



In the last few years, the problem of obesity has largely increased among Indians. People try various different methods to try and lose weight. To find a solution to this problem which impacts everyone from children to adults, she decided to switch her career as an anesthetist to an obesity consultant. This journey of hers had actually started while researching a method to lose her own weight. Pune's **Dr Sheetal Badami** gets the credit for introducing Ion Magnum technology in India. This non-surgical technology which has no side-effects is now available in three centres of Pune. As a result of skin and face treatment also being added to it since 2015, it was named as 'Defined Aesthetics'. Keeping the technology same, some changes were brought about into the treatment in accordance to the physiology of Indians. Her journey to eradicating the issue of obesity is an inspiring one. In a special interview with Life365, **Dr Sheetal Badami** talks about her life and work.

An interview with Dr Sheetal Badami – the woman who is credited for introducing the Ion Magnum technology in our country.



Healthy weight loss tends to have a long term effect!

Q. Can you tell us about your childhood and education?

Dr Sheetal Badami: I spent my childhood in Mumbai and completed my education from there itself. I have been a student of Raja Shivaji School. I have done 11th and 12th standard from DG Ruparel College. I did MBBS from Sion Hospital. I have MD in anesthesia from JJ Hospital. I had decided to become a doctor when I was a child and therefore was not really inclined towards any other field.

Q. Can you tell us about your journey from an anesthetist to a bariatric physician?

Dr Sheetal Badami: I shifted to Pune in 2004. Until then, I was working as an anesthetist. After my daughter's birth in 2009, I took a year's break. After my daughter's birth, it was not possible for me to work as an anesthetist anymore. Meanwhile I, too, had put on a lot of weight. I was looking for a new method to lose weight. And then I got to know about a technology called Ion Magnum which was not available in India at that time. It was available in places close to India like Singapore, Malaysia etc. I myself got my treatment done through Ion Magnum technology. In last few years, the number of people suffering from obesity is largely increasing in our country. I decided to make this non-surgical weight loss technology available in India as well. Non-surgical treatment happens to be very good to bring down obesity. To bring this technology in India, I did a course called 'Scope' in UK, after doing which I could start working in this area. In the year 2010, I started my own obesity clinic.

Q. Where is Ion Magnum technology originally from?

Dr Sheetal Badami: Ion Magnum technology was invented by UK's Dr Gary Pollock. Dr Gary Pollock has also invented pace maker. He is a nominee for Nobel Prize. This weight loss method invented by him has zero side-effects as a result of being completely non-surgical.

Q. How exactly is Ion Magnum technology being used for reducing obesity?

Dr Sheetal Badami: Ion Magnum is based on device waveform technology. When we exercise, our brain sends signal to related muscles. Ion Magnum technology copies this signal. As a result fatty muscles start feeling that those muscles are doing toning workout. It gives you the benefit of a deep and professional workout. Traditional exercises can cause pain for the body and puts a strain on it too but this technology does not make your body suffer at all. Ion Magnum brings down both types of fat – one which is located beneath skin as well as the visceral one, which is very beneficial from health point of view. It brings down the cholesterol and insulin and controls your blood pressure too. With all these factors being under control, the chances of diabetes, heart ailments and stroke also become less. The sugar of diabetics starts to remain under control. It is also appropriate for PCOD and infertility. It leads to a rise in muscle mass metabolic rate which eases weight loss process. Moreover, it is also helpful in the detoxification of body. Using high intensity focused ultrasound, fatty cells are broken down; but in this process, the tissues located nearby are not harmed at all. The body uses up these broken cells. After certain period, the body is not able to build up fatty cells. And hence fatty cells do not get built up again in a body. Because of detoxification, the toxins present in a body also come down. Using radio frequency, the loosened skin is tightened up. Cellulite is reduced using acoustic wave. In this way this technology is very useful in case of obesity.

Q. Is there an age limit for using this treatment?

Dr Sheetal Badami: These days, bulkiness is largely being observed among small children. This treatment is appropriate for children over 12 years of age. There is no age limit for this. People falling in an age range of 12 years to 70 years can go for this kind of treatment.

CAREER GRAPH

- **Birthday – February 6, 1978**
- **First doctor to introduce Ion Magnum technology**
- **Director of 'Defined Aesthetics'**
- **Has been practicing as an obesity consultant from last 9 years**
- **She has so far carried out the treatment of more than 4,000 patients**
- **There are three centers of 'Define Aesthetics' in Pune**
- **Mobile: 8888370371**

Q. How many types of fats are there in a human body?

Dr Sheetal Badami: There are two types of fats in a human body – subcutaneous and visceral. Subcutaneous fats are situated under the skin which can be felt through a touch. Visceral fats are also referred by another name called deep fats; their increase takes place near required components of body. These fats start increasing near liver and intestines. The chances of diseases like diabetes, heart ailments and dementia increase because of these fats. According to the rules of World Health Organisation, the waist line of men should be less than 90 cm (36 inches) and that for women; it should be less than 80 cm (32 inches). While losing weight, it is necessary to loose both types of fats - subcutaneous and visceral; in addition to this it is important to increase muscle mass as well.

Q. What actually does obesity refer to?

Dr Sheetal Badami: It is a big misunderstanding that obesity only implies weight gain. In context to obesity, it is also being observed that apart from weight, it also observes where all and in what amount has fat grown. Hence to bring down obesity, it is not just the weight but fat needs to be lost. Moreover, muscles' training is required too. And then you can get a long term benefit of weight loss. Weight loss using Ion Magnum technology does not have any side effects.

Q. How many patients have you treated so far using this technology?

Dr Sheetal Badami: I am practicing for the last ten years and have carried out the treatment of more than 4,000 patients. We carry out healthy weight loss in our clinic. Till date, I have reduced 12,500 kilograms of fat and 25,425 inches. Ion Magnum technology has no side effects. So far, 95 percent of people have received good results from this technology. We currently have our clinics running at three locations of Pune – Senapati Bapat Road, NIBM Road and Pimpri. Considering all three clinics, we are a team of 10 doctors. We seek the information pertaining to their medical history and lifestyle from the people visiting us for treatment. And then a personalised treatment is given to each one of them.

Q. What all difficulties did you come across while setting up your centers?

Dr Sheetal Badami: Being a doctor, I had good knowledge of medical field. And this helped people to sustain their trust in me as well as on this technology. Moreover, since the results were getting visible to people, I did not face any medical related problems while setting up new centers. But since I did not have knowledge of fields like finance and marketing, I came across many other

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We often get to hear that 'I have put on the weight and want to lose it to slim down.' But 'Slimming is same as losing weight' is a big misunderstanding. Healthy weight loss is required to bring down obesity. Healthy weight loss means – improve muscle power and lose fat. On losing subcutaneous and visceral fats, metabolic rate normally rises and the process of weight loss gets initiated. While losing weight we do not bother to ensure whether even the fats are getting lost or not! In a flow of losing weight, we actually lose body water as well as muscles which become visible at a later stage. But during a healthy weight loss, obesity goes down in inches; and hence weight also gets reduced in kilograms. The sugar of diabetic patients also therefore remains under control.”

problems. It was a very big challenge for me to handle all these aspects but my partner as well as the team did all the work smoothly. And hence now even this problem has got resolved.

Q. Can you tell us about any memorable patient you have had?

Dr Sheetal Badami: I have made thousands of patients lose weight but this treatment has brought in major transformations in the life of some patients. A female patient had come who was trying to lose weight and conceive too from four years but was unable to find success. She was also suffering from PCOD as well as hormonal imbalance. Using Ion Magnum technology, her body fat reduced. Because of weight loss, she could conceive naturally and had a successful maternity too. These kinds of cases give us a feeling of happiness. There was a patient who had come from Dubai and was heavy diabetic. The treatment given by me not only reduced his weight but also

stopped his insulin problem as well and now he is only on medication. This technology provides very good results to the people suffering from diabetes and BP. It has absolutely no side effects.

Q. How is the testing of patients coming to you for treatment carried out?

Dr Sheetal Badami: We have a team of 10 doctors. The treatment of a patient is started only after seeking complete information about him. A separate treatment is planned for every patient. The information pertaining to the BMI of a person, percentage of fat, amount of visceral fat is taken. The history of hypertension, diabetes is recorded. After getting some of his tests done, we confirm that there is no medical reason of him being under-weight or over-weight. The treatment is initiated only after seeking his complete medical history.

Q. What is your opinion about losing weight through an alternative form of surgery?

Dr Sheetal Badami: For someone to lose weight; two types of surgeries are carried out – liposuction and bariatric. Whichever surgery it may be, anesthesia is required to be given in it. And hence the chances of anesthesia related side effects taking place prevail in both these kind of surgeries. In liposuction surgery, fat is extracted out where as post-bariatric surgery, a rapid weight loss starts taking place. But whatever surgery a person opts for, a change in lifestyle needs to be introduced to avoid a weight again. Regular exercising and nutritious food is needed. If a proper lifestyle is not maintained post-surgery, one may again put on the weight. And hence non-surgical method is a better option for losing weight but even in this case, one should first confirm whether the chosen method is a scientific one or not.

Q. Is it a good idea to follow a diet?

Dr Sheetal Badami: It is not correct to go on your own diet without consulting a nutritionist. While one is on diet, the same type of food is consumed as a result of which calories go down in the first month. But human body is very smart. After one and a half month, human body gets used to that diet and no further weight loss takes place. Our body generates energy from the food given to it but a wrong diet can harm our body; it is therefore important to understand that slimming does not just mean losing weight.

Q. What piece of advice do you have for the parents of obese children?

Dr Sheetal Badami: Very often it is seen that the friends of obese children tease them. And if it continues for a long time then many a time's children get depressed. In such cases, parents' responsibility increases. Since children imitate their parents, the parents of obese children should set an example for their children by themselves adopting a healthy lifestyle to motivate their kids.

Q. The treatment of which all skin related problems is carried out in your clinic?

Dr Sheetal Badami: Skin beautification is no more a field limited to just women. Now even men have become aware when it comes to beauty of the skin. Treatments of acne, dark circles, pigmentation, rejuvenation etc are being carried out by us.

Q. What are your future plans?

Dr Sheetal Badami: We currently have three centers in Pune and I wish to start one more. Then later I plan to start a center in Mumbai as well.

Q. What do you do for your own fitness?

Dr Sheetal Badami: As I've already said, post-pregnancy I had taken the treatment of Ion Magnum technology to loose weight. Currently, I daily visit the gym. I follow a healthy diet. Healthy lifestyle has lots of benefits.

Q. Please tell us about your family.

Dr Sheetal Badami: I have a ten-year-old daughter whose name is Saanvi.

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