



The Science of Stopping Medicine

MAICAT Health & Fitness Transformation Sessions

1. **Personalized Therapeutic Dietary Management**
2. **Detoxification:** - Toxins are in your rooms, kitchen and washrooms like BPA's, Parabens, triclosan, SLS, etc which mess up with the hormones and immune system.
3. **Mindset:** - Health Starts from the mind.
4. **Vitamin & Supplements:** - Modern world is Calorie-rich, and NOT Nutrient-rich and nutritional deficiencies are a crucial cause of current health problems.
5. **Stress Healing:** - Stress increases Cortisol hormone which causes other hormonal imbalances like Insulin, thyroid and Immune imbalances leading to weight gain, diabetes, PCOS, Auto-Immune diseases and cancer.
6. **Personal habits:** - You want optimum health and fitness or diseased body? Your habits define it all.
7. **Anti-Aging:** - After 30 years of ageing all men and women loose muscle mass and bone mass, that's what makes and look people old. Knowing this you can apply proven

scientific principles to slow down your ageing and look 15 to 20 years younger.

8. **Anti-Cancer living:** - Every-body has a potential Cancer Cells, but the body in which these pre-cancer cells will grow, is the body in which it will get pro-cancer environment. Learn to make the body environment anti-cancer.
9. **Hormonal Correction:** - Weight Gain, Diabetes, PCOS, Thyroid, High BP, Hair fall and many other diseases are caused by hormonal imbalances. You can correct them, and you don't need medicines ever.
10. **Immune Correction:** - Skin Issues, Hair Fall, Joint Pains, Weight Gain, Headaches, Auto Immune Diseases, Swelling, Arthritis and other such conditions are the result of immune imbalances which all can be reversed successfully.
11. **Most effective exercise techniques:** - Humans were never made to sit on a chair or a couch and hence so many diseases occur, also sharp rise of heart attack cases in present time. Know the secret science of exercise that gives result in 15 minutes of workout per day, that exercising folks can't achieve even in 2 hours of daily workout.
12. **Stopping Medicine:** - Its crucial to stop them, as most long-term medications have harmful side effects. By following the simple, step by step approach of all the above modules of MAICAT protocol can stop either all your medicines or reduce them to a minimum level so that harmful effects can be avoided or minimized.

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