



Welcome To

Provida Woman Health Training Session



Woman are more prone to diseases

Women have unique health issues. And some of the health issues that affect both men and women can affect women differently.

Unique issues include pregnancy, menopause, and conditions of the female organs. Women can have a healthy pregnancy by getting early and regular prenatal care. They should also get recommended breast cancer, cervical cancer, and bone density screenings.

Women and men also have many of the same health problems. But these problems can affect women differently. For example,

- Women are more likely to die following a heart attack than men
- Women are more likely to show signs of depression and anxiety than men
- The effects of sexually transmitted diseases can be more serious in women
- Osteoarthritis affects more women than men
- Women are more likely to have urinary tract problems

Gynecological Health

Bleeding and discharge are a normal part of the menstrual cycle. However, added symptoms during menstruation may indicate health issues, and unusual symptoms, such as bleeding between menstruations and frequent urinating, can mimic other health conditions.

Vaginal issues could also indicate serious problems such as sexually transmitted diseases (STDs) or reproductive tract cancer. While care providers might treat mild infections easily, if left unchecked, they can lead to conditions such as infertility or kidney failure.



Depression and Anxiety

Natural hormonal fluctuations can lead to depression or anxiety. Premenstrual syndrome (PMS) occurs commonly among women, while premenstrual dysmorphic disorder (PMDD) presents similar, but greatly intensified, symptoms. Shortly after birth, many mothers acquire a form of depression called the “baby blues,” but perinatal depression causes similar - but much stronger – concerns, emotional shifts, sadness, and tiredness. Perimenopause, the shift into menopause, can also cause depression. No matter how intense the symptoms, care providers can provide relief with prescription or therapeutic treatments.

*“A woman is
like a tea bag-you
never know how strong
She is until she gets hot
water”*



Heart attack

Women are less likely to survive their first heart attack than men. This may be because the symptoms differ between the sexes. Women are more likely to have a "silent" heart attack or display unusual symptoms. Also, female biology creates unique risk factors for heart attack, as some diseases that increase risk, such as polycystic ovary syndrome (PCOS), are not present in male biology.

Woman most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain

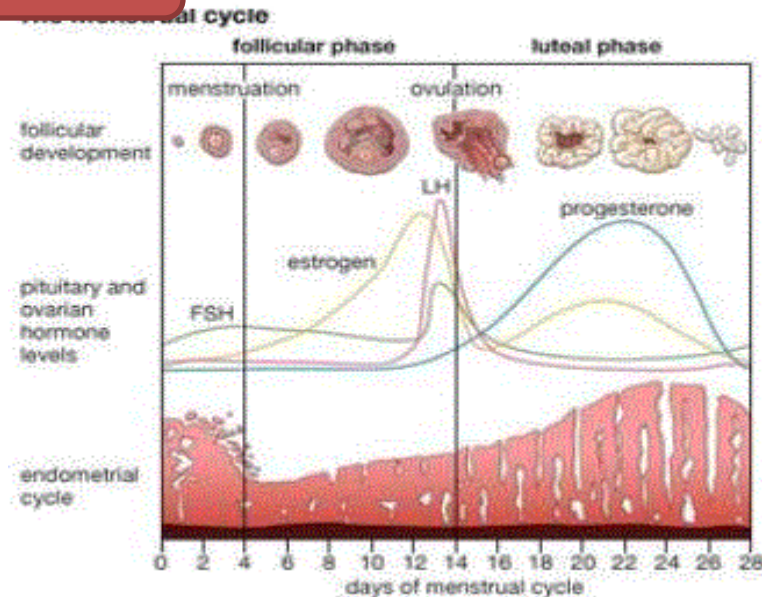


Menstrual Health

Premenstrual Syndrome ; PMS occurs one to two weeks before your period begins. Some women experience a range of physical and emotional symptoms. Others experience few symptoms or even none at all. PMS can cause:

Bloating, irritability, backaches, headaches, breast soreness, acne, food cravings
excessive fatigue, depression, anxiety, feelings of stress ,Insomnia, constipation
Diarrhea, mild stomach cramps

Menorrhagia : Heavy periods cause you to bleed more than normal, You may also have your period for longer than the average of five to seven days. Menorrhagia is mostly caused by imbalances in hormone levels, especially progesterone and estrogen.



Urinary Tract Infection

Women are more susceptible to urinary tract infection, or UTI, is high; some experts rank your lifetime risk of getting one as high as 1 in 2- with many women having repeat infections, sometimes for years on end.

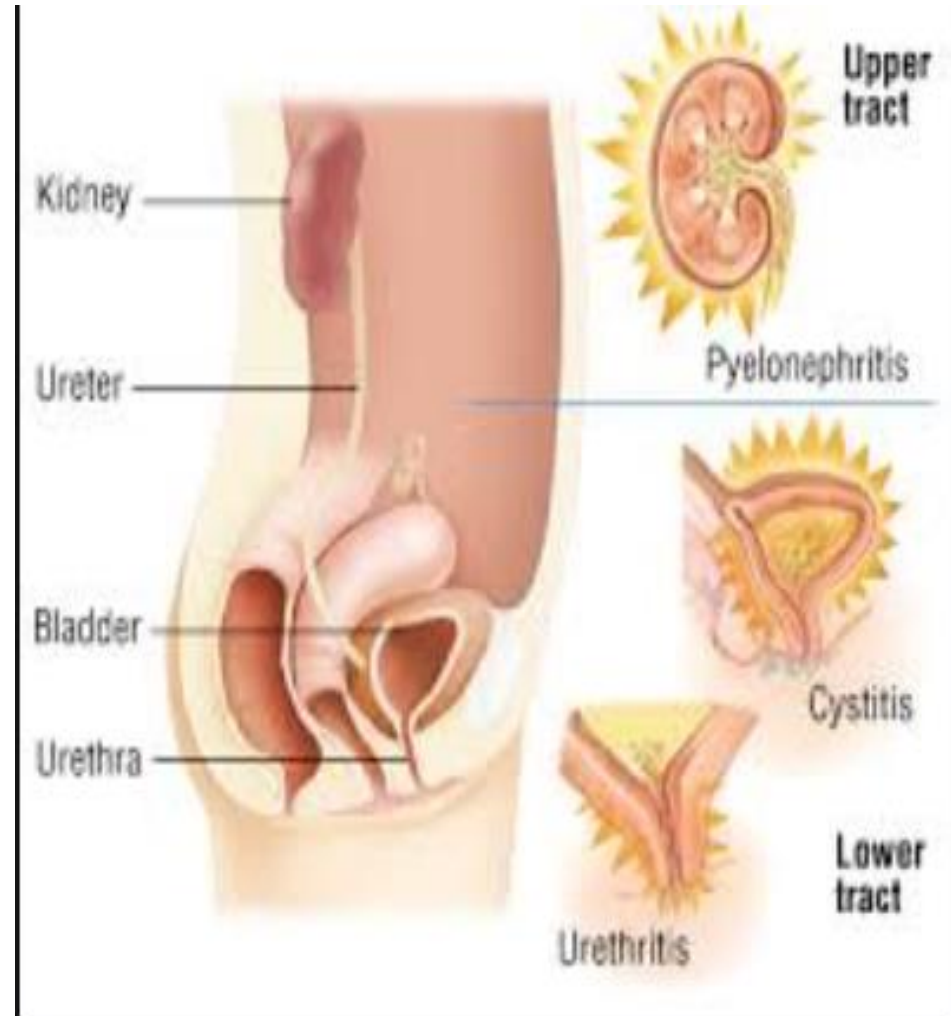
The most common UTIs occur mainly in women and affect the bladder and urethra. Infection of the bladder (cystitis). This type of UTI is usually caused by *Escherichia coli* (E. coli), a type of bacteria commonly found in the gastrointestinal (GI) tract. However, sometimes other bacteria are responsible.

A burning feeling when you urinate.

A frequent or intense urge to urinate, even though little comes out when you do.

Pain or pressure in your back or lower abdomen

Cloudy, dark, bloody, or strange-smelling urine



Beneficial Products

- Red Aloevera Juice
- Giloy Tulsi
- Superfood Noni Plus
- Berry Plus
- Liquid Chlorophyll Plus Guarana
- Chlorofresh Plus
- Mirackle Tree Spirulina
- Wheat Grass Plus
- Get in shape Slimming capsules
- Organic D-Tox
- Omega 3-6-9
- NanoPad pm

Red Alovera Juice

Red Alovera



Red Alovera Juice



Red aloe vera is one of 400 species of aloe. It is 22 times more powerful than common aloe vera in chemical content. Red aloe vera has amino acids double to that of common aloe vera and has polysaccharides 3 times than common aloe vera.

Red Alovera is a Miraculous herb which cures cancer, diabetes, tumors, Dandruff, Hair fall, Piles, sexual problems.

Ingredients

Red Alovera Pulp

Honey

Ashwagandha Herbs

Benefits

- Regenerate capillaries
- Improve blood and oxygen circulation
- Rich in Antioxidants
- Lower Blood Pressure
- Improve Cholesterol
- Obesity
- Reduce anxiety and stress
- Help fight depression
- Support fertility



Benefits for Woman

Cures Menstrual Problems : The extract of Aloe vera has shown to be an excellent stimulant of the uterus and eating Aloe vera or drinking its juice is very beneficial during painful menstruation.

Alleviates Nausea : Nausea can occur due to a host of reasons, including consuming contaminated food, having a virus or flu, or even due to chemotherapy treatments. Oftentimes, feelings of nausea originate from disorders in the stomach or in the digestive tract. Aloe vera juice is excellent for a sick stomach and makes you feel better by bringing a calm feeling throughout the body.

Delays Aging : Aloe vera has been a primary component of many skin products that help in retaining youthfulness. The added support of aloe in any skin cream enhances its function as a wrinkle fader and skin rejuvenator. The anti-aging properties work on the skin and keep it fresh, supple, wrinkle-free, and bright. The properties of aloe make it penetrate quickly within the various layers of the skin, even to the muscles of the body.

Affordable Price



Dosage
30 ml directly once a day on
empty stomach

MRP : 800

Giloy Tulsi Plus +

Giloy Tulsi Plus +



Doesn't contain any steroid.

Boost Immunity, Cure liver disease,
Helps in joint pain

What is Giloy and Tulsi?

- Tulsi (Holy Basil) is a herb with healing properties that relieve stress and protect the immune system. Delicious, fragrant, exquisite, the finest Rama, Krishna, and Vana Tulsi leaves are expertly blended to create a soothing, uplifting full-bodied beverage that is inspiringly fresh and flavorful.



- *Tinospora Cordifolia*, which is known by the common names heart-leaved gaduchi, and giloy, is an herbaceous vine of the family Menispermaceae indigenous to the tropical areas of India, Myanmar, and Sri Lanka.

Ingredients

Giloy

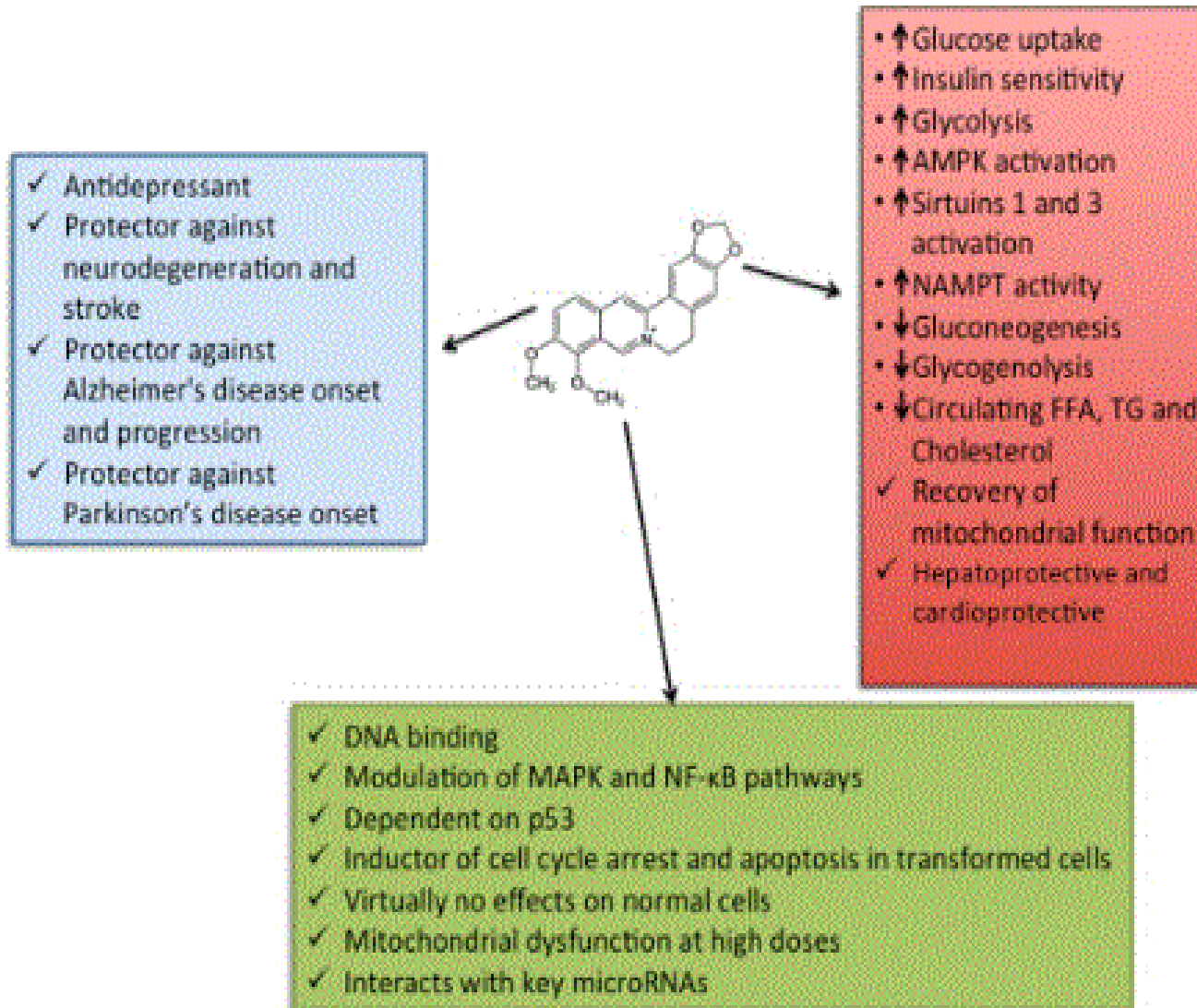
Tulsi

Benefits

- It is used for diabetes & high cholesterol
- allergic rhinitis (hay fever), High Blood Pressure
- Asthma, Cold, Congestion ,upset stomach
- Gout
- Rheumatoid Arthritis (RA)
- Hepatitis
- Peptic ulcer disease (PUD)
- Sinusitis



Mechanism of action



Benefits for Woman

Pregnancy : Giloy is considered to be safe in pregnancy and breastfeeding. In Indian medicine it is used to women with high risk of miscarriage along with other remedies.

Urinary Tract Infection : Giloy is used to cure all type of urinary infections such as uricouria, ketonuria, glycouria, haematuria, albuminuria, dysuria, crystaluria, burning micturition in cystitis, urethritis and particularly in diabetes mellitus

Menstrual Health and Tulsi: Tulsi is also nicknamed the "Queen of Herbs" in most regions of India. Tulsi displays many medicinal properties and is commonly used as a natural antioxidant, antimicrobial, anti-inflammatory and adaptogen. Adaptogens are substances that have the ability to reduce stress levels by boosting immune response and balancing hormone levels. Hormone imbalance is a cause of many symptoms and conditions, especially those that afflict women as they age. Menstrual problems, fatigue, weight-gain, mood changes, reduced libido, hot flashes, insomnia, inflammation and diffuse musculoskeletal pain are common symptoms of hormonal imbalance

Tulsi and Cortisol : Cortisol is released by the adrenal glands, which sit atop your kidneys, during bouts of emotional or physical stress. Adaptogens such as ginseng and tulsi help reduce the biochemical developments of stress by balancing cortisol levels, according to "Natural Standard Herb & Supplement Reference: Evidence-based Clinical Reviews." Specifically, too much cortisol affects the thyroid gland, ovaries and pancreas, so tulsi is able to impact the functioning of these glands secondarily

Affordable Price



500ml

Dosage

10-20 ml with 100 ml of water preferably with empty stomach ,twice a day

MRP: 550

Superfood Noni Plus +

Superfood Noni Plus +



Presence of Rasyana churna in it makes it a unique formula for goodness of health by flushing out the toxins from our body.

Build Immunity, Revitalize the body,
Aids Menstrual Health, Reduces stress.
Sugar and Preservative free

Ingredients

Morinda Citrifolia (Aal (Noni))

Moringa Pteryosperma (Drumstick)

Withania Somnifera (Aswangandha)

Emblica Officinalis (Amalaki (Amla))

Shastrok (Rasayan Churna)

Benefits

- Support Immune system and Regulate Blood glucose level
- Anti Inflammatory
- Helpful in preventing breast cancer
- Urinary and Menstrual problems
- Constipation
- Rich source of vitamins A and C, calcium and iron helps strengthen bones
- A compound found in the flowers and roots of Drumstick, pterygospermin, has powerful antibiotic and fungicidal effects



Mechanism of action

Morinda citrifolia has been considered useful in cardiovascular diseases particularly hypertension, atherosclerosis and dyslipidemia

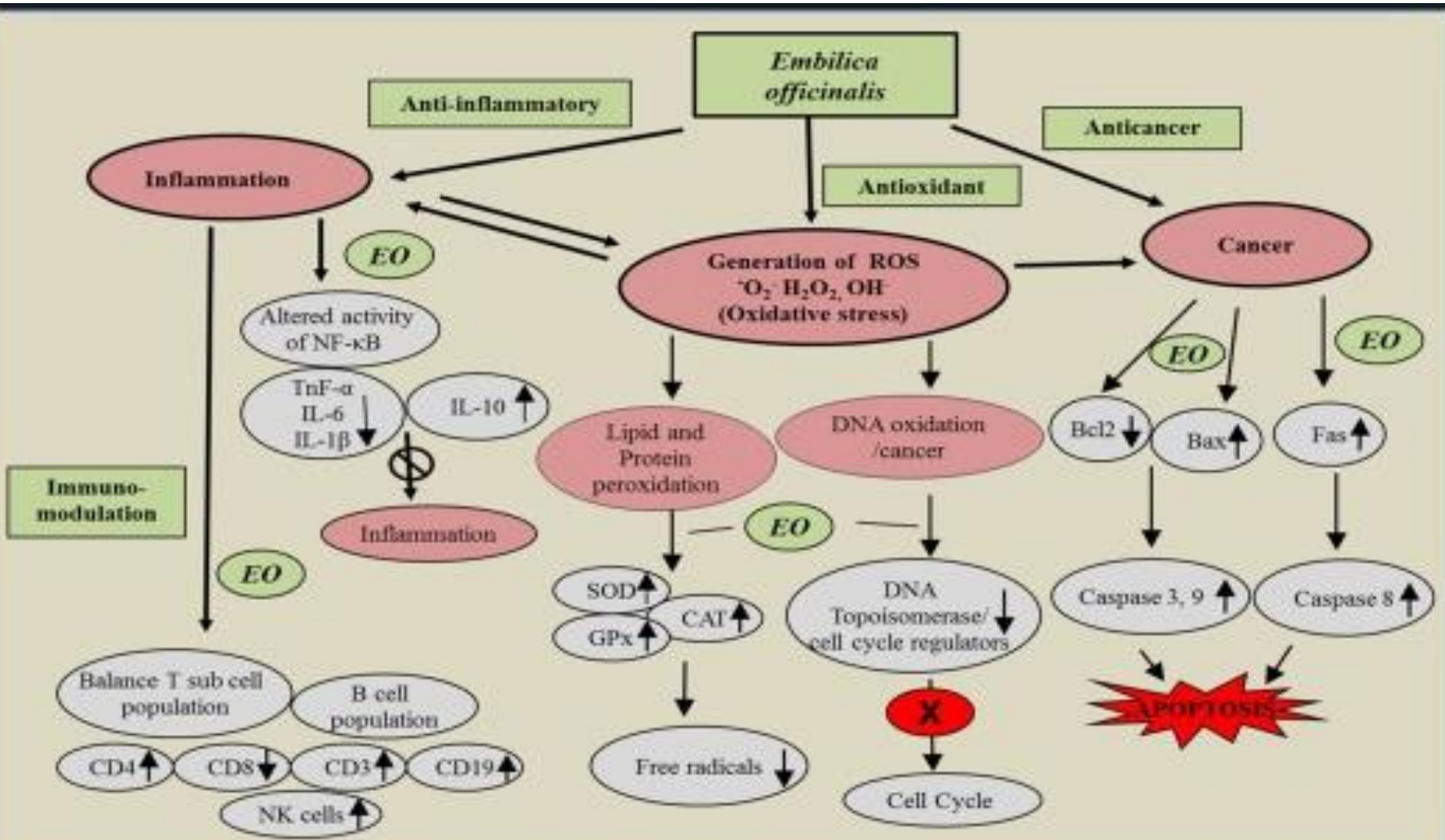
Significant inhibition of rise in lipid levels by extracts of various parts of *Morinda citrifolia* is indicative of inhibition of cholesterol biosynthesis by inhibition of HMG Co-A. This enzyme plays a key role in controlling lipid levels in plasma and other tissue.

Morinda citrifolia is reported to be rich in flavones which are known to inhibit lipid biosynthesis

The plant extracts also caused significant reduction in the atherogenic index, which is considered a better indicator of coronary heart disease risk than individual lipoprotein concentration



Mechanism of action of Amla



Benefits for Woman

Prevents cancer

According to the National Centre for Complementary and Integrative Health, noni juice has tumour fighting and immune stimulating properties. The National Cancer Institute has funded the preliminary research on Noni juice for the treatment and prevention of breast cancer.

Can Relieve Age-Related Spinal Damage

Certain sources say that noni can help improve the degeneration of the spinal cord. The disorder can be caused by a severe deficiency of vitamin B12. Symptoms include weakness and uncomfortable sensations in the body, difficulties with vision and thinking most or all of which might be improved by noni (it contains several vitamins and minerals, and all can work in synergy to offer the benefits). Noni is also believed to protect the nervous system in the event of spinal damage.

Reduces Muscle Spasms

Some research talks about the presence of K⁺ ions in noni juice. These ions induce muscle contractions and stimulate the blockage of calcium channels. And this results in the suppression of muscle spasms.

Dysmenorrhea

Dysmenorrhea is caused by endometrial prostaglandin containing high amounts causing contraction of the myometrium that are able to constrict the blood vessels, resulting in ischemia, the disintegration of the endometrium, bleeding and pain. Noni can reduce these cramping pains.

Affordable Price



850ml

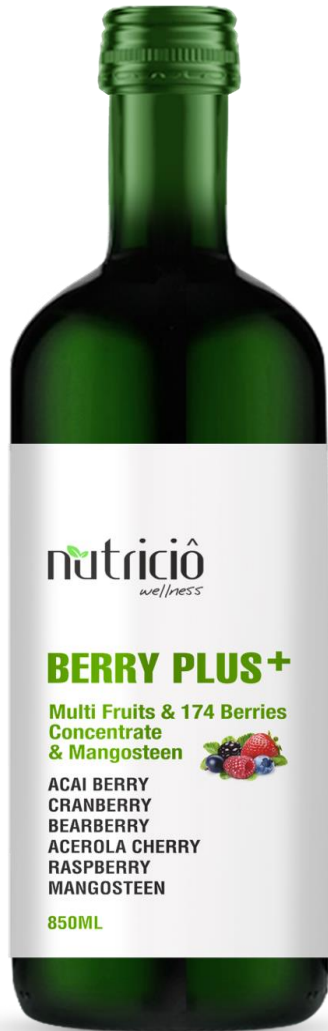
Dosage

Dilute 10-15 ml of noni juice with 500 ml of water or fruit juice ;20-30 minutes before food twice a day.

MRP : 1000

Berry Plus +

Berry Plus +



Unique formula due to 174 Berries.
No other juice is mixed , only berries
have been used.

INGREDIENTS

Black Berry
Mangosteen
Green Apple
Acai Berry
Grape seed Extract
Crane Berry
Goose Berry
Strawberry
Mulberry
Dew Berry

BENEFITS

- High in fiber
- Great source of vitamin K
- High in manganese
- Supports brain health
- Anti-Inflammatory
- Anticancer Effects
- Good for Weight Loss
- Good for Your Heart
- Lower the Risk of Diabetes

BENEFITS

- Support Brain Function
- Improve Blood Flow
- Reduce Oxidative Damage
- Supports Kidney Function
- Prevent urinary tract infections
- Support digestion
- Antioxidant in nature
- Support Cholesterol Levels

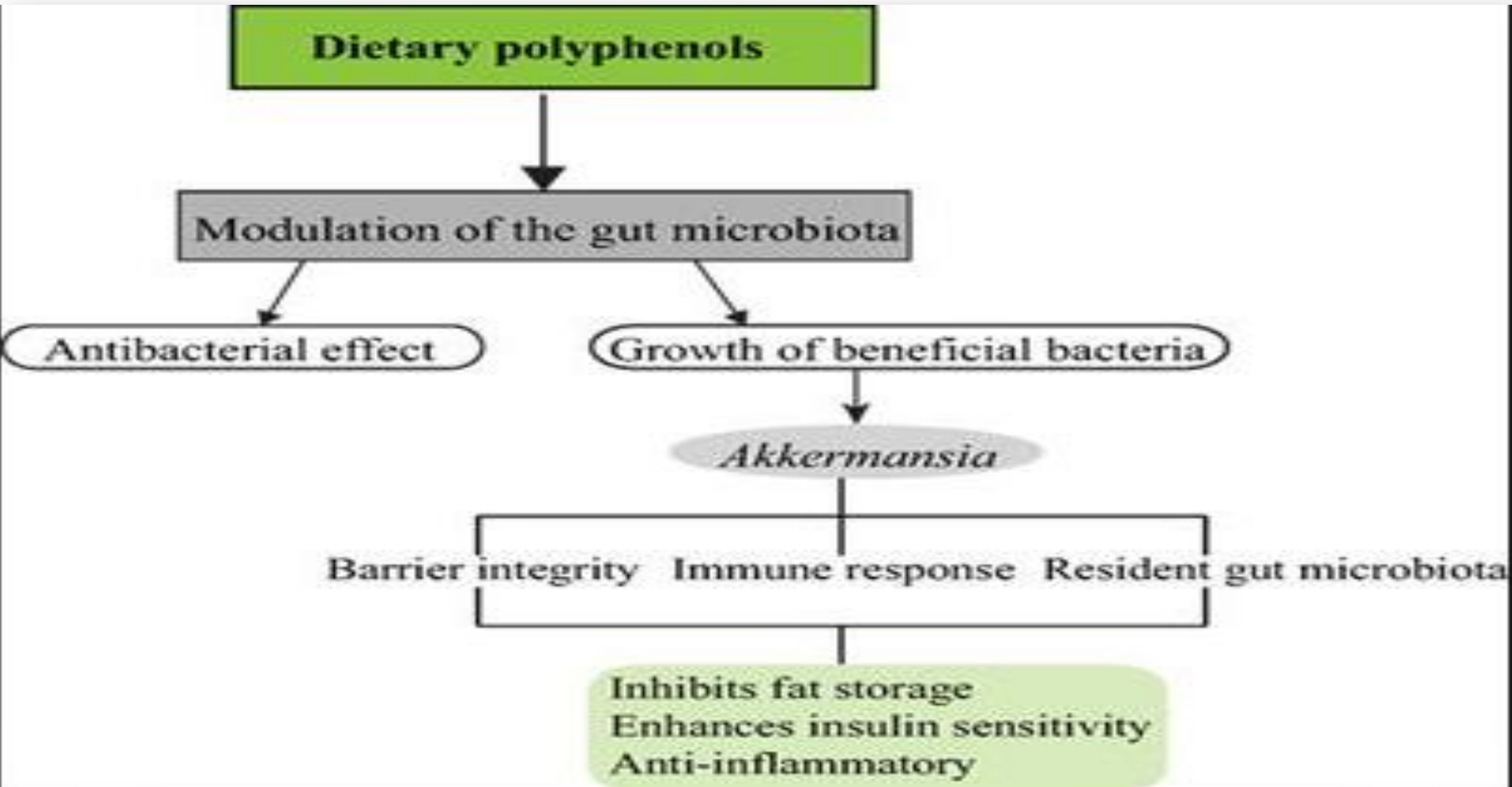


Benefits for Woman

Studies on the effectiveness of berry juice for preventing or treating UTIs have produced mixed results. The berries contains a tannin that prevents E. coli bacteria - the most common cause of urinary tract infections - from sticking to the walls of the bladder, where they can cause infection.

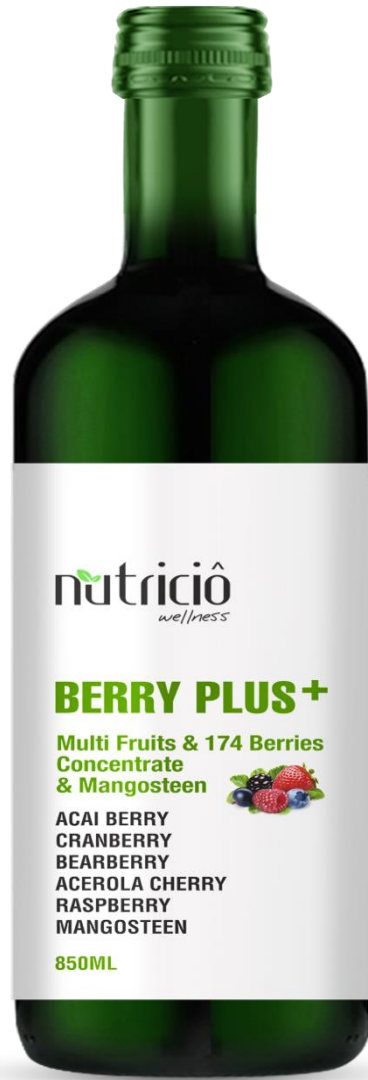
Since berries are high in antioxidants, vitamins, and minerals, they can help balance out the hormonal changes your body is going through during your cycle. On top of that, berries are believed by some to help with low estrogen levels, which causes some to lose sleep during their period.

Mechanism of action



Akkermansia- Category of Good Bacteria

Affordable Price



850ml

Dosage
30 ml twice daily directly or
can be mixed with water

MRP : 2000

Liquid Chlorophyll plus Gurana drop

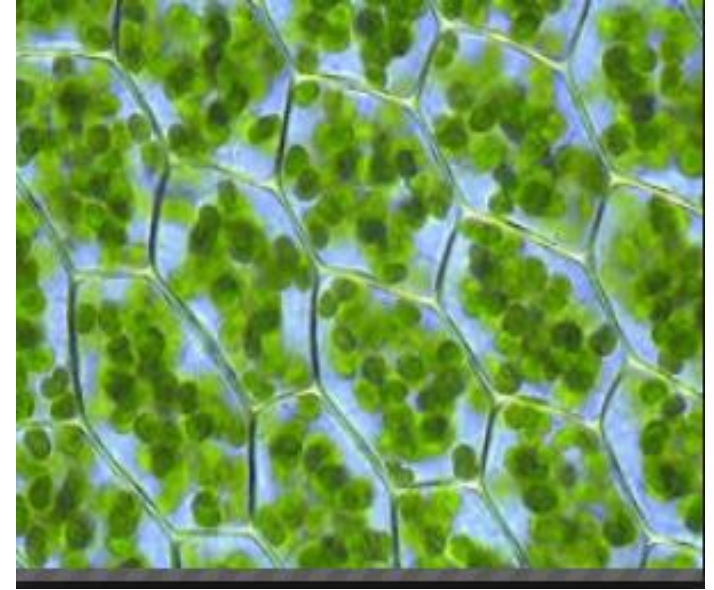
Liquid Chlorophyll plus Gurana drop



Soyabean oil, Yellow beeswax present in it helps to reduce bad cholesterol long with Alfalfa chlorophyll.

What is Chlorophyll ?

- Chlorophyll is a green photosynthetic pigment found in plants, algae, and cyanobacteria.
- Chlorophyll absorbs mostly in the blue and to a lesser extent red portions of the electromagnetic spectrum, hence its intense green color.
- Guarana is a plant. It is named for the Guarani tribe in the Amazon, who used its seeds to brew a drink. Today, Guarana seeds are still used as medicine. Guarana contains caffeine. Caffeine works by stimulating the central nervous system(CNS), heart, and muscles.



Ingredients

Chlorophyll

Guarana

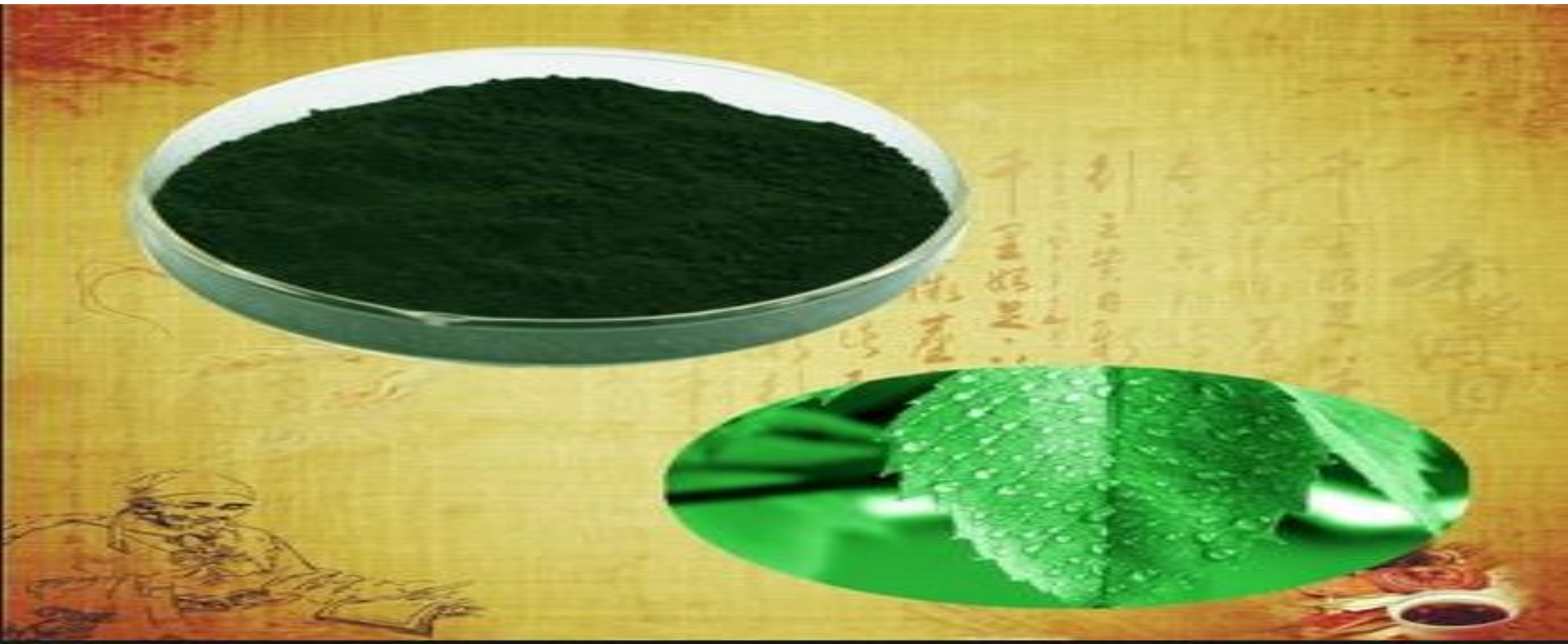
Benefits

- Reduces Excess Cholesterol
- Support Blood Circulation
- Support Brain function
- Build Red Blood Cells
- Rich in Antioxidants
- Support Pain Relief

Benefits



- Reduce Fatigue and Improve Focus
- Help You Learn Better
- Promote Weight Loss
- Relieve Chronic Diarrhea and Constipation
- Support Heart Health



Benefits for woman

Guarana has been thought as a high energy source that increases mental alertness, slows the pulse, decreases the appetite, fights fatigue, an excellent mood elevator. Guarana has also been used as a nerving tonic for hangovers, neuralgia and menstrual headaches, leucorrhea, diarrhea, and fevers

Chlorophyll is a Blood builder. Liquid chlorophyll can build your blood by improving the quality of red blood cells.

Affordable Price



20ml

Dosage

Take 10 drops morning and 10 drops in evening on an empty stomach or half an hour before meal.

MRP : 300

Chlorofresh Plus +

Chlorofresh Plus +



Purified distilled water removes the harmful ions from it.

Natural form of chlorophyll has been used in it.

Internal Deodorant, Premium source, Neutralize toxins, Support liver functioning

Ingredients

Chlorophyllin
(Sodium copper chlorophyllin)

Methylparaben E218

Benefits

- Support Skin healing.
- Chlorophyllin has been shown to reduce inflammation and bacterial growth in skin wounds
- Blood builder.
- Improve the quality of red blood cells

Benefits

- Detoxification
- Weight loss
- A natural deodorant
- Methylparaben is a preservative and antifungal agent



Benefits for Woman

It acts as a skin soothing agent. It acts as an internal deodorant which is useful to remove smell from different skin soothing activities and act as a fast neutralizer to remove toxins from woman's body to maintain their hygiene.

Affordable Price



500ml

Dosage

Dilute 10-15 ml of chlorofresh juice with a glass of water twice a day

MRP : 1100

Wheat Grass Plus+

Wheat Grass Plus+



Combination of wheat grass powder with Amla and Giloy makes it effective remedy for lowering bad cholesterol

Ingredients

Wheat Grass Powder

Amla

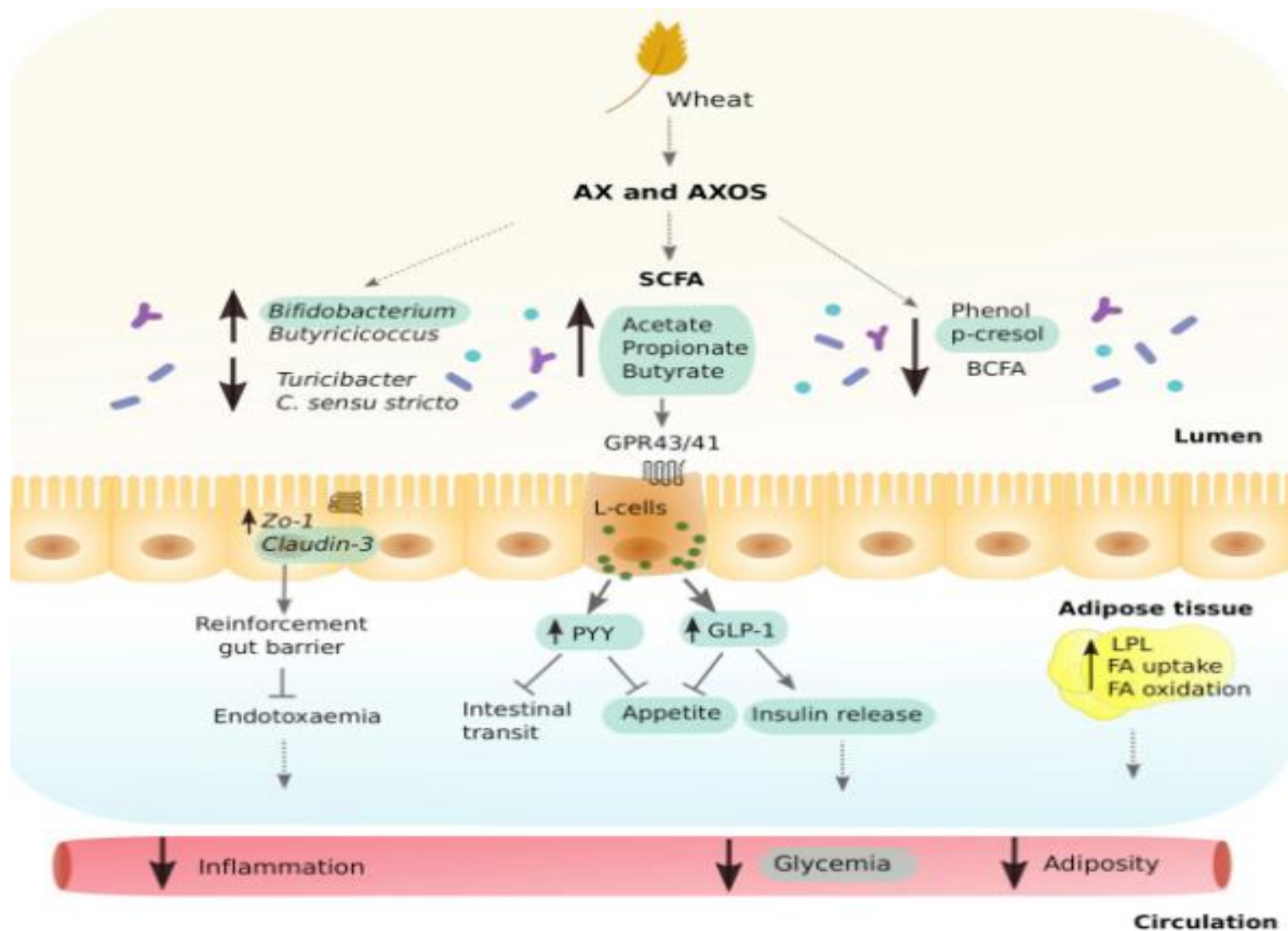
Giloy

Benefits

- It is especially high in vitamins A, C and E, as well as iron, magnesium, calcium and amino acids
- Cures sore throat and cold
- Amla reduces constipation and helps heal painful mouth ulcers , it has anti-inflammatory properties
- Support Immunity
- Support healthy Digestion



Mechanism of action



Benefits for Woman Health

Wheatgrass is very helpful in the treatment of anemia and the formation of RBC (red blood cells). Its powder helps in removing anemia. Wheatgrass has a high content of chlorophyll, which increases the amount of blood and maintains the level of hemoglobin normal. Increased production of blood in your body keeps you energetic and healthy. Apart from this, it also maintains and regulates the body blood pressure and metabolism to normal

Affordable Price



500ml

Dosage

Take 15-30 ml of wheat grass juice in half glass of water preferably at empty stomach in morning and evening.

MRP: 550

Get In Shape Slimming capsules

Get In Shape Slimming capsules



No Genetically Modified Organism,
Gluten free, with no additives.
Pure Vegetarian

Alovera and Triphala present in it
makes it a unique formula for weight
loss

Benefits for Woman Health

During the second decade of life, females are more likely to be obese than males, except for black teenagers, among whom males are more likely to be obese than females.

Excess weight gain occurs due to energy imbalance. Excessive energy intake, particularly of energy-dense foods

Ingredients

Benefits

Benefits

Garcinia Cambogia

Green Coffee

Cinnamon

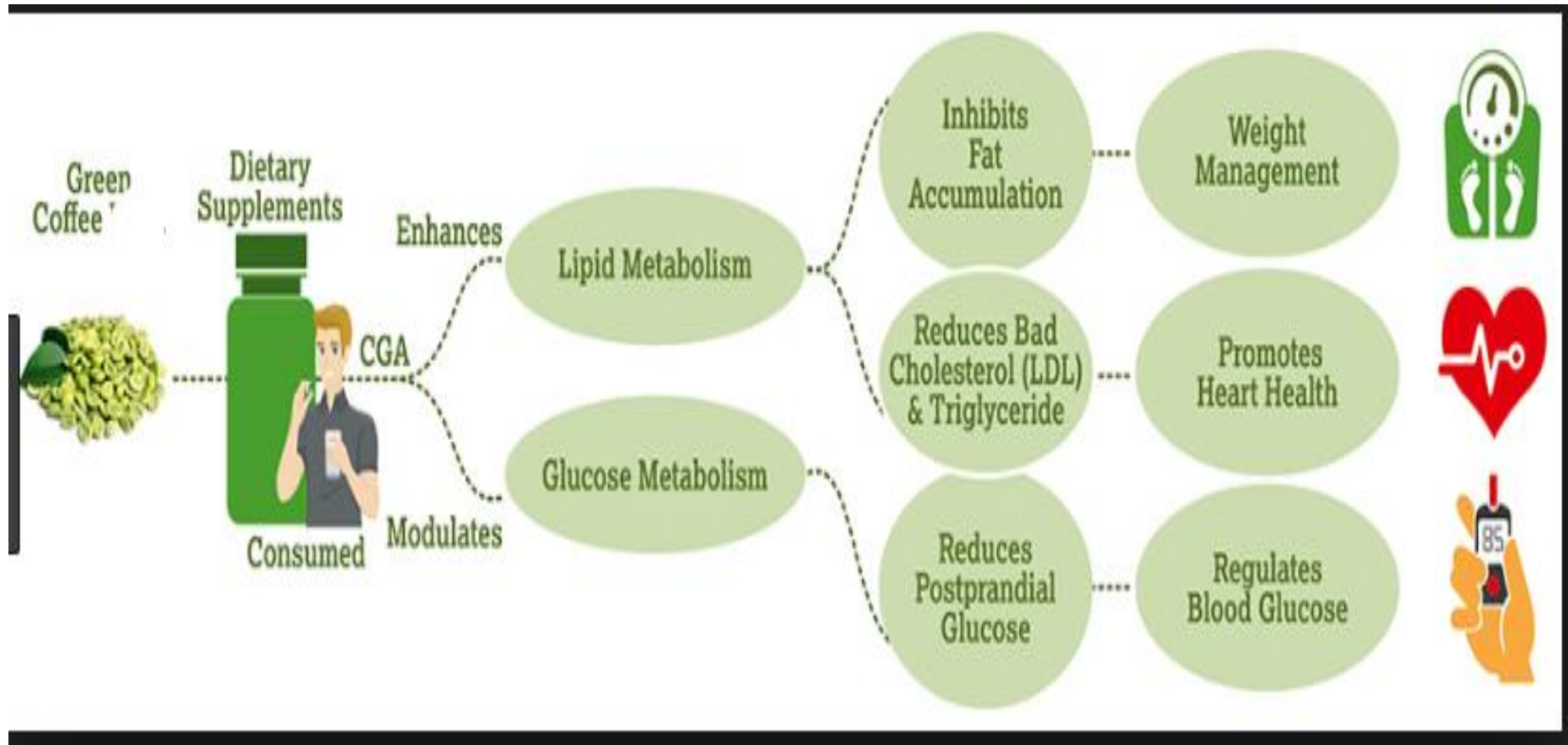
Aloe vera

- It contains hydroxycitric acid (HCA)- strong effect on appetite
- Used as a dietary supplement for Rheumatism, Intestinal problems.
- Chlorogenic acid in green coffee affects blood sugar and metabolism.
- Optimal expulsion of waste from the body that helps in losing weight

- Reduce some of the bad effects of eating high-fat foods
- Support digestive system
- Support metabolism rate
- Supports Heart Health

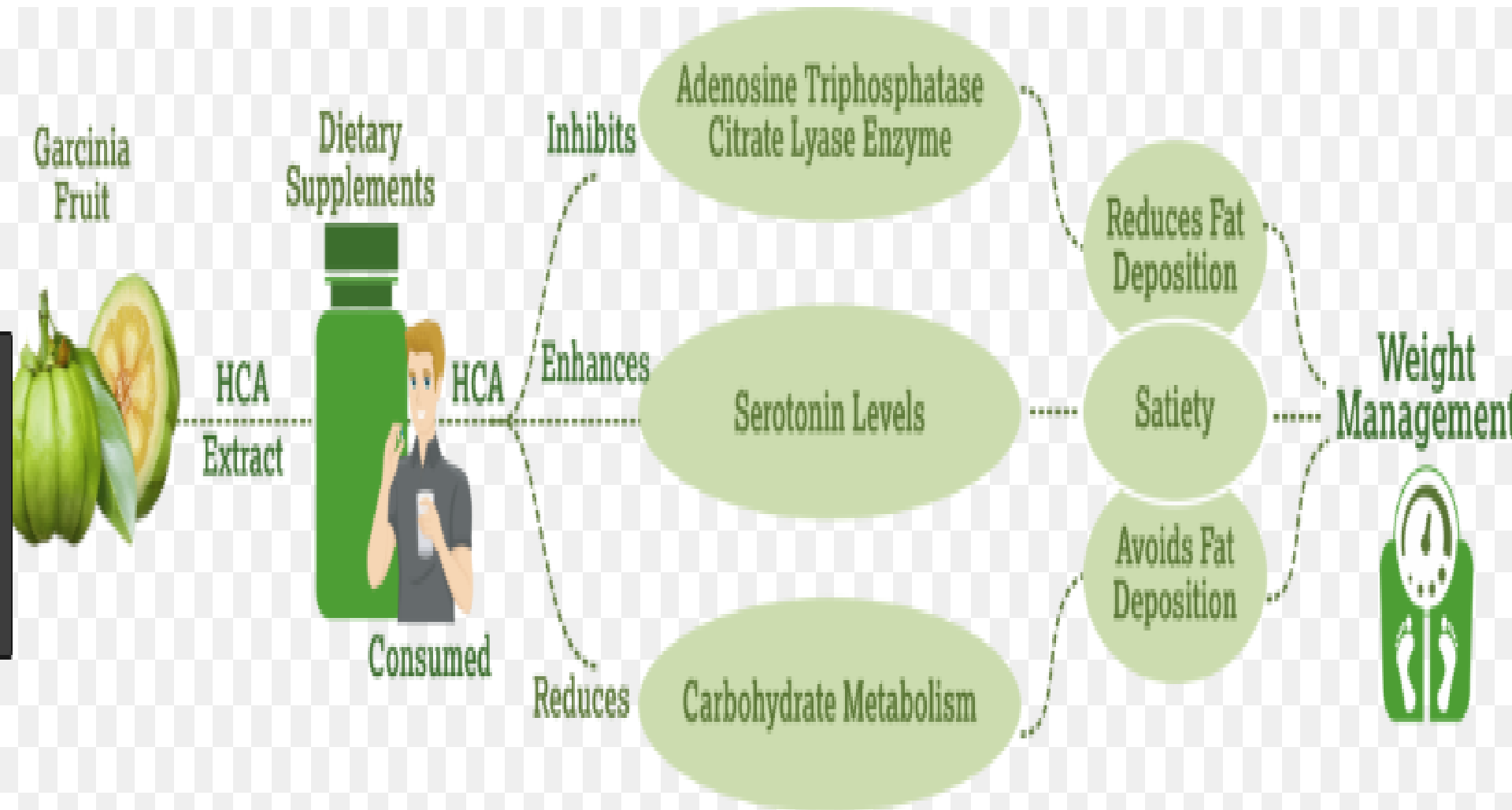


Mechanism of action of Green Coffee



CGA- Chlorogenic Acid

Mechanism of action of Garcinia Cambogia



Satiety-Feeling of fullness

Affordable Price



60capsules

Dosage

2 capsules twice a day with water after meals

MRP : 700

Organic D-Tox

Organic D-Tox



Combination of Lemon and Sea buckthorn with Green tea extract not only regulates the metabolism but also prevent aging effects.

Ingredients

Lemon

Sea Buckthorn

Green Tea

Benefits

The “liver loves lemons. It is a dissolvent of uric acid and other poisons, liquefies the bile. Fresh lemon juice added to your drink in the morning is a great liver detoxifier

Sea buckthorn is naturally full of antioxidants, which help protect our body against aging and illnesses like cancer and heart disease

Green tea is the healthiest beverage on the planet. It is loaded with antioxidants and nutrients that have powerful effects on the body. These include improved brain function, fat loss, a lower risk of cancer and many other impressive benefits



WHY YOU SHOULD CONSIDER GREEN TEA DETOX

Benefits for woman

Green Tea is rich in epigallocatechin-3-gallate (EGCG) .



Scientists have demonstrated that this compound binds to apolipoprotein A-1 (apoA-1).



In atherosclerosis, apoA-1 sticks to plaques, making them larger and restricting blood flow further.

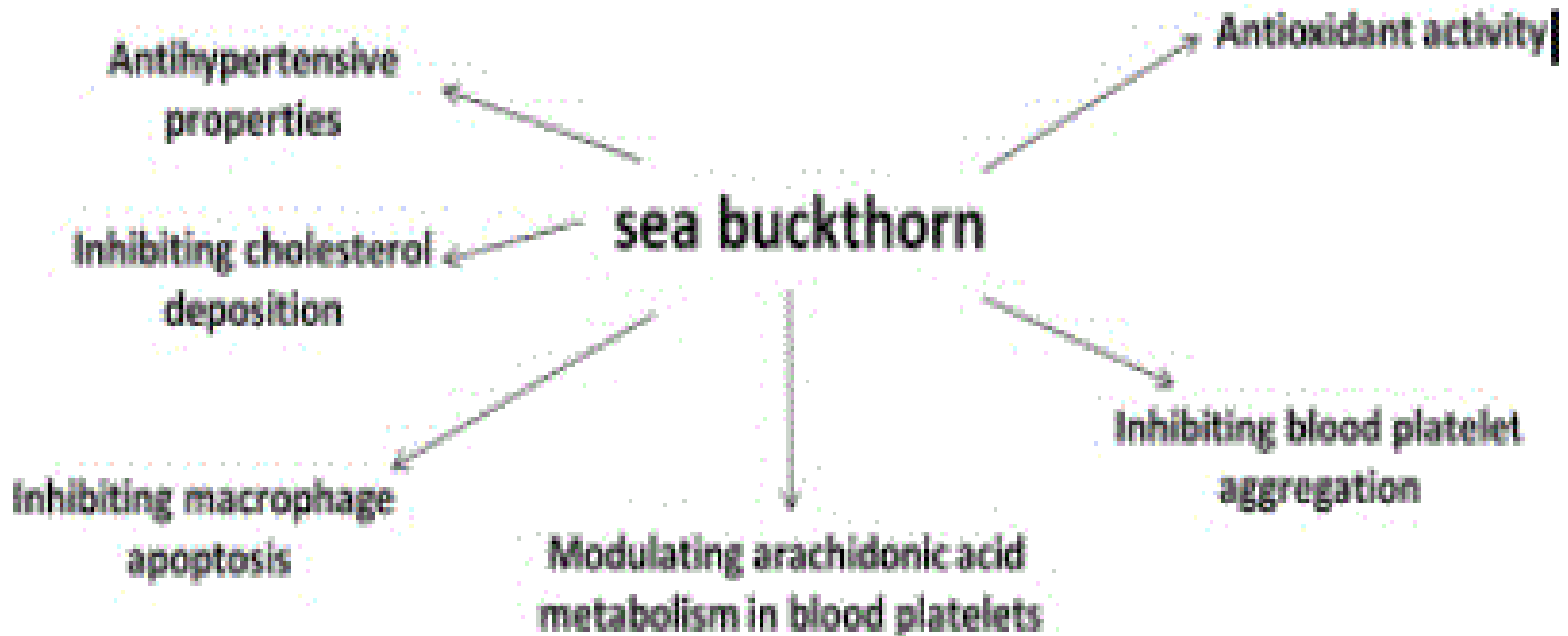


EGCG breaks down apoA-1 when in the presence of heparin, a naturally occurring anticoagulant.



The combination of molecules converted apoA-1 into smaller and more soluble molecules that are less likely to restrict blood flow.

Mechanism of action



Benefits for Woman Health

Green Tea

Breast cancer: A meta-analysis of observational studies found that women who drank the most green tea had a 20-30% lower risk of developing breast cancer, the most common cancer in women

Menstrual Health : Green Tea is useful in menstrual cramping

Sea Buckthorn

Sea Buckthorn has been claimed to be a natural lubricant and helps to relieve vaginal dryness that may occur during menopause. The anti-inflammatory and immune boosting properties of sea buckthorn plant can help combat a number of gynecological and menstrual issues in women, including, but not limited to, menstrual pain, cervical erosion, vaginitis and cervicitis

Affordable Price



60tablets

Chew 1-2 tablets at night,
drink 2-3 liters of water for
maximum results

MRP : 650

Omega 3-6-9

Omega 3-6-9



Omega 3-6-9 is an essential supplement to support heart health.

Rejuvenates and Support Heart Health

Features

Omega 3-6-9 is an essential supplement to support heart health.

Omega-3, omega-6 and omega-9 fatty acids are all important dietary fats.

Omega-3 fats are a crucial part of human cell membranes. They also have a number of other important functions, including: Improving heart health:

Omega-3 fatty acids can increase "good" HDL cholesterol. They can also reduce triglycerides, blood pressure and the formation of arterial plaques .

Ingredients

Benefits

Omega 3

It can fight with depression and anxiety

Can improve eye health

Supports a healthy heart

Omega 6

Stimulate skin and hair growth,

Maintain bone health

Regulate Metabolism

Omega 9 and Fatty acids

Rich source of Oleic Acid and

Improves Insulin sensitivity

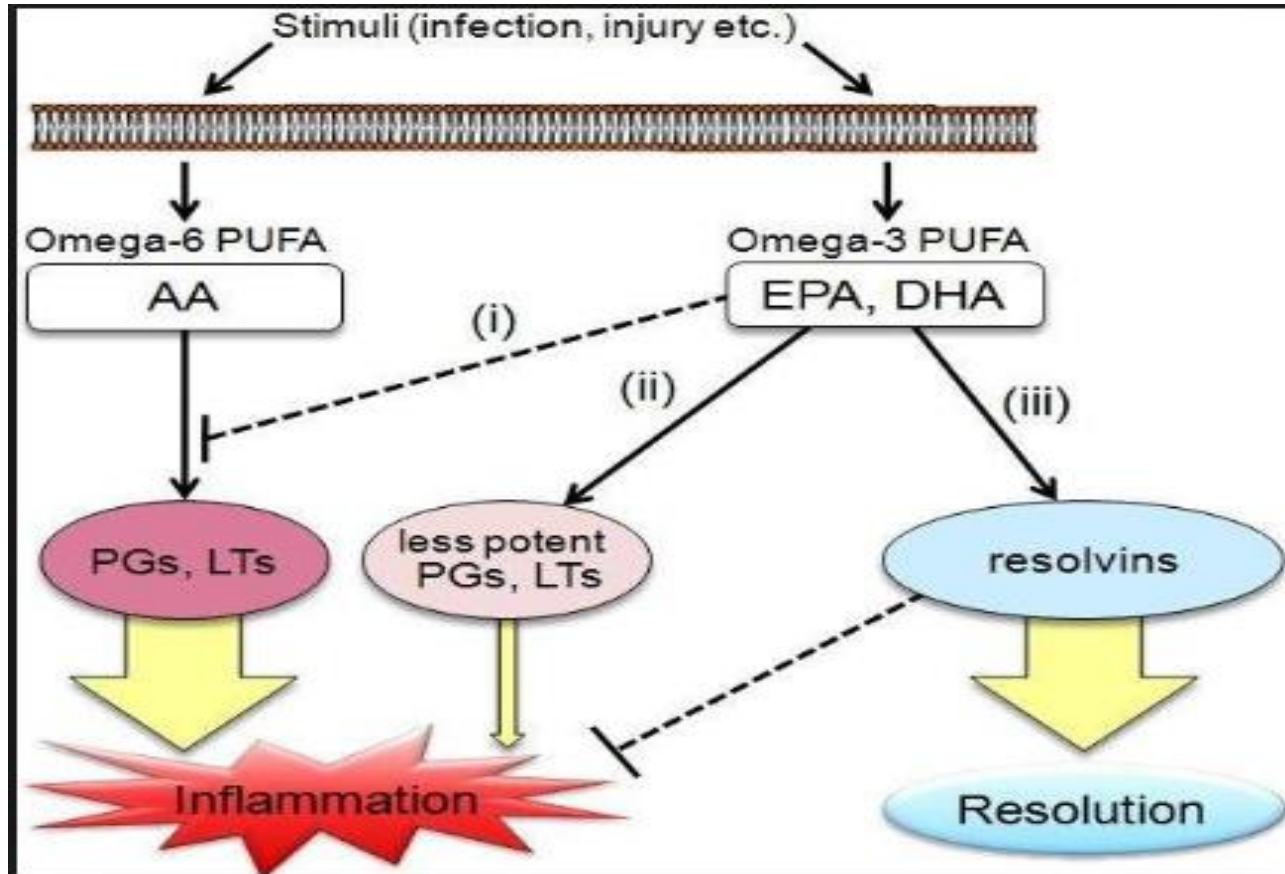
Vitamin E

It support immune function,
promotes eyes heath

Mechanism of action

Inflammation in the body can damage your blood vessels and lead to heart disease and strokes. Omega fatty acids may decrease triglycerides, lower blood pressure slightly, reduce blood clotting, decrease stroke and heart failure risk and reduce irregular heartbeats.

Mechanism of action



Possible mechanisms of the anti-inflammatory actions of ω -3 PUFAs. Omega-3 PUFAs are thought to act via several possible mechanisms: (1) preventing the conversion of AA into proinflammatory eicosanoids, such as 4-series LTs and 2-series PGs via substrate competition; (2) serving as an alternative substrate to produce less potent 5-series LTs and 3-series PGs and thromboxanes; and (3) converting EPA and DHA into bioactive metabolites, such as resolvins with anti-inflammatory and proresolving properties.

Benefits for Woman Health

It can ease menstrual pain

It alleviates rheumatoid arthritis

It protects you against osteoporosis

Affordable Price



60 Capsules

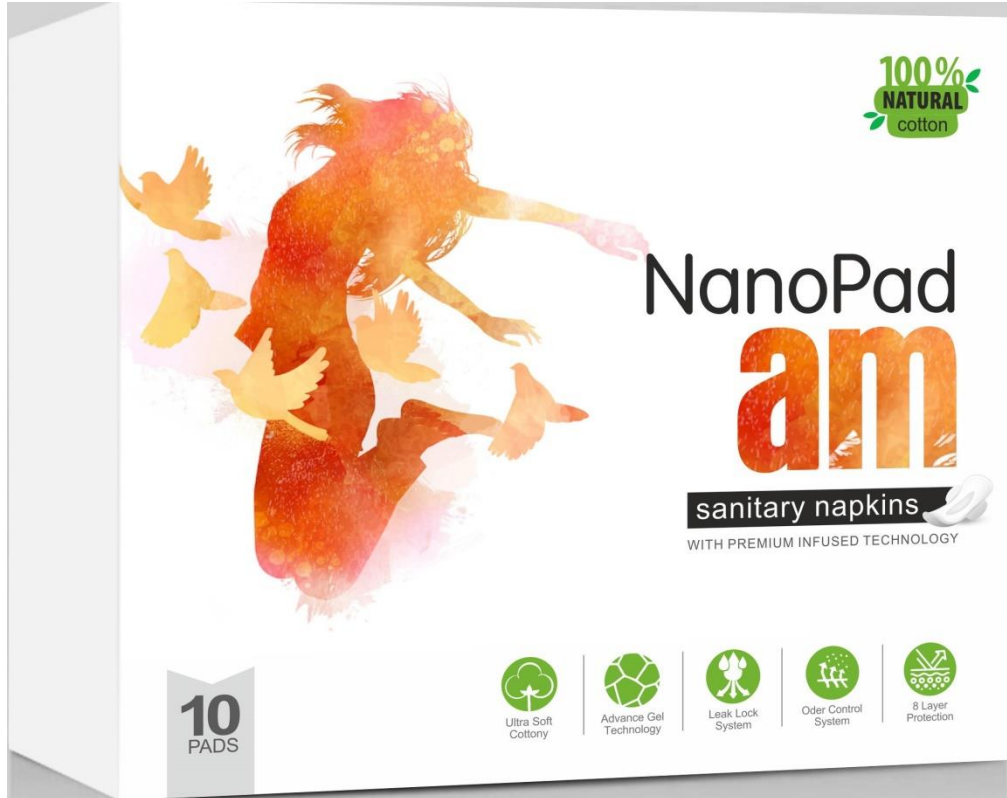
Dosage

Take 1 capsules in the morning and in the evening with water at meal times.

MRP : 650

NanoPad pm

NanoPad pm



8 layered protection system

1. Soft cotton layer
2. Adsorption layer
3. Anti Leak layer
4. Absorbent paper
5. Odour control system
6. Ventilation Layer
7. Macromolecule absorption layer
8. Release paper

Features

These pads are made up of ultra cottony soft, advance gel technology with Leak Lock and odour control system

THANK YOU



PROVEDA
leading you to success
