

- [Men](#)
- [Women](#)
- [Children](#)
- [Seniors](#)

- [What to Eat During Monsoons](#)
- [Foods to Improve Your Memory](#)
- [What should You Eat to Tame Arthritis](#)
- [The Right Diet for Breast Feeding Moms](#)
- [Readers Request - When Bones Become Brittle](#)



Joy for everyone!
Guaranteed Gifts
Just shop for Rs. 250 from Guardian Pharmacy!

Scratch and get assured gifts

Bumper Lucky Draw
Only 1000000
Holiday Package

Ask Your Doctor



I have fat bulges on my lower abdomen which have refused to respond to diet and exercise. I was contemplating liposuction. Please tell me in [detail about it.](#)

detail about it. [renowned specialists](#) on our panel of experts. If you have a health query [write to us.](#)

Fruit Facts



[Know more](#)

Participate & Win

[Click here](#) to win exciting gift vouchers from Alps Beauty Clinic and Elemention Gym.

WINNERS OF LAST CONTEST
Purnima & Eitika

New Product Launches



Prenatal Formula
Balanced NUTRITION FOR Pregnant and Breast Feeding Women



Gingko Biloba
Tonic for BRAIN



Tulsi & Giloy Syrup
Herbal IMMUNE Booster



Bone Health
For Super STRONG Bones



Joint Health
Repairs & NOURISHES Cartilage

FIND A STORE



SHARE WITH A FRIEND



GET HEALTH INFO ON FACEBOOK



WE TWEET HEALTH TIPS



HEALTH BLOG IN HINDI

