



Outfit (T-shirt, Pants):  
Skechers  
Location: RESET - Holistic  
Living Concepts, Mumbai

### What are the different programs that you offer?

We have programs for wellness as well as for cancer. For our wellness programs, people could come to us with diseases or to prevent diseases. A lot of people come to us today to prevent diseases. They don't want to get sick but they don't know what they're doing wrong in their lifestyles so we help access them, put them on our program, teach them. Our programs are very educative where we assign our patients with psychologists, nutritionists – with anyone that's needed to boost your health. They access you where your gaps are and they fill it, be it nutrition or lifestyle changes. Then we have our cancer programs where we handle different cancers depending on the stage and on the chemo side affects. There's preventive and there's treatment also.

### Is there a certain age when one should plan for his/her wellness? And what does the word wellness actually mean?

A lot of people are physically fit but they're emotionally and mentally depressed. They're not well. Your wellness is everything – physical, mental, emotional, spiritual and intellectual.

These are the five steps you need to be well. Wellness is also your environment, your nature, your surroundings, the kind of relationship you have with your bosses. Most people go to the doctor and they do what they have to but we're taking it a step further. We want people to heal now and not just treat it with medication.

### Human body is the most sophisticated machine. What kind of upkeep is required to keep it functioning at its optimum?

There are four points. You need to eat the right food and get balanced nutrition. It's right quality and right quantity, no fads. Whatever your body needs is what you should give it. Second, quality sleep is the most important thing. Third, it's your emotional health. That's the biggest cause of most diseases – distress, resentment, guilt, divorces, family fights. Fourth is exercise.