



WT
WINNING TEAM



6th, 7th, 8th

AUGUST

**LeaderSHIP for the strong
currents!**

Why Wellness ?





cutting through complexity

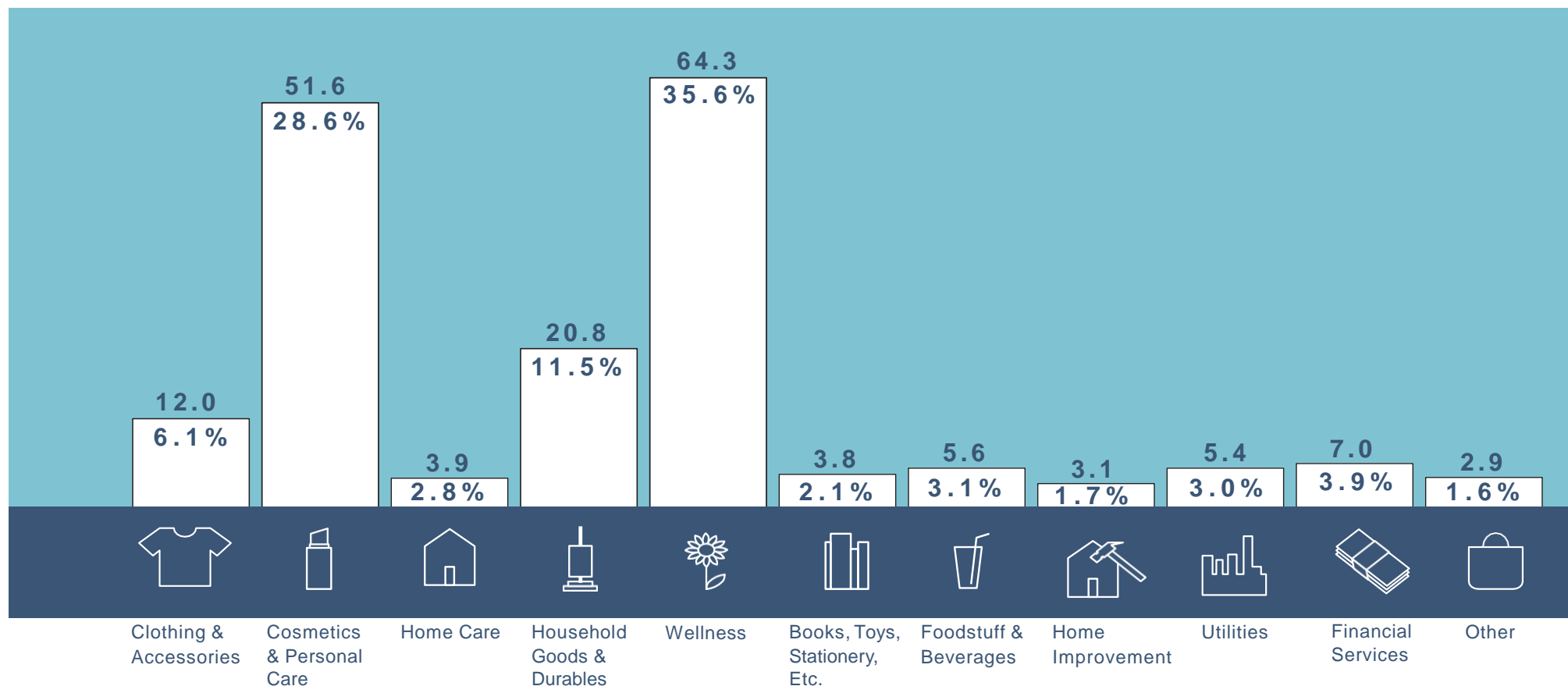


Direct selling

A global industry empowering
millions in India

GLOBAL SALES BY PRODUCT

The two largest product categories were still- **wellness and beauty** and these together made about 2/3 of global sales, again in 2019.



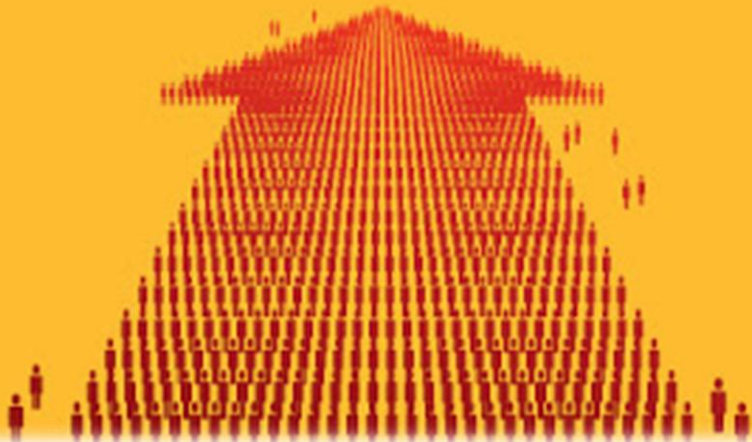
IN USD BILLIONS



P | L | R
CHARTERS
advisors & solutions

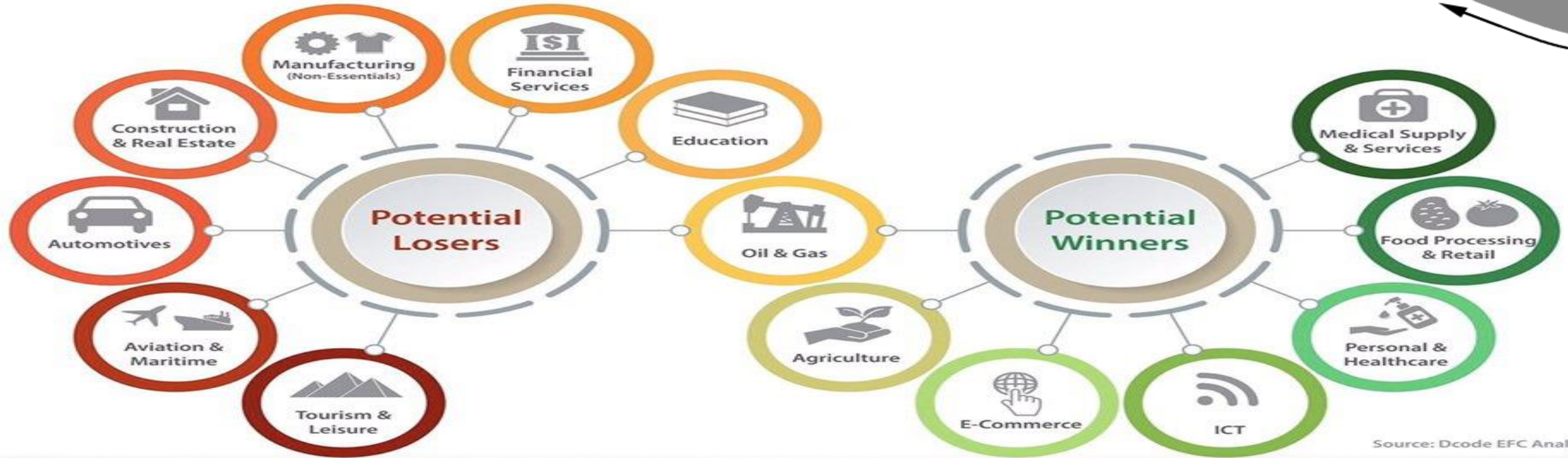
DIRECT 2018

Implementation of Direct Selling
Guidelines in States & Viewing the
Direct Selling Industry with a
Futuristic Lens



₹ 64,500Cr 2025



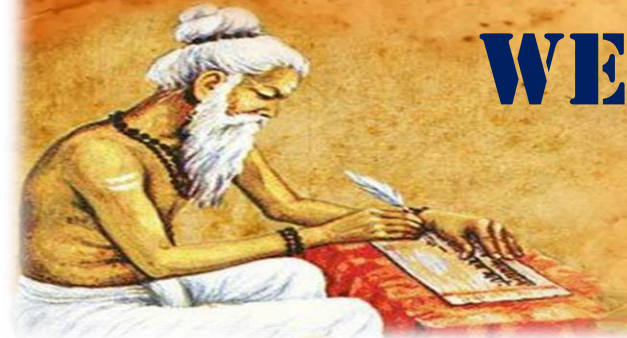


Ayurveda

The Science of Life

WELLNESS

Ancient | Natural | Holistic
Time Tested | Free From Side Effects



DO YOU
BELIEVE?



WT WINNING TEAM
The Team of Champions



Thank
you!!

WT WINNING TEAM
The Team of Champions



PEACE BEGINS WITH A SMILE!



Shirish P. Sebastian



Think Above

C
H
A
N
G
E

Clarity of thought

Happy Smile

Appreciation

Nature

Gratitude

Enthusiasm



A hand with purple nail polish holds a clapperboard against a blue background. The clapperboard has a black and white striped top bar. A semi-transparent blue rectangle is overlaid in the center, containing the text 'THE CREDITS' in white. Below the rectangle, the clapperboard's text is visible, including 'DIRECTOR', 'CAMERA', and a row of checkboxes for 'DAY NIGHT INT EXT MOS' with 'FILTER' and 'SYNC' below them.

THE CREDITS

DIRECTOR

CAMERA

DAY NIGHT INT EXT MOS
FILTER SYNC

My Life Coach



Peter Parvathi Sebastian

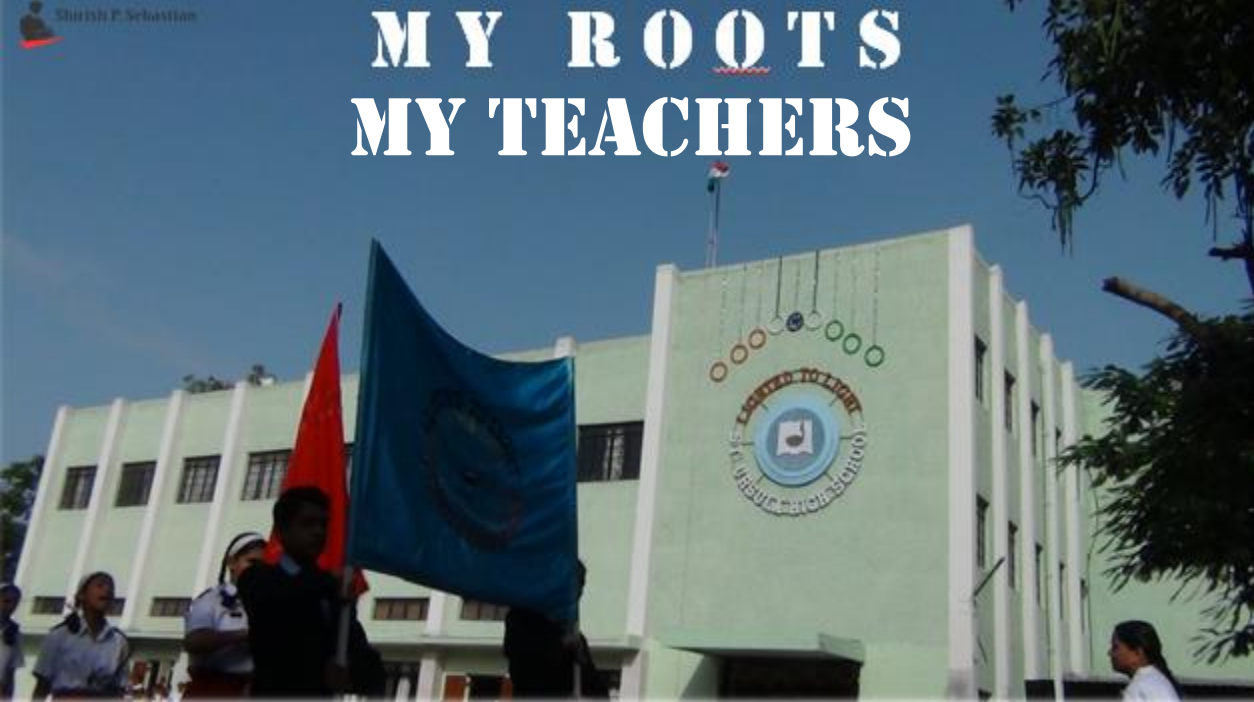
MY SPIRITUAL GUIDE



FR GEORGE THADATHIL

SDB

MY ROOTS MY TEACHERS



FAMILY; WHERE LEARNING NEVER STOPS !



POONA DIOCESE YOUTH COMMISSION

THE WORD OF GOD



MY UNIVERSITY



Shirish P. Sebastian

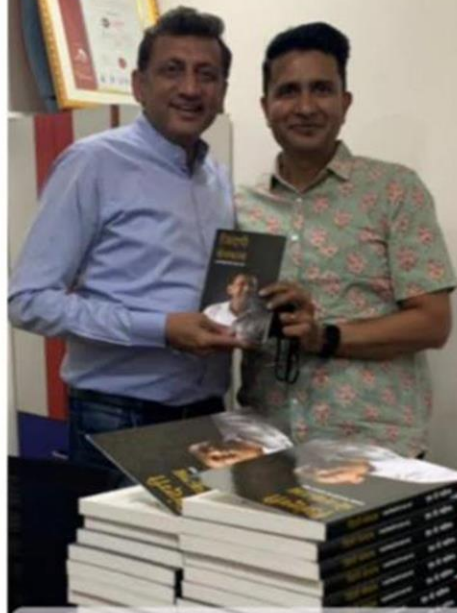
22 years 25 countries 4 passports No visiting card



A True mentor is the one who
neither leads nor follows,
but walks with you.
You'll know when
you find one.



2020



2020WON



CHALLENGES

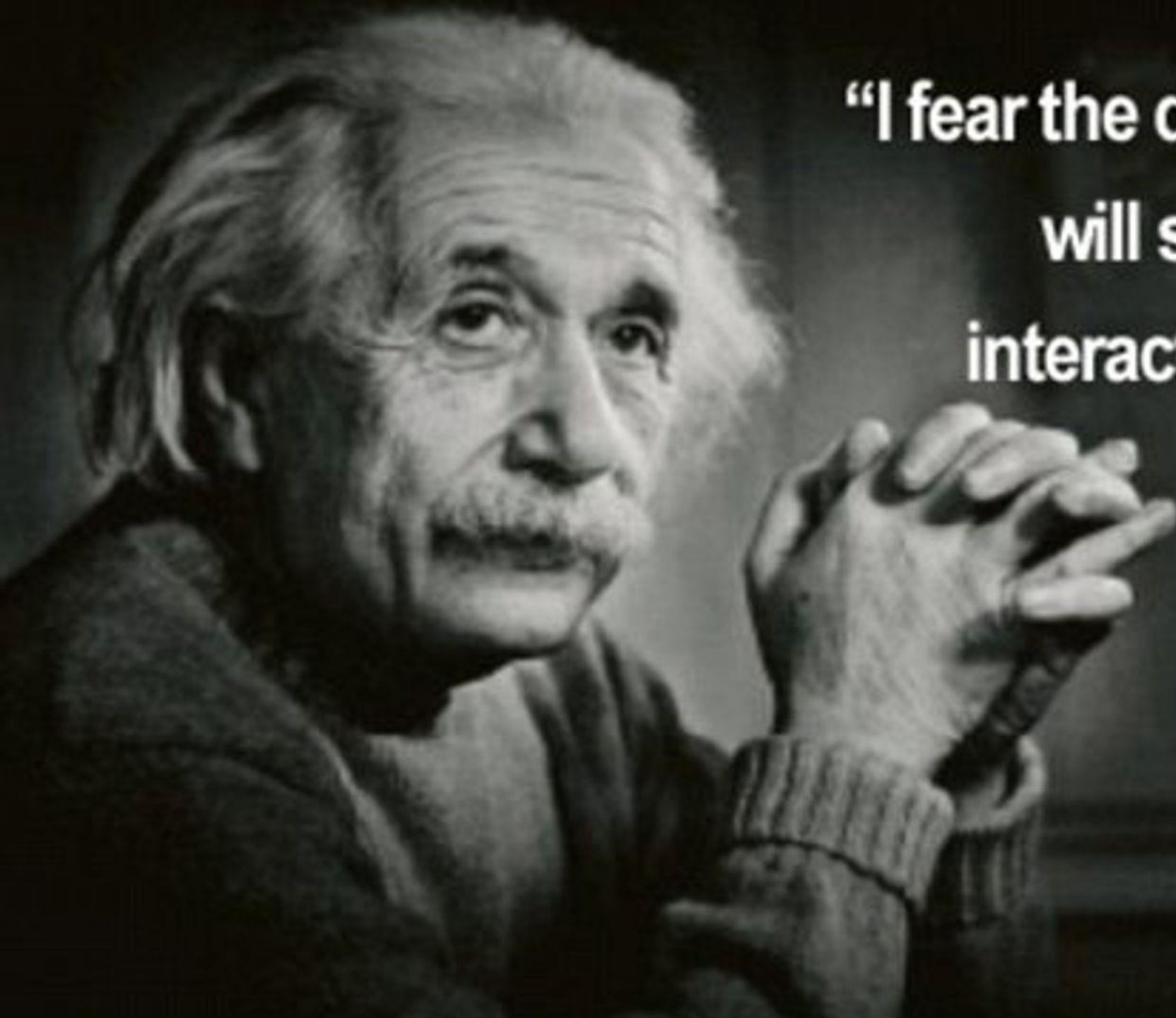


AHEAD

Without education, we are in a horrible and deadly danger of taking educated people seriously. (Retierated by my friend Ujwal Chablani)







**“I fear the day that technology
will surpass our human
interaction. The world will
have a generation
of idiots.”**

Albert Einstein

WORSE THAN COVID19, DEPRESSION !



* Lockdown
Physical State

* Knockdown
Mental state

There is so much more to life, time to ThinkAbove



Half of Indians could be infected by Feb

MUMBAI—At least half of India's 1.3 billion people are likely to have been infected with the new coronavirus by next February, helping slow the spread of the disease, a member of a federal government committee tasked with providing projections said on Monday.

India has so far reported 7.55 million cases of the coronavirus and is second only to the United States in terms of total infections. But Covid-19 infections are decreasing in India after a peak in mid-September, with 61,390 new cases reported on average each day, according to a Reuters tally.

"Our mathematical model estimates that around 30 per cent of the population is currently infected and it could go up to 50 per cent by February," said Manindra Agrawal, a professor at the Indian Institute for Technology Kanpur and a committee member. The committee's estimate for the current spread of the virus is much higher than the federal government's serological surveys. — Reuters



News / Coronavirus Outbreak /

No coronavirus vaccine for common people till 2022, Covid won't vanish, says AIIMS Director Randeep Guleria

AIIMS Director Randeep Guleria has said that common people in India will have to wait for another year to get vaccinated, while reminding that the coronavirus infection "will not vanish" with vaccination.



PARENTING

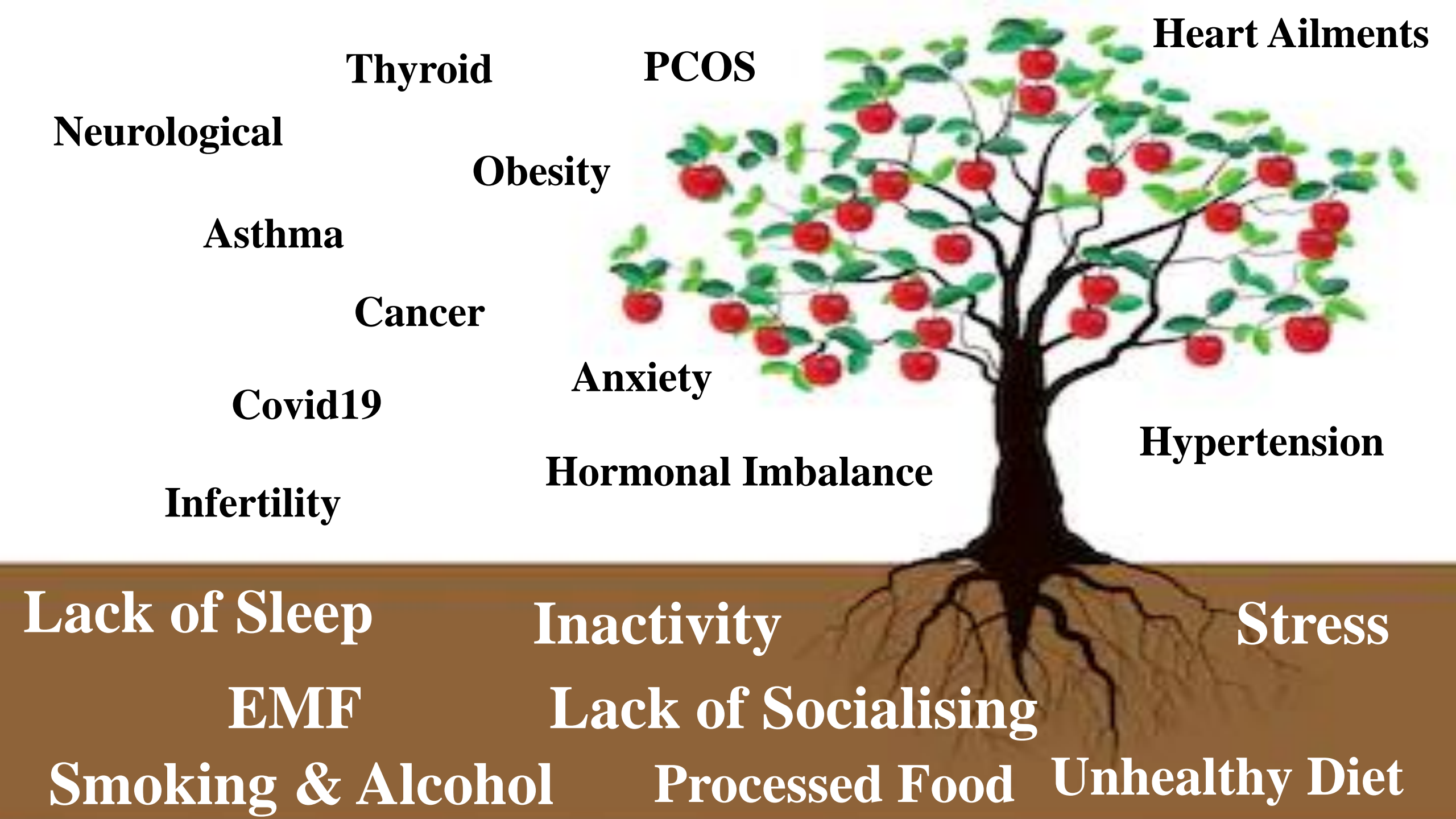


PORTION / POSHAN



PCOS SYMPTOMS









IMBALANCE



RATE YOURSELF

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NUTRITION

SLEEP

LIFE STYLE



TRILLIONS OF CELLS

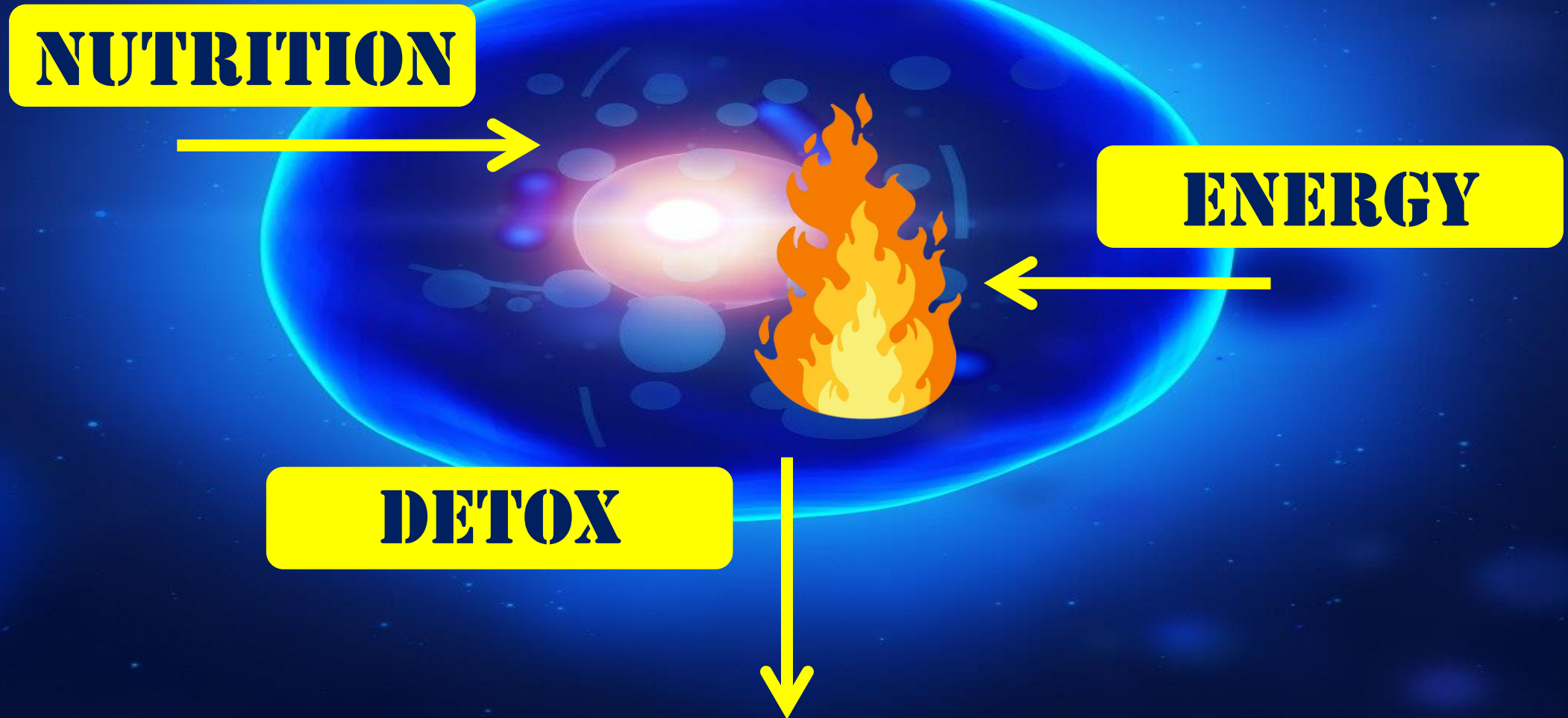


NUTRITION

ENERGY

DETOX

HEALTHY CELL



pH Scale



Acid

Alkaline



WHICH IS SAFER?



AIR

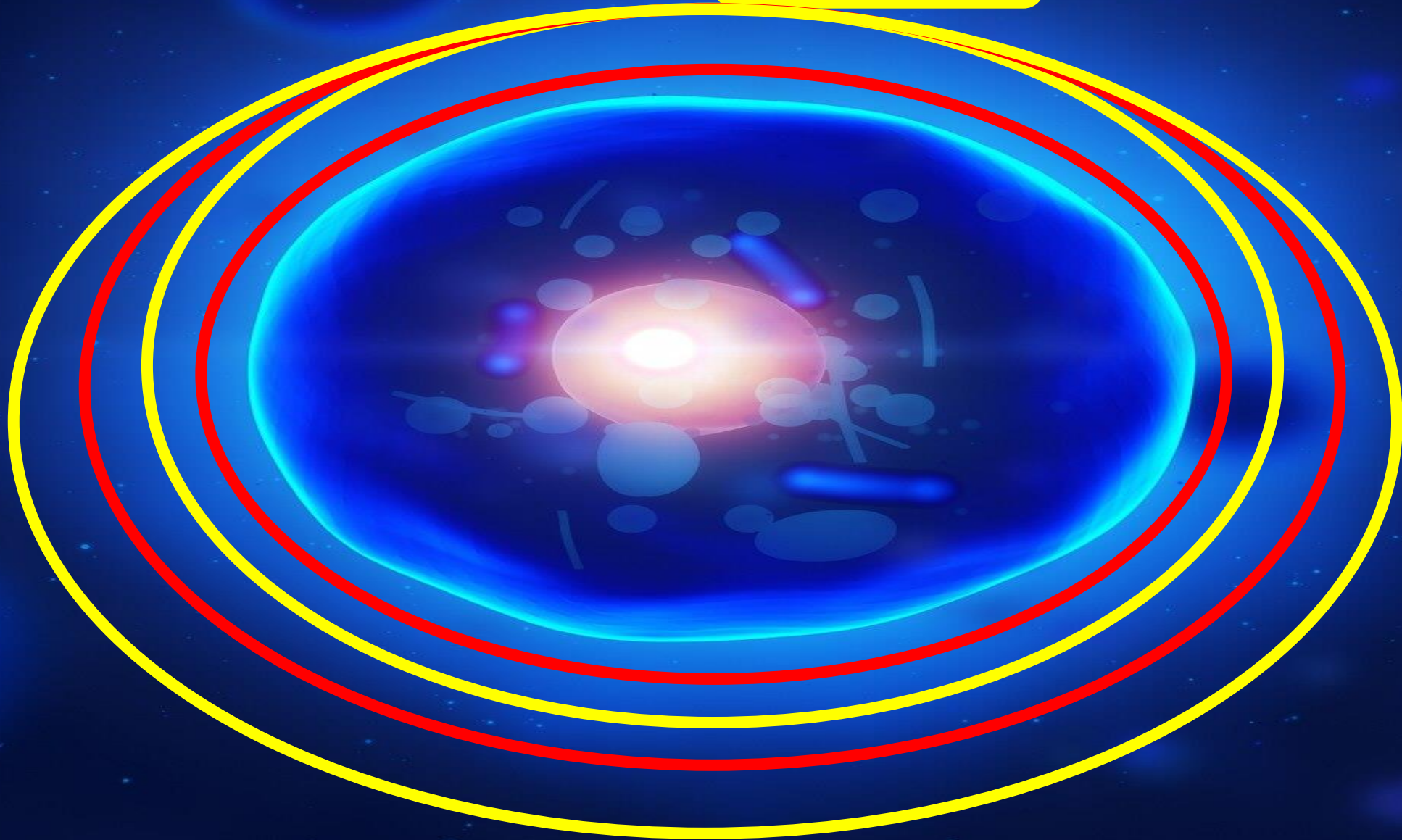


WATER

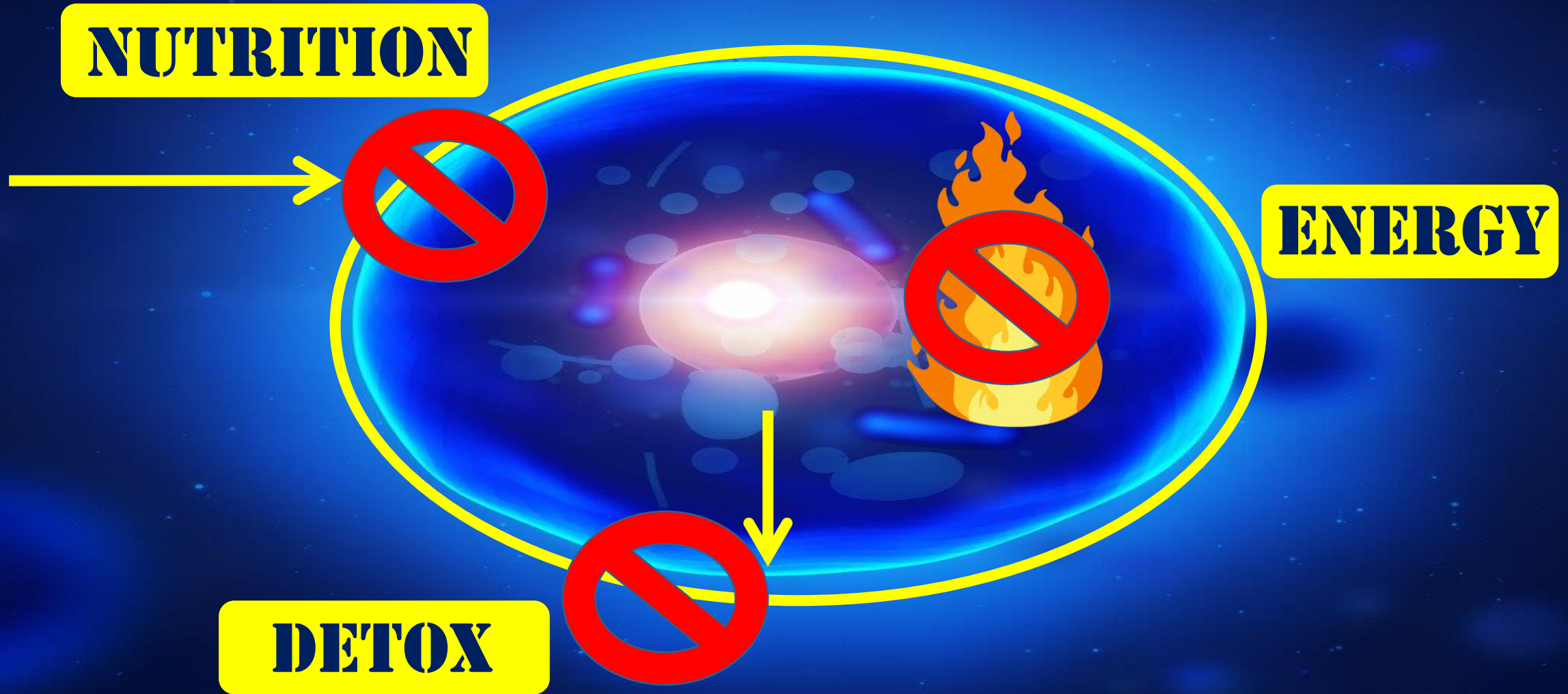


FOOD

CELL UNDER **ACID** ATTACK



UNHEALTHY CELL



WHERE
TO
START
?



pH Scale



Acid

Alkaline

NUTRITION



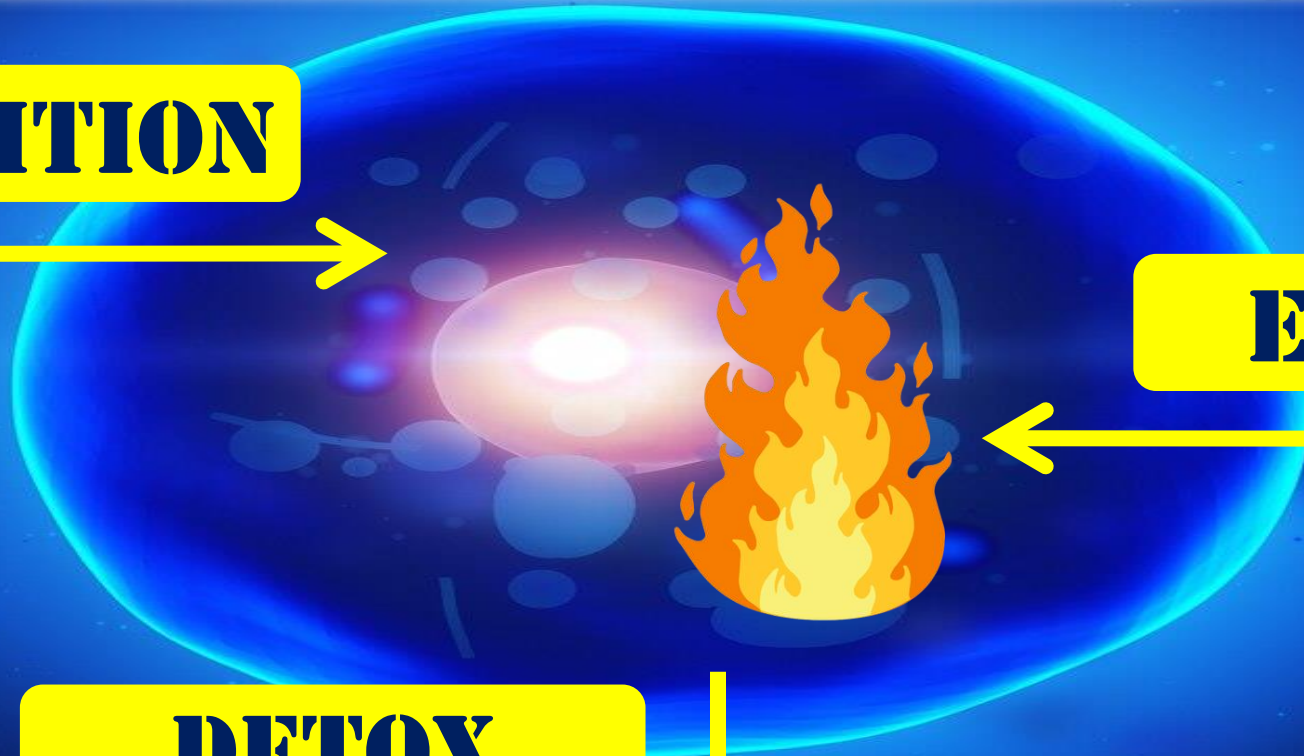
ENERGY



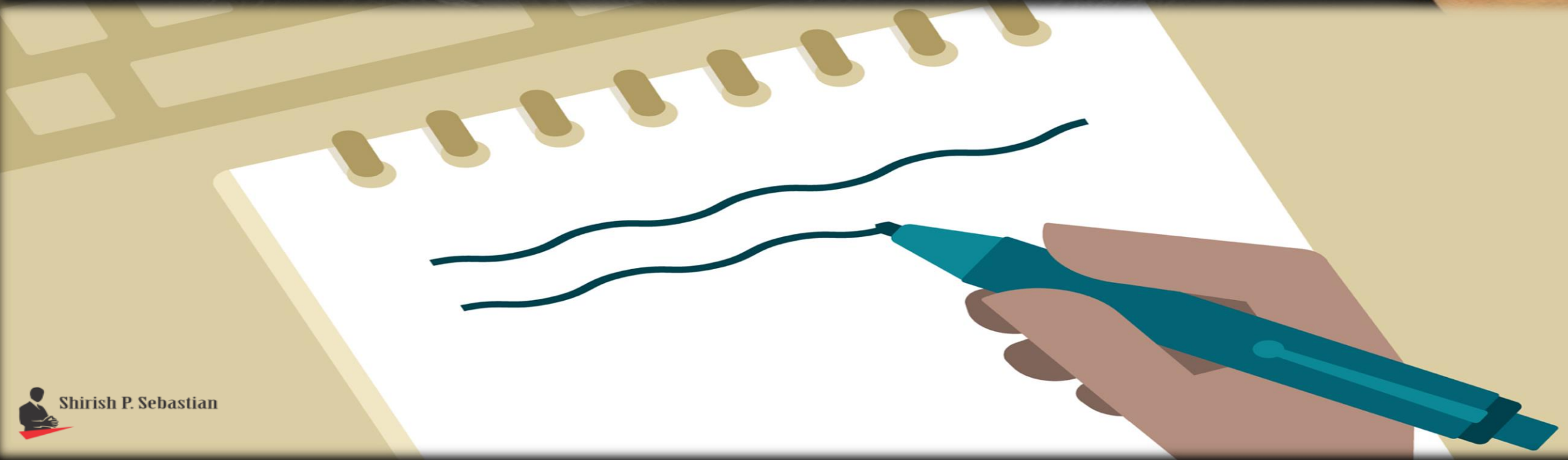
DETOX



**HEALTHY
CELL**



LEARN TO UNLEARN




PERCEPTION



SCIENCE OF LIFE



Ayurveda

 Shirish P. Sebastian



Preventive Health Measures to

BOOST IMMUNITY

Self Care Guidelines by Ministry of AYUSH



**Drink warm
Water
throughout
the day**



**Daily practice
of Yogasana,
Pranayama &
Meditation
for at least
30 minutes**



**Use spices like
Turmeric,
Cumin,
Coriander
and Garlic
in cooking**

BIO - INDIVIDUALS



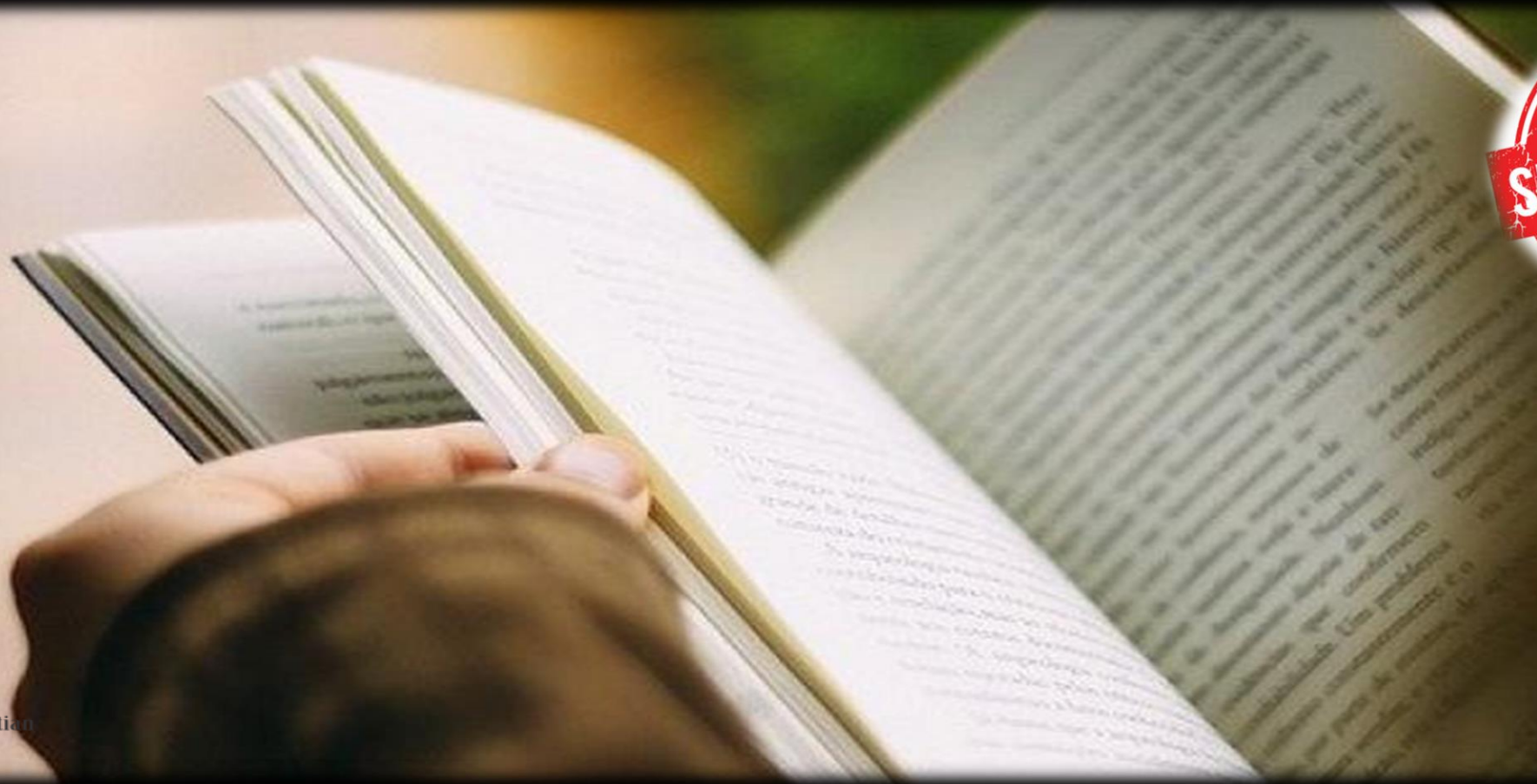
just
breathe



STRETCH



**R
E
A
D**



Shirish P. Sebastian



Search



0 item(s) - Rs.0.00

Audio CDs Books Starter Pack Brochure Event Tickets Offer Others ★ Specials

SP Bharill

हल्ला
बोल

Educational Tools : Cds, Books

WT Winning Team
The Team of Champions

Tools

13 Essentials

10 Core Step

इन भावों का फल
क्या होगा ?

AUDIO

PLAN 'E-FASTING'



**EMF IN
YOUR
BEDROOM**



SHARP AIR PURIFIERS



FP-J30M-B



SLEEP LIKE A BABY !



HOT SHOWER BEFORE BED!
(MINIMUM 2 HRS AFTER MEALS)



IGNORANCE





NO SUGAR

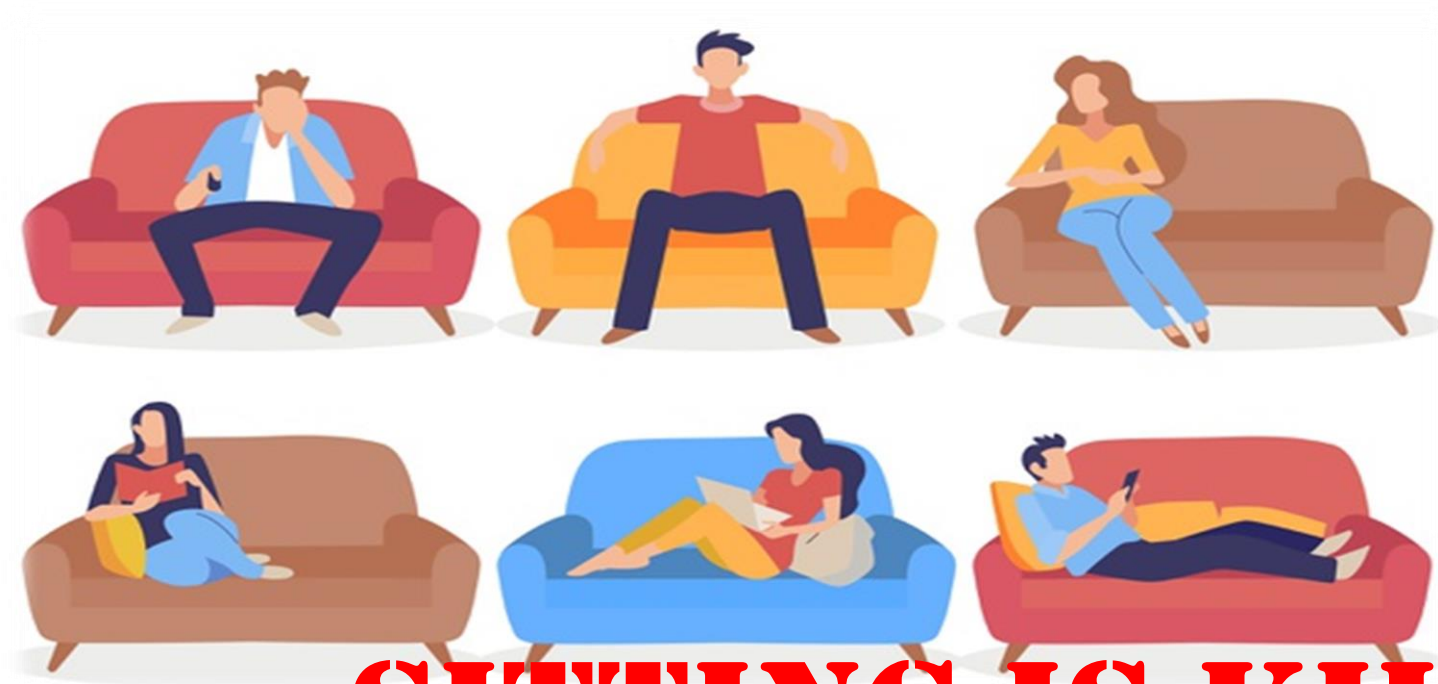


**KICK
YOUR
SUGAR
ADDICTION**



Shirish P. Sebastian





SITTING IS KILLING YOU!



the 6 tastes

1 sweet {earth & water}

2 salty {water & fire}

3 sour {earth & fire}

4 pungent {fire & air}

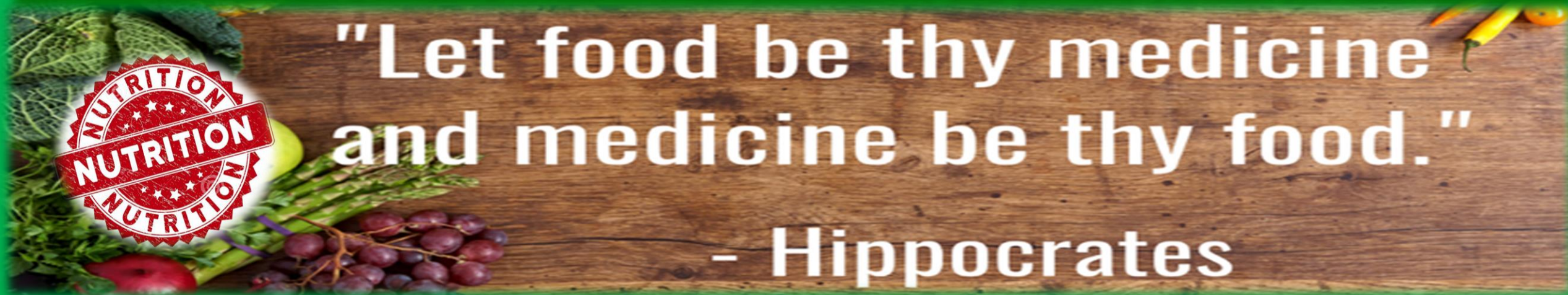
5 bitter {air & space}

6 astringent {air & earth}

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॥ अन्न हेच पुर्णब्रम्ह ॥



"Let food be thy medicine
and medicine be thy food."

- Hippocrates

Genesis 1:29 *"See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food."*

Fruits to be our food and leaves as our medicine.





NUTRIENTS

MISSING

FROM YOUR DIET





LOW HEMOGLOBIN LEVEL?

common

Vitamin B12

Food sources of
vitamin B12:



12

Eggs, meat, poultry,
shellfish, milk and
milk products



Vitamin D3

The body makes vitamin D when it
is exposed to Ultraviolet (UV) rays from the sun.

FOOD SOURCES:

Cheese
Margarine
Butter
Fortified Milk
Healthy Cereals
Fatty Fish



WE NEED SUPPLEMENTS !

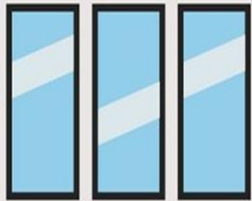


WE NEED FOOD SUPPLEMENTS !



Nutritional Supplements in your diet, adjuvant to your medication and supports the body to heal naturally.

POLICE



MICRONUTRIENTS



BODY NOURISHMENT



**1. Rasa
(Plasma)**



**2. Rakta
(Blood)**



**3. Mansa
(Muscles)**



**4. Medas
(Fats)**



**5. Asthi
(Bones)**



**6. Majja
(Bone marrow)**



**7. Shukra
(Reproductive
tissues)**



Ojas

**“Even the incurable diseases respond well through
rasayan chikitsa.” Dhalana**



ADAPTOGEN

R A S A Y A N

NUTRITIVE

IMUNO-MODULATOR

ANTI-AGING

ANTI-OXIDANT

AMLA



**GANODERMA
REISHI**



THE INSTITUTE FOR
FUNCTIONAL
MEDICINE®



COVID-19: Functional Medicine Resources

The Functional Medicine Approach to
COVID-19: Virus-Specific Nutraceutical
and Botanical Agents



BENEFITS OF TURMERIC (CURCUMIN)

1. ANTI-
INFLAMMATORY
IN NATURE

2. PROMOTES
HEART HEALTH

3. MOOD
ENHANCER

4. AIDS IN
WEIGHT LOSS

5. IMPROVES
COGNITIVE ABILITY

6. PROMOTES HEALTHY
CHOLESTEROL

7. LIGHTENS DARK
CIRCLES

8. PREVENTS ACNE

9. MOISTURIZES SKIN

10. HEALTHY HAIR
GROWTH



Prevents cerebral ischemic stress

Relieves muscle spasms and
associated pain

Effective in curing gout

Boosts immune system

Provides relief from arthritis

Speeds up healing of wounds

Protects against cancer, diabetes
and liver diseases

Benefits of Amla

Amla/Indian Gooseberry helps in boosting immunity
in the elderly and is widely used in Ayurveda.

Manages blood sugar

Burns fat

Improves eyesight

Improves skin

Fights cold

Helps absorb calcium



6 BENEFITS OF SEA BUCKTHORN

1 Source of **omega 3, 6, 7 & 9 fatty acids**

2 **Neutralizes free radicals** in the body

3 **Nourishes skin** from the inside out

4 Extremely **high in vitamin C**

5 Improves **mental clarity**

6 Supports **healthy digestion**



Health Benefits of Spirulina

Aids Depression Symptoms

Reduces Pain Sensitivity

Purifies your Blood

Source of all Essential Amino Acids

Reduces Stress Naturally

Boosts Immune System

Increases Metabolism

Reduces Anxiety

Lowers Bad Cholesterol

Purifies the Liver

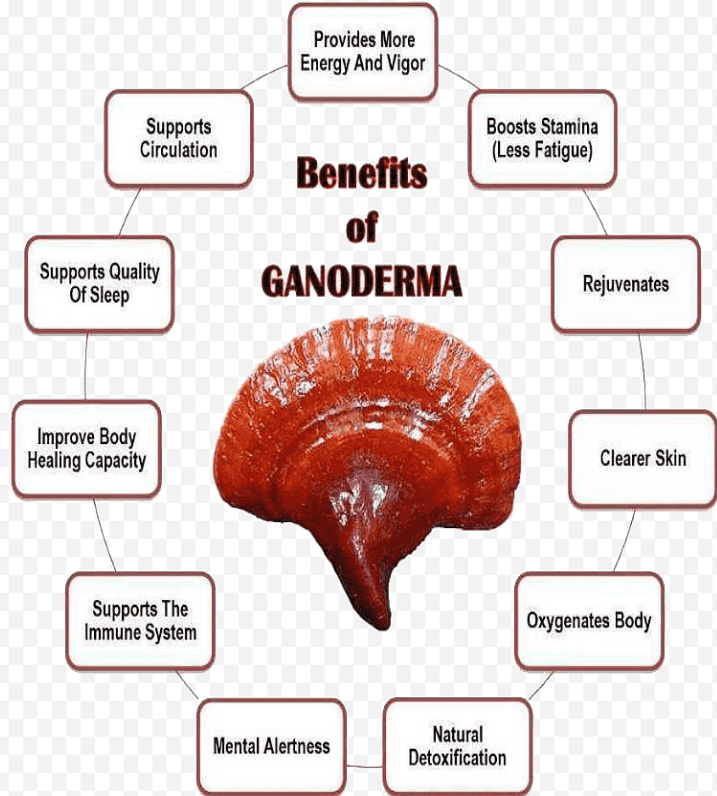
High in Chlorophyll

Increases Energy

Prevents Heart Disease

Great Source of Protein





COCONUT OIL MEDICINAL USES



- 1 FIGHTS INFLAMMATION
- 2 BOOSTS IMMUNITY
- 3 PROTECTOR
- 4 SLEEP AID
- 5 FIGHTS ACNE
- 6 HELPS SICK PETS
- 7 KILLS CANDIDA
- 8 BALANCES HORMONES
- 9 SUPPORTS DIGESTION
- 10 CONSTIPATION RELIEF

- 11 FAT BURNING SUPPLEMENT
- 12 CANCER PROTECTION & DEFENSE
- 13 PREVENTS BONE LOSS & OSTEOPOROSIS RISK
- 14 ALZHEIMER'S TREATMENT & BRAIN HEALTH
- 15 BLOOD SUGAR STABILIZER & DIABETES PREVENTER
- 16 ECZEMA & PSORIASIS CURE TREATMENT
- 17 BALANCES CHOLESTEROL LEVELS
- 18 CONSTIPATION RELIEF

HIGH-FIBER DIET



1. AIDS IN DIGESTION AND ELIMINATION

While both types of fiber have their role in digestion, insoluble fiber is especially important since it provides bulk to the stool (helping you to poop!). At the same time, fiber needs to absorb water to have these effects, so drinking plenty of fluids throughout the day will give you the best digestive relief.



2. HELPS PREVENT HEART DISEASE

Researchers have shown that there's an inverse association between insoluble fiber intake and systolic and diastolic blood pressure, total cholesterol levels and triglycerides. In addition, soluble fibers can also help lower LDL ("bad") blood cholesterol by interfering with the absorption of dietary cholesterol.



3. MAKES YOU FEEL FULL WHICH HELPS WITH WEIGHT LOSS

Numerous studies support that dietary fiber intake helps prevent obesity. Fiber intake is inversely associated with body weight and body fat, so the more you eat, the likelier you are to stay at a healthy weight or to lose weight if you need to.



4. HELPS CONTROL BLOOD SUGAR AND PREVENTS DIABETES

The effects that soluble fiber has on the rate at which the stomach empties helps to slow down digestion and keeps blood sugar levels stable. This improves insulin sensitivity and can help control the blood sugar spikes and conditions like diabetes.



5. PREVENTS DISEASES OF THE DIGESTIVE TRACT

Fiber has been shown to help prevent digestive disorders and diseases like diverticulitis, colon cancer and inflammatory bowel disease. This is because prebiotic fiber helps improve immune function and maintains better colon and intestinal health, while also clearing away harmful waste from the digestive organs.

Krill Oil Benefits



Nerve

- Cognition disorder
- Anxiety
- Action ability



Heart

- Cardiovascular issues
- Hypertension
- Hyperlipidemia
- Cholesterol



Joint

- Chronic inflammation
- Joint pain



Anti-aging



Liver

Fatty liver



How Is FLAXSEED OIL GOOD FOR YOU?

R
I
C
E

B
R
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N

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I
L



- Balance of MUFA & PUFA helps controls your cholesterol levels
- Steady flow of antioxidants helps prevent cancer
- Ample vitamin E helps premature aging
- Helps prevent hyper-sensitivity towards allergic reactions
- Helps increase cellular regeneration & speeds up healing of wounds
- Helps boost your cardiovascular health
- Helps prevent heart and other chronic diseases
- Helps improve digestion and aids in healthy weight loss
- Beneficial for diabetics
- Helps prevent skin & hair problems



6 Ways Colostrum Boosts IMMUNITY

-  **Skincare 101**
Cleanses And Conditions Skin
-  **Inflammation Buster**
Mitigates Inflammatory Disorders
-  **Body Weight Monitor**
Keeps A Tab On Obesity In Diabetic Patients
-  **Memory Sharpener**
Provides Essential Nutrients For Brain Health
-  **Cardioprotector**
Protects The Heart From Hypercholesterolemia Effects
-  **Eye Care Provider**
Maintains Good Vision And Eye Health
-  **Menstrual BFF**
Eases PMS And Infertility
-  **Bone Booster**
Restores Bone Health In Older Women
-  **Cancer Controller**
Might Suppress Cancer In Men And Women

- Colostrum Is a Critical Nutrient Source
- Colostrum Develops the Immune System
- Colostrum Reduces Inflammation
- Colostrum is AntiMicrobial
- Colostrum Improves Metabolism
- Colostrum Fights Cancer

NATURAL ECONOMICAL



THE NEW SHADES OF HEALTH

INTRODUCING VESTIGE HEALTH CARE
IN A BRAND NEW LOOK



GRAB YOUR PACK OF HEALTH **NOW!**



EARN MORE WITH NEW
PV:BV RATIO OF 1:18

7 **ayusante** Inspired by Ayurveda, Powered by Science UNIQUE PRODUCTS



Now
available

Wellness powered by science is packed in these
products from the house of Ayurveda



COVID-19: Nutraceutical and Botanical Recommendations for Patients



SHARP

Be Original.



Beautiful.
Powerful.
Compact.



CERTIFIED BY 28 GLOBAL
TEST LABORATORIES

JAPAN
TECHNOLOGY





THE NEW SHADES OF HEALTH

INTRODUCING VESTIGE HEALTH CARE
IN A **BRAND NEW LOOK**

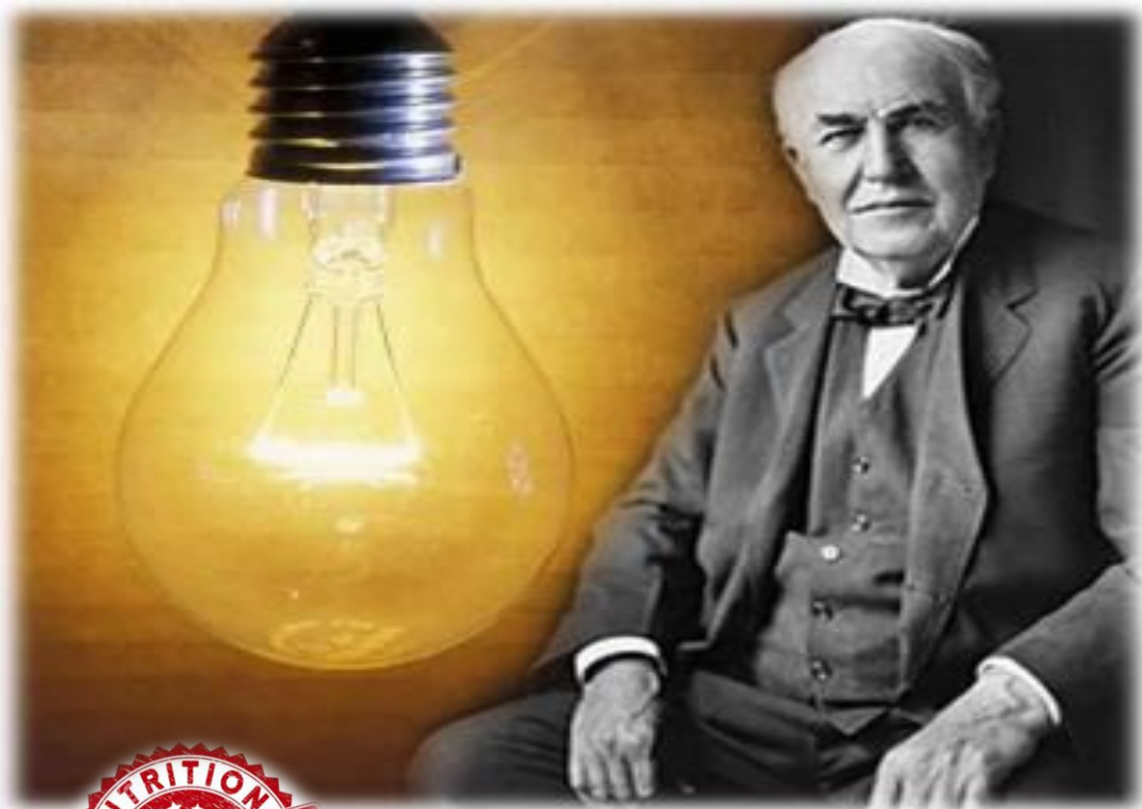
GRAB YOUR PACK OF HEALTH NOW!



**EARN MORE WITH NEW
PV:BV RATIO OF 1:18**

The doctor
of the future
will no longer
treat the human
frame with drugs,
but rather will
cure and prevent
disease with
NUTRITION.

Thomas Edison



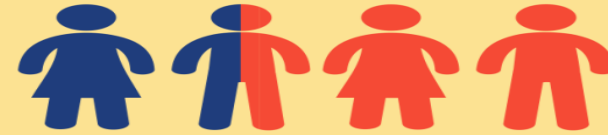
Shirish P. Sebastian

10 Common Chronic Conditions for Adults 65+

Quick Facts



80%
have at least 1 chronic condition



68%
have 2 or more chronic conditions



Hypertension
(High Blood Pressure)
58%



High Cholesterol
47%



Arthritis
31%



Ischemic Heart Disease
(or Coronary Heart Disease)
29%



Diabetes
27%



Chronic Kidney Disease
18%



Heart Failure
14%



Depression
14%



Alzheimer's Disease and Dementia
11%



Chronic Obstructive Pulmonary Disease
11%



TESTIMONIAL

PRE | POST

THE NEW SHADES OF HEALTH

INTRODUCING VESTIGE HEALTH CARE IN A BRAND NEW LOOK

GRAB YOUR PACK OF HEALTH NOW!



EARN MORE WITH NEW PV:BV RATIO OF 1:18

RASAYAN EFFECT...



RASAYAN EFFECT...





BEFORE.



AFTER



AFTER

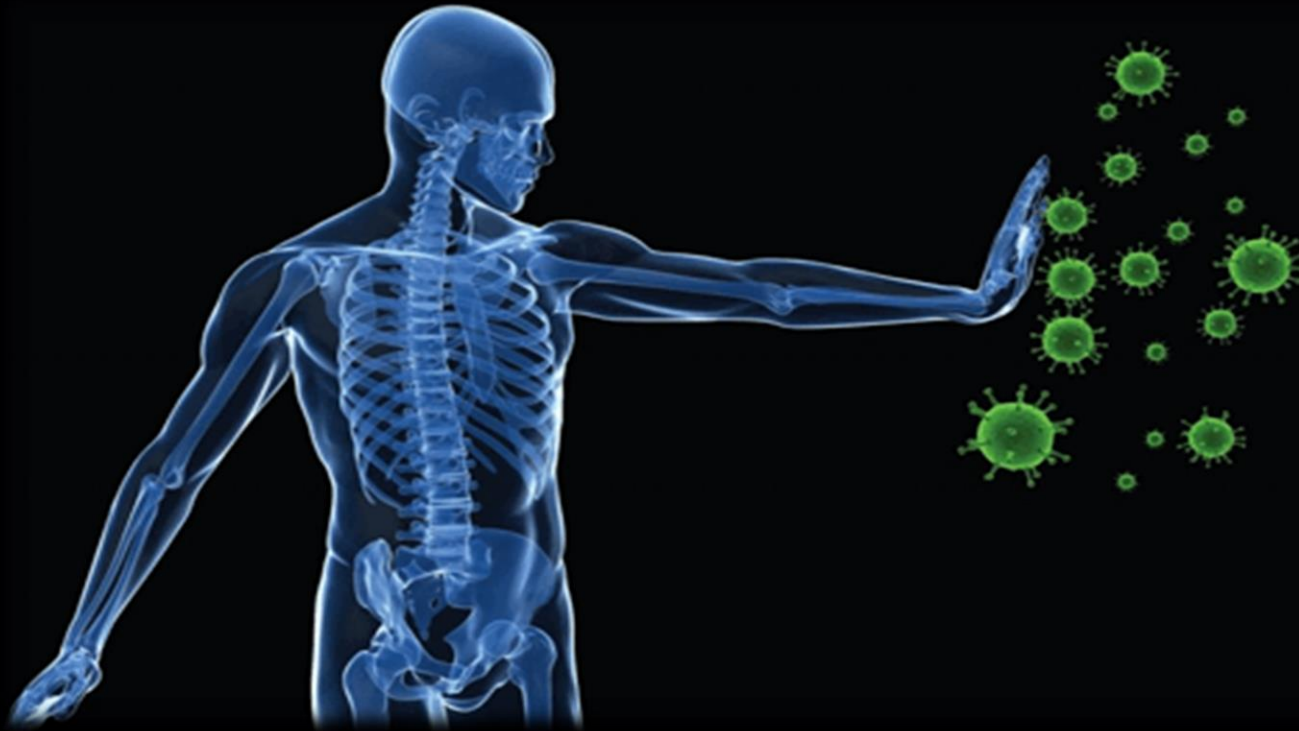


BEFORE.



+918888876212

BODY IS THE BEST DOCTOR!



**SUPPLEMENTS / MEDITATION
STRENGTHENS IMMUNITY.**



SINCE 2004



Vestige won the
Best Nutraceutical
Company of the Year
Award in 2017 & 2018
at ABP News Healthcare
Leaderships Awards.



WE SUPPORT
VOCAL
FOR
LOCAL



Sign Up

Referral Code

Select Country

- India
- U.A.E.
- Kingdom of Bahrain
- Kingdom of Saudi Arabia
- Bangladesh
- Sultanate of Oman
- Thailand
- Ghana

NUTRITION NUTRITION NUTRITION



the proof of the
pudding
is in
the eating



Enjoy Sugar Free Pudding with natural sweetner 'Stevia'.

Preventive Health Measures to

BOOST IMMUNITY

WE MAKE A FIRM RESOLVE!



**Drink warm
Water
throughout
the day
with
a Smile !**



**Join us !
5.30am
Holy Hour**



**Immunity
supplements
daily**



pH Scale



Acid

Alkaline

NUTRITION



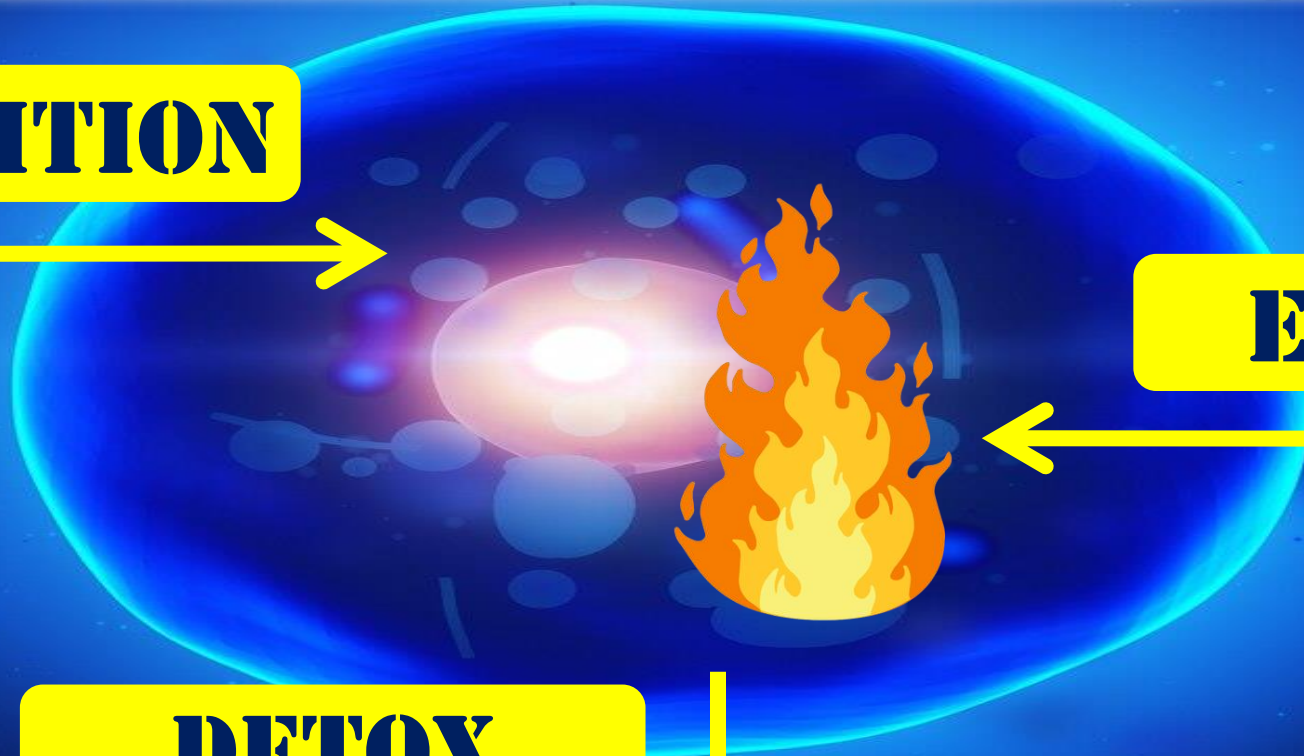
ENERGY

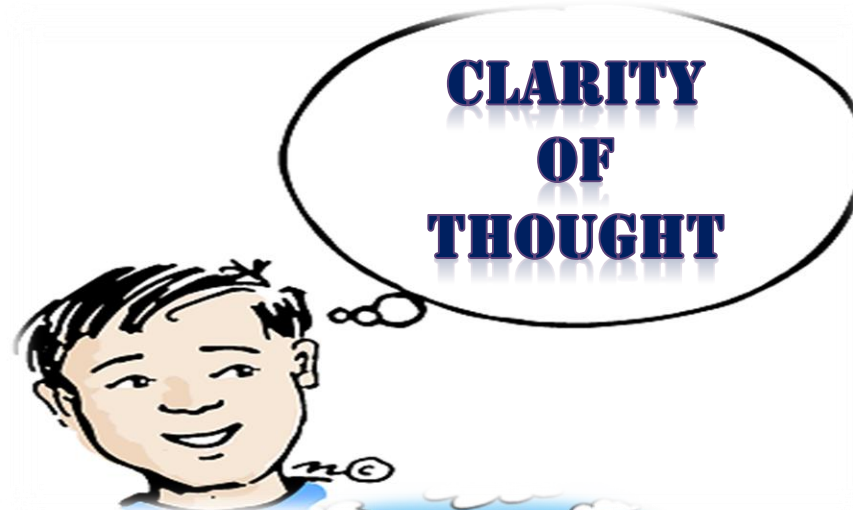


DETOX



**HEALTHY
CELL**





APPETITE



Your Immune System is determined by...



WELLNESS

DAILY AFFIRMATIONS

FAMILY FIRST PRIORITY

NUTRITION – SELF CONTROL - SLEEP

NUTRITIONAL SUPPLEMENTS

FREE FROM SUGAR

THANK YOU

TASTE

E – FASTING

EATING ORDER

BREATHE FRESH



JOIN US IN THIS MISSION

FROM
INDIA
WITH
LOVE

#COMMUNITYOFIMMUNITY



Shirish P. Sebastian

We are listening.

