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**TIP OF THE MONTH**

**Dr. Centhil Kumar C**



Tips for cooking with healthy oils: The healthier oils listed here are generally safe for most home-cooking uses, including higher temperature cooking such as stir-frying and pan frying. We do not recommend deep-fat frying as a cooking method. Any oil starts to degrade once it reaches its smoke point. So, if you accidentally let your oil smoke or catch fire, get rid of it and start over. If oil smells bad, don't use it. When an oil is stored too long it can become oxidized or rancid. It will have a distinct smell, and you should get rid of it. Don't reuse or reheat any cooking oil. Buy cooking oils in smaller containers to avoid waste, and store them in a dark, cool place to keep them fresh longer.

**Top 5 Heart-Healthy Oils**

- Olive**  
Contains vitamins A, E, D and K.  
• Anti-inflammatory
- Flaxseed**  
Good omega-3 source
- Peanut**  
Contains vitamins E and phytoestrols
- Avocado**  
Contains omega-9 fatty acid, high in lutein.  
• Anti-inflammatory  
• Anti-aging
- Walnut**  
Contains manganese, copper and melatonin, that regulates your internal body clock

**"You can always have a fresh start and succeed, bcoz failure is not falling down - it is staying down!"**  
- Centhil Kumar

**vritilife Ayurvedic Nutrition**  
**IN SUNDAY TIMES**

Ayurveda as an ancient science of life has a long history, and its basic principles are valid even today. vritilife range of products are based on Ayurvedic principles and contains authentic ayurvedic herbs for the specific health benefits as mentioned in ancient ayurvedic texts. While following the age-old principles the product is contemporized to meet modern day lifestyle. The Prakriti in Ayurveda is a basis of individual needs, vritilife ayurvedic nutrition ("vritilife") range of products are personalized in a way to meet life stage needs and lifestyle needs while offering goodness of Ayurveda. The name "vritilife" has been coined by an amalgamation of the word "vriti" which means thought or choice in Sanskrit and the word "life" is derived from the brand name Herbalife. This has a dual interpretation - Thoughts of life leading to mindful living Making better lifestyle choices for balanced, healthy living.

**The Uniqueness**  
vritilife is a perfect amalgamation of Ayurvedic principles and modern science. Carrying the goodness of Ayurveda these products are crafted by Ayurvedic experts. vritilife offers science in every aspect of product design. vritilife range of products contain well studied and scientifically researched key ingredients which are sourced with precision to maintain quality.



**SUNDAY TIMES**  
Heritage, Culture & Co., Ltd.

**Ayurvedic Nutrition for a Healthy Today and a Healthier Tomorrow**

**Honour private sector's zeal to develop country: PM to states**

**UP leads in vax doses, K'taka in repeat shots**

**OSANA WEARS 2ND ASU OPEN CROWN**

**TN, Puducherry Report Less Than 50% Coverage**

**STATE VAX RANKINGS**

**Kamal calls on 'friend' Rajini**

**FM: Fuel rate hike a 'prejudgment'**

**SEA VOYAGE TO MANDAIKADU**



Mandaikadu, Tamilnadu is a perfect destination for a great time with your dear ones. Enjoy the attractions of this popular tourist spot. With so much to lure your senses and offer you recreation at its best, get drenched in the spirit of adventure that you get to explore at Mandaikadu, Tamilnadu. Enjoy together all the points of popular interests and bring back several memorable moments. Mandaikadu, Tamilnadu is not just the place for sightseeing, but it also enables you to steal a self-indulgent moment for yourself as well. So, check out the Mandaikadu tourist spot for all the attractions that is on offer and visit this spot on weekends for a rejuvenating time. World standards, extraordinary architecture, innovative layouts, and well-thought execution make place a highly coveted point of tourist interest. Do not forget to carry your camera and capture special moments. Mandaikadu, Tamilnadu is the sure way to refresh and relax after a busy weekday. Explore interesting themes, fabulous designs, colorful landscapes, amusing characters, ambient music, props and merchandise available in nearby stores- all at one place. Mandaikadu, Tamilnadu is the best way to have a memorable time with kids and family. So, enjoy a fulfilling outing at Mandaikadu in Tamilnadu.

Lots of travellers hunt for tourist places near mandaikadu during their trip to mandaikadu. After all, planning an entire trip for the sake of just one place does not seem to make sense for many people. Anyway, you do have the choice of visiting quite a few fine places to visit near mandaikadu. One only needs to be aware of the different options and details on such places.



Amazing Fun-FIT HOUR @ MONDAIKADU BEACH

The Mandaikkadu Bhagavathi Amman Temple is dedicated to Goddess Parvati also known as Bhagavathi. This temple is located near Nagercoil-colachel state highway in the town of Mandaikkadu. Many legends associated with the temple along with a beautiful sea shore location add to its sanctity of this temple. This makes it a sought after pilgrim center for people from Kerala and Tamil Nadu. Simple Kerala style architecture and an earthy idol of the presiding deity will delight and calm you at the same time. It is said that one day Sri Guru Shankaracharya along with his Keralite disciples were performing a Srichakra Puja. It so happened that the chakra did not return back after the puja got over, as it usually did. Then the Guru stayed back and consequently attained 'samadhi' or enlightenment. The spot where the Srichakra has nestled, an anthill began to grow. The anthill had unusual vibes around it such that children playing around it used to get injured. When the then King of Kerala, Maharaja Varma gained of these developments, he ordered the construction of a temple here. It was believed that the 15 feet anthill was a form of goddess Parvati. Gradually, the temple became religiously significant to devotees and remains so today. The temple houses holy trees of Bo and Neem. A puja is performed every day at the temple, four times. Women for whom the temple is called 'sabrimala' especially flock to the temple with their 'Irumudi' (a bundle that contains puja items). Kodai festival is a great celebration at the temple.



It's Refresh Time after the Fun-Time

**TESTIMONIAL**

by Mrs. Belcy

I am J. Belcy. I am 59 years old. Before Herbalife, I was suffering from Wheezing, Thyroid issues, Low Blood pressure, Breathing problems, Nervous problems and has Prolonged Uterine bleeding. My Uterus was removed and my weight was 88 kg (Obese).

Oneday, While I returned from the Hospital, I saw a camp held near me. They checked my height, weight and body fat. Then I came to know about the Herbalife products and decided to take. Within ten days, I got relieved from Breathing problems, Wheezing and so and so. So I continued this and lose 20 kg and my health was also improved.

I do exercise regularly that what I can do. Because of the improvement in my health and weight loss, I should thank my Lifestyle coaches Dr. Centhil Kumar C. and Mrs. Shylaja Mariam from my heart.

Thanks to Herbalife!!! Thanks to Mark Hughes!!!

*Before*

**88 KG**

*After*

**68.4 KG**

Disclaimer: These result are not typical. Individual results may vary

## GASTROINTESTINAL DISORDER

by Mrs. Monisha

Digestive disorder are among the most common problems in health care. Approximately 30 percent to 4 percent of adults claim to have frequent indigestion. Dietary habits and specific food types can play a significant role in the onset, treatment and prevention of many GI disorder. In many cases, diet can also play a role in improving patients sense of well-being.

### INDIGESTION

Indigestion or dyspepsia is a general term that is frequently used to describe discomfort in the upper digestive tract. Symptoms of dyspepsia may include vague abdominal pain, bloating, nausea, regurgitation and belching. Prolonged dyspepsia may be related to gastro-esophageal reflux, gastritis, peptic ulcer disease, delayed gastric emptying, gall bladder diseases or cancer.

Dietary indulgences-excessive volumes of food or high intake of fat, sugar, caffeine, spices or alcohol or both are commonly implicated in dyspepsia. Management of uncomplicated dyspepsia is by eating slowly, chewing thoroughly and not eating or drinking excessively.

### PEPTIC ULCER

The term peptic ulcer is used to describe any localized erosion of the mucosal lining of those portions of the alimentary tract that comes in contact with gastric juice. This disintegration of tissues can also result in necrosis. The majority of ulcers are found in the duodenum, although they also occur in the oesophagus, stomach or jejunum.

### TYPES

#### Duodenal Ulcer

In this condition hyper secretion of acid is found although tissue resistance is normal. Acid hypersecretion is attributed to an increased number of parietal cells and impaired rapid gastric emptying with loss of buffering effect.

#### Gastric Ulcer

Factors that contribute to weakened mucosal resistance in patients with gastric ulcer revolve around poor nutrition, diminished mucosal blood flow and a defect in the inhibition of gastric acid and pepsin secretion. Gastric ulcer are more prone to develop into malignant disease. In the development of gastric ulcer although the presence of acid is essential, the degree of tissue sensitivity seems to be the paramount factor. In a patient with duodenal ulcer, excess production of acid and pepsin is the primary factor.

#### Aetiology

**Bacterial Infection :** Helicobacter Pylori is the chief cause of ulcer.

**Genetic factor :** It is common in persons with blood group 'O' then in those of other groups and possibly in those with HLA-B5 antigens.

**Sex :** Men are affected two to three times more frequently than women.

**Age :** The incidence is high between 20 and 40 years though the average age of incidence has increased.

**Stress :** People who are highly nervous and emotional and who worry, fear and feel anxiety are particularly susceptible. These emotional and nervous factors in turn may lead to hypersecretion and hypermotility of the stomach.

**Potentially irritant substances :** Caffeine, ethanol, aspirin and nicotine may delay healing but there is little evidence to show that these substances induce ulcer. Chillies, pepper, ginger, garam masala, meat soups and strong tea or coffee and protein rich foods increase the secretion of hydrochloric acid and aggravate the condition.

**High fibre diet:** In India the incidence of peptic ulcer is low where the staple diet is millet or wheat compared to rice eating areas.

**Emergency injuries:** Stress ulcers occur in conjunction with emergency injuries such as burns or long-term rehabilitation processes.

#### Symptoms and Clinical Finding

1. Epigastric pain, heart burn, etc.
2. Discomfort and flatulence in upper part of abdomen.
3. Pain is also associated with hypermotility of the stomach or gastric distension.
4. Low plasma protein levels.
5. Weight loss and iron deficiency anaemia.
6. Bleeding ulcers can result in vomiting known as haematemesis (dark brown in colour).
7. Feeling of sickness, distension, and prevent taking food.

#### Dietary Guidelines

1. Patient is on bland diet or regular diet, he need to know which foods are needed for a nutritionally adequate diet and the importance of daily.
2. Select from a wide variety of foods, omitting those foods known to be distressing to the patient.
3. Moderate use of seasonings are permitted.
4. Regularity of mealtimes is essential.
5. In between meals, protein rich snacks should be taken.
6. Moderate amounts of foods should be eaten. Heavy meals are avoided.
7. A short rest before and after meal may be conducive to greater enjoyment of meals.

Food should be eaten slowly and chewed well.

## WOMEN'S CHOICE

INDIA EDITION  
**ANNOUNCEMENT**

**21<sup>st</sup>**  
ANNIVERSARY INDIA  
Proud of Good Nutrition

**A care that you need at all times**

**Woman's Choice**

with Soy Isoflavones and Chasteberry extract to help support hormonal balance and healthy mood



**Woman's Choice**  
Soy Isoflavone & Chasteberry Extract Tablets

Woman's Choice includes plant-derived ingredients, and these ingredients help women to find their natural balance and enjoy their life.

Woman's Choice is formulated with a special blend of Soy Isoflavones and Chasteberry (*Vitex agnus-castus* L.) extract.

**Usage:**  
Consume 1 tablet a day.

**SKU: 127KIN**  
**VP: 12.45**  
**MRP: Rs. 1119.00 (Incl. of all taxes)**  
**Net Quantity: 30 N Tablets**  
Purchase limit is capped to 5 units per ID until 30 days from the launch date.

**Order now! SKU is open for sale from 21<sup>st</sup> February 2021.**  
If you have any questions / suggestion please reach us : For Queries: Try 24/7 Online Support – I-channel-https://in.myherbalife.com/ Or, Contact us For Associate inquiries: +91 8040311444. For Orders & Preferred Customer Inquiries: Toll Free Number: 1800 102 2444.



**Soy Isoflavones and Chasteberry**

- Help to support comfort & general well-being during monthly hormonal fluctuation in women.
- Help manage menopausal related quality of life.

**Soy Isoflavone**  
Helps manage irritability, and mental fatigue associated with monthly hormonal fluctuation.  
Helps manage menopause-related stress and irritability.

**Chasteberry**  
Helps manage healthy mood during monthly hormonal fluctuation.



### Product Overview

Hormonal changes can challenge a woman's well-being. Woman's Choice includes plant-derived ingredients, and these ingredients help women to find their natural balance and enjoy their life. Women's Choice is formulated with a special blend of Soy isoflavones and Chasteberry (*Vitex agnus-castus* L.).

Soy isoflavones and Chasteberry help to support comfort & general well-being during monthly hormonal fluctuation in women.

Soy isoflavones and Chasteberry help manage menopausal related quality of life.

**Note:** This Product is for Adult use only

**Net content :** 30 N tablets

**MRP:** Rs. 1119.00 (Incl. of all taxes)

**FSSAI LiC No.** 10013043000639

### Disclaimer:

This product is not to diagnose, cure, treat, or prevent any disease.

This product is not recommended for use by children, women who are pregnant, lactating, or have an estrogen-sensitive condition.

This product is for adult use only.

Herbalife Nutrition products are exclusively available only through its network of independent distributors and not through any unauthorized sellers selling on e-commerce platforms. Herbalife shall not be liable to extend gold standard guarantee and 30 - days money-back guarantee on any Herbalife Nutrition products purchased from any unauthorized sales channels.

Did you know?

**Chasteberry**  
helps invigorate  
your body and also  
helps alleviate  
symptoms of  
menopause.



**Disclaimer:**  
This post is only for general information and not intended to be a substitute for the advice of a qualified and registered medical practitioner or a recommendation for any treatment plan.

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For more details on Zumba please visit <https://www.centhil.com/zumba-enquiry-website/>

For more details please visit <https://www.centhil.com/>

## The Recipe World

by Chef Mr. Abhilash B.S.

### BANANA SPLIT SHAKE

**INGREDIENTS**

- Milk - 1cup
- Herbalife 24 Rebuild Strength - 2scoop
- Herbalife Formula1 - 3scoop(strawberry)
- Walnut - ¼ cup
- Banana - 1nos

**METHOD:**

- Add all ingredients into the Blender and blend it well.
- Banana Split Shake is ready.

**SERVING SIZE: 1 CUP**

Total Calories- 650  
Protein - 49gm



### Formula 1 Fibre Shake

357  
Kcals

21g  
Protein

7g  
Fibre



### PUMPKIN CHOCOLATE PROTEIN SHAKE

**Ingredients**

- Herbalife Formula1 - 1scoop(vanilla)
- Pumpkin pieces - 3nos
- Herbalife Formula1 - 1scoop(kulfi)
- Herbalife Protein - 2scoop
- Herbalife Formula1 - 1scoop(chocolate)
- Ice cubes - 3-5
- Water - 1cup

**Method**

Blend until smooth and serve to cold.

Total Calories – 200  
Protein - 24gm



### HERBALIFE PAPAYA SHAKE

**Ingredients**

- Pappaya :1cup
- Protein :1scoop
- FI(vannila) :2scoop
- Ice cubes :3nos
- Milk (fat free):1glass

**Method**

Blend until smooth and serve to cold.

**Serving Size: 1 Cup**

Total Calories – 357  
Protein - 21gm

For more details on Recipes please visit <https://www.centhil.com/recipes/>

## SURYA NAMASKAR

by Mr. Saravana S.S.



Surya Namaskar Salute to the Sun or Sun Salutation, is a practice in yoga as exercise incorporating a flow sequence of some twelve gracefully linked asanas. The asana sequence was first recorded as yoga in the early 20th century, though similar exercises were in use in India before that, for example among wrestlers. The basic sequence involves moving from a standing position into Downward and Upward Dog poses and then back to the standing position, but many variations are possible. The set of 12 asanas is dedicated to the solar deity Surya. In some Indian traditions, the positions are each associated with a different mantra. Typically the number of repetitions start with 2-3, advance to 12 and multiples of twelve; 108 rounds is a hallmark of mastery of surya namaskar and is done for reasons of purification.

The name Surya Namaskar is from the SanskritSurya, "Sun" and Namaskara "Greeting" or "Salute". Surya is the Hindu god of the sun. This identifies the Sun as the soul and source of all life. Chandra Namaskar is similarly from Sanskrit Chandra, "Moon". The origins of Surya Namaskar are vague; Indian tradition connects the 17th century saint Samartha Ramdas with Surya Namaskar exercises, without defining what movements were involved. In the 1920s, Bhawanrao Shrinivasrao Pant Pratinidhi, the Rajah of Aundh, popularized and named the practice, describing it in his 1928 book The Ten-Point Way to Health: Surya Namaskars. It has been asserted that Pant Pratinidhi invented it but Pant stated that it was already a commonplace Marathi tradition.

Surya Namaskar is a sequence of around twelve yoga asanas connected by jumping or stretching movements, varying somewhat between schools. In Iyengar Yoga, the basic sequence is Tadasana, Urdhva Hastasana, Uttanasana, Uttanasana with head up, Adho Mukha Svanasana, Urdhva Mukha Svanasana, Chaturanga Dandasana, and then reversing the sequence to return to Tadasana; other poses can be inserted into the sequence.

In Ashtanga Vinyasa Yoga, there are two Surya Namaskar sequences, types A and B. The type A sequence of asanas is Pranamasana, Urdhva Hastasana, Uttanasana, Phalakasana Chaturanga Dandasana, Urdhva Mukha Svanasana, Adho Mukha Svanasana, Uttanasana and back to Pranamasana. The type B sequence of asanas is Pranamasana, Utkatasana, Uttanasana, Ardha Uttanasana, Phalakasana, Chaturanga Dandasana, Urdhva Mukha Svanasana, Adho Mukha Svanasana, Virabhadrasana I, repeat from Phalakasana onwards with Virabhadrasana I on the other side, then repeat Phalakasana through to Adho Mukha Svanasana, Ardha Uttanasana, Uttanasana, Utkatasana, and back to Pranamasana.

**Position 1**

Prarthanasana: Both feet touching each other, both hands joined at the center of the chest as in prayer position back and neck straight and look straight.

Breathing : Kumbhak

Benefit : Helps maintain the balance of the body.

**Position 2**

Continuing from the first position take your hands straight up above your head and bend slightly backwards to stretch your back. Keep your hands in prayer position. Keep your neck between your arms and looking upwards bend slightly backwards from the waist.

Breathing : Purak (While going from Position 1 to 2 slowly, start taking long breaths)

Benefit : Strengthens chest muscles which in turn help in breathing.

**Position 3**

Uttanasana: Continuing from 2nd position take your hands from above your head bending in the front and place your hands beside your feet on both sides. Keep your knees straight and try to touch the head to your knees.

Breathing : Rechak (Leave your breath slowly while going from Position 2 to 3)

Benefit : Makes the waist and spine flexible. It strengthens the muscles and is beneficial for the functioning of the liver.

**Position 4**

Ekpad prasarnasan: From the 3rd position start sitting down and take one leg backwards in full stretching position, your hands resting on the ground on either sides of the front leg. The other leg should be bent at the knee. Put the chest weight on the front knee, your eyes should be looking slightly upwards.

Breathing : Purak

Benefit : Strengthens the leg muscles and makes the spine and neck muscles flexible.

**Position 5**

Chaturang dandasana: Now slowly take the second leg back and beside the first. Keep the legs in line with the knees. The whole body weight should rest on the palms and toes. The foot, waist and head should be in a straight line. Look ahead towards the ground (This is also called Chaturang Dandasana because the body rests on the toes and palms)

Breathing : Rechak

Benefit : Strengthens the arms and maintains body posture

**Position 6**

Ashtangasana: Lower the chest towards the ground bending both arms at the elbows. The following eight organs should touch the ground, forehead, chest, both palms, both knees and both toes. (Because eight body parts touch the ground it is called Ashtangasana)

Breathing : Kumbhak (Bahirkumbhak)

Benefit : Makes the spine and waist flexible and strengthens the muscles.

**Position 7**

Bhujangasana: Now lift your body above the waist, bending it slightly backwards and looking backwards. Make sure your legs and thighs are touching the ground and your back is in a semi-circular position.

Breathing : Purak

Benefit : Makes the spine and waist flexible and strengthens the muscles.

**Position 8**

Adhomukh svanasana: Now lift your waist upwards and arms fully stretched with hands and legs resting on the ground, try to touch the chin to the chest.

Breathing : Rechak

Benefit : Beneficial for spine and waist muscles.

**Position 9**

Ekpad Prasarnasan: Same as the 4th position with the opposite leg behind.

Breathing : Purak

**Position 10**

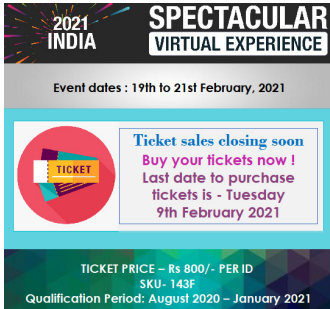
Uttanasana: Same as that in the 3rd position.

Breathing : Rechak

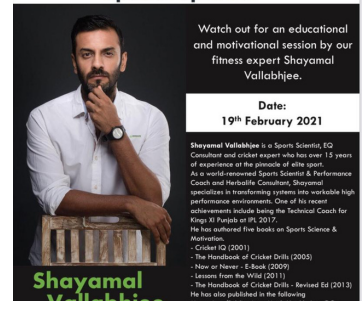
"After that slowly come back to Position 1. Now one Surya Namaskar is over. Everyday do at least twelve such Surya Namaskars."

# Spectacular Events

## PARTICIPATION IN SPECTACULAR



## TRAINING BY FITNESS EXPERTS



- Note: 1. Use one language at a time for better audio and video experience.  
 2. Avoid toggling between languages.  
 3. Exit the selected language viewing tab before you select another language.

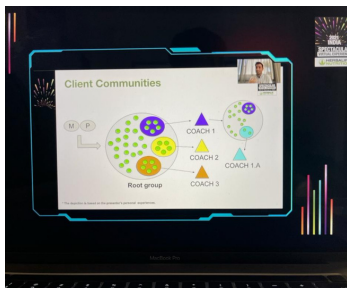
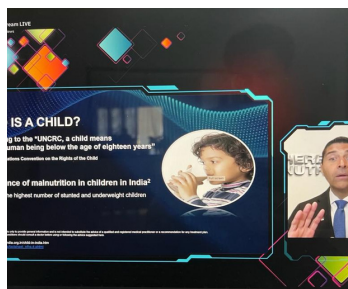
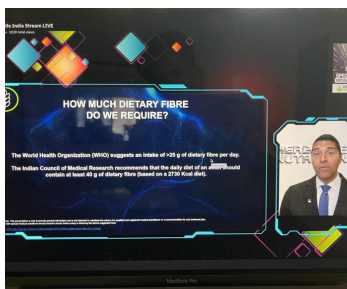
**Terms & Condition:**

- > Ticket purchase and qualification is mandatory to attend the virtual event.
- > Tickets are non-refundable, non-transferable. Only one ticket per ID, 2 devices can access per ID.
- > Herbalife Nutrition has the sole discretion to amend the qualifications, time, dates announced.
- > Please use Google Chrome for better viewing experience.
- > Please contact Associate Services team for any further queries: 080- 40311444

## RECOGNITION FROM COMPANY



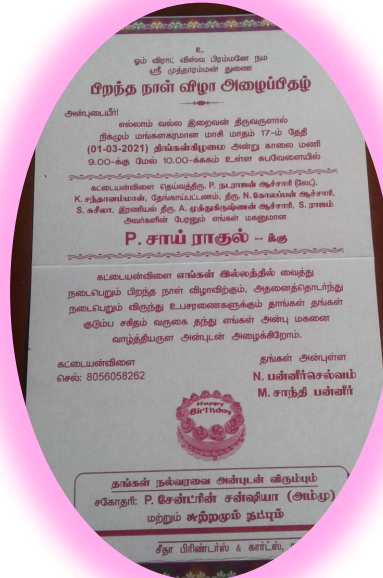
## TRAINING BY EXCELLENT SPEAKERS



FEB'S BIRTHDAY BABIES



Happy Birthday Dr.Preethi Ariyadarsini



Happy Birthday Mr.P.Sai Rahul



Happy Birthday Ms.Selin Mary

TESTIMONIAL

by Mr. Abhilash

Hi my name is Abhilash. I am 35 year old before Herbalife my weight was 104kg (obesity), after Herbalife my weight is 84 kg with in 9 months.  
 My weight was 104 kg due to an accident before 10 ys. Long ten years, I took allopathic and ayurvedic medicines and took rest for curing my wound that's all increasing my weight. Using these all but my wound was not cure and it leads varicose veins. I suffer more those days with my injury and I can't reduce my weight also.  
 Now I really happy because my wound is more than 80% cure and I reduced my weight also. For that I really want to thank my wellness trainer Dr. Centhil Kumar sir for giving an effective guidance to take this food, exercise etc. I also thank our Mark Hughes sir for giving such wonderful food. Thank you all.



For more details on Testimonials please visit <https://www.centhil.com/testimonials/>

FITHOUR SESSION - A REVIEW

by Mr. Abhilash

Hi my name is B.S. Abhilash. I am 35years old. I am attending an exercise session (Fithour session) conducted by Lifestyle Engineer Dr.C.Centhil Kumar. It is very effective to my body.  
 My weight was 104 kg . At that time, I can't do simple exercise and walk for sometimes. Because of this fithour session, I can walk 5km without getting tired. Now my weight is 84kg and I can do any exercise fastly and get improvement in my health. It support weight loss and muscle building. So it is very helpful for me to be fit and healthy. Thanks to my Trainer.



For more details on exercise please visit <https://www.centhil.com/exercise-enquiry-website/>

## ASSOCIATE TRAINING OF THE MONTH



### About Health Discussions

Our immune system has one job: helping our bodies defend and recover from illness.

Unhealthy diets – high on calories from sugars, meats, and dairy products – are usually associated with health problems like obesity and metabolic diseases. But they can also cause a tremendous imbalance in our immune system, thus weakening it.



### About Herbalife Nutrition

Herbalife Nutrition founder Mark Hughes dreamed of “a future brilliant beyond compare”. His vision was aligned with improving people’s lives through better nutrition and an unparalleled business opportunity. He turned this dream into reality in 1980 as he launched Herbalife Nutrition in Los Angeles, CA and began rewriting the history of network marketing. 41 years later, it now operates in more than 90 countries with over 8,000 employees around the world.

### About Company's Qualities

Everything we do is about greatness and it starts with great products; and all our products start with proven science. Herbalife Nutrition is dedicated to developing innovative, effective products that comply with high quality research, development and manufacturing standards in the industry.

- Research and Development
- Manufacturing
- Quality Assurance
- Clinical Studies
- Quality at Herbalife Nutrition

Amazing training ever...Started with SIMPLY THE BEST....Lots of Knowledge gained...Very Useful Session....Technical topics presented in a simple and comic way... Lots of emotional testimonials shared...Tasty yummy Biriyani....Superb Recognitions....Lots of fun too....Finally the session was really SIMPLY THE BEST....

## CHOOSING HEALTHY PROTEIN THE FIRST NUTRIENT

by Ms. Dhana Laxmi N.



When it comes to making protein choices in your diet, quality is just as important as quantity

### What is Protein?

- Protein in your diet provides energy and supports your mood and cognitive function.
- It’s a vital nutrient required for building, maintaining, and repairing tis cells, and organs throughout the body.
- When you eat protein, it is broken down into the 20 amino acids that ar body’s basic building blocks for growth and energy.

### The Health Benefits of Protein

- Keeps your immune system functioning properly, maintains heart health and respiratory system, and speeds recovery after exercise.
- Is vital to the growth and development of children and for maintaining heal your senior years.
- Can help reduce your risk for diabetes and cardiovascular disease.
- Can help you think clearly and may improve recall. Also improve your mood boost your resistance to stress, anxiety, and depression.
- May help you maintain a healthy weight by curbing appetite, making you fee longer, and fueling you with extra energy for exercising.

### Tips to increase your Protein intake

- Try replacing processed carbs with high-quality protein. It can reduce your for heart disease and stroke, and you’ll also feel full longer, which can help maintain a healthy weight.

Eg: Reduce foods such as pastries, cakes, pizza, cookies and chips—and replace them with fish, beans, nuts, seeds, peas, chicken, low-fat dairy, and soy and tofu products.

- Snack on nuts and seeds instead of chips, Vada, Samosa,etc...

### To avoid problems when increasing protein intake

- Choose unsalted nuts and seeds, to reduce your daily sodium intake.
- When shopping for canned beans, choose the low sodium versions.
- Adding more protein to your diet can increase urine output, so drink plenty of water to stay hydrated.
- Increasing protein can also cause calcium loss so make sure to get plenty of calcium (1,000 to 1,200 mg per day)



BE AWARE OF YOUR DIET PLAN  
CHOOSE HEALTHY PROTEIN ALWAYS

## GREAT EFFORT @ MANDAIKADU CAMP

by Lifestyle Coaches



Health Evaluation camp conducted near Mandaikadu temple for 10 days during the temple festival. The vision was MAKING THE WORLD HEALTHIER AND HAPPIER



The Great effort taken to change people's Lifestyle

## The Tremendous Trekking

### @ MARUNTHUKOTTAI

Marunthu Kottai is an ancient Fort located in Kanyakumari District of Tamilnadu. This fort was used to treat the wounded soldiers, to manufacture and store the gunpowder. It was built during the reign of the King Bala Marthanda Varma (1729-1758) by his illustrious European General, Delaney (1715-1777). It is located on the hillock at a height of 895 feet from the sea level.



The fort has an entrance on the eastern side with a granite frame. There was an inscription on the large door, measuring about 5 feet in height and 3 feet in width. Inside the fort there was a stone mandapam measuring 15 X 10 X 8 feet. Today all these were in ruins. Wild growth of trees and its ramifying roots have done great damage to the fort walls and the mandapam.



From this fort, one can see the enchanting natural scenery of Padmanabhapuram. The structural details of the fort indicated that this was one of the active forts during the time of Venadu Kings. The Fort is located at a walkable distance from Marunthu Kottai Bus Stop and 43 Kms from Kanyakumari.

## Yummy Protein Bites

Help satisfy your cravings with delicious fun-sized Protein Bites.

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- Contains natural sweetener
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Maruntukkottai patmanapurat in the tirparappu to a height of 400 feet at a distance of one kilometer of road built on top of the cliff maruntukkottai. The fort is built in the shape of Padmanabhapuram Fort. On the surface of the fort there are 5 bastions and a large stone pavilion. The surface of the fort covers an area of two and a half acres. The fort has been used to make ammunition for the artillery base built at Udayagiri Fort and to store the required ammunition.



Amazing Trekking Experience with our Team @ Marunthukottai... Enjoyed a lot. Thanks to Mark Hughes!!!

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