



FIRDOSH WELLNESS ZONE
JAHAN SEHAT MILTI HAI ANDAR SE!

Apni Lifestyle Ko Badliye Wellness Ke Safar Ke Saath.
Nutrition, Healing Aur Holistic Care Ka Ek Vishwasniya Saathi
Firdos Wellness Zone

Aaiye, Judiyege Humse
Kyunki Sehat Sirf Zarurat Nahi, Ek Investment Hai!

Call Kariye/message Bhejiye: 8000089009, 8200798334

Ya Bas Ek Kadam Badhaiye Apni Sehat Ki Taraf.
Let's Glow From Within Together!



FIRDOSH
WELLNESS
ZONE

YEH EK SAFAR HAI KHUD KE SAATH
JAHAN AAP ZINDAGI KO NAYE NAZARIYE SE DEKHTHE HAIN



ABOUT US

Wellness Koi Trend Nahi Hai, Yeh Ek Lifestyle Hai.
 Aur Firdosh Wellness Zone Mein, Hum Aapko Har Din Usse Jeene Mein
 Madad Karte Hain.
 Kyunki Aap Deserve Karte Ho Ek Aisi Journey Jo Apke Lie Khas He.

Firdosh Wellness Zone, Ahmedabad Ka Ek Sabse Trusted Wellness Destination Hai - Sirf
 Ek Health Zone Nahi, Balki Ek **Medicine-free Aur Balanced Lifestyle** Ki Taraf Ek
 Movement Hai.

Iski Shuruaat **Asif Sir Aur Zeba Ma'am** Ne Ki Thi, Jinke Paas **6 Saal Se Bhi Zyada Ka
 Experience** Hai Holistic Health Aur Wellness Mein. Firdosh Wellness Ka Belief Hai Ki **True
 Healing Andar Se Shuru Hoti Hai**.

Yahan Hum Focus Karte Hain **Medicine-free Jeevan** Par - Jahan Hum Aapko Guide Karte
 Hain **Weight Loss, Weight Gain** Aur Har Tarah Ke **Health** Issues Mein, Chahe Wo Lifestyle
 Se Jude Ho Ya Chronic Problems Ho.

Chahe Wo **Pcod, Diabetes, Thyroid**, Ya Ho **Stress, Fatigue Ya Overall Wellness** Har Issue
 Ke Liye Milti Hai **Personalized Care Aur Motivation**.

Firdosh Wellness Ko Alag Banata Hai:

- ✓ Weight Loss Programs Wo B Bina Diet K Sath
- ✓ Lifestyle Changes
- ✓ One-on-one Motivational Sessions
- ✓ Medicine Free Life
- ✓ Natural Healing Techniques
- ✓ Long-term Wellness Par Focus – Na Ki Short-term Fixes Par

Koi Crash Diets Nahi., Koi Shortcuts Nahi,

Sirf Asli Lifestyle Changes, Constant Support Aur Wahi Inspiration Jo Laaye Ek **Lasting
 Transformation**.

Aapka Goal Chahe **Weight Lose Karna Ho, Weight Gain Karna Ho, Medicine Free Life
 Chahte Ho, Strength Gain Karni Ho Ya Bas Better Feel Karna Ho** - Firdosh Wellness Zone
Hamesha Aapke Saath Hai, Ek Healthy Aur Happy Life Ke Journey Mein.



HAMARI SOCH

Firdosh Wellness Sirf Weight Loss Ya Gain Tak Seemit Nahi Hai - Yeh **Ek Jeene Ka Tareeka** Sikhata Hai.

• YAHAN HUM AAPKO SIKHATE HAIN

- ✓ Kya khana chahiye – taki aapka body mile sahi nutrition
- ✓ Kab khana chahiye – taki digestion ho better aur energy mile pure din
- ✓ Kaise khana chahiye – taaki har bite bane mindful aur peaceful
- ✓ Kyoon khana chahiye – kyuki har meal ka ek purpose hota hai

• HAMARI PHILOSOPHY SIMPLE HAI

Jab Tak Aap Khud Ko Samajhoge Nahi, Tab Tak Sahi Lifestyle Possible Nahi. Isiliye Firdos Wellness Mein, Hum Aapko Sikhate Hain **Apni Body Aur Mind Ke Signals Ko Sunna**, Samajhna Aur Usi Hisaab Se Jeena.



HAMARE BEHTARIN RESULT



BEFORE



AFTER

Pulin Bhai - 32 kg weight loss



BEFORE



AFTER

Iqbal Sahista Mirza - 15 Kg Weight Loss Medicine Free Life



BEFORE



AFTER

Mohsin Bhai - 5 Kg Fat Loss



BEFORE



AFTER

Akeela - 11 Kg Weight Loss Bp Pcod Normal Medicine Free Life



BEFORE



AFTER

Hasanali Saiyed - 15 Kg Weight Loss Migraine Problem Solve

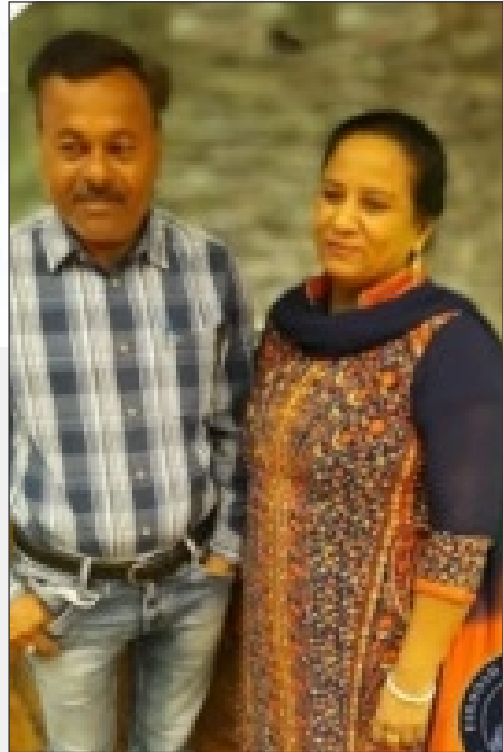


BEFORE



AFTER

Bilkish Banu - 17 Kg Weight Loss Pathri Problem Solve Thyroid Normal Medicine Free Life



BEFORE

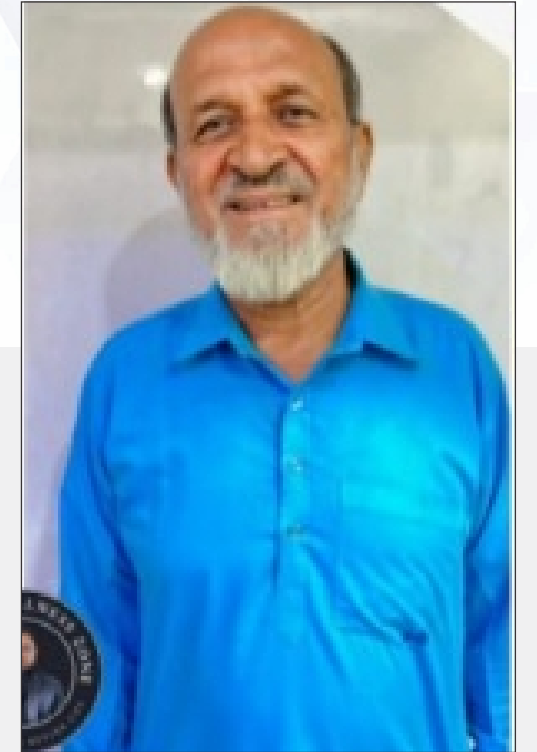


AFTER

Farzana Shaikh - 15 Kg Weight Loss

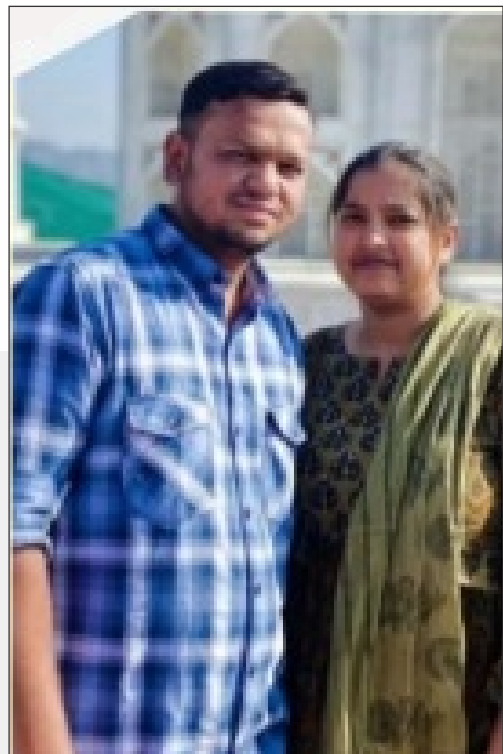


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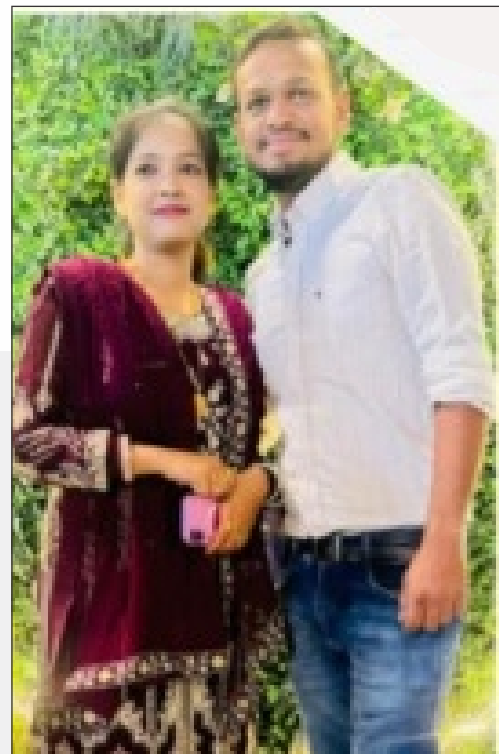


AFTER

Haji Bhai Corporater - 24 Kg Weight Loss



BEFORE



AFTER

Sohel And Ruksar 22 - 22 Kg Weight Loss In 3 Months



BEFORE



AFTER

Raees Khan 35kgs Weight Loss And Looking Smart And Handsome And Enjoying Medicine Free Life



BEFORE

Nasim Aapa ne 24 kg weight loss kiya hai. Pehle unhe joint pain, heart valve ki problem, BP aur thyroid ki dikkat thi. Ab sab kuch normal hai.

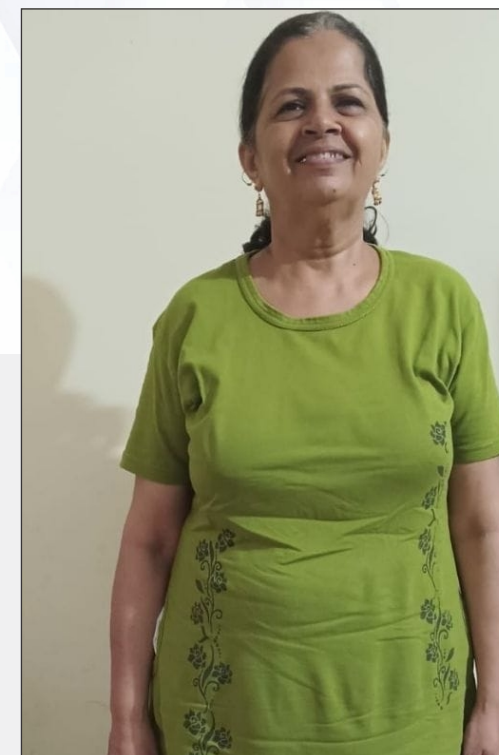


AFTER



BEFORE

Munira Appa ne 21 kg weight loss karke apni health mein zabardast sudhar kiya. Pehle unhe BP aur diabetes ki problem thi, ab dono normal ho chuke hain

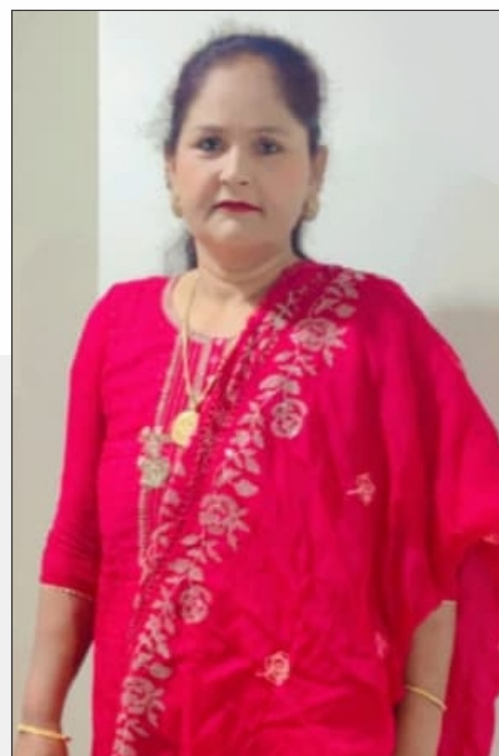


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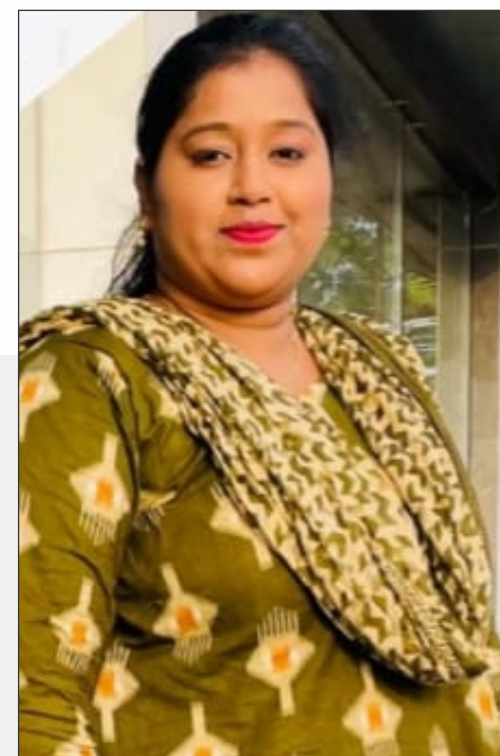


BEFORE

Mumtaj Aapa ne 50 kg weight loss kiya hai. Unhe pehle cholesterol, thyroid, BP aur sans lene mein dikkat hoti thi. Aaj sab kuch normal hai.

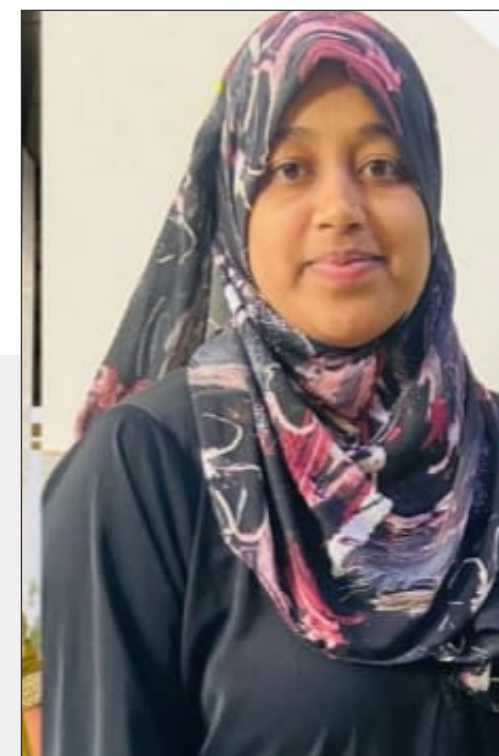


AFTER



BEFORE

Swaleha - 20 kilo wajan kam, shandar inch loss k sath glowing skin



AFTER

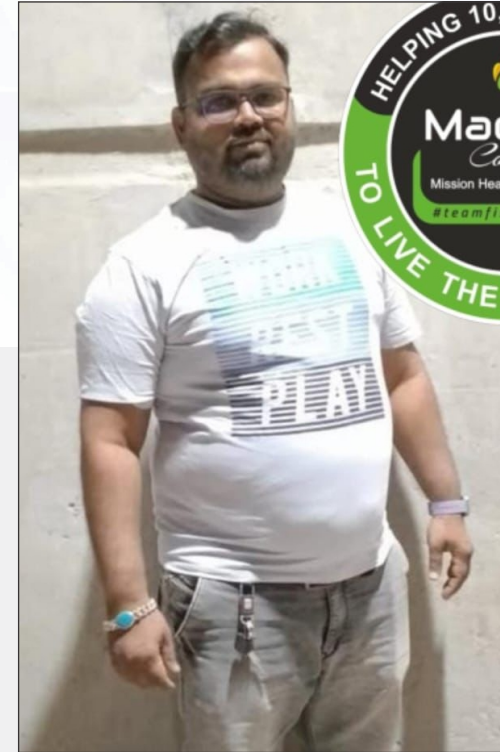


BEFORE

Imran Khan Ka, Sirf 100 Dinon Mein 29 Kg Wajan
Kam, Anti-aging K Sath Gas Aur Acidity Se Mukti.



AFTER



BEFORE

Kalim Ansari 30 kg weight loss in 110 days



AFTER



BEFORE

Nazim - 40kgs Weight loss



AFTER



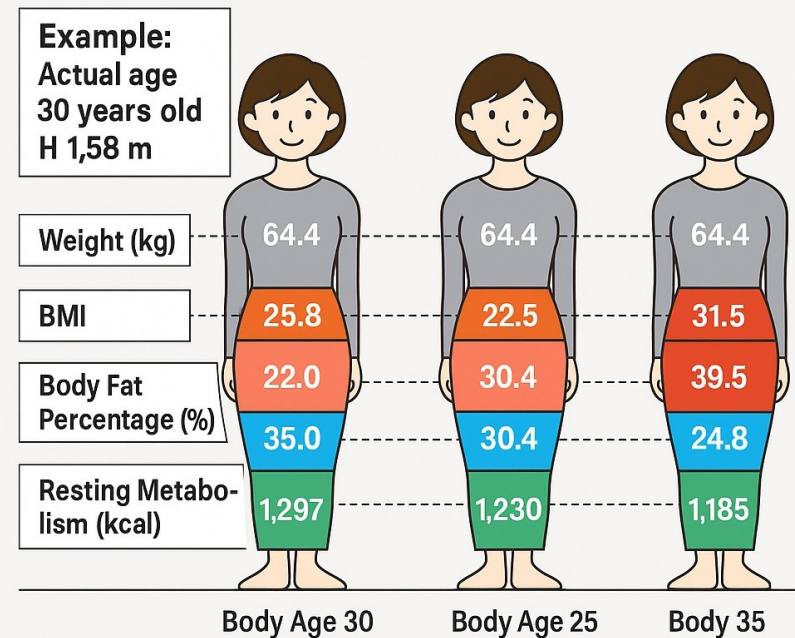
BEFORE

Imran bhai 22 kg weight loss in 75 days



AFTER

Same height and age & body weight but different body indices



FIRDOSH WELLNESS ZONE AAPKE BODY KA COMPLETE SCAN AUR HEALTH ANALYSIS KARTA HAI, JISMEIN YEH DEKHA JAATA HAI:

- ✓ Aapki Body Fat Percentage Kitni Hai
- ✓ Aapka Bmi (body Mass Index) Kya Keh Raha Hai
- ✓ Aapke Muscles Ki Percentage Kya Hai
- ✓ Aapka Resting Metabolism Kaise Kaam Karta Hai
- ✓ Aapki Body Age Kya Hai (jo Actual Age Se Alag Hoti Hai)
- ✓ Kya Aapke Body Mein Vitamin Ya Mineral Deficiency Hai.

Report Milne Ke Baad, Ham Aapka Customized Health Program Shuru Karte Hain. Ye Ek Baar Ka Plan Nahi Hai. Ham Aapka Weekly Report Nikalta Hai Aur Health Status Ko Monitor Karte Hai Jab Tak Aapka Body Ideal Weight Aur Health Index Tak Nahi Pahunchta Ham Apke Sath Rahete He. Sabse Se Behtar Ye He Aapke Ideal Weight Par Pahochne K Bad Aapka Weight Maintain Rehta He Aur Health Issue Solve Ho Jate He Kyunki Ham Aapke Sirf Weight K Sath Kam Nai Karte Balki Aapki Lifestyle Ko Change Karte He.

FIRDOSH WELLNESS ZONE KA VISHESH APPROACH: HEALTH KA POORA ANALYSIS, NA KEVAL WEIGHT

WAJAN EK JAISA. OONCHAI EK JAISI. LEKIN SEHAT BILKUL ALAG.

Confused? Janiye Kaise Aapke Sharir Ki Kahani Aankdon Se Kahin Alag Ho Sakti Hai, Bhale Hi Number Ek Jaise Dikhte Ho.

Aksar Log Soch Lete Hain Ki Agar Unka Weight Sahi Range Mein Hai, Toh Unki Health Bhi Sahi Hai. Lekin Yeh Zaroori Nahi Hota. Ek Hi Height, Ek Hi Age Aur Same Body Weight Hone Ke Baad Bhi Alag-alag Body Ke Indicators Ho Sakte Hain - Jaise Ki Aap Is Image Mein Dekh Sakte Hain

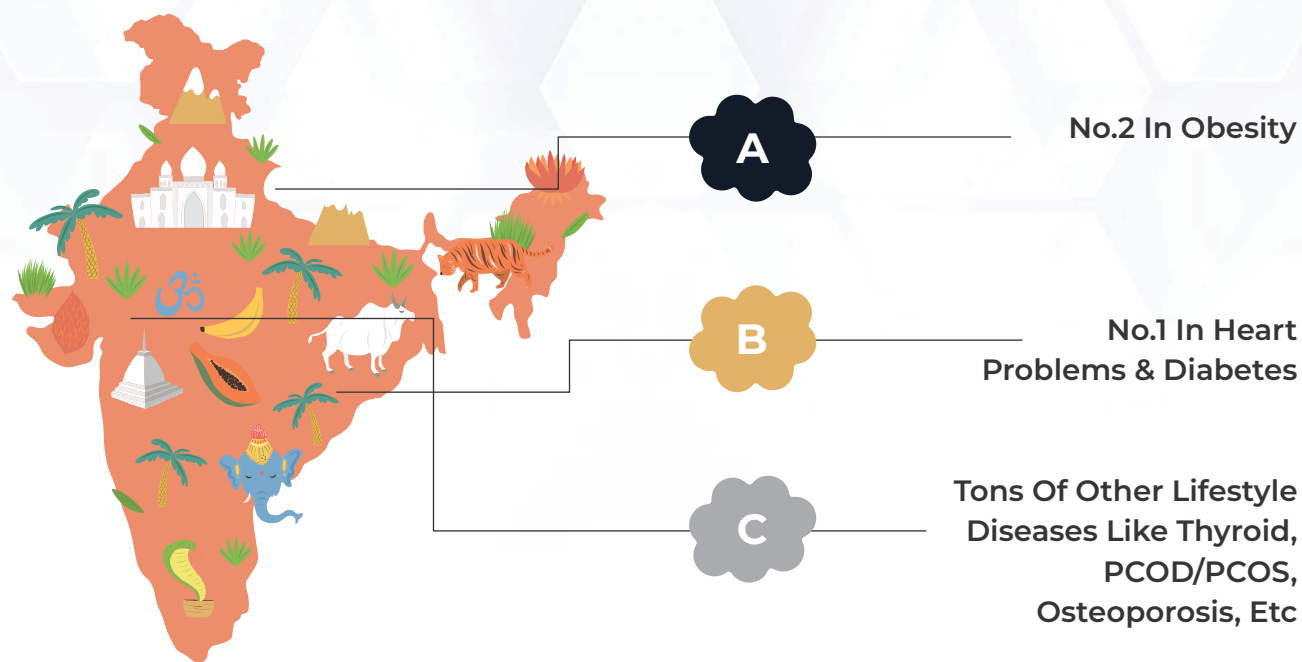
Yahaan teen logon ka udaharan diya gaya hai:

- Height: 1.58 m
- Weight: 64.8 kg
- Actual Age: 30 years

Lekin Sabka Body Fat %, Skeletal Muscle %, Resting Metabolism Aur Body Age Alag Hai. Isse Yeh Saaf Hota Hai Ki Weight Akela Health Ka Indicator Nahi Hota.



INDIAN HEALTH SCENARIO



INDIA KI SEHAT KA HAAL, EK NAZAR MEIN!

A Obesity Ka Burden :

India duniya mein **No. 2** hai obesity mein. Har second aadmi badhti weight problems ka shikaar hai.

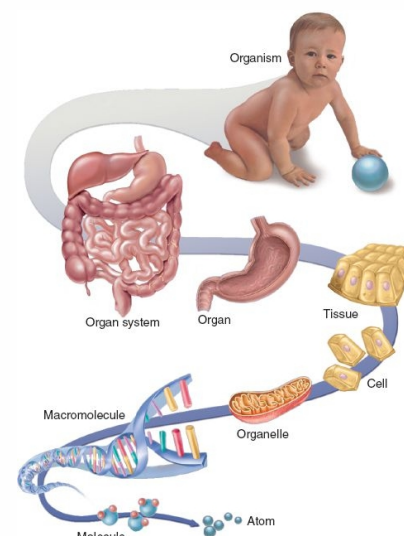
B Dil Aur Diabetes Ka Dard :

India **No.1** hai heart problems aur diabetes jaise silent killers mein. Har ghar mein kisi na kisi ko yeh challenge face karna pad raha hai.

C Lifestyle Ke Lakhon Rog :

Thyroid, PCOD/PCOS, Osteoporosis Jaise Lifestyle Diseases Har Umr Ke Logon Ko Takleef De Rahe Hain. "sehat Ki Asli Fight" Lifestyle Ke Against Chal Rahi Hai!

Cell to Body



CHHOTI CELL SE BANTA HAI STRONG BODY!

EK MAGICAL SAFAR ANDAR SE BAHAR TAK!

Shuruaat hoti hai... Cell se!

Sabse Pehle Hoti Hai Ek Microscopic **Cell** - Humari Body Ka Building Block. Har Ek Cell Mein Hoti Hai Energy Factory: **Organelles**.

Macromolecule Magic :

Cell Ke Andar Ka Dna Yaani Genetic Code Banata Hai Macromolecules – Yeh Hota Hai Har Kaam Ka Remote Control.

Tissue Tayar :

Kai Cells Milkar Banate Hain Ek **Tissue**, Jaise Bricks Se Banta Hai Ek Wall.

Organ se Organ System :

Tissues Milke Banate Hain **Organs** Jaise Stomach, Liver Etc. Aur Jab Kai Organs Ek Saath Kaam Karein, Tab Banta Hai Ek **Organ System** Jaise Digestive System!

Aur Fir... Wah! Ek Poora Insaan!

Ek Baby Ya Ek Adult – Har Insaan Isi Tiny Cell Se Shuru Hota Hai!

Toh Body ko Kya Chahiye? (What Your Body Needs)

- 40% Carbohydrates** – Energy ke liye
- 30% Protein** – Cell repair aur muscle growth
- 30% Fats** (Omega-3) – Brain health aur hormones ke liye
- Rest** – Recovery & Healing
- Hydration** – Cell function ke liye
- 25g Fiber** – Digestive health ke liye
- Exercise, Vitamins & Minerals, Antioxidants** – Immunity, strength aur glow ke liye.

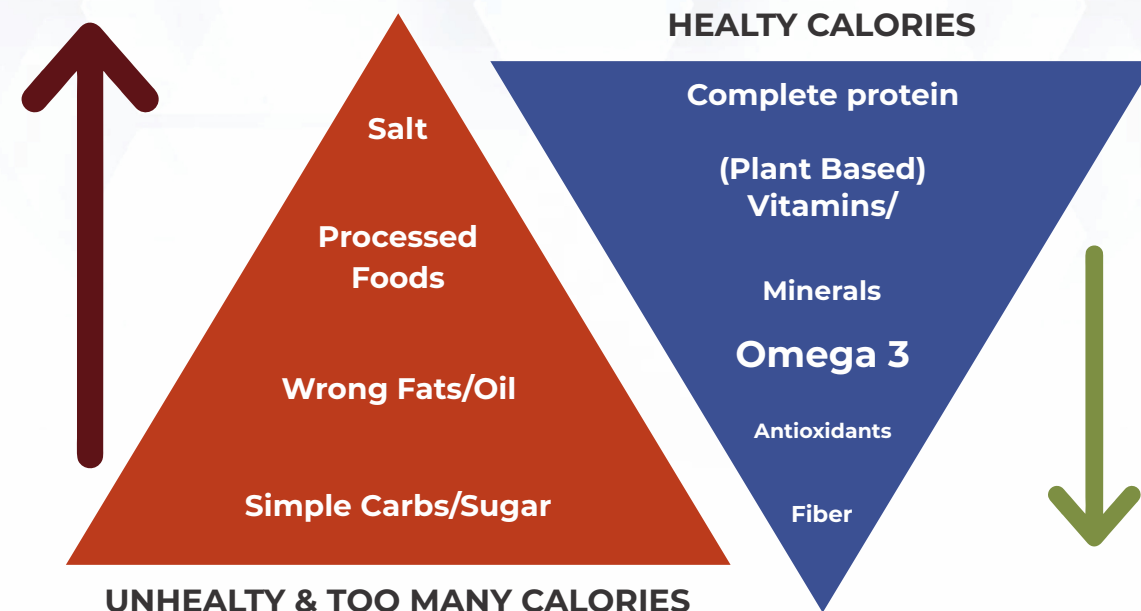
Healthy Cells = Healthy You!

Apni Body Ko Sahi Fuel Do, Taaki Har Cell Se Lekar Poori Body Tak Ho Ekdam **Fit & Fabulous!**

Aur Is Safar Mein, Firdosh Wellness Zone Aapka Perfect Guide Ban Sakta Hai –

They Provide Complete Guidance In The Proper Way To Ensure Your Body Gets The **Right Nutrition**, The **Right Balance**, And The **Right Care** From **Cell To System**.

FOOD SITUATION NOW !



AAJ KAL LOG JO KHA RAHE HAIN

Zyada Calories Aur Behetreen Sehat Ke Liye Kharab

1. SALT
2. Processed Foods
3. Wrong Fats/Oil
4. Simple Carbs/Sugar

yeh sab cheezein log zyada kha rahe hain = unhealthy aur calorie bharpoor.

YEH HEALTHY CHEEZEIN JO KAM KHA RAHE HAIN.

Healthy Food – Kam Calories, Zyada Nutrition

1. Complete Protein (Plant-Based)

Jaise Dals, Beans, Soy – Yeh Shudh Protein Dete Hain Bina Unhealthy Fats Ke.

2. Vitamins / Minerals

Body Ke Function Ke Liye Essential – Fruits, Sabziyon Se Milte Hain.

3. Omega 3

Yeh Ek Acha Fat Hai – Jo Brain Aur Heart Health Ke Liye Acha Hota Hai (flaxseeds, Walnuts, Etc.).

4. Antioxidants

Yeh Cells Ko Damage Hone Se Bachate Hain – Berries, Green Tea Mein Hote Hain.

5. Fiber

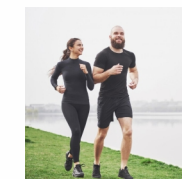
Digestive System Ke Liye Bahut Zaroori – Fruits, Vegetables, Whole Grains Mein Milta Hai.

Aaj Kal Log Unhealthy Food Zyada Aur Healthy Khana Kam Le Rahe Hain – Jiska Nateeja Hota Hai Obesity, Diabetes, Blood Pressure Jaise Rog. Hum Aapko Batate Hain Ke In Galat Aadat Ka Asar Kya Hota Hai, Aur Aapko Le Chalate Hain Ek Behtar, Balanced Aur Sehatmand Zindagi Ki Taraf – Jahan Healthy Calories Ka Chunav Aur Processed Foods Se Door Aapki Asli Lifestyle Ban Jaaye.

LIFESTYLE TO HEALTHY LIFE



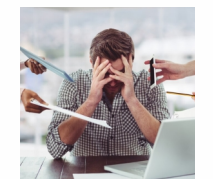
WATER



EXERCISE



SLEEP



STRESS



OXYGEN



DIET



MINDSET

LIFESTYLE – THE FOUNDATION OF A HEALTHY LIFE

Healthy Life Ka Raaz Hamare Lifestyle Mein Chhupa Hota Hai. Sirf Diet Follow Karna Kaafi Nahi, Jab Tak Aapka Lifestyle Balanced Na Ho. Water, Exercise, Sleep, Stress Management, Oxygen, Diet, Aur Mindset – Yeh 7 Pillars Milkar Banate Hain Ek Strong Aur Sustainable Health Journey. Inmein Se Koi Bhi Part Agar Weak Ho Jaaye, To Aapki Poori Health Journey Affect Ho Jaati Hai. Lifestyle Hi Wo First Step Hai Jo Aapko Either **Weight Gain** Ya **Weight Control** Ki Direction Mein Le Jaata Hai.

Firdosh Wellness Zone – Jahan Lifestyle Se Zindagi Badalti Hai

Firdosh Wellness Zone Sirf Ek Health Centre Nahi – Yeh Ek Jeevan Ki School Hai Jahan Hum Aapko Sikhate Hain Ki Behtar Life Kaise Jee Jaaye. Hamara Vishwas Hai Ki Asli Badlaav Diet Charts Se Nahi, **Aapki Daily Lifestyle Aur Soch Se Aata Hai.** Yahan Aap Sirf Apna Wajan Nahi Chatate – **Aap Apna Nazariya Badalte Hain, Apni Aadatein Sudhaarte Hain, Aur Ek Energetic, Stress-free Aur Khushhaal Zindagi Ki Taraf Badhte Hain.**

Hum Aapko Sikhate Hain – Kaise Paani Sahi Tarike Se Peena Chahiye, Kaise Neend Aur Stress Aapke Weight Ko Affect Karte Hain, Aur Kaise Ek Positive Mindset Se Har Din Naya Banaya Jaa Sakta Hai.

FIRDOSH WELLNESS ZONE EK SAFARNAMA HAI APNE AAP SE MILNE KA.– JAHAN SE AAP NIKALTE HAIN EK NAYE AAP BAN KAR.

Fat stored to "enrob" impurities/toxins to protect the body



Fat burned, but impurities/toxins remain - in higher concentration



Dieting stresses the body by limiting nutrients



Body reacts to increased impurities/toxicity - goes into emergency fat production to protect body-**REBOUND!**



CLEANSING

DIET & REBOUND CYCLE:

Jab Hum Sirf **Diet** Se Weight Lose Karte Hain, Toh Fat To Burn Ho Jaata Hai, Lekin Body Ke Andar Ke **Toxins Ya Impurities** Wahi Rah Jaate Hain. Jab Nutrients Kam Ho Jaate Hain, Body Stress Mein Aati Hai. Toxins Badhne Lagte Hain Aur Body Protection Ke Liye **Fat Dobara Store** Karna Shuru Kar Deti Hai Isse Hota Hai **Rebound**, Yaani Weight Wapas Badh Jaata Hai.

CLEANSING

Fat stored to "enrob" impurities/toxins to protect the body



impurities released as fat burned



Cleansing gives the body the nutrients it needs to succeed



Better overall health less fat, more muscle and **NO REBOUND!**



CLEANSING & MAINTENANCE:

Agar Hum **Cleansing** Process Follow Karein, Toh Jaise-jaise Fat Burn Hota Hai, **Toxins Bhi Release** Ho Jaate Hain. Body Ko Zaroori Nutrients Milte Hain Aur Health Overall Better Hoti Hai **No Rebound!** Iske Baad Jab Aap **Maintenance** Phase Mein Aate Ho, Toh Aapka Weight Stable Rehta Hai, Muscle Strong Hota Hai Aur Aap Fit Aur Active Feel Karte Ho.

FIRDOSH WELLNESS ZONE MESSAGE:

Firdosh Wellness Zone Mein Hum Aapko Sirf Weight Loss Nahi, Balki **Proper Cleansing Aur Lifestyle Transformation** Sikhate Hain, Taaki Aap **Lambe Samay Tak Healthy Aur Fit** Rahen. Yeh Ek Journey Hai, Jisme Hum Aapka Haath Thaam Ke Challenge, Towards A **Better, Healthier You.**

COACH



COMMUNITY



FOOD & NUTRTION



RESULTS

BEHTAR ZINDAGI KI SHURUAAT!

Firdosh Wellness Zone Sirf Ek Health Centre Nahi, Balki Ek Aisi Jagah Hai Jahan Aap Apne **Lifestyle Ko Healthy Bana Kar**, Apni Puri Zindagi Badal Sakte Hain. Yahan Aapko Milta Hai **Ek Trained Coach**, **Ek Positive Community**, Aur **Sahi Nutrition** Jo Aapko Andar Se Strong Banata Hai.

Yahan Sirf Sehat Nahi, Aapko Milti Hai **Earning Opportunity** Bhi! Aap Apna **Career Build** Kar Sakte Hain, Dusron Ko Guide Karke Unki Life Bhi Behtar Bana Sakte Hain.

Firdosh Wellness = Sehat + Income + Purpose

TOH AAIYE, JUDHIYE HUMARE SAATH, JAHAN AAP FIT BHI BANENG, EARN BHI KAREN, AUR SEEKHENGE EK BEHTAR ZINDAGI JEENA!

HAMARI UPLABDHIYAN

Firdosh Wellness Zone Ne Health Aur Wellness Ke Kshetra Mein Kai Mahatvapurn Uplabdhyan Haasil Ki Hain. Centre Ko Kai **Prize Aur Medals** Mile Hain, Jo Unki Mehnat, Commitment Aur Scientific Approach Ka Pramaan Hain. Har Client Ke Liye Personal Health Analysis, Nutrition Guidance, Aur Transformation Program Banakar Firdos Wellness Centre Ne **1000+ Logon Ke Jeevan Mein Sakaratmak Badlav** Laaye Hain. Unka Mission Sirf Weight Loss Ya Gain Tak Seemit Nahi Hai, Balki **Holistic Health Aur Sustainable Wellness** Par Focus Karta Hai. Inki Safalta Aur Dedication Ne Unhe Gujarat Ke Sabse **Trusted Wellness Brand** Bana Diya Hai.



HAMARE SAFAR MEIN KUCH MUKHYA UPLABDHIYAN:

- 1000 Se Adhik Parivaron Ko Di Medicine-free Zindagi
- Pregnancy Aur Infertility Cases Mein Safal Results
- 15,000 Kg Se Bhi Adhik Weight Loss Ka Record - Bina Bhooke Rahe, Bina Crash Diets Ke.
- Nutrition Mein American Society Se Certification – Global Standards Ke Saath Desi Samadhan.
- Har Client Ke Jeevan Mein Value Add – Sirf Physical Nahi, Emotional Aur Spiritual Wellness Tak Bhi Pahuch.

Agar Khana Sahi Hai To Davai Ki Zarurat Nahi Hai, Aur Agar Khana Sahi Nahi Hai To Dawa Bhi Asar Nahi Karti - Yah Vichar Swayam Father Of Medicine Ne Kaha Tha, Jise Hum Apne Har Kadam Par Amal Mein Laate Hain.

SEHAT KA ASLI RAAZ HAI – SAHI BHOJAN, SAHI SAMAY PAR, SAHI TARIKE SE.