

Wellness Journey in Old Age

By

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Six Spokes of our Wellness Journey Wheel



- ▶ Physical Health
- ▶ Mental and Emotional Health
- ▶ Spiritual Health
- ▶ Social Health
- ▶ Intellectual Health
- ▶ Financial Health

Day at Glance

- Eat in timely manner. Eat Seasonal and local.
- Drink warm glass or two of water upon waking up
- There should be a gap of 3 hours between each meal
- Lunch should preferably be the largest meal of the day.
- A short power nap of 20 mins is recommended.
- Dinner by 7 should be the lightest meal of the day and should be eaten at least 3 hours before going to bed

Rituals

- Weekend Ritual for Better Health

Abhyanga Massage

Oil in the nostrils before sleeping or early morning

Oil in the ear

Oil pulling

Ganesh Kriya

Detox Your Body

Blood

- Cayenne Pepper
- Red Grapes
- Wheat Grass
- Moringa
- Garlic
- -Kale
- - Beans

Liver

- Bitter Gourd
- -Grapefruit
- -Avocado
- Walnuts
- -Lemon
- - Garlic
- -Apples

Detox Your Body

continued

Lymph

- Carrots
- -Strawberries
- -Lemon
- - Asparagus

Gall Bladder

- Cucumber
- -Watermelon
- -Lentils
- -Beets
- - Avocado
- -Legumes
- -Sweet potatoes

Detox Your Body

continued

Pancreas

- Spinach
- Cherries
- Reishi Mushroom
- Sweet Potatoes
- Cabbage

Kidney

- Canberries
- Turmeric
- Red Bell Peppers
- Cabbage
- Olive oil
- Cauliflower
- Onion
- Raspberries

Detox Your Body

continued

Intestines

- Flax seeds
- Egg plants
- Pappya
- Lentils
- Pineapple
- Artichoke

Oils

Oils are essential for body for your joint, heart, Skin .
Choose the right kind

Nut or Seed Oils are the best
Use the ones that have high smoking point
Kachi Ghani or wood or cold pressed unrefined oils unfiltered oil

Coconut oil
Peanut Oil
Sesame Oil
Avocado Oil
Grape seed oil
Mustard oil
Ghee

Supplements

Vitamin B

For energy, diabetes, brain, Helps prevent infection, repairing of cells, Neurological issues, mood elevation

Vitamin C

-Immunity, Antioxidant, Neutralizes free radicals, heart healthy and antiaging, blood pressure

Vitamin D - Sunshine vitamin

Is a fat soluble vitamin also responsible for absorption of minerals, Essential for bones, Immunity, aids in good quality sleep.

Pro-biotics

Good bacteria that lives in the Gut (gut flora)

Colony of good Microbes responsible for good health

Banana - The Fruit that recharges

High in Vit C and B6 Potassium

Prevent Stomach ulcers

Helps in reducing cholesterol

Important source of Potassium

Great for gut health

It's a natural pre-biotic

Strengthen Bones due to electrolyte and fibre

Due to low glycemic index it's safe for throbbing headaches

Sinusitis

2 drops of Garlic juice with $\frac{1}{2}$ tsp of water
Add to both nostril early morning

$\frac{1}{2}$ tsp of turmeric and $\frac{1}{4}$ tsp of garlic ,make paste of both mix with
jiggery.
Make balls like lozenges

AVOID Milk and Wheat until it gets better.

Diabetics

FOODS that help

- Bittermelon
- Cinnamon
- Fenugreek seeds
- Green Tea
- Garlic
- Cayenne Pepper
- Licorice
- Blubberies
- Blackberries

- **Palm**



Blood Pressure

Blood Pressure is the most common disease that effects 90% of the population.

Causes

Lack of activity

Processed food

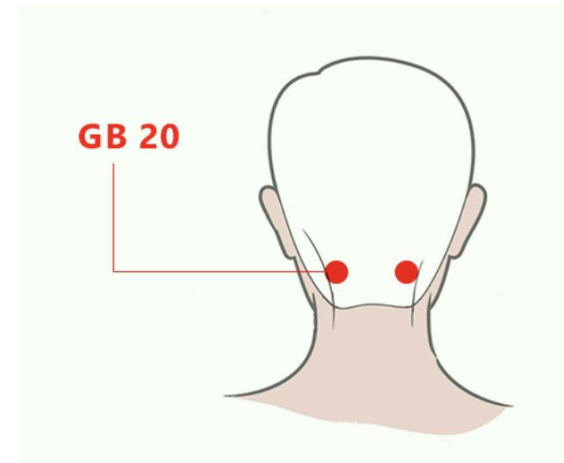
Stress

Lack of sleep

REMEDIES

Acupressure point

Apply Ghee on the temples, top of the head and sole of the feet



Blood Pressure (continued)

Exercise

Walking for 45 mins in morning and ½ hour in the evening.

Relaxation in shavasana,

Pranayama- Inhale and expand your belly exhale and contract your belly.

Foods

Avoid foods with high salt and high sugar, avoid non-veg and fried foods

Take 4-5 servings of fruits and vegetables

Citrus fruits, pumpkin seeds, spinach, beets, beans and berries. These relaxes the blood vessels

Emotions

Stay calm. Root cause of every disorder is in mind.

Cholesterol

Cooked apples, Pears,
Soaked prunes and figs

- Spinach
- Cruciferous vegetables
- Oats
- Barley
- Cinnamon
- Soaked Walnuts
- Berries

Dry Mouth

- Cumin Powder 250 gms
 - Ajwain 250 gms
 - Fennel 250 gms
 - Hing pinch
 - Alum 5 gms
 - Black salt 60 gms
-
- Make 60 packs Take one pack Am/ afternoon/ PM
 - Add each pack in warm water and drink

Frozen Shoulder

- 1 tsp of Castor oil with Hot water

PROVEN PASTE

½ mustard

1 tsp jeera powder

1 cumin powder

½ tsp ginger powder

Pinch hing

¼ tsp of ginger garlic paste

Enough onion juice to make paste

Avoid fried foods and red meat.

Healthy Joints

- Moong Diet
- Water with ginger root
- Flaxseeds
- Fenugreek seeds (Methi)
- Tulsi
- Turmeric

Thank you