IGHT, EXCESS BELLY
ALITY AYURVEDA
are Ayurveda
re City offers
urveda medi-
nchakarma
nerapies for
g to arm and
g to legs with
stretching
Spondylosis).
o-elbow-heel
welling and
ed RA/ESR/
in blood
neumatism),
pro myalgia).
due to after
hemiplegia,
facial palsy) and accidents. Difficulty to raise hands (frozen shoulder) and numbness-burning-cramps due to lack of blood circulation (neuropathy) in diabetic patients.
Bulging belly, excess fatty tummy, hip and thighs. After-delivery pendulous fatty belly and loose muscles. Cellulitis and water retention. Excess body size and over weight.
Medical consultation with expert doctors from Kerala and services of qualified therapists.
For appointment and more information:
Ayucare Ayurveda FZ LLC
ding, A Block, Dubai Health Care City, Dubai
44470022, 971 558240250
SLIMZERO
AYUCARE AYURVEDA
30997126_1.1

Kilimanjaro for charity

FIRST-TIME ADVENTURERS RAISE $135,000 FOR PALESTINIAN CHILDREN'S RELIEF FUND

DUBAI

By SHAFAAT SHAHBANDARI
Staff Reporter

It isn't every day that a group of women get together to scale one of the world's highest mountains. And it certainly is no small feat that the group raised funds to the tune of $135,000 (Dhs495,728) in the process.

A dozen Dubai-based women led by famed adventurer Suzanne Houby, the first Arab woman to scale Mount Everest, recently climbed Mount Kilimanjaro in support of the Palestinian Children's Relief Fund (PCRF).

Kilimanjaro is the highest mountain in Africa at 5,895 metres.

The team consisting of first-time adventurers was also joined by a 16-year-old Jordanian boy who helped keep the spirits of the group high.

Though Suzanne has led many an adventure across different continents, she says leading a group of tyros was a different experience altogether.

"I was honoured to lead this group in their biggest personal challenge yet: climbing Kilimanjaro. When I first started climbing, the sport was practically alien to the Arab world, so to end up many years later sharing this passion with 12 individuals was one of the richest experiences of my life," Houby noted.

The idea of climbing Kilimanjaro to help raise awareness and funds for the first paediatric cancer unit in Palestine through PCRF came up between Suzanne and Reeman Joudeh, who at that time was just looking for a personal challenge. However, they were soon joined by 12 others who were just as committed to making a difference.

Courtesy: Suzanne Houby

At the summit

■ The group of women who made it to the summit of Kilimanjaro, the highest mountain in Africa.

Tough training

After long months of exacting physical training and events to raise funds and awareness for the paediatric cancer unit, the group landed in Tanzania feeling both ready and anxious for the challenge. Between lost luggage, severe altitude sickness, headaches, cold weather, tears and giggles, the team kept pushing, transfixed on their goal in spite of all odds and difficulties with a fierce desire to make a difference in the lives of underprivileged Palestinian children.

"We started our orientation and training programme a couple of months before the actual expedition, but no matter how much you try to familiarise them with what they would face on the mountains, people only realise the difficulties when they experience it," Suzanne said. For her what was more interesting was to see how each of member of the team adapted to changing scenarios in her own way.

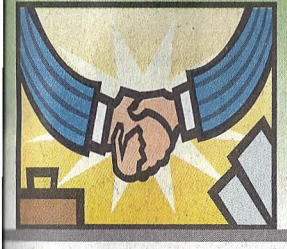
Though Suzanne admitted that Kilimanjaro is a relatively easy mountain to climb, it is obviously not a cakewalk, and never when you have a bunch of tyros across different age groups, from their mid-40s to teenagers.

For 19-year-old Tammara Yassin, the youngest woman on the trip, it was a life-changing experience. "I think a lot of us underestimated this mountain. I am actually glad we did. It turned out to be so much hard work and a boundary-breaking journey mentally, physically, and emotionally for all of us. I think what motivated all of us in the beginning was the charity work we had to do for the PCRF and the curiosity to get out of the materialistic lives we live and explore this journey."

Life-changing

At, 43, Nadia Wehbe was one of the older members of the group and she agreed the trip was just as life-changing for her. "I have been wanting to do it for a long time and I was waiting for the right time. With two little children to take care of, I always though it wasn't possible. But when I got to know of the charity part I thought this is it. It was a challenge both mentally and physically and it wasn't easy. But once I achieved it, I just felt brilliant, the kind of feeling I have never had. It was euphoric to realise that the hard work has paid off. I felt a sense of achievement."

The climb began on July 7 and ended on July 13.

day, for a better tomorrow

ESS OPPORTUNITIES
classified@gulfnews.com Tel. 800-4125
70080471_4.1

ecommends Windows® 7.
FUJITSU
Your Search Simplified