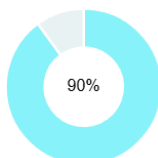


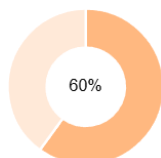
Name : Test C



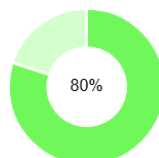
Today you are: Pitta Vikruti



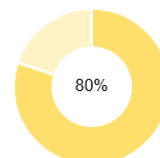
Aqua Vitality



Stress



Gut Vitality



Immunity

Know Your Body and Soul!

The present analysis indicates excellent hydration in your body, benefiting both your physical health and overall well-being. By staying hydrated, you empower yourself to face daily challenges with a clear mind and abundant energy. Your stress level is at a mild level, with just a slight amount of stress. It's worth noting that this manageable level of stress can also serve as motivation to stay focused on your work. Your dedication to maintaining good gut health is commendable. Continue embracing those healthy habits, as they bring forth numerous positive impacts on your overall well-being. Your commitment to a healthy lifestyle is paying off, providing you with excellent protection against illnesses and supporting your overall well-being. Keep striving for excellence in your self-care journey!

Therapy Tips Just for You

Massage

Aromatherapy, Deep Tissue Massage, Floatation Therapy, Thai massage

Oils for Aromatherapy

Sandalwood, Turmeric, Lavender, Mimosa



Tailored Lifestyle Recommendations

Yoga

Baddha konasana, Moderate yoga, Padmasana

Fitness

Basketball, Hockey, Mountain biking



Personalized Diet Delights

Grain

✓ **Tips:** Barley, Cereals, Jowar

✗ **Avoid :** Bajara, Buckwheat, Corn

Veggies

✓ **Tips:** Asparagus, Cooked carrot, Onion

✗ **Avoid :** Drumstick, Brinjal, Capsicum

Oil

✓ **Tips:** Olives, Canola, Flax seeds

✗ **Avoid:** Apricots, Almonds, Corn

Fruits

✓ **Tips:** Cherries (sweet), Oranges (sweet), Watermelons

✗ **Avoid :** Apples (sour), Mangoes (green), Oranges (sour)



Thank You.

Visit Again.

DISCLAIMER : The recommendations presented above are contingent upon the accuracy of the pulse diagnosis conducted. These suggestions are provided solely as general guidance and should not be construed as a replacement for professional medical advice or diagnosis. Implementing the suggestions without appropriate medical supervision may carry potential health risks. Thus, we disclaim any liability for adverse consequences arising from actions taken based solely on the information available herein.