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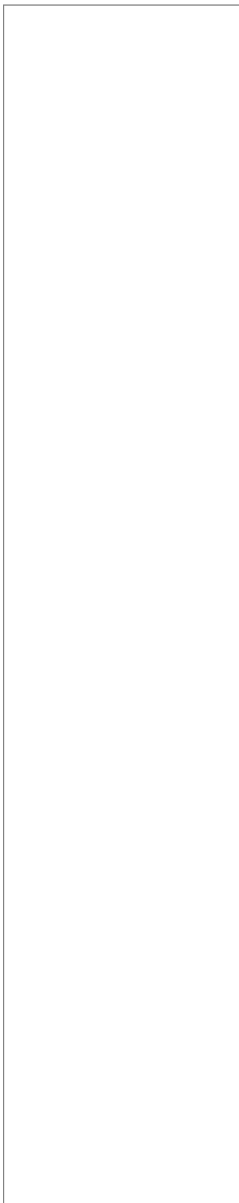
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**ity are:**

- Overeating – intake of calories is above the body's requirement.
- Low basal metabolism
- Thyroid or pituitary gland disorders.
- Sedentary life style
- Genetic factors
- Hormonal imbalance

### **Home Remedies for Obesity**

Honey is an excellent **natural remedy for obesity**. 10 grams of honey should be taken with hot water in the starting and the doze can be increased with the time. This is excellent **home remedy for obesity**.

**Diet for Obesity** - One teaspoon of fresh honey mixed with a juice of half a lime in a glass of lukewarm water can be taken at

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