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R HealthBeat

Quarterly Health Magazine - Vol. 14, July 2017

*Ayurveda in the
lap of nature*

*Have a hale and
hearty monsoon*

*Optimize your
health with
'Nature's Best'*

**Grow your own
herb garden!**

**Rid your body
of that 'acid'**

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From the Editor's Desk

Hello Readers,

It's time to take some inspiration from nature!

The only way to restore your body to good physical health is by maintaining a healthy lifestyle. Nutrition, detoxification and exercise are all essential. The human body is miraculous. It is a system of checks and balances, a system built to endure and heal itself, if given what it needs.

“ *The current edition's theme 'Going the natural way' is not just about food, it encompasses the choices we make each day. In these pages, we explore alternative healthcare, fitness, environment, herb gardening practices, alternative medicine, supplements and how they affect us.* ”

Organic is going main stream and it's downright trendy. Even big companies appear to be jumping on the bandwagon, with so many choices from acupuncture to reiki, from glucosamine to probiotics, from grandma's home remedies to new age wisdom, it's hard to know what's best. We're here to help you make informed choices for yourself, your family, our world and your lifestyle in 'The answer lies in the nature'.

Health is never achieved by covering up pain or symptoms of disease. It is never achieved through treatment of a disease without addressing the needs of the whole body, even if that treatment is a natural remedy. Remember, health is systemic and holistic, which is what our articles 'Revealing the top natural supplements' and 'Healing power of herbs' will talk about.

Yes, natural remedies are a safer, healthier choice than pharmaceutical treatments but they will never be a substitute for overall health. If you effectively treat an ailment with natural remedies but ignore your overall health, your body will eventually manifest disease in new ways, possibly more serious ways.

Before you try natural healing therapies, you need to know a thing or two; our bodies are unique. For instance, you may find you respond better to acupressure than aromatherapy, it is very important for you to understand what alternative healing therapies suit you and we have covered just what you need in 'Rejuvenate and Revitalize with Reflexology' and 'The Goodness of Ayurveda in the lap of nature'.

Be smart. Be safe. Do it right. If you suffer from a chronic illness or poor health, take the leap, change your lifestyle. You have only one body.

And finally, our disclaimer: Natural remedies may backfire. While prescription and over the counter drugs have a far greater likelihood of dangerous side effects, we have to warn you that that no remedy is always safe. And we also recommend you consult your doctor or health care practitioner for any serious health issue. Hopefully, your doctor is a naturopath. Remember, your health is your responsibility, and no one else's.

Warm regards,
Rakesh Jain



Rakesh Jain

Chief Executive Officer
Reliance General Insurance

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Look what our **readers have to say** about R HealthBeat



R HealthBeat is another example of RGI's belief to 'Deliver beyond Promise'. Right from decoding ways to live with disability, this edition also talks about converting it into strength, with support of motivation, education, behaviour & smart tech. It also aims to awaken family and society to care for differently-abled humans with empathy and most importantly by way of social inclusion.

Mr. R. S. Kansal

GM - Insurance, JKCL/JKPL



R HealthBeat Magazine is an extremely informative read. The content and the quality of information is top notch. Our modern lives can be extremely hectic & stressful, but this magazine can help change that. Hope you continue this good work and continue to inspire a lot of people.

Kavitha U

HR - Manager,
Sonim Technologies India Pvt. Ltd.



R HealthBeat has specialized content published on health care and it is regularly circulated to all our company employees for their personal health benefits and to be fit at work, as well as in their social and personal life. I always look forward to have one on my table no sooner than it's out.

Mr. Jayagopi Doss

Vice President - Risk Management,
Polycab Wires Pvt. Ltd.



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GET IN TOUCH

We look forward to getting to know you better!

We welcome your suggestions, questions or ideas. Also to know more about our Wellness Program you could write to us at rgicl.rcarehealth@relianceada.com

Visit www.reliancegeneral.co.in for more articles and updates on Healthy Living and Wellness.



Optimize Your Health with “Nature’s best”

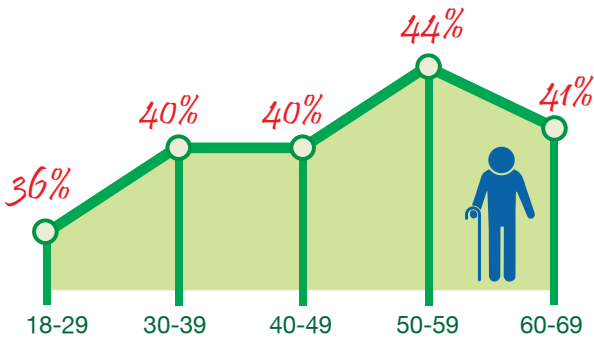
A modern lifestyle is at the root of modern illness. A daily health practice can keep the body and mind performing well throughout life and may expand the lifespan. Rising health care costs, distrust of pharmaceutical companies and ‘Fix it when illness develops’ approach is not working, this is leading us to look for more natural ways to look for good health not only physical, but also mental and physical as well. Traditional medicine is due a revival while modern medicine is desperately short of new treatments. 40% of the Indian adults have used the holistic healing therapy in some form or the other

A holistic health a.k.a complimentary and alternative, integrated medicine is the choice many people are making for themselves and the family.



Most common natural products used among adults

- Fish oil (omega 3) • Glucosamine • Echinacea • Flaxseed oil
- Ginseng • Combination herb pill • Garlic supplements



Holistic Health use by Age

New scientific techniques are also being applied to traditional medicine in search of modern drugs:

Ethno Pharmacology: A systematic study of how specific ethnic groups use medicinal plants.

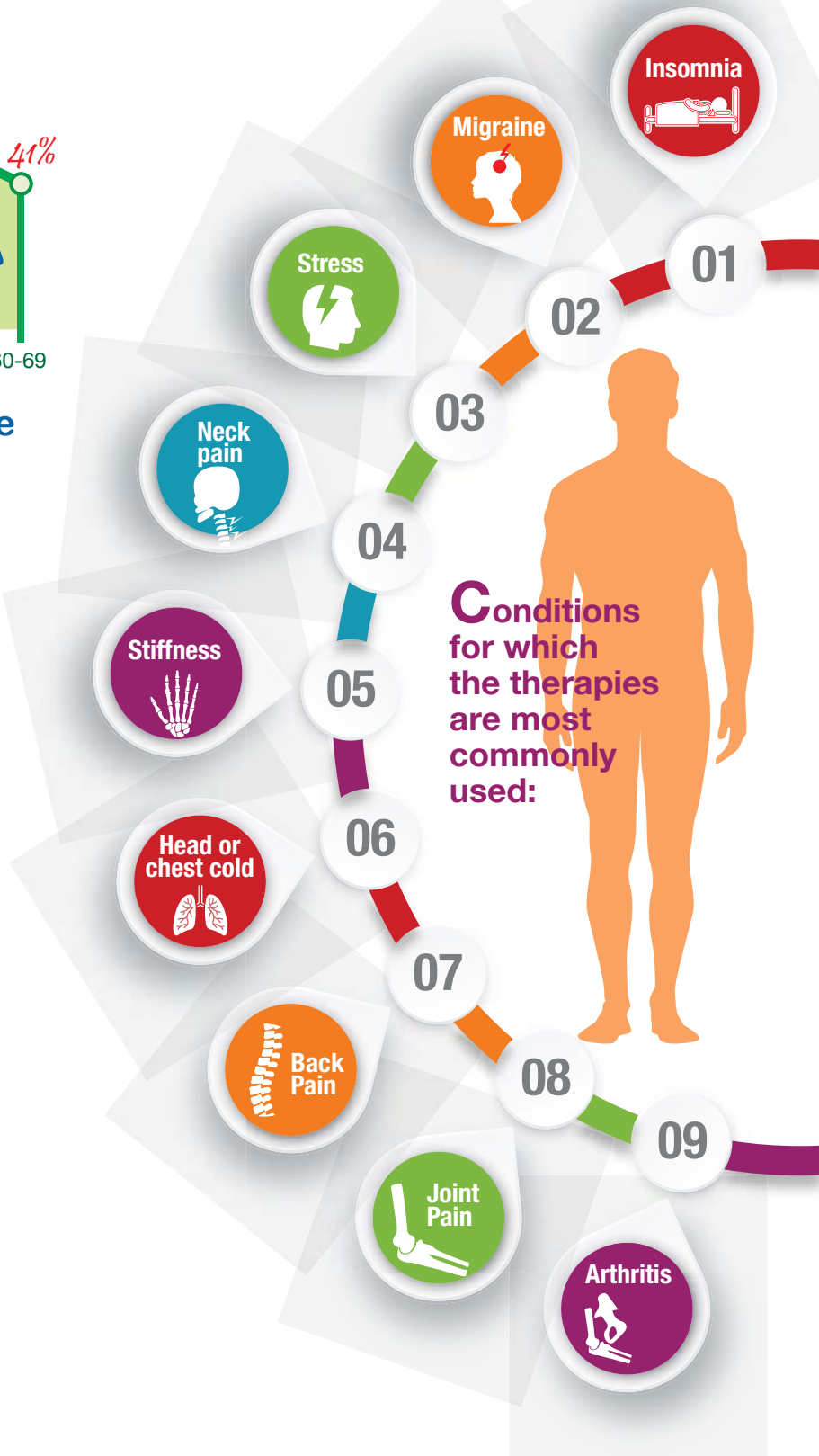
Systems Biology: This holistic approach aims to understand the way different processes and metabolic processes interact within the body.

Deriving medicines from natural products many of which were used as traditional remedies:

Artemisinin: Anti-malarial medicine derived from Chinese herb sweet wormwood originally used for chills and fevers.

Etoposide: Anti-cancer medicine derived from the mandrake plant originally used in Japanese and folk medicine.

Quinine: An anti-malarial medicine derived from the Cinchona tree originally used in South America, traditional remedy for fever and chills.



Revealing top natural supplements!



Many people wonder if they should opt for natural supplements over other vitamins and supplements. One overwhelming plus in favor of natural supplements is that they come from food sources, as their name indicates. Since natural supplements come from food-based sources, your body has a better idea of what to do with them. As a result, you can expect that your body will be able to absorb the nutrition that they contain more readily than it can when you consume supplements that have artificial ingredients.

A smart approach towards supplements and vitamins is to look for options that are based on whole food sources. For example, if you are considering a vitamin or other supplement, and you recognize the foods from which it is based, that is an indicator that you are dealing with a quality supplement. If you are reading the label and your vitamin or supplement states that its ingredients are fruits and vegetables, as can be the case with a multi-vitamin, then you are most likely dealing with a quality product.

Here's what the different health supplements are

beneficial for:

Folic Acid

Birth Defects

Green Tea

Cholesterol, Health Cognition

Omega 3

Cholesterol, ADHD behavior

Probiotics

Digestive Health

Vitamin D

General Health, Cancer Prevention

Cranberry

Urinary System

Fish Oil

High Blood Pressure

Licorice Root

Coughs

Olive Leaf Extract

Blood Pressure

Zinc

Colds



What each supplement does to our Body?

Take care of your heart by maintaining a healthy weight, eating a healthy diet and following an active lifestyle. Protect heart cell damage with 'co-enzyme Q10' a natural antioxidant that can improve the heart's ability to contract.

Heart

Lymphatic System

Like a sewer system, the lymphatic system helps remove dead cells and waste products while fighting off any invading bugs. Vitamin C helps maintain strong lymph tissues while Vitamin A strengthens infection fighting cells.

Feet

Your feet does a workout of 9000 steps a day. Care for your feet with Arnica to reduce aches, sprains and soreness. For a natural exfoliator and moisturizer, try olive and coconut oil.

Brain

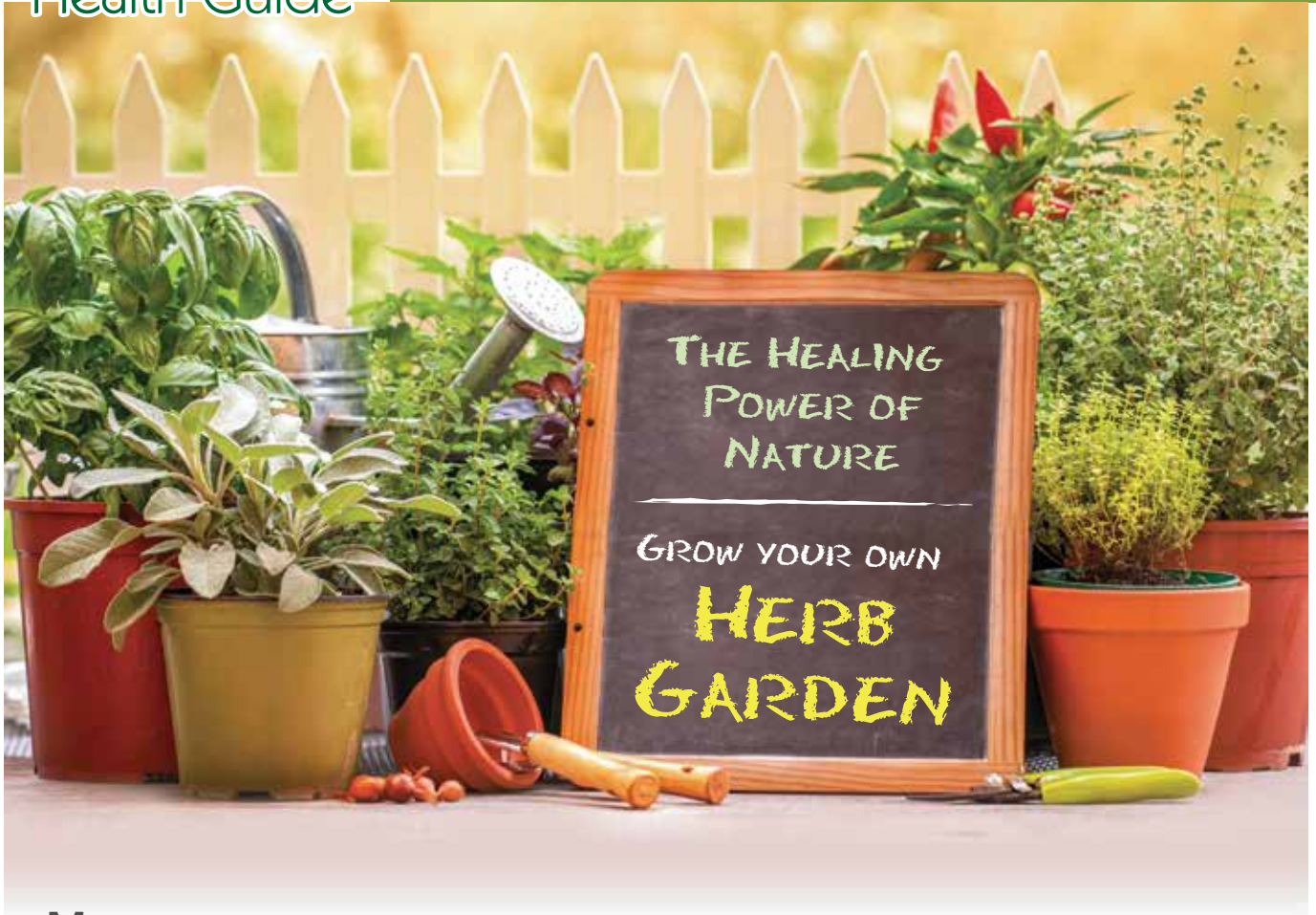
Our brain has over 86 million nerve cells, which transport important information to the rest of the body through electrical signals. Support these cells by taking 'Omega 3s and DHAs' through fatty fish or fish oil supplements.

Muscles

Are your muscles sore from a hard workout or injury? 'Branched chain amino acid (BCAA)' is a combination of 3 amino acids which can promote muscle recovery and even increase muscle growth.

Organic Vitamins

They are a good example of an expensive supplement that is generally worth the money. Since your health is an investment, spending a little more for an organic vitamin stands out as a wise choice. Organic vitamins are made using organic food sources and as a result, they should have no chemicals or additives. These types of vitamins are a great choice for those who are health conscious or are affected by many allergies.



Medicinal plants grown in your own gardens can reduce your dependence on drugs, if not completely eliminate them. But growing random herbs with medicinal properties doesn't help. Some medicinal plants are to be used for treating specific ailments, while others have a generalized positive effect on our health when used regularly. Many herbs belonging to the latter group have found their way into our culinary scene as flavoring agents. Your medicinal garden should ideally have such plants that have practical uses for the common man besides being easy to grow. Here are a few herbs that have stood the test of time.

Aloe Vera



Aloe vera is well known as a skin-friendly plant. It is one medicinal plant people really make use of, since it is generally safe and requires no processing before use. It is a must-have in every garden whether you grow it in pots or in the ground. The jelly-like, colorless pulp of mature leaves can be applied to minor cuts and burns and to dry, inflamed, or damaged skin due to eczema or other skin conditions. It is an excellent moisturizer with anti-inflammatory and mild antimicrobial effect. Regular use can prevent constipation and relieve other digestive problems, including ulcerative colitis and irritable bowel syndrome.



Peppermint

This natural hybrid of spearmint and water mint is widely used in dental hygiene products, mouth fresheners, soothing balms and candies. Sip a tea made of a handful of peppermint leaves to calm stomach upsets and relieve pain and discomfort due to gas. Carry a few sprigs of peppermint when you travel. Sniffing on it every now and then will prevent nausea and vomiting associated with motion sickness.

Thyme

This perennial herb with tiny, aromatic leaves is a great addition to any medicinal herb collection. The characteristic scent of thyme comes from the volatile oil containing thymol, which gets released at the slightest touch. Many herbs contain this powerful antiseptic phenolic compound, but thyme oil has more than 50% thymol content. Use an infusion of thyme as a gargle to get rid of bad breath and mouth sores. It can help with tonsillitis and laryngitis. Crushed fresh thyme applied on the neck is said to reduce throat infections. Inhaling the vapors reduces nervous exhaustion.



Rosemary



Rosemary is more of a woody shrub, but it deserves a place in every herb garden for its medicinal and culinary uses. Long known as the herb of remembrance, the claim that rosemary enhances memory has had a boost from recent research findings. The carnosic acid in the herb has been shown to prevent brain damage and neurodegeneration. In separate studies, Rosemary oil has been found to improve cognitive function and reduce brain aging. Its potential in cancer treatment also has been promising.

Chamomile

No medicine chest is complete without chamomile flower heads. They can be made into a soothing tea that can calm a troubled mind as well as a colicky baby. When you grow chamomile, you can make a tea from fresh flower heads or dry them for later use. Take a handful of flowers in a bowl and pour boiling hot water over them. Allow to steep for 15-20 minutes and drain. Have a cup of this soothing brew when you feel anxious or unsettled, or before bedtime in case you have difficulty falling asleep.



Lavender



Inhaling the fragrance of this flower is sufficient to get relief from headache and depression. The essential oil extracted from the flowers has an important place in aromatherapy. Add a handful of lavender flowers to the bathwater or place pouches of dried flowers under the pillow to get relaxed sleep. Make the best of the antiseptic and antibacterial properties of lavender by infusing the flowers in water and using it to wash face and damaged skin. It can clear acne and accelerate wound healing.



Defeat the autoimmune diseases!

HIDDEN INFECTIONS

These include yeast, viruses and bacteria. A medicine practitioner can help you identify the infections and eliminate them.

GET TESTED FOR CELIAC OR FOOD ALLERGIES

Your doctor can use a blood test to help diagnose a celiac disease when your body has a reaction to eating gluten.

GET CHECKED FOR METAL TOXICITY

Mercury and other metals can be a risk factor for autoimmunity.

FIX THE GUT

About 60 to 70 percent of your immune system lies right under the one cell layer of your gut. If this surface breaks down your immune system will get activated and start reacting to food toxins and bugs in your gut.

IMPLEMENT SUPPLEMENTS

Nutrients like fish oil, Vitamin C, Vitamin D & probiotics can help calm your immune response naturally. Also consider anti-inflammatory nutrients like grapeseed extract.

SLEEP EIGHT HOURS

Lack of sleep or poor sleep can damage your metabolism, cause cravings for sugar and carbs, make us eat more and drive up numerous conditions from diabetes to autoimmune disease. Sleeping well is essential for reversing inflammation.

SIGNS OF AUTOIMMUNE DISEASE

- Joint pain • Abdominal pain, bloodier mucus in your stool, diarrhoea or mouth ulcers
- Dry eyes, mouth or skin; weight loss, insomnia, heat intolerance or rapid heartbeat
- Numbness or tingling in hands or feet • Multiple miscarriages or blood clots

Auto immune disease is not curable but manageable, there's so much that you can do to put your autoimmune into remission naturally. These tips are great steps to living a vibrant and a healthy life.

Sources: • <http://www.healthline.com/health/autoimmune-disorders#overview1>
• <https://www.mindbodygreen.com/0-8843/10-signs-you-have-an-autoimmune-disease-how-to-reverse-it.html>

Rejuvenate & revitalize with Reflexology

Consider the amount of stress your feet experiences every day. No body part is more worked than your feet. Standing, running, bouncing; our feet do it all. Reflexology is a natural way of healing pain and ailments in one's body by using pressure on hands, feet and certain other body parts. This is a science that is backed by logical facts and is proven to help cure ailments if used sensibly and in the right way.

Reflex points are those points on the body that have a connection to various body parts as in a correlation. According to the chinese medicine, these points on the feet connect and correspond to various organs of the body. The foot reflexology chart basically shows all the points on the foot and what are the organs the certain points given represent. It is seen that the foot represents the human body as in the toes are known to relate to the head, shoulders and the neck and as we go down to the ball and arch of the foot, it is said to relate to the various internal organs in the body.



Benefits of Reflexology

Nerve Function:

As we age, the sensitivity of our nerve endings slows down too, especially in our extremities. Through reflexology, more than 7000 nerve endings are being connected in one session, increasing their reactivity and function.

Circulation:

One of the most known and proven benefits of reflexology is improvement in circulation. Increase in circulation means that blood and oxygen are distributed throughout the different parts of the body more efficiently. Because of proper oxygenation, the vital organ systems also perform certain vital functions properly which is essential in maintaining an overall health.

Relaxation:

Through the application of reflexology technique, neural pathways are being stimulated, allowing free flow of energy. That being said, a more relaxed state is realized. Moreover, through the same process, stress and anxieties are being eliminated as well, leading to a more positive mental health.

Pain relief:

Reflexology is beneficial in treatment for mild to chronic pain. In a study conducted in the year 2000, 32 of respondents expressed relief of pain after a foot massage.

Have a Hale & Hearty MONSOON!



Monsoon sure does bring the much needed relief from the sweltering heat of summer but it also brings its own set of problems along. With rains and rise in humidity, a number of viral, bacterial and fungal infections become active. Cases of dengue, malaria, conjunctivitis and a series of viral infections rise. The humid weather may also cause dehydration.

Do follow some healthcare tips to have a hale and hearty monsoon:

Guard against mosquitoes:



The cases of dengue and malaria start showing up in the summer months but they peak during the monsoon season when rains and humidity provide the vector, ideal conditions to grow. While it may be impossible to cut yourself away from the mosquitoes in the environment, it is possible to minimize them. Prevent any water stagnation in your surroundings, including your own garden area and lawns. Air coolers are other areas where water stagnates and may encourage mosquito breeding; clean it up frequently and spray mosquito repellents inside. Report any water stagnation to the municipal authorities.

Drink sufficient water:



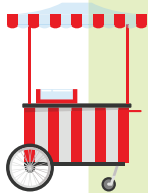
High levels of humidity mean that we sweat a lot in monsoon. Dehydration is a logical outcome. Keeping yourself hydrated is essential during monsoon as it is throughout the year. Drink sufficient quality of water to keep your body and skin hydrated. This also gives the body resilience to fight infections and prevents dehydration. Adequate water also helps flush out toxins.

Prevent bacterial and fungal infections:



Monsoon is a season when a lot of bacterial and fungal infections thrive because the temperature and moisture in the environment is suitable for their growth. To prevent infections of the skin, it is important to avoid keeping your skin wet for longer duration. Dampness triggers fungal infections. Use anti-bacterial soaps, creams and talc to keep bacterial and fungal problems at bay, especially if you are susceptible to infections. Always make it a point to dry your skin and scalp with a towel thoroughly after every bath. Even when you just wash your feet, dry them properly with a towel, making sure even the spaces between the fingers are dry. This will prevent infections. Feet should be washed on coming indoors, if possible dip in water with few drops of betadine. Use antifungal powders if necessary. Prefer open footwear that keeps the air going.

Avoid oily food and food cooked outside:



Indigestion also happens to be one of the major problems that occur during monsoon. When humidity is high, the body's capability to digest weakens. When your digestive system tends to weaken, heavy foods can upset stomach easily. You do not want to upset your stomach and make it more susceptible to infections. Oily foods are also responsible for skin breakouts and eruptions. The mantra is to eat light and easily digestible foods.

Keep your eyes clean:



Viral infections of the eyes like conjunctivitis are another concern during monsoon. While you cannot escape the viruses that are in the air, you can certainly keep your eyes clean to minimize the chances of infection. Wash your hands with soap & eyes thoroughly with water the moment you enter home. Drop rosewater in your eyes every night before sleeping. You can even keep a piece of sulphur immersed in water and use this water to wash your eyes.

Build immunity:



The best way to fight infections is to strengthen your body from inside and this can best be done with correct food intake. Consume a lot of citrus fruits and leafy vegetables to keep your body vibrant and strong from within. Fill up your plate with apples, pears and pomegranates. Use garlic in food. Eat yogurt regularly.



Follow the basic rules of hygiene religiously:



During monsoon, infections are in the air. So, the more you keep yourself clean, the lesser the chances of acquiring them. We travel in public transport, visit public spaces and communal areas where all kinds of people assemble, many of whom may be fighting an infection themselves. The ideal way is to immediately rush to the washroom as soon as you enter home, wash your hands and face thoroughly, have a bath if possible and dry yourself well. This will wash off any virus or bacteria you may have caught on your skin.



How the air quality affects exercise?

We all know that air pollution exists, but without feeling its effects every day, some of us might forget that it can affect us in more subtle ways that we might not immediately notice. One way that air pollution affects a community is in how it determines our exercise habits. Common sense would dictate that it's good for you to go exercise or run outdoors. That's been the natural order of things for the entirety of human existence. But there is a new wrinkle in the story, and that has to do with the way that harmful pollutants and emissions are fouling up the air we breathe.

How outdoor exercise interacts with air pollution

Medical experts have found that those involved in cardio exercise outdoors may be experiencing air pollution in a different way. Nose and throat specialists know that when the body is at work, air is often taken in through the mouth without as much nasal filtering as is done when the body is at rest. Because of this, runners, cyclists and their like can bear more of the burden of air pollution. Similarly, the bad air tends to get taken deeper into the lungs during intense physical activity.

The effects can be worse for those working out on the street or running or biking along with traffic. Some who are affected by air pollution may want to find a local park to run in, instead of hoofing it through busy streets where they may be vulnerable to additional pollution levels from passing vehicles.

Consider the above when planning your outdoor activities if you're bothered by the effects of air pollution in your local community.

The air you're breathing indoors can be up to 5 times worse than the air outside. Neglecting the quality of the air you breathe on a daily basis can result in illness, allergies, asthma, frequent headaches and it can even be harmful to your digestive system. But you don't have to settle for poor air quality.

Here are five simple, natural ways for you to purify the air in your home without purchasing an expensive air purifier.

A Himalayan Salt Lamp

When the 200-million-year-old crystalized salt is heated by the small bulb inside, it releases negative ions which are known to neutralize pollutants in the air.

Bamboo Charcoal

Charcoal has long been used in our filters to purify water, and it's also popping up in beauty products everywhere. And charcoal can have the same toxin-removing effects in air. Moso air purifying bags are bags made of linen and filled with high-density bamboo charcoal. The porous structure of the charcoal helps remove bacteria, harmful pollutants and allergens from the air and absorbs moisture, preventing mold and mildew by trapping the impurities inside each pore.

Beeswax Candles

Unlike regular paraffin candles that are derived from petroleum, pure beeswax candles burn with almost no smoke or scent. Like the salt lamp, they also release negative ions in the air and may be beneficial to those with asthma or allergies by eliminating common allergens like dust and dander.

Why taking a salt water bath is beneficial?

Bathing in Salt water has its own little health benefits that the normal water doesn't provide you with.



1 *Healing and relaxing:*
Using Himalayan bath salts are known to stimulate circulation, hydrate skin, increase moisture retention and promote cellular regeneration. Salt water bathing reduces inflammation of the muscles and joints, relaxes muscles and relieves pain and soreness.

2 *Good for skin:*
Salt water bathing in their natural form possesses many minerals and nutrients that help rejuvenate skin. Minerals such as magnesium, calcium, bromide, sodium & potassium get absorbed into the skin pores, thereby cleansing and purifying the surface of the skin leaving it healthy and glowing.

3 *Treatment of various problems:*
Bath salts are not only beneficial for your skin but also play an important role in treating some serious health issues like osteoarthritis and tendinitis. In addition bath salts are also effective in reducing itchiness and insomnia.

4 *Youthful glow:*
Who doesn't want to feel youthful. Use bath salts regularly to decrease the appearance of wrinkles and fine lines on the face. They make your skin soft and supple. Bath salts achieve this by plumping the skin and balancing the skin moisture. They also give the skin that natural glow that is lost in routine life.

5 *Detoxification:*
Warm water opens up the skin and pores allowing the salt minerals to get absorbed deep into the skin, ensuring complete cleansing. These salts help draw out the harmful toxins and bacteria absorbed by the skin throughout the day keeping your skin looking healthy.

Watch what you Drink

While a lot of people drink alcohol and caffeine to change their mood, their effect is only temporary. When the feelings of energy or excitement fade, you will often feel a lot worse than before, which has a big effect on your mental well-being. Most people drink alcohol or caffeine in moderation, which can often be good for you.

Meditation

We read about the profound effects that meditation has on our mind, but how many of you actually do it on a daily basis? When you meditate, you are giving your mind time to clear, reformat itself for all the new information that is going to be taken in the following day or day ahead.

Do some Exercise

Exercising every day has many benefits, both mental and physical, as your body releases endorphins which greatly improves your mood. Even simple measures like walking or cycling to your destination instead of driving, cleaning the house while listening to music and gardening are all easy ways to pump up your blood.



Eat Healthy

What we eat has a big impact on our physical well-being and also affects our mental happiness. A healthy body makes a healthy mind; so think about your diet and what food you eat too much of. Eating three meals a day will keep your energy levels up and keep you feeling good all day long. Also, drinking lots of water will keep you hydrated and boost your metabolism making you feel and look better.

6 everyday habits that will keep that energy from fizzling out and help you bring that happy spirit out from the shell.

Get a Hobby

Because of the extreme work pressure, we sometimes forget what we enjoy. May be you love to paint, play a musical instrument or learn a foreign language. So take some time out to dedicate yourself to your hobbies which will surely help you cope with stress, focus your mind and allow you to express yourself.

Getting a Change of Scenery

Taking a holiday is a great way to relax, improve your mood and see more of the world. Apart from it, there are much simpler ways of taking a break from our day-to-day routine which can do just as much to improve your mental health. Taking a different route to work or just moving the furniture around will help your mind in being able to experience new things and cope with different situations.

Get rid of that Acid!



Acidity in the body has been linked to pain, excess weight and many other health issues. Acidic foods like sugar, food additives, meat, rancid oils, trans fats and fried food can be handled by your body's detoxification systems. Excessive acid in the body damages the mitochondria cells' energy centers so that they won't have enough energy to perform their vital functions properly and can even damage brain cells and other cells.

Making your body more alkaline (the opposite of acidic) is easy. Here are 7 ways to alkalize your body for more energy and vitality:

- 1 Snack on raw, unsalted almonds. Almonds are packed with natural alkaline minerals like calcium and magnesium, which help to balance out acidity while balancing blood sugar.
- 2 Drink a non-dairy milk and berry smoothie with added green powder like spirulina, chlorella or other greens. Choose non-dairy milk over cow's milk, since the latter is acid-forming.
- 3 Go for a brisk walk or some exercise every day as it helps move acidic waste products away from your body.
- 4 Breathe deeply. Choose a spot that has fresh, oxygen-rich air and stay away from chemical-laden air fresheners and scented candles.
- 5 Eat green salad tossed in lemon juice and olive oil as they are among the best sources of alkaline minerals.
- 6 Start your day with a large glass of water with freshly-squeezed lemon. While lemons may seem acidic, they have the opposite effect on your body as it metabolizes them.
- 7 Sugar is one of the most acidic foods we consume and you need over 30 glasses of neutral water just to neutralize the acidity of ONE can of soda. Hence avoid it.

Herbaceous Lentil Soup



INGREDIENTS:

1 tbsp. extra virgin olive oil; 1 medium onion, finely chopped; 4 garlic cloves, minced; 2 large carrots, chopped; 2 stalks of celery, chopped; 6 cups of vegetable broth; 1½ cups brown lentils, rinsed; 1 bay leaf; 1 tsp. thyme; handful of parsley, chopped; Sea Salt (Celtic Grey, Himalayan or Edmond Real Salt) and pepper to taste

DIRECTIONS:

Heat the oil in a large pot over medium heat. Add the onion and sauté until translucent for 3-5 minutes. Add the garlic, carrots and celery and sauté for 2-3 minutes. Add the broth, lentils, bay leaf, thyme, salt and pepper. Cook on medium-low heat until lentils are tender for 30 to 40 minutes. Stir in chopped parsley and enjoy.

Burrito Bowl



INGREDIENTS:

1 cup brown rice (or quinoa); 2 15oz cans of Adzuki beans (Eden Organics is a great brand OR soak your own); 4 green onions, sliced; 2 limes, juiced; 4 garlic cloves, minced; 1 heaping teaspoon cumin; 2 avocados, sliced; handful of cilantro, chopped.

DIRECTIONS:

Cook brown rice by combining 2 cups of water with 1 cup of brown rice in a pot over high heat. When the water comes to a boil, cover the pot and turn heat down to the lowest setting for 45 minutes. (Do not stir. Simply set a timer and let the rice cook.) While rice is cooking, open the cans of beans (thoroughly rinse) and pour into a small saucepan over low heat. Stir in the onions, lime juice, garlic, and cumin and let flavors combine for 10-15 minutes. When rice is done cooking, put rice into individual serving bowls. Top with beans, avocado and cilantro.



Taking charge of Health and Well-being with *Naturopathy*



The basic concept of Naturopathy is, healing comes from within the human body itself. That is to say, there are self-curative forces which are inherent in the human body working towards health and healing. In fact, a Naturopath simply provides required guidance, whereas self-control, diet control and exercises to be adopted by the patient play a major role in the healing process.

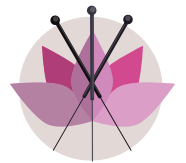
Accumulation of waste products in the human body by eating wrong types of food, over-eating or poor digestion and assimilation, is considered one of the major cause of ill-health and various diseases. Nothing eliminates these waste products more effectively than fasting and enema. The human body is a sophisticated tough machine. Most of the diseases can be treated and cured by cleansing the human body through natural, eliminative & physiological processes.

Balneotherapy



Also known as hydrotherapy, balneotherapy involves the use of water for therapeutic purposes, and it dates far back as 1700 B.C.E. It's based on the idea that water benefits the skin and might treat a range of conditions from acne to pain, swelling and anxiety. Practitioners use mudpacks, douches and wraps in attempts to reap aqua's rewards. Proponents of the therapy cite findings that water might boost people's immune systems, though research on balneotherapy's effectiveness remains inconclusive.

Acupuncture



Though "acupuncture" may immediately bring needles to mind, the term actually describes an array of procedures that stimulate specific points on the body. The best-known variety consists of penetrating the skin with thin needles controlled by a practitioner or electrical stimulation, and it's currently used by millions of Americans each year. Despite its popularity, controversy over acupuncture's efficacy abounds. Some studies find it helpful for chronic pain.

Reiki



Reiki is a form of energy healing based on the idea that a "life force energy" flows through everyone's body. According to this philosophy, sickness and stress are indications that life force energy is low, while energy, health and happiness signify a strong life force. In a Reiki session, a practitioner seeks to "transfer" life energy to the client by placing their hands lightly on the client's body or a slight distance away from the body (Reiki can also be performed long-distance). The purpose is to promote relaxation, speed healing, reduce pain, and generally improve the client's wellbeing. For the most part, there's no regulation for Reiki practitioners. Studies of the practice's efficacy are varied and some find therapeutic touch to be an effective form of treatment.

How Naturopathy Works

It starts at the root and treats the disease with cold water treatments like hip bath, mud pack, stomach pack, enema and gastro-hepatic pack (mostly cold treatments on the abdomen). The parasites or amoebae cannot thrive in the cold whereas heat is conducive to their survival. Hence they start dying or running out slowly and steadily. Even the cysts are destroyed or damaged. Thus the breeding and growth of the parasites are restricted. With the help of the above treatments, fasting and enema, the entire army of parasites is drained out through the rectum in a period of 15 to 20 days if taken continuously. Thereafter, the patient is gradually brought to normal diet. One must learn Yoga and continue exercises or/and brisk walk every morning after which one will never have this problem again.

Naturopathy



Naturopathic medicine is premised on the healing power of nature. Naturopathic doctors are trained in both conventional and alternative medicines, and seek to understand the cause of a condition by exploring its mental, physical and spiritual manifestations in a given patient. Naturopathy typically involves a variety of treatment techniques including nutrition, behavioral changes, herbal medicine, homeopathy and acupuncture. Because it involves so many different therapies, it's difficult to design studies that specifically target naturopathy's effectiveness. That said, one study that evaluated the practice for low back pain found positive results.

Acupressure



Practitioners use their hands, elbows or feet to apply pressure to specific points along the body's "meridians." According to the theory behind acupressure, meridians are channels that carry life energy (qi or ch'i) throughout the body. The reasoning holds that illness can occur when one of these meridians is blocked or out of balance; acupressure is thought to relieve blockages so energy can flow freely again, restoring wellness. More research is needed, but pilot studies have found positive results: Acupressure might decrease nausea for chemotherapy patients and reduce anxiety in people scheduled to have surgery.

Homeopathy



Homeopathy functions in much the same way as a vaccine. It's based on the principle of treating 'like with like', meaning a substance that causes adverse reactions when taken in large doses can be used in small amounts to treat those same symptoms. This concept is sometimes used in conventional medicine as well e.g. Ritalin is a stimulant used to treat patients with ADHD. Homeopaths gather extensive background information on patients before prescribing a highly diluted substance, usually in liquid or tablet form, to jumpstart the body's natural systems of healing. There's some clinical evidence that homeopathy is more effective than placebos, though more research is needed to determine its efficacy.

Chiropractic



The practice focuses on disorders of the musculoskeletal and nervous systems, including pain in the back, neck, joints, arms, legs and head. The most common procedure performed by chiropractors is 'spinal manipulation' (i.e. an adjustment), which involves applying controlled force (typically the chiropractor's hands) to joints that have become 'hypomobile'. The idea is that joints' movements become restricted when surrounding tissues are injured either during a single event (tweaking a muscle during a weight-lifting session) or through repetitive stress (sitting with poor posture for extended periods).



The Goodness of ✿ Ayurveda ✿ in the lap of nature!

If you look at the age old therapeutic treatments that has its strong roots in Ayurveda and the super-luxury ambience of the modern-day luxury spa resorts that have sprouted all over our vast country, what you get is a blend of the traditional and opulent luxury that you find only in India.

While the concept of luxury spa holidays is still in its nascent stages in India, it has been observed that the number of tourists opting for this tour has skyrocketed over the years. While the state of Kerala in southern India is a hot destination thanks to its strong roots in Ayurveda, you will also find some of the most amazing luxury spas in India located close to the mighty himalyan mountain ranges.


✿ Maya Spa, Kumarakom Kerala

The Maya spa is one of the largest luxury spas in India and is located in the picturesque city of Kumarakom. The spa is set amidst the Kerala backwaters on the shores of Vembanad Lake. It has also been voted as one of the best and most holistic spas in India. This unique wellness destination set against the most scenic settings that you can imagine, is a signature brand of 'Spa by Zuri.' Maya Spa has some of the best equipment and facilities which includes a wide range of gym and fitness equipment, sauna and plunge pools, along with proven specialised therapies like Ayurveda, Hydrotherapy, Thai Massage and Sabai Stone Therapy to balance the forces in your body and renew the senses.





✿ Golden Palms Hotels and Spas




Located inside the famous Golden Palms Hotel, this spa promotes wellness at it's best. Relax and kick back at one of the best spas in Bangalore, spacious and well equipped with trained staff at your beck and call. This spa features therapies ranging from traditional Indian procedures to oriental treatments. Boasting a large relaxation room, saunas, meditation areas and a state-of-the-art gymnasium this spa is the perfect advanced health and beauty treatments. You can choose from Aroma therapy massages, Thai massage, Hot stone massage, Balinese massage, scrubs, wraps and salon services. Treatments are tailored to the client's needs and a free doctor consultation is provided.

✿ Banasura Hill Resort , Wayanaad

Indulge in an invigorating experience at the Banasura Hill Resort Spa set deep amidst lush green hill forests in Waynad, Kerala. Give your physical, mental and spiritual dimension the unique touch of Ayurveda with an unparalleled experience. Feel all your stress melt away as expert masseurs massage you using an exotic concoction of herbal preparations and medicated oils. Cleanse your body and mind with a wide array of purifying treatments for long term wellness and longevity. Each treatment room has the utmost privacy also bringing you closer to nature as it's set against the backdrop of lush greenery providing you stunning views while you relax and rejuvenate.



✿ Wildflower Hall Spa, Shimla, Himachal Pradesh



Located at a height of 8,250 feet in the majestic Himalayan range, this Luxury Spa Resort is as close to a fantasy as you can get. Once the home of Lord Kitchener, it was renovated and created to become a luxury spa resort with all the modern-day amenities you can imagine. It offers holistic Ayurveda treatments based on age-old therapies, as well as oriental and western offerings, all complete with your own private spa enclosures for your privacy. Apart from that, they also offer luxurious spa programs with body scrubs, head massage and Himalayan cedar baths. A heated swimming pool, outdoor jacuzzi and long leisurely walks in the cedar forests trails will leave you as delighted and rejuvenated as you are. If you are the outdoor type, this luxury spa resort also offers river rafting.

✿ Ananda Spa, Rishikesh, Uttarakhand

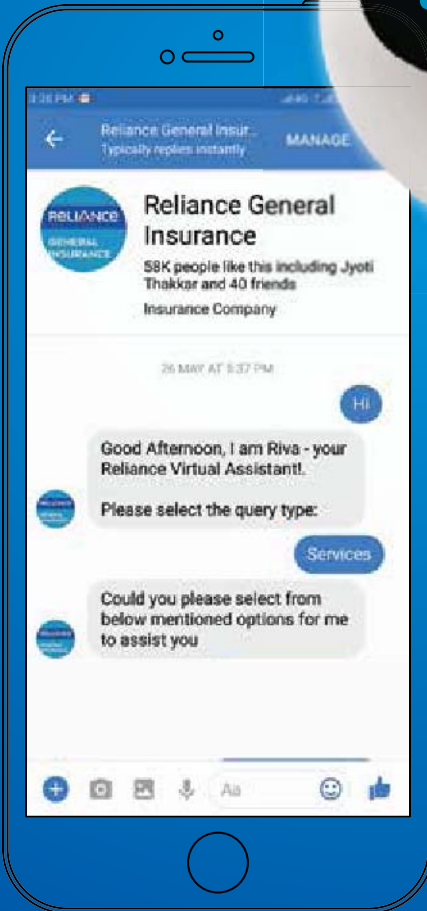
This mystical resort hosts one of the most visited luxury spas in India. The spa is situated in the tranquil settings of the foothills of the Himalayas and next to the holy cities of Haridwar and Rishikesh in Uttarakhand. Built majestically on the Maharaja's palace estate, with the luscious Sal forests in the vicinity and the majestic Ganga flowing by, the settings cannot be any more conducive to a beautiful spa experience. The Ananda Spa offers you a lovely mix of spirituality, relaxation and sheer ecstasy; everything required for a lovely spa vacation.

Source: <https://www.tourmyindia.com/blog/top-10-spa-ayurvedic-resorts-in-india/>





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