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Beauty Bytes



all about the pain and misery of it. Anorexia is one of the most dreadful eating disorders. Any person suffering from the disorder may show following symptoms:

If you thought body weight was the only way to tell whether the person is suffering from anorexia or not, then here is some piece of information for you. At times, even people who seem to be completely healthy with their normal bodyweight are victims of anorexia, but you can still tell if they are suffering from this horrendous disease, by checking their smile. If a person has yellow or cracked teeth, chances are he or she could be an anorexic. The stomach acid begins to erode the enamel, which is why the teeth become yellow in shade instead of white.

Anyone who is extremely underweight and also happens to have some an extreme low esteem problem could also be suffering from anorexia. Such people usually compare their own bodies with others and tend to have low self esteem

issue. The Dipping levels of potassium, sodium and electrolytes largely affects the levels of energy and results in poor body language as well.

Irregular periods are also one of the symptoms of anorexia. If you are obsessed to the point where you count calories and lose your period then take it as a sign of warning you could be suffering from anorexia!

Likewise if anyone has a thick layer of body hair and has a painfully lean structure, then there is a fine chance that the person is suffering from anorexia. While the hair of such women would become even better their nails would become too brittle and weak.

If you have observed a drastic change along with the following symptoms in anyone then take a cue and make them aware about the dangers of an eating disorder. What might look like a small problem in beginning might just become a huge problem later. If it is happening to you or to anyone else around you act upon it before it's too late.

He romances with life, lives his dreams, thinks through his heart and has courted travel since childhood. An intuitive multi-tasker, Sumant is a many-faceted person with accomplishments in diverse spheres. He is an opinion maker.

Sumant is a corporate and policy lawyer of global eminence; writer, poet and columnist and also an avid collector of retro-curious. Sumant is the author of the popular limited edition coffee table book - *The Indians: Interesting Aspects, Extraordinary Facets*. The book is forwarded by Cherie Blair. It was released in Delhi by His Excellency, Dr. Karan Singh, Maharaja of Kashmir and the President of the Indian Institute of Cultural Affairs, and in Chandigarh, by His Excellency Dr. Sayed Sibti Rizvi, the then Governor of Haryana. The book is a humble attempt at casting a roving eye through the country and showcase the extraordinary spirit of the people of India and a few interesting faced culled out of their daily lives. It celebrates the common people of India. The book received raving reviews. His other initiatives include formation of a mid-size conglomerate of creative enterprises which include a boutique hotel, a museum cafe and luxury spas.

Sumant is married but supports a long running love affair with travel and mountains. He lives in New Delhi with his wife Anju and two children.

Chairman of Treepie group of creative initiatives, this lawyer tuned entrepreneur is a multi-faceted personality, whose entrepreneurship ventures have artistic innovations, created as work of passion but professionally operated.

One man's passion painted on a canvas. This is 'Te Aroha', Sumant Batra's boutique resort in the lap of Himalayas.

Dreamt, conceptualised, designed and created by Sumant, Te

SUMANT BATRA

A MAN OF MULTIPLE ENDEAVOURS

Aroha is a colonial-style summer house converted into a boutique luxury hotel. The property is a harmonious blend of traditional architecture and contemporary comforts. The original structure of the family summer house that once stood on the property has been successfully preserved to retain its original charm. Huge decks and terraces, antique furniture, massive glass windows with breathtaking views of the landscape and the high ceilinged lobby replete with carefully selected furniture by Sumant which can transport guests through time to the bygone elegance of the colonial era.

Now, he is soon planning to come up with a new spa called 'Bespoke', which is an exclusive line of luxury and wellness spas, designed and customised according to client needs and location. It is a joint creative initiative of Sumant Batra and Ahoi Haolai Sitlhou, CEO of Oriental Senses Spa. The Bespoke Spas are operated by Treepie Blue Mountains Private Limited of which Sumant is the chairman.

