

Introducing
**Transform
Your Life
Program**

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DR. ANIL SINGHVI

Dr. Anil Singhvi, with 32 years of experience as a practicing cancer physician combined with long term spiritual and psychology practices, presents a revolutionary course. People from around the world have benefited from his insights and noticed significant changes to their own health after applying Dr. Anil's recommendations.

Dr. Anil himself suffered from high cholesterol and advanced coronary artery disease at an early age and had to undergo multiple angioplasties. This ordeal prompted him to study and find

answers as to why heart disease and other chronic diseases like high blood pressure, diabetes, Parkinson's disease, arthritis, asthma, irritable bowel, cancer afflicted so many of us. He found all the answers in the way we eat the wrong kind of food. Applying the new knowledge and changing his diet led him to cure himself of his many medical problems. He has taken a number of lectures both in US and in India on this revolutionary way of looking at food.

**REVOLUTIONARY 14
WEEK ONLINE COURSE**

- ✓ We teach you every week over Zoom about the right foods. Coaching calls are held every weekend.
- ✓ We work on psychology to find out why we have bad eating habits.
- ✓ One dietary change is done every week for the next 14 weeks.
- ✓ You join a select group of participants who support each other.
- ✓ The program is customized according to your existing health conditions.
- ✓ At no point in the program is the quantity of food restricted.
- ✓ Program is uniquely constructed to provide lifelong health benefits. Each benefit is objectively recorded.

**WHAT TO EXPECT AFTER
14 WEEKS?**

- ✓ Loss of extra fat.
- ✓ Increased energy levels.
- ✓ Healthier hair and skin.
- ✓ A dramatic change in blood sugar levels for diabetic patients. All medications become unnecessary.
- ✓ Better and deeper sleep.
- ✓ Better sexual and reproductive function.
- ✓ Elimination of acid reflux and other intestinal problems.
- ✓ Normalization of blood pressure.
- ✓ Enhanced immune function.
- ✓ Elimination of brain fog.
- ✓ Resolution of arthritic pains.
- ✓ And much more!



Video testimonials

Click to play



Sabena (Dubai) regains her natural beauty and sheds 14 kg in 100 days!



Distinguished public service officer transforms himself at 64, gets set for second innings!



Chest physician drops triglycerides – 1100 to 200, cures diabetes and central obesity & improves immunity in 7 weeks!



Renowned academic doctor improves immunity, reverses arthritis & loses 11 kg in 100 days!



Senior physician drops weight, uric acid, blood sugar; increases energy and reverses his age!



Lead entrepreneur drops cholesterol, loses 10 Kg., feels on top of the world!



Young businessman - from multiple chronic illness to a healthy life in just 100 days!



Senior doctor cures high blood pressure, improves immunity, clears mind, sleeps better & drops 11 Kg in 100 days!



Charming physician reverses diabetes, high BP, increases stamina & regains youth!

Unique Features

- Program conducted by highly qualified physician and not by 'self-styled' nutritionist. We understand your particular disease and can tailor your program accordingly.
- Every change advocated is backed by hard data and cutting edge research published in scientific journals like Science, Cell, etc.
- Individual attention is given to ALL participants and we try to ensure that everyone succeeds in this life changing mission.
- Prompt resolution of all queries in real time through the dedicated Whatsapp group.
- Actual teaching session lasts only one hour per week on the weekend, which makes it easy for most to attend. Recordings provided within 24 hours.
- We do not believe in counting calories and you can eat as much as you wish!
- Positive changes in your health start appearing by the 3rd week itself, thus providing one the motivation to go forward.
- No exotic supplements used. We depend completely on natural food available everywhere.

What other participants say

Back & Knee pains gone

Feel very good after this course. My pains in lower back and knees which were there for many years have disappeared.

Ms. Saroj, 65, Indore

Diabetes of 25 years cured

I had diabetes for over 25 years and was taking 3 different medicines to control blood sugar. I was persuaded by my class mate Nathan to do Dr. Singhvi's 3 months course. I was initially very doubtful about the whole process but Nathan was very persistent.

I Joined the course and attended all the weekend classes. To my big surprise my blood sugar went down by the second month of the course. I use as continuous blood glucose monitor which sends the data to my doctor. My doctor called me over to tell me that my blood sugars were going below normal and I needed to stop all my medicines. This was achieved without reducing the quantity of food during the course. Now after 4 months, I am still off all diabetes medicines and my doctor is very happy.

I feel fitter than ever and wear 18 kg jacket and walk 3 miles with it. I am very happy that I got this training and I am now convinced that all chronic disease is curable by changing the way we look at food.

Ever grateful to Dr. Singhvi.

*Madhu, Software Engineer
San Francisco, US*

Got better hair, skin, sleep, energy, & lost weight

The whole journey of 3 and half months was an amazing experience. I learnt many new concepts about food and body systems. I saw many changes in myself including hair and skin being better, sleep pattern improved, weight loss, increased energy, to name a few. I was amazed to see how others in the group were curing long standing medical problems with this program. It is definitely life transforming.

Yamini, Delhi

Diabetes & Pancreatitis cured

When I came to know about this 14 weeks course conducted by DR. Anil Singhvi Sir, I was pretty much excited and was pestering him to start the batch soon, and VOILA! One day came the call from him to start off... I was suffering from bad diabetes, pancreatitis and insomnia as well.

Sometimes the best way to identify "GOOD" is to figure out what "BAD" looks like. This is what it is all about-without using medicines and just mind and quality food control under the watchful and able guidance of Dr Anil and his team will do it all for U... trust me the process of transformation is easy and AMAZING TOO!! You just need to pull your HEART STRINGS and stick to the guidance provided... this course is amazing because it takes you by the hand and teaches you how to take care of your health in a compelling way step by step. Above all the course is well structured and so its easy to get inspired, and implement the techniques.

Half way through the course itself u will start getting those good vibes and the will to do more. Health wise saying... yaar it feels just OWSSUM Now!! You get the top of the world feeling, I have lost almost 7 kg. of weight, sugar levels which were very abnormal are easily means easily controlled and the sleep part is just toooo good to say... I sleep like a LOG now! My serum lipase has come down from 126 to 58 now. Who says pancreatitis is not curable? This program transformed me in the easiest way possible and would say everyone must go through this amazing TRANSFORMATION OF LIFE.... Lastly I would like to say "LIFE IS BEAUTIFUL DOOBARA' thanks to Dr Anil sir and team!

ROCK ON TEAM ANIL God bless!

***Raghvendra K.P, Entrepreneur
Bangalore***

Cured Insomnia, lost weight, gained mental peace and clarity

After joining this program and having met new people, I learned a lot. I overcame my habit of eating junk. I lost 12 pounds, my acidity is gone, my sleep is amazing and my energy levels are much better. I have become much calmer and my family is very happy.

I would like to thank you for this outstanding opportunity.

Prayas, Chartered accountant, Indore

Obesity cured, all cravings eliminated

Dr. Singhvi's course came like a manifested answer to a question I was asking myself about what should be the main focus of my life in my post sixty decade.

My learnings on Dr Singhvi's programme have been much beyond my expectations. My major Achilles heel was addiction to desserts and sweets which I loved and relished but never realized they were poisoning me. Another area was the ignorance of eating only when hungry and being aware of the inner hunger clock-rather than the automatic eating dictated by the wall clock.

This program overturned all my assumptions, being able to achieve the targets set by Dr Singhvi made me feel empowered and reaffirmed my belief in my ability to recreate my health and not age with aging.

At the end of 14 weeks, I have lost almost 12 kg and completely rid of my sweet cravings and addictions. My Visceral fat has come down from 14% to 10%. I believe this is the most difficult fat of all to tackle. I learnt that disease need not be a part of advancing age... and this myth collapsed forever by going through this must-do and unmissable opportunity given so kindly and dedicatedly by Dr Singhvi and his team. The deep connection between food and health became experientially clear. Now staying away from unhealthy eating habits seems very easy.

I stand tall in the knowledge that my best and healthiest years have arrived... with heartfelt gratitude to Dr Singhvi and his wonderful team. Thank you.

Rajesh, Dubai

Went from 105 kg to 85 kg, cured diabetes and hypertension

I am a public service officer having very busy work schedules. I weighed 105 kg and had diabetes and high BP. The best thing about this course is you go slowly and adopt good habits with full knowledge of why you are doing so. Today after completing the course, I do not need any Blood pressure or diabetes medications. And now I weigh in at 85 kg. I feel my journey to better health is only starting now.

M. S. Public Administrator, Indore.

Lung fibrosis & aplastic anemia cured

In June 2019 I developed lung fibrosis. My elder brother passed away at 45 due to this issue. My hemoglobin fell in September 2020 and I was also found to have aplastic anemia, and I required regular blood transfusions. In 9 months I had to undergo 6 blood transfusions. Meanwhile lung fibrosis worsened and I was on continuous oxygen. Restricted to bed. I met Dr Anil Singhvi in August 21 and he advised change in diet along with the regular treatment that was going on. Since that time there was dramatic change and hemoglobin came up without any transfusion, lung fibrosis reduced, oxygen removed, and now I drive 20 Km at one go, do one hour yoga and live a normal life. All medications stopped.

Thanks Dr. Singhvi for saving my life.

Manish S., Software Engineer, Indore

FAQ

Is the course conducted online?

Yes, it is a totally online course conducted over Zoom.

What happens if we miss a meeting?

The recording is made available within 24 hours.

Do the benefits of the program last after the program is over?

Yes, since it is an experience based program. We have seen lasting benefits in over 90% of the participants.

Do you suggest any supplements during the program?

No, we don't believe in supplements.

Do you ask for any kind of exercise during the program?

No, none at all.

Do you restrict the caloric intake during the program, and if so, how much?

No, we don't restrict the quantity of food consumed or the calorie intake. You can eat as much as you like.

I am not overweight. Will I get any benefit from the program?

The program does not focus on weight loss as its main objective. We are looking to reset all of your metabolism, build your immunity, enhance brain function and eliminate foods that cause disease. We want all participants to be disease free. The weight loss is **just the icing on the cake!**

What is the frequency of the teaching sessions?

We meet online once a week. The meeting starts with a debrief from all participants. Then we discuss the topic of the day in detail. The meeting ends with one specific change to be made during the next week in your eating habit.

Now enrolling for program starting 2nd September 2023

Saturdays 9.00 to 10.00 PM IST

Limited seats available!

Contact

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Course fee: Rs. ~~30,000~~—Rs. 25,000 for
first 15 early bird registrations only!
(For Indian residents)

International \$500.00

Fee includes:

- Comprehensive scientific tuition for 14 weeks (Less than Rs.1800 or \$35 per week).
- 24/7 instant support on Whatsapp by a highly qualified physician throughout the 14 weeks.
- Personalized health assessment and specific program guidelines as per your need.
- Lifetime support post- program for any queries/health issues/guidance.
- Money back guarantee if you don't get results after doing the program as per guidelines.
- No expensive supplements to buy.

