



# THE SLIMMING EXPERT IN TOWN

DC CORRESPONDENT

✉ As far as slimming specialists go, Grinto Davy is a man with a difference. To be precise, a plan different from the many fancy routines offered by his peers.

A physiotherapist by training, he has been dealing with obesity, which he feels is the basic cause of many an ailment, for many years. Grinto prefers the word dysfunction to disease and says it is only through a holistic approach can you achieve a healthy body. "Even a man who weighs 100 kilos will tell you that he doesn't eat much. The reason for this is that most people have wrong eating patterns. He may be skipping a meal but hogging when he is hungry," says Grinto, who is popular with many Bollywood celebs including Kavya Madhavan and Bhavana. The latter, who had tried other kinds of diets earlier, apparently told him how she felt energetic after resuming to eat normally. "I do not advise 'fruit only' diet or vegetable diet. We need

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carbs, proteins and all the nutrients, so we have to eat everything."

In a sense, what he advises is a return to our natural eating habits and a return to the Malayali habit of eating every meal on time.

"What I want is for people to lose weight but retain the glow in their skin and energy in their bodies. There are models who look thin enough for magazine covers but don't have the energy to even walk properly."

Of course, there is also neuro muscular stimulation at his Escaso clinic in Kochi which he has found to be very effective. "I am not against people hitting the gym but it involves a lot more effort than neuro muscular stimulation and when people are unfit they find it doubly difficult to do workouts. That is why you need external stimulation."

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