

## **NIMBA - FB POST CONTENT**

**1<sup>st</sup> MAY 2016**

### **[VIRAL CAMPAIGN IDEA]**

#### **Banner Tagline -**

Share the #FunniestLaugh & #CutestBabyGiggle!

#### **Post Description -**

This 1<sup>st</sup> May, the first Sunday of the May, let's celebrate the World Laughter Day by sharing your original videos having funniest laughs and cutest baby giggles with #MyLaughVideo\_Nimba.

The best entry shall win a cool Nimba Gift Hamper and the titles of "2016's Funniest Laugh & Cutest Baby Giggle"!

**3<sup>rd</sup> MAY 2016**

**Banner Tagline -**

Take a breath of Relief!

**Post Description -**

This 3<sup>rd</sup> May, the first Tuesday of the May, let's observe the World Asthma Day by treating it with Nimba's Special Naturopathy Asthma Therapy.

Find out more on remedial miracles at Nimba, visit -

<http://www.nimba.in/disorders-treated/>

**12 MAY 2016**

**Banner Tagline -**

Are you just tired or is it Chronic Fatigue Syndrome (CFS)?

**Post Description -**

12<sup>th</sup> May is observed as the Chronic Fatigue Syndrome (CFS) or myalgic encephalomyelitis (ME) Awareness Day worldwide!

What is CFS?

Chronic Fatigue Syndrome (CFS) is a less known and very complicated disorder causing extreme fatigue without any underlying medical condition substantiating its occurrence.

How is it different from regular tiredness?

Despite several theories trying to explain CFS, actual cause of CFS is unknown. What separates it from regular tiredness or fatigue is that CFS may worsen with mental or physical fatigue however, resting doesn't help solve the situation!

What are its symptoms?

- ✓ Fatigue
- ✓ Loss of memory or concentration
- ✓ Sore throat
- ✓ Enlarged lymph nodes in your neck or armpits
- ✓ Unexplained muscle pain
- ✓ Pain that moves from one joint to another without swelling or redness
- ✓ Headache of a new type, pattern or severity
- ✓ Unrefreshing sleeps
- ✓ Extreme exhaustion lasting more than 24 hours after physical or mental exercise

Probable Causes

- ✓ Viral Infections
- ✓ Immune System Problems
- ✓ Hormonal Imbalances

#### Severe Case Risks

- ✓ Depression
- ✓ Social isolation
- ✓ Lifestyle restrictions
- ✓ Increased work absences

#### Nimba Connect!

If you are suffering from CFS and want to experience a relishing break from fatigue, treat it with Nimba's wellness, detoxification, rejuvenation and stress management packages.

Download Nimba's package, accommodation and tariff details... from <http://www.nimba.in/wp-content/uploads/2016/02/Nimba-Tariff-Card-Revised-1802.pdf>

To get more insights on CFS, check out the following links -

[https://en.wikipedia.org/wiki/Chronic\\_fatigue\\_syndrome](https://en.wikipedia.org/wiki/Chronic_fatigue_syndrome),

<http://www.cdc.gov/features/cfsawarenessday/>,

<http://www.mayoclinic.org/diseases-conditions/chronic-fatigue-syndrome/basics/definition/con-20022009>

17 MAY 2016

**[VIRAL CAMPAIGN IDEA]**

**Banner Tagline -**

Let's Tag the Tensed and say #PleaseRelaxDear

**Post Description -**

This 17<sup>th</sup> May, on World Hypertension Day; let's do some good to the victims of Hypertension around you.

Identify the list of above-average tensed people you know. Enlist them. And Tag them along with #PleaseRelaxDear

The Challenge!

Do you know what hinders the hypertension victims from recovering; the very fact that they don't accept the existence of hypertension!

**The Solution - #PleaseRelaxDear Campaign**

Let's crash this hypertension ignorance by posting a list of victims you know, within your social circles and tagging them to the post by #PleaseRelaxDear\_WHTD. This way, public appeal of their names shall make them more aware of people recognizing their disorder and motivate them to take Hypertension seriously before it's too late!

A Step Beyond

You might as well want to suggest the Hypertension victims to experience "**Stress Management**" Program at Nimba!

**25 MAY 2016**

**Banner Tagline -**

Let's raise voice against Thyroid!

**Post Description -**

As the figures get shockingly goliath, with an update in last year's [TOI article](#) around 10% of Indians are suffering from Thyroid condition and this figures are expected to shoot-up in the coming years!

Let's raise awareness about Thyroid and prevent the Thyroid occurrence.

[Know more about Thyroid disorders](#)

Treat Thyroid, naturally and effectively without any synthetically manufactured drugs or side effects at [Nimba](#)

#ThyroidAlarm #WorldThyroidDay

28 MAY 2016

**[VIRAL CAMPAIGN IDEA]**

**Banner Tagline -**

Mission - Mom's Check-up!

**Post Description -**

This 28<sup>th</sup> May, on International Day of Action for Women's Health; let's take a step towards wellness of our beloved moms and take them for a complete body check-up.

**The Challenge!**

It is very common in our country for moms to ignore their problems and pain in the name of tolerance and fear from hospitals. This ignorance and misconception often turns up to be one of the biggest reasons of eventually intensified health disorders.

**The Solution!**

This 28<sup>th</sup> May, take your mom for a complete body check-up. Click a selfie with your mom at the diagnosis center or laboratory.

**The Win!**

Upload your selfie on Nimba's FB page and get a chance to win an absolutely FREE Thyroid Treatment Program for your mom, at Nimba!

**31 MAY 2016**

**Banner Tagline -**

<https://www.youtube.com/watch?v=1MDfyF1VF6o>

Shockingly True! Wanna Smoke?

**Post Description -**

This is just mere 400 cigarettes... An approximate number any smoker consumes within just few months. Share this post and help spread awareness against smoking!

This 31<sup>st</sup> May, on World No Tobacco Day; Nimba urges all the addicts to quit tobacco forever and welcome a healthy transformation with Nature's Goodness.

#Nimba\_WNTD