



planning their line of treatment.

**If emotions and physical health have such a symbiotic dynamic, we have to wonder – is there a cure to heartache?**

Everyone's cause of heartache is different so their way of healing may also differ from person to person, but what's most important is to feel the emotion. Emotion, be it positive or negative is real and we are allowed to feel them. The more I see cases of heartaches, the more I see people trying to be good and suppress their real feelings because that's what the spiritual and meditation books teach us. Too many of us want quick fixes and immediate results or else we give up and continue to be locked in a vicious cycle or never healing or dealing with our emotions. And the more we use coping mechanisms like socialising, shopping, alcohol, drugs, extreme spiritual parts – the harder the journey gets.

So firstly, allow yourself to feel it, run it out of your system by feeling and riding the emotion completely. We have to allow emotions to be felt and expressed in a civilised way. The reason you may be hurt and suffering is because of your loss of love or mean things that were said to you. So, if you are hurt but are trying to show the world that you are okay then you will never feel better. Yes, spirituality, meditation prayer, etc, helps us find inner strength to accept, let go, know us better, live more mindfully. That's a journey and continuous process – but in the meantime if you feel the need to truly feel your negative emotions – please feel it, express it and know that you are allowed to do so. Side-by-side, you can always start your journey to self-healing and get better.

At the end of it all, everyone is different. Some need medication as a crutch, some don't. Some meditate and get spiritual and it works, but for some it doesn't. Find what suits you but know there is a better world out there always.

**And we have to ask, how do you manage to sustain it all – especially around food – with all of the travel you do?**

I head to US every 45 days to two months and make trips to Dubai or wherever my work requires me to travel. There is a lot of travel within India as well, but I manage. I never compromise on sleep so I try to insist on flights in a way that I get full sleep and I can avoid waking up early or late nights, as much as it is in my control.

I spend a lot of time at the airports so I try to fit in walks, steps and find ways to remain active. I think being busy is just a lame excuse. There is always a way to remain healthy and active if there is a will to do that. My job is also sedentary because I'm consulting patients throughout the day, but it is how you prioritise and manage it.

I try to keep my trips short and productive so my trips to New York and Dubai are for two to three days, so I can get back to family as it's extremely important to spend time with a growing child like mine. I can extend my trips to adjust jet lags but spending time with my daughter and family is my priority at the moment.

**You've covered every topic most people can think of around health on your YouTube channel – is there an ingredient or practice that you recently discovered or found novel recently?**

Information is everywhere. The problem is not availability of information, it is about how people use that wisdom and putting it into action that's effective. I particularly like talking about topics like fasting, both dry and intermittent as it has changed lives of my patients and most people. I emphasise on emotional health a lot because many people settle with the fact that stress is a part of their lives and do nothing about it. I am big on talking about simple lifestyle changes with respect to nutrition, exercise, how not to complicate things by following fad and get people back to living simple lives. Most of my content is decided on how my day is going. So, on a particular day, if I have met patients with a lot of acidity and it's something, I need to educate people on, then that becomes my content for the day.

**What new projects are you working on?**

We are working on a couple of them, like the wellness markets all over the country that aims at giving our farmers and fair trade a platform and is a step towards resetting the existing food chain.

We are also focused at enhancing and improving the nutritional status of rural population and combating malnutrition.

*Luke Coutinho will be speaking at ITC Grand Chola. On September 18. Time: 10.30 am to 12.30 pm.*

*Register online.*

**– Sonali Shenoy**

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activity was at its peak. They could eat rice in all meals and still maintain a lean physique. The same practice may not be valid in today's times because even though we believe that rice and whole grains are healthy, most of us are living a sedentary lifestyle today. So, it is necessary to moderate carb consumption in today's modern age.

The same is the case with adding ghee into one's diet. In olden times, it was the only fat consumed along with main meals. But today, we consume fat in various forms and various ways. So, while fat is not the problem, overconsumption is.

**You've said in the past that one cannot divorce physical health from emotional health. Can you share emotional patterns that are common to people with conditions like cancer, diabetes, and hypertension?**

When we spend time diagnosing and reflecting back into the lifestyles of people who have cancer, diabetes, hypertension, autoimmune disease, we find emotional stress as one commonality amongst 90 per cent of these cases. Whenever we delve deeper into their lives and go six months back or the time when they first diagnosed the issue, we find that each of them did have some kind of stress or emotional downfall in their lives. Whatever the cause of this emotional distress is – ranging from loss of a loved one, financial stress, relationship issues, bullying and so on – it all manifests into the physical body in some or the other way. This is precisely why we spend a lot of time diagnosing before even



*Exercise regularly, but not before going to bed*