

4BALANCE



Custom Diet Plan You are what you eat



Lifestyle Practices Small changes, Long term results

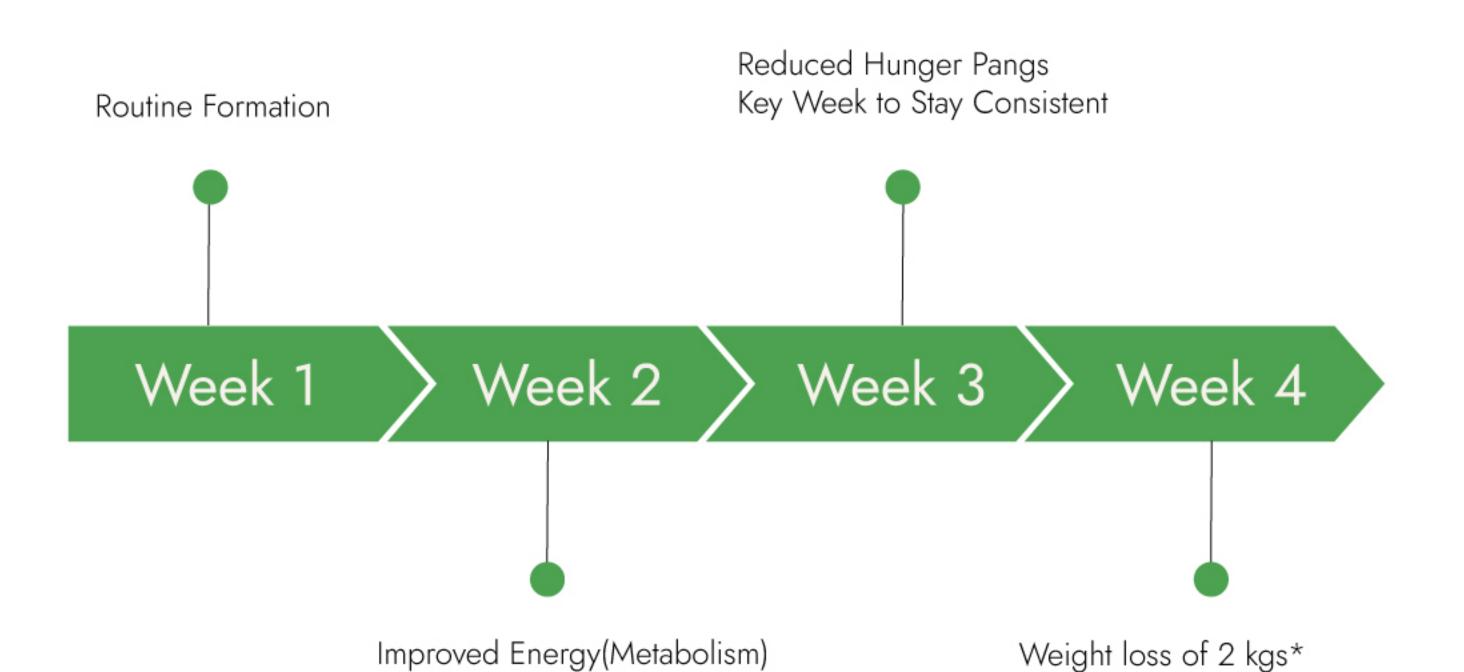


Ayurvedic Products Organic & Safe to use



Expert on Call Guidance, made for you

Learn To Listen To What Your Body Tells You, Through Our Customized Weight Care Programme



Improved Digestion



Body is more balanced & ready

for long term weight loss

^{*}Results may vary from person to person. In case of any issues you maybe facing. Consult our Nutritionist now



Ayurvedic Weight Care Plan

6 AM

every

morning



Daily Weigh-Ins

Waking up before the Kapha period begins(6am) helps the body to be more active

WEEK 1 → WEEK 4



Ayurvedic Nutrition - Kapiva Products

To be consumed on an empty stomach, an hr before meals. Optimum time for herbs to work on the body's digestion

WEEK 1 → WEEK 4

3 hrs

before

sleep



Twice

a day



Avoid Post Dinner Snack

It's important to avoid snacking post dinner and before sleep. Agni & Activity is at its minmum, or the body to burn food

WEEK 1 → WEEK 4



Daily Diet

You are what you eat, since what you eat affects your Doshas

WEEK 2 → WEEK 4

Sunrise

(5:45 -

6 AM)







Suryanamaskar

Vatta is at its highest at this time. 12 poses with multiple benefits, activating the body's internal systems.

WEEK 3 → WEEK 4



Meal Tracking

Note down your meals. Having a variety of food is important to balance the body. Many a time we tend to eat a lot of similar foods

WEEK 4 →





When?

9PM





We do what's difficult to make Ayurveda accessible for you







3 Lakh+ Happy Customers



Kavitha Dull (52)

Lost 13 kgs | Improved Energy levels. The doctors at Kapiva were very helpful. They were always a whatsapp away! The weight loss helped me get rid of my chronic leg aches as well!

Seemon Arya (22)

Lost 4 kgs | Improved digestion & lost fat onhands. I've tried sticking to strict diet before, but it didn't help me with the fat on my hands and legs. Kapiva helped my confidence!





Mr. Varughese Improved Stamina

I was earlier only able to run for 3 minutes at a stretch. I now can run for 45 minutes straight on the treadmill! Thanks Kapiva



4BALANCE



100% Ayurvedic



Customized For you



Long Term Weight Care

The 4 Balance Journey is best experienced on the app

DOWNLOAD NOW



