

Healthy Lifestyle for a Strong Body & Mind

- ☞ Have a Regulated daily routine
- ☞ Remember early to bed and early to rise
- ☞ Drink a glass of mud pot water on empty stomach in the early morning. To drink atleast 12 glasses of water a day (intermittently).
- ☞ Eat more of seasonal fruits and vegetables – these are low in calorie, low in fats, zero cholesterol, very high in Vitamins, minerals and easily digestible . Include one green and one orange or yellow color fruit or veg in your every meal.
- ☞ Everyday at least have two handful of mixed Sprouts (Germinated seeds) this diet has LIFE in it.
- ☞ Include a handful of Plain variety of Nuts – It has lots of Essential fatty acids which are necessary for better brain function, memory, and strong physique
- ☞ Go for complex carbohydrate foods, whole grain preparations, Include Whole wheat, ragi, maize, Millets, Corn, pulses. Vegetarians to include soya in diet.
- ☞ Never Skip your breakfast
- ☞ Have a early (two hours before sleep) and very light dinner.
- ☞ Reduce: Deep fried food, Oily pickles, Salty food, Bakery products and Non-veg.
- ☞ Avoid white sugar, maida preparations, soft drinks
- ☞ Always prefer your home made food. Minimize outside food as it may have more sugar,salt,fat,cholesterol,trans fat, harmful colouring agents, and preservatives
- ☞ Do Pranayama (Breathing Exercises) plus 30 minutes yogic exercises. Practice atleast for 5 days a week. Don't overdo exercise, 30 minutes exercises plus 5-10 minutes relaxation is more effective.
- ☞ Remember you are what you think and what you eat

Be Healthy!! Naturally!!!

Dr S T Venkateswaran
