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**The intelligent way for weight problems and breathing issues is here !**

We are a bio –engineering research initiative and have invented, discovered and researched out the best method of weight control.

We have called our company -- the Real intelligence network

And it is **YOUR** Real Intelligence we are talking about !! WHY?

We will make you use **YOUR REAL INTELLIGENCE** to find a solution to all these. And you will win.  This beats ALL SUCH PROGRAMS WHICH EXIST THE WORLD OVER!

This is original research and uses human intelligence to combat body issues like

Breathing, Weight control, Body aches, Sleep, digestive issues, eyesight & vision, hypertension and many many more.

Most people have the ability to participate in these programs.

Join  us now. !!

The first program now being announced is of permanent weight control. Since many disciplines -biology, engineering, chemistry and physiotherapy & exercise, are involved , we have called this program – **weight –o-dynamicity !**

**ABOUT US**

Hi,

I am Sanjay Mittal. I am the founder of this program. I am Engineer and I have used biophysics and biochemistry extensively to derive this exciting breakthrough. Then finally combined it with human biology.

 There was a missing X factor about excess weight and I often wondered  whether the current methods-- diet and exercise -- were doing enough to kill obesity out of your body. The facts show that things are not working out. WHO, that is the World Health Organisation, figures show that more than 1.9 billion people all over the globe have a weight problem.

There are thousands of weight reduction programs in the world. Yet, to me the basic issue still remained unanswered.

***That why should any individual put on excess weight?***

This was the starting point of my four year long research. In these four years I went over the human body and its functions through the eyes of an engineer first.

Why? I believe that the body has been studied enough as a biological unit, and maybe we have a lot of understanding to do visualizing it as an engineering unit.

I started exploring the idea of understanding human body intelligence as a whole body unit. Then linked it to cell intelligence and body mechanics.

Over a period of time I could see everything in a radically new perspective. That the current weight control regimes were simply starving of the fat of your body, through excess exercise and diet control. The moment you went off the diet and exercise regime, the fat returned faster than anything you could ever dream of !

So with this perspective I have launched my program called Weight –O-Dynamicity .

In simple terms it means that we will make your mind and body so dynamic that you will achieve weight control, the real way.

Your body and mind will recognise the forces of gravity and pressure and mould you. You will also self create a body movement which will prevent excess, unwanted weight to get stored in your body. So you will retain the good fat, for being healthy and energetic, but bad fat unnecessarily stored as DEAD STORAGE is a strict no-no!

To sum it up

* This is a scientific program which uses Biophysics, biochemistry and biology in tandem with Human psychology
* It is a scientific breakthrough.
* It is revolutionary and unique since only we run it as we invented this
* You can only get positive results, in the sense that there cannot be any harmful side effects which many weight loss programs cause.

And a high majority of the **1,900,000,000, that is 1.9 billion people on this planet , who suffer from weight issues can benefit from it !!**

**Come join this revolution...!**

**Sanjay Mittal**

Realintelligencenetwork is a bio engineering company. It has the capacity of original research. The office is at

35 Defence Enclave Vikas marg

Delhi 92

Contact –9891159537

Email :

Weight reduction program

**Weight-o-Dynamicity**

**by Real Intelligence network**

This program consists of various modules. All these modules are seamless.The idea is to get you into a voyage and these scientific breakthrough methods will take you to your destiny.

**MODULE 1 -- TRAINING THE MIND :**

AS I researched out weight issues in individuals, I tried to derive what is common in people who have them. This is how I got my first **BREAKTHROUGH**

***That excess body weight is all about your mind driving you to be heavy!***

In this program we will first teach you why your mind is driving you towards excess or over weight. In case you are underweight we will teach you how to get your brain to command  you to put on weight. So a solution for both-- the thin and the fat !

*How does you mind calculate what is excess weight and then reconfigures your body processes so that you dont accumulate it !*

Hint : This has a lot to do with gravity

In my engineering study on weight management-- both for excess weight and underweight-- I sensed that  gravity and pressure will have a key role to play.

With these factors I have created an exercise which you can do full 24 hours... without effort, so that you achieve the ideal weight balance.

Once you understand this exercise, your brain will control and manage your food intake. Just get it so right that your stomach will command you not to eat, once it gets the right dose of calories.

**MODULE 2 -- FOOD POSITIVE**

I have deliberately called this module, food positive. During my research on weight issues, I discovered that some programs were bent on starving you to discomfort. I have discovered an exercise, that make you love food!

This exercise will make you love food to the extent that you not only love it... but respect it too, as a source of energy for living. Your taste buds will be a guide to eat healthy. AND TO THE RIGHT AMOUNT ALSO

THIS IS The third BREAKTHROUGH !!!

In short this is about controlling food lust. We will empower you with knowledge and ability.

* Knowledge on what to eat and why
* The ability to control yourself from splurging even if you have the tastiest food lying on your table.

This ability has a lot to do with an exercise which I have derived through an engineering analysis of the human body.

We will also give you diet plans which are easy to implement. The stress is on eating healthy and just not calorie reduction.

**MODULE 3**  Understanding Fat and expelling it out of your body

This is one of the most exciting part of our Weight-o-Dynamicity program.

And indeed a Breakthrough in fat control.

🡪 I studied the fat molecule, over and over again. It is a carbohydrate. This always has Carbon and hydrogen atoms. This gave a clue to how to expel it out of your body.

* The law of conservation of matter which dictates that matter cannot be created or destroyed also applies to human beings. So the old story of fat being just “burnt” away though exercise or being converted into muscle did not make scientific sense. It has to be physically expelled.
* We will train you to be in always in the mode where you physically expel excess fat
* This will be done through exercises on digestion, breathing as well as other means

**MODULE 4** : Understanding and improving the digestive system

This module makes you understand your own digestive system and gets you to make it very efficient. There are some simple basic exercises involved, most of which we have derived and invented using weight dynamics. The thrust is to ensure that you get into proper shape. However allied problems of digestion get tackled on the way – overeating, indigestion, constipation.

Beyond weight control, this will surely help you in warding off diseases associated with impaired digestion.

**MODULE 5:** The unique Full body motion which has been discovered by the founder of the program, Sanjay Mittal.

This is indeed a big breakthrough, in life sciences, if ever there was one !

**This is the central pillar, the spine of the program**

Each one of us is unique. All of us have different body sizes and body mass. However we all breath air and eat food for energy. The unique body motion which makes you breath just right, and digest food perfectly is what my central discovery all about.

I have called this unique body motion – UBM , Short for **Your Unique Body Motion**

So what is your current UBM ?

Try it out at our centre.

Will you correct it with our guidance?

If you do, it will certainly balance your weight, breathing, blood pressure and be a shield against fatigue and disease.

**MODULE 6** : Special exercises.

At our centre we will teach you special exercises we have developed for fat control. Some of these have been designed by understanding body mechanics. Then we will design an exercise regime which you can do throughout your life so that you always maintain your weight balance!

**MODULE 7 :**  Sleep.

Our team has researched out sleep. This is a golden period, the body can recuperate. It is also an opportunity to undo the wear and tear which happens in the daytime.

In our view, impaired sleep and defective beds and mattresses can contribute to weight increase.

In these circumstances, we have derived the best way of sleeping which can help in combating weight, even while you are sleeping. !!

We have also created a mattress so elastic and perfect that it is like the comfort a child feels when he is in a mother’s womb. And children we know come out perfect when they are born!

So come to our centre, see the bed and mattress and understand the exercises you can do on them, so that you use sleep for controlling your weight!

COSTS AND FEE :

This is an intensive course. There are a number of options of the package you choose.

1) Base Minimum course : Rs 8000/-

Consists of 5 classes and diet guidance for 3 months with chart

2) Comprehensive two months course with follow up consultations ; Rs 20,000/-

and exercise sessions