

Suggestions and recommendations for living a healthy lifestyle!

Adapting to a healthy and natural lifestyle requires adapting to a natural and balanced diet and eating habits, correct exercise regimen, regularizing daily routines, giving up harmful and unnecessary habits, taking adequate rest and relaxation, improving the mental attitude, attaining to a higher level of awareness and reducing dependency on modern gadgets, etc.

The following tips are based on many years of my personal experience and trials, and feedback of my clients and patients and would definitely help you too in improving your lifestyle and physical and mental health.

Eating habits and Digestion

- We need to eat because body needs nutrition for survival and proper functioning.
- Eat simple, natural, nourishing, balanced and fresh food.
- Seasonal fruits, vegetables, raw nuts and seeds should make over 50% of your daily food intake.
- Eat only when stomach is *empty* and feel *hungry*. Eat according to appetite and strictly avoid overeating.
- Prefer main meal at Lunch; eat a moderate Breakfast and a light Dinner.
- Keep at least 3 hours gap between the main meals; preferably breakfast at about 8 am, lunch between 11am and 1 pm and dinner at about 6:00 pm or before the Sun-set.
- The duration or gap between the meals also depends upon items eaten at the previous meal. Restrict the number of cooked meals to a maximum of three a day, even lesser the better! If hungry, eat only fruits in between the meals.
- Do not drink water immediately before or after the meal. If required, sip water only in small quantity while eating. Drink enough and only when thirsty. Avoid ice-cold or refrigerated water and drinks.
- Avoid oily and fried food, fried nuts, non-veg, eggs, liquor and items made from white flour (menda), including bakery products altogether.
- Avoid chocolates, sugar, stimulating drinks such as tea, coffee and carbonated drinks wherever possible.
- Ghee and curd could be consumed in moderation and in accordance with your nutritional requirement. Avoid other milk products such as cheese, ice cream, milk shakes, etc.
- Avoid excessive consumption of sweets and eating sweets with meals and other food stuff.
- Reduce consumption of salt, spices (specially, red chilli), pickles and papad wherever possible.
- Avoid consuming any cold food directly from the fridge and refrigerator.
- Avoid food preparations with chemical additives and preservatives and processed food.
- Avoid eating out.
- Prefer organically grown food produces. Avoid Genetically Engineered (GE) or Modified (GM) food stuff.
- Eat in silence and with awareness of food. Eat slowly and chew properly. Avoid eating on the runs!
- Eat food according to your *Prakruti* (the individual ayurvedic constitution), season and liking.
- Observe "regular" Fruit or Water Fasts.
- Eat tasty food, eat what you really like and always eat joyfully..!

Physical Exercise

- Carry out exercises that are suitable for you, and practice them correctly and regularly.
- An ideal exercise program should improve flexibility, strength and stamina. It should energize the mind and the body, and reduce the mental stress.
- A minimum of 30-minutes physical workout daily is essential. There is no upper limit to how much one can exercise, as long as it doesn't cause tiredness or exhaustion.
- A "regular" exercise regimen should have a combination of exercises such as, Yoga, walking, cycling, swimming, jogging, gym, aerobics, gardening, athletics, games and sports, etc.

Rest and Relaxation

- About 6 to 7 hrs sleeps at night is very refreshing but avoid sleeping in the afternoon.
- Take rest for a few minutes after each meal.
- Consciously relax yourself whenever feel stressed or exhausted physically and/or mentally.
- 10 to 15 minutes of Yoga-Nidra in Shavasana provide excellent physical and mental relaxation.
- Avoid fatigue and Burn-out!

Daily Routine and Habits

- A regular and disciplined daily routine is essential for a healthy lifestyle! Prepare a daily time-table.
- Sleep before 10 PM and wake-up before sunrise. Avoid late nights.
- Any harmful and unnecessary habit would only cause wastage of time, money and energy. Hence, give-up all bad habits and addictions.
- Evacuate bowels and bladder “regularly”.
- Maintain daily physical hygiene (bathing, tooth and tongue cleaning, etc.).

Managing stress

- Any conscious effort towards self-restrains and self-observance reduces stress in life.
- Affirmation and prayer help remove negative thoughts and develop positive thinking.
- Consciously try to improve the level of self-awareness.
- “Regular” practice of meditation helps improve mental clarity, self-confidence, self-awareness, concentration, objectivity, creativity, comprehension, perception and equanimity.
- Through concentration and meditation you can tap into your inner wisdom.
- Consciously practice patience and tolerance. Try to be content.

Exposure to modern living style gadgets

- Wherever possible, avoid exposure to radiations such as electromagnetic radiation in electrical cables, mobile phones, microwave towers, etc. Avoid consuming any cold food from the fridge and refrigerator. Avoid microwave cooking. Avoid exposure to pesticides, chemical fertilizer, air conditioning, pollution from vehicle and industry, and polluted and high TDS water, etc. wherever possible.

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*“When Health is absent, Wisdom cannot manifest,
Strength cannot be exerted, Wealth becomes useless and Reason is powerless”*