

The Transformation of:

Dr. Smriti Mhatre, M.B.B.S., D.G.O.,

Age: 43 years old, Height: 5 ft. 4 inches (161 cm), Weight: 70.3 Kg (155.0 lbs)

Transformation - April 2017 to December 2017 (9 months)

**Through Hormonal Slimming for reduction of inches all over the body
and some weight reduction to 64.6 Kg (142.2 lbs)**

The effect is more dramatic due to inches lost all over the body.

**Abdominal Reduction: 4.0 inches (10 cm) through Detoxification of all
Excretory Organs & Rejuvenation of Digestive System, through natural
means. Achieved in only 8 weeks.**

Hormonal corrections achieved through natural means.



Before



After (in December 2017)

**After total 9 months of work on the body, without use of prescription
drugs or surgical procedures.**

***SpaceAge*®**

Anti-Aging Center

92 Corporate Park, Ste. C #705

Irvine, CA 92606 USA

Tel: +1 - 949 - 861 - 8164

E-mail: consult2008@space-age.com

Your Quest For Perfect Body Begins Here !

Dr. Smriti Mhatre's Transformation - 2010 to 2018



2010



2010



2011



2013



2014



2014



2014



December 2017

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Revisiting Dr. Smriti Mhatre - 1 year later



June 09, 2017



January 18, 2019

Transformation is well maintained one year later.

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2017



2019



Comments from Celebrities and Medical Professionals

1. Woww!!

Amazing transformation sir!!

Very impressive!

Miss Universe Lara Dutta, Mumbai

2. Oh wow.

Rinke Rajesh Khanna, New Delhi

3. Thank you for sharing the details of Dr. Smriti Mhatre.

So kind of you really.

Stay Blessed Always

Rukshsana Motlekar, Dubai

4. Lovely.

Tanuja Dabir, Makeup Artist, Mumbai

5. Congratulations.

Ambika Hinduja, Mumbai

6. Very good to hear Doc.

Regards,

Priti Rajan, Mumbai

7. Impressive.

Dr. Ashit Shah, Plastic Surgeon, Ahmedabad

8. Awesome work Dr.

Dr. Sucheta Unnithan, Pune

9. All the best

Jaya Bachchan, M.P., Mumbai

10. Wow.

Impressive inddeed !

Dr. Anil Daya, M.D., Internist

Westlake Village, California, USA

11. Miraculously common sense

Alas commonly lacking!

Dr. Satish Arolkar, Plastic Surgeon, Mumbai

12. Impressive results, Dr. Vora

Dr. Resmi Jimmy Nair, M.B.B.S., Cochin

13. It's great.

Aditi Rao Hydari, Actor, Mumbai

14. That's fabulous!

Dr. Shabnam Kar, OB/GYN, Canada

15. Hello Pramodbhai,
Good Afternoon. So nice of you to send me the transformation of your student Dr. Smriti Mhatre. Very impressive. Are you in USA?. If so, let me know and I will call you. Thanks.
Prof. Balvant Arora, Plastic Surgeon, New York
16. Hello Doc thnx for sharing beautiful n inspiring information
Kabita Agarwal, Mumbai
17. Great
Dr. Ashish Davalbhatka, Plastic Surgeon, Pune
18. Looks great doc !
Manasi Scott, Singer & TV Anchor, Mumbai
19. Great results Sir!!!
Pallavi Jadhav, B.E. (Civil), Mumbai
20. Well. This is definitely a sign for me. Meaning to start with you.....will do so immediately.
Thank you for staying in touch. I surely need to see this.
Archana Gaurav Pathak, Mumbai
21. Fabulous transformation. The world has a lot to learn from you!
Smriti is transformed both body and Soul!
Dr. Neeta Patel, M.S., M.Ch., ISAP, Plastic & Reconstructive Surgeon, Mumbai
22. Yes Sir,
Sir, I am ineligible to comment on your work. You have always delivered what was promised. I have just huge amount of Respect for your hard work and dedication.
Dr. Ashish Solanki, B.A.M.S., Mumbai
23. Real good transformation Sir.
We never have doubt, not in our dreams for the effectiveness of Orthomolecular Medicine.
Arpita (my daughter) is the best example.
Dr. Urmila Patil, Dentist, Mumbai
23. Jai Jinendra and heartiest compliments.
The nutraceutical and bio identical molecule support from you in case of Dr. Smriti is commendable. This apart, there are many PCOS girls with hyperandrogen picture of extra weight, insulin resistance, hirsutism and oligomenorrhea that actively need such care.
Personal Regards,
Dr. Atul Shah, Plastic Surgeon, Baroda
24. Thank you so much for this! Very interesting!
Just sent you a client of mine, she is a sweet girl.
Her Ferritin is 14 !!!! She is a zombie.
I know you'll get her well too.
Ms. Amy Doublet, Trauma Therapist, Los Angeles, California, USA
25. Your works are truly priceless & incredible.
Mr. Dushyant Khona, Real Estate Developer, Mumbai

26. Amazing Sir.

Dr. Sapna Patil, Ph.D., Pharmacist, Mumbai

27. It is incredible !! Hearty congratulations !!!!

Dr. Pournima Patil, B.H.M.S., M.D., Homeopath, Mumbai

28. Dear Pramod sir,

Wishing you a very good morning.

I had meet you about 20 years back for problem of hair fall.

I am thankful for your suggestions and advice...

I will definitely get in touch with Dr. Smriti...but would also like to know about nano silver and its uses and dosage from you also.

Hoping u will get back to me soon

Thankful for the good work you continue to do.

God bless your entire team.

With warm regards.

Dr. Deepika Patil - Mehra, Heomeopath

29. We are both feeling better, and receiving unsolicited compliments on our healthy looks.

Thank you dearly for helping us !

Jeanetta and David Haley - 8 weeks after starting Transformation

Volunteers at Nityanand Education Trust, Ganeshpuri, Thane District, India.

30. I will always treasure everything you have done for us.

Thanks.

Kajol Devgan, Actress, Mumbai

31. Your growth in the quest for health and guided nutrition is endearing.

Wish you all the best and great success is helping doctors understand that food is health. Would love to connect with you soon and understand all you are doing.

Pooja Makhija, B.S., M.S., (Food Sc. & Nutrition)

Certified Nutritionist, Mumbai

32.

An Introduction to Dr. Smriti Mhatre, M.B.B.S., DGO

Here is some information about Dr. Smriti Mhatre, MBBS, DGO:

Dr. Smriti Mhatre is an OB/GYN who has devoted the last 36 months studying Preventive Medicine at the SpaceAge Health Center in Marol, Mumbai.

Dr. Smriti comes from a distinguished medical family with both parents and both her in-laws and husband all being allopathic physicians. Dr. Smriti has over two decades of experience in allopathy as a Consulting Gynecologist and a Family Physician, as she helps at her in law's clinics at Kala Chowki Mazgaon, Dadar and Shivaji Park.

Dr. Smriti comes from a family with 3 generations of Doctors. She began practicing as a Gynecologist at her parent's hospital in Gulbarga at a very young age of 12 years, when she started helping in delivering babies under parental guidance.

The volume of experience she has in allopathy is priceless.

Dr. Smriti is also seriously involved in a research project to help young mothers conceive and deliver Super Babies free of future hereditary diseases such as high blood pressure, type 2 diabetes, etc. in later years in life. The program comprises of beginning to monitor and correct the nutritional profile of potential mothers one year before the planned date of conception, during the gestation as well as lactation period. This will help avoid Pregnancy Induced Hypertension (PIH), Type 2 Diabetes and Thyroid issues during the 2nd or 3rd trimester of pregnancy, which normally results in premature delivery and weak babies.

Super Babies should be free of recurring, colds, coughs and upper respiratory infections during their childhood. They should be full of energy and their brains should function at A+ level throughout their academic career.

Research Project Super Babies will ensures that the "bundle of joy" does not transform into a "bundle of stress" for the parents wanting to bring a child into this world. Having a nutritional well balanced body, will also ensure for the child, excellence in sports and other physical activities.

Blessings,



Pramod Vora
Medical Scientist

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Your Quest For Perfect Body Begins Here !



Positive Weight Release **HORMONAL SLIMMING**

Drugless Therapy for Slimming without
Dieting / Exercise or use of Hormones

Pramod Vora
Health Counselor

The Traditional Approach

Traditionally, weight control has been to view weight increase as a symptom and mankind has spent billions of dollars and endless hours in its fruitless control by "Passive" means. This article is presented to put forth a new School of Thought on an emerging concept called Positive Weight Release / Hormonal Slimming which is an "Active" type of Weight Release Program.

This article explains the reasons for a change in the traditional approach from a totally "Passive Symptomatic Treatment" to an Active Program known as "Overhauling the Body".

Overhauling the Body

When the body starts to accumulate weight, it means that the various organs of the body have slowed down and the rate of metabolism of the body has therefore also slowed down.

A more appropriate and a Positive Approach to Weight Release/Slimming Down would be, as a first step, to detoxify the body, so that the organs which have slowed down as a result of the toxins accumulating in the body, will speed up with the removal of toxins from the body.

The second step is, to rejuvenate the body and "fine tune" the body (just like an automobile at its 25,000 Km Tune Up); further speed up the organs so that the rate of metabolism is increased and the food being assimilated by the body is burnt much faster; and the Body does not continue to accumulate weight like before.

There are 5 Herbal Dietary Supplements (Colon Cleanse, Kidney Care, Detoxifier, Lung Clear and LivMax) that are involved in the detoxification of the body. These detoxify the intestines, the kidneys, the blood, lungs and the liver respectively. There is an optional herb Basil which can be used by people living in highly polluted environments and/or who were smokers at any time in the past. Basil will help to clear and detoxify the lungs so that the body receives enough oxygen to maintain a high rate of metabolism of the body.

There are 3 Herbal Dietary Supplements (Energizer, Gooseberry and Liver Tonic) that are involved in the rejuvenation of the body. Each capsule contains a number of Herbs which are targeted to different organs of the body, including the Brain - which is the "Super Computer" and "Master Server" which controls the whole body. All these rejuvenating Herbs are capable of increasing the rate of metabolism of the body back (Reverse Aging) to when the body was much younger. For people who occasionally or habitually drink alcohol, or have very serious chronic ailments, it is advisable to use Liver Tonic for a prolonged pe-



Before
2012



After
2022

riod to carry out a second level of detoxification and rejuvenation of the liver.

This way, the Weight Gain Challenge of the body may be overcome in a more positive way, as we are going right to the root cause of weight increase rather than working in isolation on the symptom of weight increase.

Positive Weight Release does not subject the body to the trauma of 500 Calories per day diet which can lead to under nourishment and expose the body to the risk of damage to its organs and consequent nutritional imbalance. Also the rate of metabolism slows down and does not return to healthy levels when you get off your Crash Diet Program.

Why Women Should not Diet !

Crash Dieting for prolonged periods of time creates a shortage of food in the body. The human body, which has its own intelligence, shuts down certain "redundant functions" when there is a famine situation in the body. One of the functions that is automatically shut down in a Woman's Body is Ovulation. The logic being, "when there is insufficient food to support one life, there is no question for creating another life or carrying a pregnancy to full term. At the start of the Ovarian malfunction, caused by prolonged and severe dieting, we see Non-ovulating Cycles, where the body does not produce any Progesterone and the Estrogen levels remain unchecked and dominant. The Estrogen is stored in the fat of the body; Dieting now causes the body weight to begin increasing at the rate of approximately 1 to 2 lbs. (0.5 to 1.0 Kg) per month.

Six months down the line, when you have put on approximately 10 lbs. (5 Kgs.), "common sense" tells us that more severe and prolonged dieting should solve the problem. At this point, the ovaries shut down completely to complicate the Hormone Imbalance situation further and the periods will cease totally and cause the body to go into a situation of Premature Menopause.

At this stage, the unchecked Estrogen levels in the body may cause water retention and bloating so that even if you were to go on a total food fast, the body weight will increase

due to just drinking a glass of water! So more severely you diet, the greater is the weight increase ! This explains why "Women should never Diet" or "Eat well and Release Weight".

In addition, Crash Dieting for prolonged periods can cause the rate of metabolism to permanently shift down into low gear, the body temperature to drop as low as 95° F. and can further create a situation of chronic hypothyroidism where none existed before. For more information on Hypothyroidism go to: www.space-age.com/hypothyroidism.html

How should women go about releasing weight if dieting is not recommended?

First look into any possible situation of Hormone Imbalance / Thyroid Malfunction and correct that. Next begin eating food normally (consuming about 1200 calories a day) and detoxifying and rejuvenating the body to increase the rate of metabolism to hopefully the same levels as when you were a teenager. This is called "Positive Weight Release" through increased Rate of Metabolism and Hormonal Correction of the Body.

Caution: If Weight increase is the result of a Hormone Imbalance / Thyroid Malfunction / Estrogen Dominance, it is absolutely necessary to also correct this. In this day of enlightened eating habits we have found majority of people actually have a Hormonal Imbalance and not a real weight problem. Once corrected the body slims down automatically and stays that way for a prolonged period of time.

In Conclusion

Detoxification, Rejuvenation and Hormonal Correction through natural means is the only way to Positively Slim Down.

Pramod Vora, Health Counselor

SpaceAge®

Natural Health Center

P.O.Box 294, San Juan Capistrano, CA 92693 USA

Tel: 949 - 861 - 8164 Fax: 949 - 861 - 8165

9/123 Marol Co-op. Industrial Estate, P.O. Box 7432

Marol Sagbaug, Andheri (East), Mumbai 400 059 INDIA

Tel: (022) 2850 - 3986 / 2850 - 8653

Fax: 091 - 22 - 2850 - 6214

E-mail: spaceage@space-age.com

Web: <http://www.space-age.com>

Mr. / Ms.

Date:

(mm/dd/yyyy)

Age: years, Height: ft in. DOB:

Weight: Kg / lbs LMP Dates:

Date of Measurement: (mm/dd/yy)	*	**	***	* = Before starting Detox Program ** = 4 weeks later *** = 8 weeks later	
Chest					
Waist - I (at navel)					
Waist - II (2" below navel)					
Hips					
Full Thigh					
Mid Thigh					
Mid Arm					
Wrist					
Weight lbs					
Weight Kg					
Gross Body Fat (G)					
Visceral Fat (V)					Notes for Males and Females: 1. Please see overleaf for a set of sample measurements taken. 2. Please mention with or without jeans 3. Light clothing is preferred while taking body measurements. 4. A clean colon and improved digestion helps reduce abdominal inches. Best time to take measurements is morning after bowel motion and before breakfast. 5. Natural Detoxification & Rejuvenation Tips to reduce abdominal inches: http://www.space-age.com/DetoxTips.pdf Notes for Females: 6. Due to hormone imbalance body measurements can be unreliable one week before and after your periods. Try taking measurements on more favourable days 7. Correction of hormonal imbalance results in reduced inches all over body. It is very noticeable on the face and helps create a much younger look.
Muscle Mass					
Hydration					
Bone Mass					
Daily Calorie Intake					
Resting Calories					
Metabolic Age					
Leg Length					
Remarks: For Info on Body Transformation with Case Studies: http://www.space-age.com/TotalBodyTransformation-Naturally.pdf					
Date of Measurement:					
Weight in Kg / lbs					
Gross Fat % (G)					
Visceral Fat % (V)					
Resting Calories					
Metabolic Age (years)					

Body Sculpting - Naturally !

2/15/2007

Ms. Professional Model & Actress

Age: 24 years, Height: 5ft 5 in. Weight = 52.0 Kgs

	2/15/2007	3/20/2007	4/5/2007	5/15/2007	10/9/2007
	(with Jeans)			(with Jeans)	(with Jeans)
Breast	34.0"	34.75"	34.75"	34.5"	34.5"
Waist - I	27.0"	26.0"	26.0"	27.5"	26.75"
Waist - II	34.0"	32.0"	29.0"	29.0"	29.75"
Hips	36.5"	36.0"	35.5"	36.0"	36.0"
Full Thigh	22.0"	21.5"	21.5"	22.0"	22.0"
Mid Thigh	19.0"	19.25"	19.5"	19.25"	19.0"
Mid Arm	9.25"	9.5"	9.5"	9.5"	9.5"
Wrist	5.75"	5.75"	5.9"	5.9"	5.75"
Weight	52.818 Kg	52.00 Kg	52.00 Kg	53.454 Kg	52.272 Kg
Fat	18.8% (-)	18.0% (-)	18.0% (-)	19.4% (-)	15.3% (-)
Hydration	56.10%	56.60%	56.40%	55.70%	58.50%
Bone Mass	4.8 lbs	4.8 lbs	4.8 lbs	4.8 lbs	5.0 lbs
Avg. Daily Calories	2002	1987	1983	2010	2040
Metabolic Age	12 years	12 years	12 years	12 years	12 years
Leg Length	42.0" even				

Remarks:

Happy with present weight. Would like to increase lean muscle mass, reduce water retention and increase Bone Mass to 5.5 lbs. Some increase desired in Mid and Full Thigh measurements.

Waist II

(2 inches below navel)

5 inches are reduced within 6 weeks of starting a Detoxification Program. This Model was working out in a Gym for over one year prior to Detoxification and is the mother of a 4 year old boy. Can you believe that !