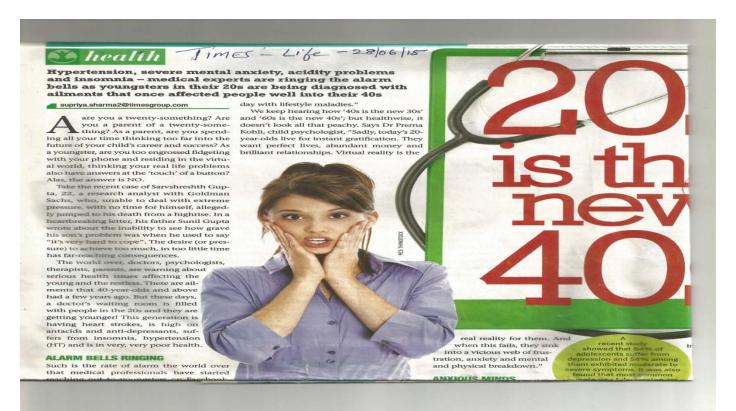
Are you AWARE of what's brewing on your health front - the signals from your body & lifestyle?



Just THINK

- Is Ignorance really a Bliss OR is it Dangerous & Expensive

Are you not ACCOUNTABLE for your Health and Wellbeing?



If You VALUE it as your Primary & most Invaluable Asset, than NEED a more PROACTIVE instead of REACTIVE approach

Some GYAN from Visionaries

The Way to Wellness is **simple & routine process** as per our ancient healing Masters & seconded by modern age visionaries quoted below -

"The Doctor of the future will give NO medicine but will interest one's patient in the care of human frame, in diet & in the cause & prevention of disease"

..... Thomas Edison

"We must turn to Nature itself to the observations of the body in health & in disease to learn the truth".

.... Hippocrates

"Health is a state of complete physical, mental and social well- being, and not merely the absence of disease & infirmity"

..... World Health Organisation

"Health is not only to be well but to use well every power we have"

..... Florence Nightingale

Focus on it, Build it, Strengthen it...



How much TIME do you INVEST for your Wellbeing?

Below table gives a general comparative chart of Time of our Life spent /invested on being well-informed, updated, re-orienting & re-inventing ourselves with respect to our -

TIME spent /Invested in TRACKING Signals from our	Daily	Weekly	Monthly
Social Circle: On Activity, choices, etc of our friends, relatives through Personal & Social Media - WhatsApp, Facebook	30 minutes minimum	250 – 300 minutes	900 – 1100 minutes
Professional Circle: Careers, our colleagues, our organisation happenings etc.	30 minutes minimum	250 – 300 minutes	900 – 1100 minutes
Personal: Choices, interests, buying decisions etc	30 minutes minimum	250 – 300 minutes	900 – 1100 minutes
Physical & Emotional Wellbeing: a) To be aware of your body's signals / cries / needs?	10 minutes max – ONLY when there is some health issue	10/30 minutes max – ONLY when there is some health issue	20/60 minutes max – ONLY when there is some health issue
b) On how your Activity, choices affect your own health?	NO Conscious Review efforts.	NO Conscious Review efforts. Possibly 10/15 minutes max on coming across a startling article.	NO Conscious Review efforts. Possibly 30/45 minutes max on coming across a startling article.

Wondering on the right & simple path – "Why, What, How....,etc."

Come Reboot with

Life Ko De Naya Andaaz {LKDNA}

LKDNA initiative's focus is to **generate** simple Awareness & early warning (AEW) **metrics** from 2 basic parameters **unique** to every Individual –

- 1.Energy Signals from Individual's Organs & Body parts By Insta Body Canvas on a German Biopulsar Reflexograph Device. It records our Body's daily warning cries as it responds to daily situations & routine.
- 2.Signals from Individual's daily routine, lifestyle & emotions management www.wellnessway4u.com

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Insta BodySpeak Canvas (IBSC)

Generated by a One minute scan of Individual's Palm on German BPR Device which records the biofeedback signals of 43 Organs of an Individual.

IBSC displays -

- Your Body feedback signals to know the effects of non-productive / detrimental factors in your Life.
- This scan can display changes in body long before pain and external symptoms surface, or even before changes on a cellular level can be seen on an x-ray machine or an MRI (magnetic resonance imaging).



More Information

News Reviews

Email or Call us for detailed information on benefits to Corporates, Individuals, H & Wellness Coach/ Practitioners, process, system & features etc.

Your Behavioral Mirror - www.wellnessway4u.com

- Signals from Individual's daily routine, lifestyle & emotions management



MY FOOD TODAY

- Understand the resultant effects of your diet on your health. Daily inputs generate Great Utility reports
- For all the diet conscious ones, An excellent medium to help monitor your sincerity towards your diet plan.
- Have a record of your favorites, likes, dislikes & allergies to convince your mom /better half for more of your favorites



MY ACTIVITY TODAY

- Track your activities as well as the time allotted for each. Helpful to manage your time and activities better. To workout your schedules
- A great tool for gym goers to record their daily workout.



MY EMOTIONS TODAY

- My Workplace
- General stressors
- Sleep
- My Communication/Interaction
- My Relation/Socializing
- My Major Life events
- Addictions

Benefits from **LKDNA** Initiative

The metrics from the above comprehensive wellness tools will provide & boost -

- Individual awareness & empowerment on the state of your wellbeing & health –
- 1. Indicating which are the non-productive / detrimental factors in your Life causing illness / discomfort / disturbed emotional states.
- 2. Facilitating better treatment options to achieve optimum benefits with minimum medicine/therapy, quicker rejuvenation process & reduce healthcare costs.
- 3. Tracking the progress of the above **repeatedly** (as required & anytime) as methods are non-invasive & simple.
- Individual Real Time Inputs for yourself as well as for your health / wellness practitioners for Mapping personalised programs, therapies, schedules etc & tracking the progress of the same repeatedly (as required & anytime) as methods are non-invasive & simple.
- **Confidentiality** Only the concerned Individual can view their Report on the website and **only** they can share it with their health / wellness practitioners.

Cheers for good health!!!

Thank You!



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