

## Introducing Transform Your Life Program

## REVOLUTIONARY 14 WEEK ONLINE COURSE

- Weekly Zoom sessions guide you on the right food choices, with coaching calls every weekend.
- We explore the psychology behind unhealthy eating habits to help you break them.
- A new dietary change is introduced each week over a 14-week period.
- You join a select group of participants who support each other.
- The program is tailored to your specific health conditions.
- There are no restrictions on food quantity at any stage of the program.
- Program is uniquely designed to provide lifelong health benefits. Each benefit is objectively recorded

## WHAT TO EXPECT AFTER 14 WEEKS?

### DR. ANIL SINGHVI

Dr. Anil Singhvi, a seasoned cancer physician with 34 years of experience, integrates his expertise with deep spiritual and psychological practices to offer a groundbreaking course. His insights have helped people worldwide, leading to remarkable improvements in their health & vitality.

Dr. Anil faced his own health challenges early in life, battling high cholesterol and advanced coronary artery disease, which required multiple angioplasties. This experience drove him to investigate the root causes of heart disease and other chronic conditions such as high blood pressure, diabetes, Parkinson's disease, arthritis, asthma, irritable bowel syndrome, and cancer. His research revealed that the root cause often lies in consuming the wrong types of food. By transforming his diet based on this newfound knowledge, Dr. Anil was able to heal himself from numerous medical issues.

He has delivered numerous lectures in both the U.S. and India, sharing his groundbreaking perspective on food and its impact on health.

- ✓ Loss of extra fat.
- ✓ Increased energy levels.
- ✓ Healthy hair and skin.
- ✓ Normalization of blood sugar levels for diabetic patients. All medications become unnecessary.
- ✓ Better sexual and reproductive function.
- ✓ Relief from acid reflux and other digestive issues.
- ✓ Normalization of blood pressure.
- ✓ Enhanced immune function.
- ✓ Elimination of brain fog.
- ✓ Resolution of arthritic pains.
- ✓ Sharp mental clarity & focus.
- ✓ Alleviation of arthritic pain.
- ✓ And so much more!



## Video testimonials

Click on each to play



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



**Distinguished IAS 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!**

[Register Now](#)



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



**डॉ दीपिका - वेट लोस के बारे में जो भी हमें मालूम था वह गलत साबित हुआ!**



**IAS officer – 40 years asthma cured in 2 months**

**[Register Now](#)**





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



**Dalip & Meenakshi lose 18 Kg in 3 months and cure diabetes & BP**



**Dr. Sonali reclaims her youth, energy and radiant skin in 100 days!**

**[Register Now](#)**



हिमहिरि ने हिर्फ ३ मांि मै १० वर्फ उम्र घटाई !



Dr. Milind Sathe: Unbelievable transformation in 3 months!



A

00 days!



Senior doctor dons new avatar, loses 15 kg, cures high BP and diabetes



Dr. Sharma cures diabetes of 20 years- gives up insulin completely!



नूपुर का १३ Kg वजन कम, एनर्जी डबल हुई और त्वचा में आयी चमक !

[Register Now](#)





**डॉ महाशब्दे - २५ वर्ष की डायबिटीज ३ माह में ठीक!**



**IAS officer & wife lose 13 Kg, cure diabetes, hypothyroid & apnea; increase energy & concentration**



**डॉ अर्चना - ३ माह में १६ साल उम्र कम हुई !**

### 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 Joined the course and attended all the weekend classes. To my big surprise my Got better hair, skin, sleep, energy, & lost weight & blood sugar went down by the second month of the course. I stopped 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**

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*

Dear Dr. Anil Sanghvi,

I wanted to express my heartfelt gratitude to you, the Chief Moderator of the Transformation of Life program, which spans over 3 months. Despite not being able to attend the weekly meetings regularly due to my clinical assignments, I diligently followed all the instructions shared by my wife, Dr. Purnima Subhedar, who also joined the program and admirably attended every meeting and adhered to your guidance.

I must say that I have experienced numerous POSITIVE changes in myself, notably shedding 5 kgs in weight. Your expertise and dedication have made a significant impact on my well-being.

**Dr. Jayant Subhedar Ratlam**



### **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***

### **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.***

### **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 tooooo 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 and God Bless!

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

## Best Thing Ever...

We are forever indebted to Dr. Anil and Surbhi for this enlightenment and putting us on such a healthy, confident and futuristic path where we would not need any doctors or medicines ever. Brimming with confidence and receiving compliments wherever I go! I love the 'New Me', Can't thank you and my supportive friends in the group enough. Truly transformed after losing almost 13 kg., sugar absolutely cured from 270 to 90, gastric bloating gone, cervical pain gone, all food intolerance gone! This the best thing to have happened to me ever!!

Ranjana, Delhi  
Graduate, Sept 23 batch  
TYL Program



## FAQ

### Is the course conducted online?

Yes, it is a totally online course conducted over Zoom. You need to spare one hour every weekend.

### 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.

**Do you qualify for special retreats held twice a year?**

Yes, all participants of the course are invited to attend the physical retreats held twice a year which are amazing life changing events.

## **What is included in the course?**

- Comprehensive tuition for 15 weeks with more than 20 hours of coaching with cutting edge knowledge.
- 24/7 support on Whatsapp by a highly qualified physician and team throughout the 15 weeks.
- Personalized health assessment and specific program guidelines as per your need.
- Lifetime support post- program for any queries/health issues/guidance. No expensive supplements to buy. No exercise required. Money back guarantee if you don't get amazing results after doing the program as per guidelines.
- Special discount for family members who join together in the same group.
- We teach a simple and straightforward meditation technique as well during the program.
- Complimentary hypno-therapy session to remove any self limiting beliefs.

**[Register Now](#)**



## 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.
- ❑ We give you solid reasons why we make the changes in your diet and not something arbitrary. It is not a black box. Once you understand why, you can even teach others in your family.
- ❑ 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 3<sup>rd</sup> week itself, thus providing one the motivation to go forward.
- ❑ No exotic supplements used. We depend completely on natural food available everywhere.



**Now enrolling for program starting 3rd May 2025**  
**Saturdays 9.00 - 10.00 PM/ Sundays 10.30AM - 11.30 AM IST**  
**Limited seats available on first come basis.**

Contact

**Dr. Anil Singhvi MD**

[drsinghvi@gmail.com](mailto:drsinghvi@gmail.com)

Phone & Whatsapp: +91-9425066266 for enrolment.

Course fee: Rs. 69,000 (\$825) for the full course.

Click Below To

**[Register Now](#)**

Watch 70+ success stories of past participants

**[Click Here](#)**