

MORE ON OUR UNIQUE PATH TO WELLNESS

How would we describe the Enlightlife way?

Providing wellness to people takes a caring heart and a thinking mind. The service that is provided has layers of information, actual practise, and supervision, every step needs to be simplified and explained.

Humans have taken their bodies for granted and abuse themselves with unhealthy food, and a careless way of life. Today what sells almost without effort is erotica in its various forms, entertainment, alcohol along with other forms of intoxication, and junk food.

This indulgent way of life slows down the body and mind over time. There are of course those who exercise, though it is usually in gymnasiums that are deprived of fresh air and sunlight. The healthy outdoors is slowly losing favour in urban centers.

Gym proteins that help provide bulk to the muscles of the fitness buffs create side effects which add complexity to the task of gaining robust good health.

Even our living environments have enclosed areas without proper ventilation for air circulation and have windows that don't allow plentiful sunlight. Temperature control systems and use of artificial lighting are not helping either.

There are new generation of viruses making things worse, lack of good bacteria in humans and the advent of fungal infections are major causes for illnesses and early deaths today.

The above factors are reducing immunity, good health, life expectancy, and increasing stress and medical expenses. Overall, there is a troubling loss of productivity.

WHAT DOES ENLIGHTLIFE LOOK AT BEFORE IT PARTNERS YOU TOWARDS WELLNESS?

1. Your life style and current disorders
2. Your diet from childhood till date
3. Your current occupation, family, friends, interests and hobbies (this enables us to understand causal factors for your health condition, stress and stress management)
4. Your Body Mass Index - BMI
5. Your Basal Metabolic Rate - BMR
6. You have the option to do a genetic test to show hereditary factors

HOW DOES ENLIGHTLIFE TAKE YOU ON THE PATH OF WELLNESS?

- A. We explain to you the idea of 'total wellness'
- B. Without changing your diet, we help you balance the nutrition deficiency of your diet
- C. We support your body in performing the way it is designed to by Nature

D. We see to it that you enjoy the experience of journeying towards wellness, with least effort and most cost effectiveness

E . We become your wellness partner for the long term

MN Amarnath

Team Enlighthouse