 30% of people who seek treatment for serious weight problems have difficulties with binge eating. During a binge-eating episode, people eat large amounts of food while feeling they can't control how much they are eating.



Illness

Although not as common as many believe, there are some illnesses that can cause obesity. These include hormone problems such as hypothyroidism (poorly acting thyroid slows metabolism), depression, and some rare diseases of the brain that can lead to overeating.

Medication

Certain drugs, such as steroids and some antidepressants, may cause excessive weight gain.

HISTORY OF ANCIENT HERBS

In ancient days people maintain their health through proper diet practice and they got a healthy diet by nature itself. Herbs were important for their proper healthcare system. Herbalism was most popular in Asian Region whereas India has been popular for this healthcare system. This really makes as herb represent India. There are more than 1000 varieties species in a single herb, where most of the herb is present in Asian region. Most of the herbs were found in the Indo-China region of the Himalayas



TRANSITION OF HERBALISM

Mighty Himalayan layer gather the ice & snow which gives the atmosphere yellow weather. The weather carries its mineral rich water to the herbal medicinal valley. All the river originate from the Himalayan mountains and its herb in this region where taken to the other part of the Asia. Same as Indian medicinal practices were gradually dispersed all over Asia, including the southeast, Indonesia, Tibet and Japan.



We have proof that our system has been transferred to other part of Asia. As such the YIN & YAN theory, five elements of theory and therapeutic herbalism transfer from the chakra theory to various parts. In chakra the second chakra sacral represent the yin & yan theory whereas the seven chakra represent the five elements in it land, fire, air, water, sound, energy and beauty. As the motherland for herb we own a valuable healthcare system. Ayurveda as an Indian herbal care system paves its way to treat the people in many ways in ancient days. Chakra listed five hundred remedies and Sushruta over seven hundred vegetable medicine.

MODERN CIVILIZATION

Evolution of mankind for wondering hinders to the sophisticated cities for each day is the mystery pain tackily unraveled. Oxford dictionary is defining civilization as “**An advanced state of social organization**” and it had become an accepted definition which means it is the term becoming increasingly uncomfortable. Because of the change in the civilization and the man transforming from Stone Age to modern age, he had developed lot of innovative things which make it more sophisticated but left out in the health aspects. Even now the mankind is wondering how to rejuvenate the health. However the past has been reshaped by the chronologist who had brushed away the sand of time to reveal the most secret of the ancient empires.

ORIENS TRESURE SEARCH

Likewise Oriens had brush away the past and when in search of ancient treasure herb and rejuvenate them with the modern technology. Here is to say the power of herbs to the western culture to draw an inspiration from ancient and take advantage of best in modern science and technology and innovations. Which we really aim to give a superb healthcare system which rejuvenate the energy in the body specially chakra which is reduced in the modernization. To rejuvenate the chakra and to maintain the proper healthcare system Oriens had brushed the ancient treasure herb **Garcinia Cambogia**, extracted Hydroxycitric Acid (HCA) from the herb and developed a special supplement **Orines Healthy Slim**.

GARCINIA CAMBOGIA

Garcinia Cambogia is a fruit named Malabar tamarind that is used in India, Pakistan and Sri Lanka, both as a food and a medicine. Citrin is a commercial fruit extract from the rind of this fruit.



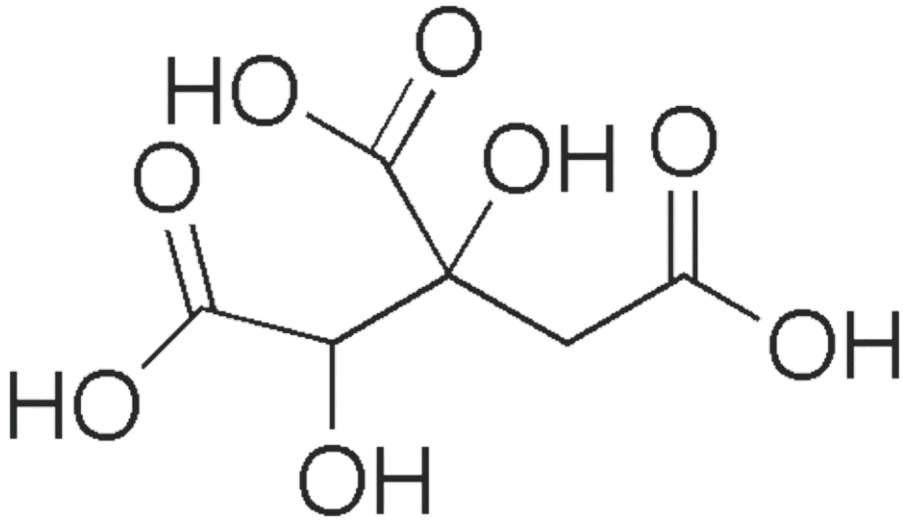
Traditionally in many countries around the world, primarily Southeast Asia, pure Garcinia extracts have been used to concoct juices, teas, and topical healing ointments because of its antioxidant-rich Xanthones properties. This exotic fruit is a small plum-colored super fruit that is primarily grown in tropical regions such as Asia. Recent discoveries found that the rinds of the Garcinia Cambogia fruit are one of the few fruits in the world that contain extremely high levels of Hydroxycitric Acid (HCA).

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This particular type of acid is known for its ability to suppress the appetite, reduce cravings for sugars and carbohydrates, and block the fat intake from any consumed foods. Garcinia Cambogia also provides many other health benefits such as preventing the buildup of bad cholesterol, reducing the amount of triglycerides in the body, and increasing the level of serotonin in the brain. Serotonin is the primary element in the brain that is responsible for feelings and moods. If the brain doesn't have enough serotonin to balance out your emotions, you are more susceptible to experiencing high levels of sadness and severe depression. When this happens, the feelings of overwhelming sadness and depression will usually lead to emotional eating.

This is where Garcinia Cambogia can step in to give your body the willpower it needs to resist cravings and prevent you from wanting to eat an entire tub of ice cream.

Garcinia Cambogia has shown to be very beneficial for a number of disorders and ailments. Some of these include weight loss, reducing fat production, naturally suppresses the appetite using (Hydroxycitric Acid) HCA, sleeplessness, enhance mood and relieve stress. Garcinia Cambogia seems to be especially beneficial for reducing body weight and fat production. Garcinia Cambogia's rind is rich in the substance Hydroxycitric acid, which is helpful for weight control. It suppresses the appetite and induces weight loss through thermogenic action.



BOTONICAL NAME

Garcinia Cambogia, Garcinia Gummi-gutta, Garcinia Quaesita

NUTRITIONAL ROLE OF GARCINIA CAMBOGIA

Garcinia Cambogia reduces the conversion of carbohydrates into stored fat by inhibiting certain enzyme processes. When less fat is available for use and slowed down, the body burns calories at an accelerated pace. Doctors found in a clinical study that people using Garcinia Cambogia lost weight at 2/12 times the rate of people not using it. They experienced a curbed appetite and less of a tendency to "nibble," and an increase in energy.

HEALTH BENEFITS

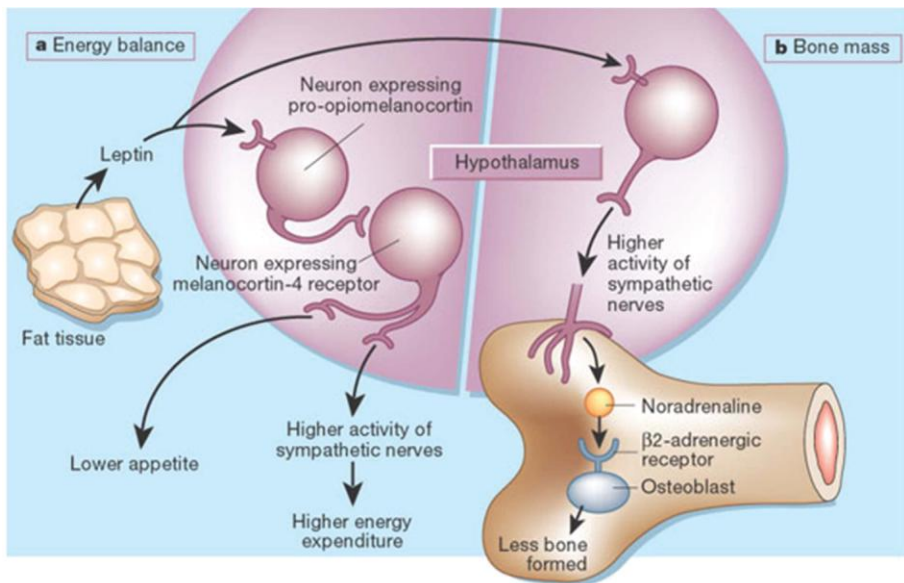
Burns fat - Garcinia Cambogia helps you lose weight by slowing down production of an enzyme called citrate lyase, which turns unused carbohydrates into fat. Effectively blocking the enzyme causes your body to burn off the excess carbohydrates, leaving nothing left to turn to fat.

Consistently preventing the formation of extra fat in your body undoubtedly leads to weight loss. This unique ability to burn off carbohydrates before they can turn into fat gives Garcinia Cambogia a reputation for being a natural fat burner. You don't have to slave away at the gym to burn off that extra fat when you can just incorporate a little Garcinia Cambogia into your diet.



Suppresses appetite

In addition to burning fat, Garcinia Cambogia helps you lose weight by suppressing your appetite. This is accomplished through the increased serotonin levels Garcinia Cambogia delivers to your brain. Serotonin acts as a neurotransmitter and hormone that controls many functions, including appetite and mood.



With more serotonin in your brain, your body is quicker to receive the signal that tells you when you are full. You will not be compelled to keep eating just to finish your plate. You will be consuming less calories over time and, ultimately, have less weight on your body. Garcinia Cambogia allows you to lose weight the healthy way, so don't have to wreak havoc on your body by trying the latest fad diets or starving yourself to get to your ideal weight.

Mood enhancement

A bonus effect of the extra serotonin is that you will feel better and experience an overall improvement in mood. This is an effective way to prevent emotional eating, since we often tend to eat for comfort when we are sad, angry or even bored. Garcinia Cambogia gives you the winning combination of helping you feel better while also making you look better.

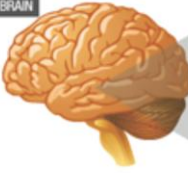


HYDROXYCITRIC ACID (HCA) HEALTH BENEFITS

Hydroxycitric acid, commonly known as HCA, is an acidic chemical compound produced in the fruit of the Garcinia Cambogia plant. To produce a supplement, the HCA is extracted from the Garcinia Cambogia fruit. Garcinia has a long history in India as a popular condiment, and the dried rind is used as a flavoring agent in many culinary dishes.

THE SCIENCE OF HUNGER & FAT ABSORPTION

BRAIN




SEROTONIN

NCCc1c[nH]c2ccc(O)cc12

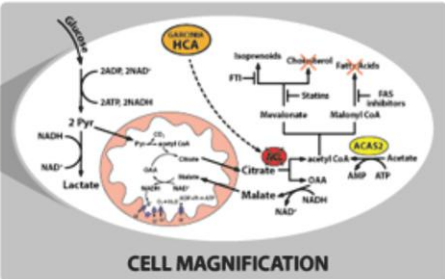
APPETITE

- ✓ Serotonin is a neurotransmitter that affects mood and sleep patterns.
- ✓ Healthy serotonin levels have been shown to help decrease food intake, enhance mood, and lower weight gain.
- ✓ HCA found in *Garcinia cambogia* has been shown to support healthy serotonin levels.

CELL



CELL MAGNIFICATION



FAT ACCUMULATION

- ✓ HCA found in *Garcinia cambogia* can support weight loss by inhibiting an enzyme called ATP-citrate-lyase (ACL). This enzyme helps convert excess carbohydrates (sugars) into fat in the body.
- ✓ Blocking the ACL enzyme can reduce fat build-up and storage and also reduce the production of LDL (bad cholesterol) and triglycerides.

The *Garcinia* fruit has also been used by Indians in connection with gastrointestinal complaints and rheumatism. Hydroxycitric acid, the principal acid in the fruit of *Garcinia Cambogia*, comprises 16% of the content of the dried fruit. This is a relatively high concentration when compared with the chemical makeup of other fruits.

Garcinia Cambogia is most commonly recognized for its ability to help individuals lose weight due to various effects it may have on the body. This fruit is believed to help people lose weight in the following ways:



- ✦ It has been suggested that the HCA in Garcinia Cambogia inhibits the body's ability to store fat, possibly causing more fat from foods to pass through the body without being stored.
- ✦ Garcinia Cambogia may cause the body to use existing body fat for energy during prolonged exercise. Ordinarily, carbohydrates are used first during exercise
- ✦ In a few animal studies the Hydroxycitric acid (HCA) produced by Garcinia Cambogia appeared to reduce appetite by raising the amount of serotonin in the body. (Serotonin is a neurotransmitter that is thought to affect appetite control).

However, pharmacological human studies have not been performed to substantiate many of the suggested health benefits associated with HCA.



Dosage and Administration

Garcia Cambogia products generally contain 50 of HCA. Doses of HCA used in human studies have ranged from 250 mg three times a day to 1000 mg (one gram) three times a day. For weight loss, Garcinia Cambogia is usually taken about a half hour before each meal.

Side Effects

Although no general side effects that have been associated with Hydroxycitric acid (HCA) we always suggest that pregnant women and nursing mothers should avoid Hydroxycitric acid.





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