



elleindia



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elleindia #ELLExHumansOfBombay: "I was in the corporate field for 10 years – I worked closely with successful people and none of them were concerned about their health. Individuals holding top positions would earn well, but they were sick and depressed all the time. They didn't realise that eventually they'd be spending all this hard-earned money on medical bills. That was when I decided to move on – I quit my job to become a wellness expert.

It definitely wasn't an easy journey. The first one and a half month was spent in fear of how I'd manage – I'd left a comfy job with a steady income. But thankfully I was in that space in life, where I believed that everything would work out – it was the best decision of my life.

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My career made me meet people from all walks of life. I've met models who don't have an ounce of fat on them, but they're still not happy. And then there were people who were far from slim, yet happy and content. Because that's what they've led themselves to believe. Eventually, I learned that it's the mind that holds the most power – your body depends on what you feed your brain. I've seen it save lives!

One night, I got a call, telling me that I needed to travel 4 hours to see a patient who only had 2 weeks to live. I'm not a doctor – how could I save his life? But they insisted I come – to help reduce his suffering and make him comfortable. Once I got there, I found out that the patient had 4th stage cancer and the family wanted to know what he could eat – they wanted him to have a good meal.

When I checked his reports I realised that while everyone was concentrating on his chemo – no one was looking at his immunity. As a last ditch effort, I tried to get his immunity up. And it worked. He went on to live for another 5 years. That was a turning point for me. When I realised the level of impact I could make.

Everyone has to age and die one day, there's no refuting that. But the quality of life that you lead is what matters. You just have to be happy. The more happy you are with yourself, the better you will be as a spouse, a parent, a sibling, a child. A happy mind will lead to a healthy you."

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