

The Magic Immunity Pill *Lifestyle*



Quality
sleep



Balanced
nutrition



Adequate
exercise



Emotional
wellness

Luke Coutinho
&
Shilpa Shetty Kundra

Foreword by
Ayushmann Khurrana



THE MAGIC IMMUNITY PILL: *LIFESTYLE*

LUKE COUTINHO AND SHILPA SHETTY KUNDRA

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ISBN 13:

Printed in India and published by BUUKS.

Amidst the lockdown, uncertainty, fear, anxiety and the unknown, we have put together a book on immunity and lifestyle.

This can only happen when your intention is manifested into reality and you have a set of beautiful people and a beautiful team in your life to back you, support you and be there for you.

Life is beautiful.

Luke Coutinho

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FOREWORD

OVER THE YEARS I have understood that immunity is everything. Many of us think great health and fitness is about diet and exercise, but it is way beyond that. Physical health without emotional and mental health is incomplete and vice versa.

So many people who look fit still fall sick with deadly diseases that range from severe allergies to autoimmune conditions, cancers, cognitive brain disorders and frequent bacterial and viral infections. You can be fit externally but with compromised immunity you can still fall sick.

Our immune system is what keeps us well and safe from deadly viruses and bacteria. Never has there been a more important time than now for us to support this intelligence called immunity, and nourish and nurture it so that it protects and looks after us. As an actor and a health enthusiast, my body and my immune system is of prime importance to me, as I need my health to support me in every role of life that I need to play.



Ayushmaan and Luke after winning the GQ under 40 topmost influential Indians

It is my responsibility and I am accountable to myself for how I invest in my body, mind, soul and immune system.

Luke and I have been talking about health and immunity for a long time now, and I think this is the right time for him to share with all of you simple lifestyle changes that we can all make from the comfort of our homes, which will go a long way in boosting our immunity. It is our hope that this simple yet powerful book will help you in more ways than one when it comes to building a strong immunity and a healthy and happy life. Self-discipline and action are important to achieve any goal in life and let us take a pledge to be responsible for improving our health on a day-to-day basis. Luke and I believe in simplicity, and we also believe in the wisdom of our ancient traditions and simple things that have worked and continue to do so till this day. I wish Luke success in sharing his writings and experience.

Hope you enjoy reading this book and I hope it will help you improve your health by leaps and bounds.

Ayushmann Khurrana

LUKE COUTINHO'S PREFACE

I HAVE YEARS OF experience coaching people with cancer, diabetes, autoimmune conditions, obesity, cardiovascular, skin and hair problems and the like. If anyone asks me what does it take to prevent or recover from an illness, my answer is always, “*Your immunity, your immune system.*” It is everything.

Immunity and stable health are gifts that most of us are born with. Living in a country that provides the basics required for immunity and great health is vital. Clean air, ethical food and pure drinking water are absolute necessities to maintain and grow the health of our citizens.

When our poor lifestyle abuses our body and immunity, disease and suffering creep in. Discomfort, heavy expenses, loss of life – all come as a result of this abuse.

We cannot blame others for lifestyle diseases. We must accept and take responsibility to honour the gift of health, immunity and life. People across our country and the globe must change their lifestyles to improve their health. We should stop looking at just physical health and understand that the mind and body are connected. Human health comprises of physical, emotional, mental, intellectual and spiritual health – all working together in complete harmony.

While many people have serious illnesses and need crucial medical care, most people are suffering and dying from lifestyle diseases. Addressing lifestyle diseases is very much in our control if we are

willing to make lifestyle changes and invest in immunity and prevention as well.

So many of my patients and clients from across the globe have benefitted from Shilpa Shetty Kundra's yoga and breathing techniques. The foundation of my practice is immunology, and I knew this book would be incomplete without her. So I made that call, and the massively generous person that she is, she was in, in less than a second. Immunity is not just food. It's way beyond that, and yoga plays a very important role — scientifically and practically — in boosting immunity. In our book *The Great Indian Diet*, Shilpa and I also touched upon foods that boost immunity. Shilpa, you've been more than just a friend over all these years and it's so much fun talking to you about health, life and so much more. I am so happy we have this opportunity to team up again and leave a legacy.

Shilpa and I were talking about health and immunity, and it dawned on us that building immunity is so simple, yet most people have low immunity today because of a poor lifestyle. Of course, a small population of people have severe diseases beyond their control, but everyone else has their immune systems to help them prevent and recover from diseases. We have failed to use this beautiful mechanism that the universe has given us. It is a gift. We are born with it, and as we breast-feed and move to eating solids, our immune system grows stronger and stronger to protect us, help our body fight infections, germs, pathogens, bacteria and viruses for the rest of our lives.

Immunity is a gift. A gift most of us have abused over the years and we suffer from the consequences of this abuse. At a time like now, where prime ministers, presidents, scientists, doctors, nutritionists and leaders are all stressing on the word “immunity” and its importance for prevention and recovery, it's time to harness this gift that God has given us and put it into action.

Shilpa and I immediately decided that we should put this essential information together as a free book. This will be our gift to our

country and the world, and we will put it out there with a vision that it will impact lives and health in a positive way.

My next call was to Mr. Aashish Agarwaal, owner and director of BUUKS, a publishing platform. I told him our idea and that we didn't want to charge for this and instead offer this for free to our country and the world, and in a second he said, "Count me in. I will do all the editing, designing and publishing at no cost. It's a noble cause. Let's make a difference!"

In the following 10 minutes, I was on a call with my doctors, nutritionists, clinical dietitians and yoga therapists. We quickly began to put together everything that over the years has worked powerfully for all our patients across the globe — right from patients with cancer, cardiovascular disease, diabetes to patients with autoimmune conditions, skin and hair allergies and the like.

The book is a simple read. Implement what you need, take away what you need, and apply it. Apply it with faith and belief. In my years of work, I have learnt that the body is highly intelligent and yet simple. It needs simple things like good nutrition, adequate exercise, quality sleep and emotional wellness to keep itself healthy. But our world has become so complicated that simplicity has been pushed aside. I have learnt that for humans to really recover and prevent the onset of increasingly more diseases, we need to focus on addressing the root causes and not just treating the symptoms.

The foundation of my practice is based on immunity and immunology. Without the immune system functioning in the right way, nothing can work well in the body. It's like a bank with no presence of security. There is tension, fear and anxiety; no one can function well and with optimum efficiency because they are constantly thinking about possible threats and dangers to their lives and the money in the bank.

When the immune system of the body is weak, disabled, out of order or working erratically without the ability to relax once its "attack"

work is done, we have disease, discomfort, suffering, reduction in the quality of life and, in some cases, even death.

Whether a patient comes to us with hair fall issues, obesity, weight concerns, diabetes, autoimmune disorders, heart complications, skin problems or cancer, the foundation of our practice and philosophy is building the immune system and then working with the body and the condition as a whole. You cannot only treat a disease or symptom without treating the entire body, the whole person, not just physically, but emotionally, mentally, intellectually and even spiritually.

When we look at the fundamentals of immunology, we focus on gut health, blood circulation, the lymphatic system, brain, mind, complete blood count, inflammatory markers, eliminatory organs and bones. You see, it's everything because the human body's immune system requires all of this and more to work in the right way.

Once the body is in homeostasis, every cell and organ works in harmony. The simplest way to boost immunity is through nutrition, exercise and movement, sleep and emotional wellness.

Using the power of the subconscious mind is a strong part of our work because belief, faith, mindset and surrender is a huge part of recovery and prevention.

Immunity is the first and last line of defence in the human body. We need to keep it strong. It is everything. It is a gift given to us. This book will teach you in the simplest and mostly inexpensive ways what you can do to harness and strengthen this gift.

Our suggestions are not replacements for your doctor's advice or medications. Building immunity is something we need to do on a daily basis — every day, every night. We can't take a break. Would you want your immune system to take a break from protecting you? Surely not. So we need to do what it takes, and it's easy to nourish our immune system.

Our book is based on four verticals that go into building and maintaining immunity:

- Quality nutrition
- Adequate movement/exercise
- Quality sleep
- Emotional wellness

If you can grow a little bit in all of these spheres week on week, you are looking at a healthier you. And in case you are suffering from any disease, there's a huge possibility to make recovery happen.

Medicine is great. We need it, but we can never depend on it alone. We also have an immune system designed to do what medicine can do. We must harness it well and use it. If you must take your medications, listen to your doctor and take them, but also assume responsibility to boost your immune system on the side by changing your lifestyle. This way you have the double benefit of the medicines working for you plus the amazing power of your immune system.

Always remember, no doctor, nutritionist, healer or trainer can heal you. Your body heals you. All of these experts play a role in enabling your body, but finally it is your body that heals you. Your immune system. Give your body the love, respect and everything it needs, for without it you have no life and no health.

Whether you have cancer or any other disease or you are healthy right now, remember that you need a strong immune system to help you recover and to keep you healthy. The investment is small, but the returns are priceless.

Sit back, close your eyes and now just reflect on your amazing body. This amazing body of yours grew from a foetus to a whole you – all the organs, trillions of cells, working together in harmony, driven

by a force within, a beating heart, a brain that can comprehend sound and words and act in a nano second; a body that can feel emotions, love, hate, build empires, build careers and do a whole lot more. All this is the intelligence of your body's heart, mind and soul. It's all you. It's all driven by an intelligence that man is yet to understand. Respect this intelligence, the amazing creation and the life that you have and that you live through your amazing body.

Luke Coutinho

SHILPA SHETTY

KUNDRA'S PREFACE

WHEN LUKE SUGGESTED the idea of this book, I didn't even need a second to decide because I know that Luke is the best in this milieu; he is an authority in the field of nutrition. But for me he is someone whose sensibilities I can trust implicitly. While most of us do things and then obviously expect payback, Luke and I believe in the philosophy of giving back.

We have immense gratitude in our hearts for what we have and all that we have received. This is the time for us to give back to people, and Luke's phone call asking me to be a part of this book was just what I wanted to hear. Unprecedented times like these require timely measures.

Luke and I have the legacy of our bestseller, *The Great Indian Diet*, to live up to and we hope to continue that with *The Magic Immunity Pill* to help people understand how to always maintain good health.

I have always worked towards good mental and physical well-being. And if my knowledge and experience in that field can be of use to people who are seeking help, it couldn't make me happier.

Thank you, Luke, for thinking that I could be of help. I hope my input is beneficial and people can enjoy the gift of good health,

something we take for granted. In this time of distress, I hope this book can help people find everything they need to become better versions of themselves. This book is free for all because good health is everyone's right.

Anything done from the heart always works, so here's presenting our labour of love, compiled with love and gratitude. Wishing you all optimum health benefits with better immunity.

Shilpa's Mantra

Building immunity is like building a tall structure. The base has to be strong for it to last long and withstand all sorts of conditions.

Faith is the bedrock of any relationship – be it with the people in your life or your own body. You must have faith in the universe, its laws and the power to be able to heal yourself with good thoughts and habits. That can only happen with discipline.

Food is medicine and we must pay attention to what we feed ourselves to maintain better gut health, as we underestimate its function and the role it plays in our immunity. It's the same with sleep. It is the cheapest way to recover because our body heals and repairs itself when we sleep. Good sleep isn't a luxury; it's a necessity, especially in the stressful times we live in. Lack of quality sleep plays havoc on our minds and, in turn, on our outlook towards life. It also hampers our decision-making abilities.

All these factors affect our immunity; it is almost like a domino effect. In simple terms, without some prerequisites it isn't possible to have good immunity. We all need:

- Better lifestyle
- Faith
- Control over mind
- Positive thinking with gratitude
- Gut health
- Eliminating refined sugars
- At least seven hours of sleep
- Yoga and balanced nutrition

If all of these are a part of our life, we will remain healthy. These are the Magic Immunity Pills. And I prescribe them to everyone so that they can live healthily ever after.

Atmanamste

Shilpa Shetty Kundra

Cover picture credit: Suresh Natarajan

1

WHAT IS IMMUNITY: BASICS AND COMPONENTS

“Your immune system is one of intelligence. There is yet no doctor, scientist, nutritionist or trainer who has understood the complete working of the immune system.”

THINK ABOUT THE times you felt sick or under the weather but then recovered after a couple of days of taking it easy.

Think about the times you saved yourself from falling sick even though your family member or work colleague had a viral infection.

What helped you in these two scenarios? It was your immunity.

Immunity, simply put, is an intelligence we are born with. It is our first and last line of defence. It has, however, become a buzzword, a “trending” topic today and unfortunately it has taken a virus to shine light upon the importance of immunity all over again, whereas

immunity is a basic chapter in any science book. Wasn't immunity important to us always? Do we need a pandemic of this degree to make us realise the importance of immunity?

We have a virus out there and the first thing everyone is doing is googling which foods boost immunity. They find green tea, superfoods like goji berry or supplements in the list and end up ordering a whole lot of them. Yes, these do play a role in boosting immunity, but there's a lot more to it. Our immunity is complicated, but solutions to harness it are very simple, which you will understand as you read through the pages.

If goji berry and organic food could alone boost immunity, then why are most of us suffering from poor health, constant allergies, diseases and so much suffering? Similarly, if working out every single day could boost immunity then why do people who work out daily also fall sick? Exercise is great, but this is just one piece of the immunity puzzle.

Let's dive straight into what our immune system is made up of. If you have ever gone to a doctor for a health check-up, you know that often your doctor will ask you to get your blood test done, primarily CBC—complete blood count. As you look at your CBC report, you may see terms like “white blood cells (leucocytes),” “lymphocytes,” “neutrophils,” “macrophages,” “phagocytes” and “eosinophils” listed in it. White blood cells (WBCs) are major players in the immune system. The WBCs contain:

- Phagocytes (capable of engulfing or destroying pathogens): granulocytes (neutrophils, basophils, eosinophils), agranulocytes (macrophages or monocytes)
- Lymphocytes (bring about a specific immune response): T-cells, B-cells, natural killer cells

What are these? These are indicators of your immune system. Your doctor takes a look at these parameters and decodes them for you. If

certain levels are high, then there's a high probability that your body is fighting some infection, bacteria or virus or your body is fighting a possible infection. If it's too low, then your immune system could be on the weaker side or you are on certain treatments that are working as immunosuppressants or suppressing immunity (e.g., during organ transplantation or chemotherapy).

Sometimes your doctor may even ask you to get a stool test done because certain viruses, bacteria and parasites live in our small intestine, causing common symptoms like fatigue, sudden weight loss, abdominal bloating, acidity, loose stools and smelly stools.

“Your immunity is your strong protective shield. It has the power to differentiate between self and non-self and it helps destroy what doesn't belong to your body! May it be a mere cough and cold or something as deadly as cancer. The strength of your immunity defines whether you conquer these conditions or let them attack you. And the best part is, your immune system carries a powerful memory of what it has destroyed in the past, so it can recognise and win over it when it attacks you again. We have managed to crack many clinical cases just by fixing this one solid thing – immunity!”

SHIMPLI PATIL

HEAD NUTRITIONIST AND LIFESTYLE EXPERT

TEAM LUKE

YOUR IMMUNE SYSTEM IS TALKING TO YOU, BUT ARE YOU LISTENING?

The human body always give us indications and signals when something is not right in our body. This is our immune system talking to us—be

it a fever, rise in body temperature, loss of appetite when sick or loose motions due to an upset stomach.

Over the last couple of years, we have moved from living a life of simplicity to a life of complexity. We ignored our immunity system, which is the first and last line of defence in the human body.

Our immune system is what works for us every second of the day, while we are awake, asleep, travelling or in a meeting. The beauty is that our immune system doesn't need much: just the right nutrition, sleep, physical activity and a calm body and mind. Our immune system is not designed to work at an optimum level when we are under a state of stress.

Let's go through a couple of examples:

- Right now, as you read this book, you could be breathing in germs, pathogens, dust and allergens through the air. But your immune system is protecting you and preventing it from becoming a health condition. If your immune system is strong and you breathe in a lot of dust, your body will immediately begin to produce mucous to trap these dust particles and you will probably cough or sneeze it out. Now that's an immune system that's working perfectly.
- Imagine that you cut your finger. After a short while, your immune cells will rush towards the site of injury, initiate an inflammatory response and by the next day a scab will have formed and soon your wound heals. This is again an immune system that's working perfectly.
- There are microscopic cancer cells in every one of us, but it takes a weak immune system for them to overtake it and manifest into an active cancer. Now, this is an example of a weak immune system.

Ever wondered, why do we get fever when we are sick? A brief rise in your body temperature is your immune system's way of surviving a bacterial, viral or pathogenic attack. As soon as our body is invaded by a pathogen, our body raises its temperature as certain pathogens cannot survive at high temperatures. So fever is a protective mechanism. Of course, one mustn't ignore it if the fever is persistent and you must visit a doctor immediately.

In fact, listening to your body is not a replacement for your doctor or medical advice. All this means is to listen when your body is talking to you. We are bound to skip these signals when we are disconnected with ourselves and do not live mindfully. Even when it comes to eating, our body tells us when its full and that we must slow down. Our body tells us when to stop exercising if we are overdoing it, but we ignore it and push our body, ending up with an injury.

Coming to foods that do not suit us, our body gives us signals here too! For instance, some people experience an almost immediate bloating on consuming milk. This is our body's way of rejecting a food that it cannot assimilate and digest.

If we wake up in the morning and our body is still craving more sleep, it's our body's way of telling us that we are sleep-deprived and need more rest, but we ignore these signals and get busy with our day-to-day activities.

More important than the food is whether your immune system is working the right way or not. You can eat all the immunity-boosting foods there are, but if your digestive system is not able to break them down, it is useless. The eaten food needs to be digested, broken down and absorbed into the blood stream for the blood to effectively transport the nutrients to trillions of cells. The energy from the food we eat and oxygen we breathe nourish our cells, build immunity and give it the power to fight against bacteria, viruses, pathogens and germs.

SO, WILL YOU NOT FALL SICK IF YOU HAVE A STRONG IMMUNITY?

Not true! You can have a great immunity and still fall sick, but the beauty is that you will recover quickly without heavy dependence on medications, antibiotics or steroids. So healthy and fit people do fall sick, but their immune system immediately kicks in and their recovery is faster. This isn't the case with a weak immune system because then recovery takes a lot of time and medications, including chances of relapses.

In fact, it is good to fall sick, because each time you fall sick, your immunity gets stronger and stronger (adaptive immunity). This is how small kids develop their immunity as well. Once a kid starts kindergarten and is exposed to the outer environment, you will notice that they often fall sick. This is normal and natural because it helps in bolstering their immune system.

You may argue that you have a strong immune system. That's good, but in a time like today, an efficient immune system is more important. This means, if you breathe in a virus or a bacteria today, the immune system should be capable of adapting, identifying, killing the virus and getting you back to normal.

INDICATORS OF A WEAK IMMUNE SYSTEM

The following signs can help people recognise that they have low immunity so they can invest in improving their lifestyle and health:

1. You fall sick often, that is, every month or every other month.
2. You have not fallen sick or contracted flu since a very long time, like in the last 3 years (one or two times is actually healthy).
3. You need medications to recover.
4. You take a long time to recover.

5. Poor gut health: constant acidity, reflux and waking up with an irritated throat because of that, constipation, incomplete evacuation, loose stools, bloating, distension. This is because 80 percent of our immunity depends on the gut. Our gut health is the foundation for immunity.
6. Fatigue; low energy levels throughout the day.
7. Low haemoglobin levels (this is multifactorial).
8. Allergies like morning sniffles, watery eyes and itching in eyes.

TYPES OF IMMUNITY

We have two types of immune systems:

1. **Primary or Innate Immune System:** When you breathe in a pathogen or cut a finger, your innate immunity system comes into the picture to fix it immediately. This is the kind of immunity we are born with and is the first line of defence. Our focus should be on boosting and bolstering this as much as possible in times such as these. Phenomenon like normal birth plays a crucial role in developing this kind of immune system as the immune cells are transferred from the mother to the child during the birthing process.
2. **Secondary or Adaptive Immune System:** This one's more focussed and specific towards the virus, bacteria or pathogen it is developing against. The adaptive system will rise up and fight when the primary system cannot overcome the pathogen by itself. Some bacteria and viruses – and even cancer cells – are able to continuously mutate and thus build resistance to drugs and the immune system. Every time a novel pathogen enters your system, because it is new to your immune system, it takes time to encounter it and launch an

immune response. For example, let's take the common cold. No one recovers from a flu in a day. It takes time for your immunity to adapt to the flu virus or bacteria, assemble the right kind of immune cells, develop antibodies against it and eventually kill it. Each time you are attacked by a pathogen, your immune system gets smarter. So the next time the same virus or bacteria attacks you, your immune system has the memory of the previous attack and immediately kicks in to protect you.

This is exactly how vaccinations work too. Vaccinations inject a part of weakened/attenuated/dead virus into you so that your immune system develops an intelligence, memory, as well as antibodies against it. This way the next time an active form of the same virus attacks us, our bodies already have enough antibodies to fight it.

When a novel virus or pathogen affects us, which our body has no information or memory of, our capacity to overcome (in order words, immunity) depends on three factors:

1. The agent (pathogen)
2. The internal environment (food, sleep, exercise, emotions) and external environment (weather, pollution)
3. The host (us)

WHAT ELSE DOES YOUR IMMUNE SYSTEM NEED?

Only having the components of an immune system in place is not enough. It also needs the assistance of the lymphatic system, the cardiovascular system and the respiratory system to do its many jobs effectively. It is a system and not a unit and needs a holistic approach.

This is how intelligent our immunity is and we need to respect it because it is everything when it comes to prevention, management and recovery from diseases.

People with a strong immune system will recover way faster than someone with a weak one. This is why we need to invest in it on a daily basis like you invest in mutual funds and stock markets. Economies and stock markets will keep plummeting, but please do not stop investing in your immune system because if you are looking at prevention and recovery, it is your immune system that will do all the work for you.

Immunity is where everything starts and ends. For the longest time we have operated outside the laws of nature and have abused our own intelligence in every way, and hence we have chaos and disease. This time a global pandemic is going to teach us how to give our immune system its well-deserved importance, change our lifestyles, embrace the wisdom of traditions and make a lot of positive changes. We need to move in that direction now before things get out of hand. Have abundance, but give your body the simple things it needs. The needs of a human body have not changed and never will. Things around us may have changed. We need to respect the needs of our sacred human body and live simply.

“Stress and an erratic lifestyle are locks that close the door to immunity; focus on nutrition, improve sleep, work on stress and start exercising; these will open the doors to improved immunity.”

HEMALI MALAVIA

HEAD NUTRITIONIST AND LIFESTYLE EXPERT

TEAM LUKE

Note: The content in this book is not a replacement for any doctor or medicine. We need doctors and medicines at the right time. For example, if someone falls

sick, it is okay to first try home remedies, but if the condition doesn't improve and the symptoms persist, it is important to visit a doctor and get either an antibiotic or an antiviral depending on what the case is. Of course, one can simultaneously build immunity through lifestyle and follow the right approach to handle the side effects of the medication.

Today, research and science is showing how a persistent viral infection that wasn't treated correctly could lead to the development of an even more severe issue. For example, a virus that stays for long in the body could attack the endothelial cells of the arteries and create bruises. The body's natural defence mechanism then visits the site of the bruise and creates an inflammation to heal you. Normally, if a cardiologist sees this, it would appear as a blockage and one would be recommended a by-pass, whereas the damage was actually caused by a viral attack.

Similarly, a parasite infection in the small intestine if not handled well could lead to common symptoms like fatigue, brain fog, bloating, acidity, diarrhoea, smelly stools, loss of weight, deteriorating skin and hair and other conditions. Usually, one would consider this as a case of gut condition, but a stool test will reveal it as a parasite infection.

So, consider medicines when needed, but do not give up on lifestyle and addressing the root cause of the condition, which mostly happens to be a weak immune system.

OVERMEDICATION AND SELF-MEDICATION

Overmedication and self-medication are the easiest ways to destroy your immune system or make it weak. Consider a child who is constantly spoon fed when the kid is under your care. Over care, over concern and over pampering can lead to the child growing weak – physically, emotionally and mentally. When the child faces the real world, the child collapses emotionally. The world is too tough for him to face. Now apply this analogy to your immune system. Every time we fall sick and pop in a medication, we do not allow our immunity to

do its job, so it grows weaker with time and most of us grow up with a compromised immunity.

THE INDISCRIMINATE USE OF ANTIBIOTICS

Antibiotics are one of the commonly popped pills. While it is necessary in certain bacterial infections like urinary tract infections, eating it like candy needs to stop. Unnecessary use of antibiotics can also lead to antibiotic resistance, which is a huge problem. Developing antibiotic resistance means that one would need a stronger, higher dosage of an antibiotic when he/she actually needs it and such a high dose may not even be available.

Here are a couple of points to take care of before you pop an antibiotic:

- It is important to understand that antibiotics work against bacterial infections and not viral and fungal infections. Popping an antibiotic for a viral flu is useless.
- Antibiotics are broad spectrum, meaning they don't differentiate between good and bad bacteria. Hence they also wipe the gut out of all the good bacteria necessary for immunity. This is why after a course of antibiotics most people undergo side effects like acidity and constipation, and then a doctor prescribes an antacid with it, which is what the protocol says. While the antacid suppresses acid formation, it poses a bigger problem, that is, poor gut health, deep within (like low stomach acids that cause malabsorption of proteins and nutrients), which has everything to do with our immunity. It is thus necessary for your doctor to prescribe a probiotic supplement along with an antibiotic to replenish the loss.
- A B-complex supplement must also be prescribed by a doctor along with an antibiotic, as B vitamins are wiped out too.

SO, WHEN SHOULD YOU ACTUALLY TAKE AN ANTIBIOTIC?

- Firstly, never self-medicate. Let your doctor prescribe it for you.
- Secondly, try natural remedies as first line of treatment for about 48 hours. If that doesn't work, seek a doctor's help.
- Lastly, ask your doctor to add a good probiotic and B-complex supplement along with the antibiotic so that it takes care of the collateral damage.

2

FOUR PILLARS OF LIFESTYLE FOR SUPER-STRONG IMMUNITY

AS THE NAME itself says, our immune system is a “system,” not a unit. Hence it needs a holistic approach. Immunity is not about sipping turmeric water or popping supplements. It is way beyond that. If you can build yourself around these four pillars, you build the ability to create a rock-solid immune system.

PILLAR 1: BALANCED NUTRITION

We have complicated nutrition way too much: fad diets, too many restrictions, calorie counting and lots more. While these approaches may be required in specific clinical cases, some of the most effective nutrition plans to build immunity and health are also the simplest.

Before we get down to listing superfoods and best nutritional approaches for immunity, it is important to understand three simple rules of nutrition. This is because it is not just about what you eat; it is also about how you eat, when you eat and how you digest and absorb what you eat.

1. **Chew your food:** Chewing helps to break down your food. The process of digestion starts in your mouth and you kickstart this process by chewing. So the more you chew, the faster you can digest your food, develop less acids and enable the essential vitamins and minerals to pass on to the small intestine where they get absorbed and seamlessly enter your blood stream. Chewing is the best step to enhancing your nutrition.
2. **Your diet has to be wholesome:** Fad dieting does not work. Period. It only leads to nutritional deficiencies. Most people adopt a crash and fad diet to lose weight, but they also end up losing their health and immunity and hasten the ageing process with wrinkling of skin and loss of hair. The hair and skin lose their shine and they start looking haggard.

Lose weight if you need to, but do it the right way. One cannot punish their body by subjecting it to any extreme measures.

Many patients come to us and when we look at their lifestyle and history, we often find that they have been on some kind of fad diet in the past that led to nutritional deficiencies and their immune system took a hit.

Let's for a moment go back to ancient India and look at the lives of our ancestors, grandparents and farmers. They never "tried" to lose weight as they were fit, lean, had great skin and hair, hardly fell sick and ate the simplest of foods. They did not chug protein shakes and pop supplements. They were active throughout the day, slept well and their happiness quotient was way above the generation today. There is no better example than this to show us how we have been fooled by clever marketing from food and supplement companies to make us feel that our diet is inadequate and we need to buy fancy foods and supplements to attain our desired levels of health. This is not to say that supplements are useless. They have their own place if we use them in

the right way. But if you believe that supplements alone are going to change your life, then you are wrong. You still need to get your basic nutrition right.

Every country, state, region, religion or community has its own set of powerful superfoods that it has believed in across generations. These are gifts of nature we must embrace. Superfoods are good for variety, but my belief is that they shouldn't move us away from eating simple foods.

I handle patients from all over the world, but a large number of my patients are Indians. Therefore I can vouch for the power that lies in the Indian foods listed here. You will find recipes for each of these from page 208 onwards.

The top Indian superfoods are:

1. **Garam masala**

A powerful mix of immunity-boosting spices that go into most Indian curries, the garam masala is a superfood. The standard base of most curries across the world comprises of tomatoes, onions and garlic. I call this as an immunity-boosting mix. Lycopene in tomatoes (even better in case of cooked tomatoes), quercetin and flavonoids in onions and allicin in garlic make this combination an immunity booster. Garlic and onions are powerful natural antibiotics and antivirals that can cure a common cold, cough, high fever and sore throat. They also help boost immunity.

2. **Rasam/sambhar**

Rasam is an elixir of health. If you have a cold, have a warm bowl of rasam and notice how it helps loosen up your mucous and congestion – an indication that it's helping you heal. Rasam, rich in spices like kali mirch (black pepper), curry leaves (kadi patta) and jeera (cumin), has the ability to break

down the mucous in your lungs faster. Some people even add lentils/veggies to them.

Similarly, sambhar contains turmeric, lentils, black pepper and pumpkin as well. Pumpkin is an amazing vegetable when it comes to boosting the immune system in kids and young and older adults. Another important ingredient of sambhar is drumstick. Drumstick, also known as moringa, is an excellent immunity booster too. The leaves and seeds of drumsticks are beneficial for your health. Sambhar is the perfect balance of good protein, fibre, zinc, folic acid, iron, vitamins and minerals, which boost your digestion and your immunity. And the best part about this food is that both rasam and sambhar are easy to digest. Combining it with idli, rice or dosa can make for a complete meal. All you need to take care of is portion control.

3. **Khichdi (rice and lentil mix)**

The Indian Khichdi is a superfood, but a lot of ignorant people have misled the rest by saying that it's a "carb-rich meal"! No, khichdi is a complete protein. Pair it with a glass of chaas (buttermilk) and you give yourself a complete balanced meal. Farmers have two of these meals in a day and are able to do rigorous work in the field that most of us cannot even think of doing. The beauty of this power meal lies in food synergy, which is how two or more ingredients in a dish complement each other. If you only eat a lot of plain rice, it is carbohydrate overload and you will put on weight and mess up your sugar levels. However, if you apply traditional wisdom and mix it with lentils/pulses/legumes/vegetables, you create a balanced dish that has complete protein. Similarly, rajma chawal (kidney beans and rice), which is relished by Indians as well as Mexicans, is a balanced meal. There is no way

we will put on weight with this combination and mindful eating.

4. **Amla (Indian gooseberry)**

Between consuming a 1,000 mg vitamin C supplement and amla – I’d choose amla provided one can access it and eat it. This is the richest source of vitamin C. Unless your doctor prescribes a vitamin, you can just do with amla. One can consume this in the form of juice, dehydrated powder or dried amla – it loses none of its nutritional content. Give amla candy to kids (recipe shared on page 269). This sweet amla candy has jaggery and one can have this if they have a sweet tooth. This skips the use of sugar and you want to stay away from sugar as it is the quickest way to break down your immune system. White, refined sugar kills your immune system.

5. **Loose black tea leaves and good-quality coffee**

Black tea is literally a medicine, but when we add sugar, creamers and/or syrups to it, we spoil it. Today, black coffee is being studied for its immunity-boosting properties, but milk, creamers and sugar take away all the beneficial bioactive compounds in it.

Think of what our ancestors ate. They had the wisdom and the intelligence to make use of food synergies like the turmeric, black pepper and ghee mixture, which now science is proving has highly effective immunity-boosting properties. Turmeric without black pepper is useless, because the active compound in black pepper (i.e., piperine) enhances the bioavailability of curcumin in turmeric manifold. Take it a step further and add one or two drops of cold-pressed coconut oil or ghee (clarified butter) and it becomes a complete food as fat helps increase its absorption. We have everything we need, but we have to consume foods in the correct way to boost our immunity.

6. **Fruits**

Many fruits are rich in vitamin C: lemons, oranges, sweet lime, papaya, mango, pomegranate... the list is endless. Mango, the king of fruits, has unfortunately got a bad reputation because of bad lifestyle, but it is inherently a very powerful immunity-boosting fruit. People label mango as a fattening fruit, not suitable for diabetics and other patients. Sorry, it is your lifestyle that is poor. Respect what nature gives you, do not overdo it and eat it at the right time. Consuming a dozen mangoes a day, mango juice and pureed mango with sugar will naturally mess up your health and weight, but whole mangoes will not. Seasonal fruits are designed to help keep up with the nutritional requirements for that particular season.

7. **Cruciferous vegetables and leafy greens**

Broccoli, cabbage, cauliflower and green leafy vegetables like spinach, fenugreek and red amaranth leaves grow abundantly in every country and are the top immunity-boosting vegetables too.

Note:

1. *If you have a thyroid condition, please avoid consuming any cruciferous vegetable in raw form. Cook or steam it well before consuming.*
2. *Avoid consumption of raw green leafy vegetables unless it is home-grown. There is a high risk of contamination in raw leafy greens. Consume them cooked, steamed, stir-fried or blanched.*
3. *Peel the skins of vegetables like cucumbers, beetroot and carrots before consuming.*



Tyanna and I, with our weekly supply of fresh, local and chemical free fruits and vegetables.

8. **Chickpea (Kabuli Chana) Sattu**

Sattu, famous in North India, is an immunity-boosting drink right here! It is low cost, tasty and versatile. One can consume it with water, make rotis (flatbreads) or laddoos (energy balls) and use it in many more ways. In fact, every single dal (lentil)/bean/legume is immunity boosting.

9. **Nuts/Seeds**

Unroasted, unsalted and soaked almonds, cashew nuts, peanuts (these can be roasted too), pumpkin seeds, sunflower seeds, watermelon seeds, flax seeds (freshly powdered) and brazil nuts are power packed with immunity-boosting minerals and good fats.

10. Oils

The best oils for the immune system are cold-pressed coconut oil and pure ghee (clarified butter). There are others too, but these are the best. Coconut oil is literally used as a medicine to reduce the impact of a viral attack in the human body. It is a powerful antiviral, antibacterial and anti fungal food thanks to the presence of lauric acid. Lauric acid is only present in coconut oil and mothers' breastmilk, so you can well imagine how amazing coconut oil is for you. Over and above immunity, coconut oil is great for weight loss (yes, you read that right), skin, hair, digestive system and inflammation. It is a traditional cooking medium in India and we must go back to using it.

Ghee in the Indian tradition is virtually a medicine. It is full of fat-soluble vitamins (vitamins A, D, E and K) and healthy fatty acids; it offers an amazing spectrum of health benefits that can range from building stronger bones, boosting immunity and gut health to enhancing weight loss. Butyric acid, a group of short-chain fatty acids found in ghee, is found to be beneficial for the gastrointestinal tract. It helps enhance digestion, lubricate joints, fight gut inflammation and improve overall gastrointestinal health. In addition, ghee can be really beneficial for people suffering from irritable bowel syndrome.

Have these three simple kitchen ingredients as part of your morning routine for a strong immunity:

All you need is 1 tsp of pure ghee, some freshly ground pepper and 1/2 tsp of naturally sourced turmeric. Mix the three and have a spoonful every morning on an empty stomach. This can help in improving skin and hair quality, digestion and immunity.

Extra virgin olive oil is a great food too, but for the country where it's local. Olive oil is a great food for

the Mediterraneans, but because Indian cooking needs high heat, olive oil loses all its properties when subjected to heat. Olive oil is best consumed raw.

Use your local oils that are processed and made using cold-pressed or wood-pressed methodology. If you can't access any of these oils, make your own pure cow ghee (clarified butter) at home because this is a fantastic medium to help you stay healthy and boost your immune system.

So, keep nutrition simple, slow down when you eat, eat with love and bless your food. Enjoy a variety of fruits and vegetables that grow locally and are specific to a particular season. Have that occasional junk food if you wish to because this is not about extremes. Keep 90 percent of your nutrition wholesome.

FOODS THAT SUPPRESS YOUR IMMUNE SYSTEM

White sugar tops this list! All junk foods are laden with white sugar and it is no surprise why immune systems are running low in today's generation. The effects of sugar are beyond weight gain and diabetes. Too much sugar compromises the immune system, making children and adults susceptible to almost any disease, including cancer.

Did you know? A normal size can of soda (diet or not) reduces the efficiency of the immune system to almost 50 percent for almost 4–8 hours after drinking. And if by any chance the same individual is in an environment that's polluted or infested with virus, bacteria, microbes or even radiation, then the possibility of being impacted is high because of low immunity.

Just like refined salt, sugar lurks everywhere, from a biscuit to a salad dressing. Food companies invest millions in designing the taste of food products in such a way that they become addictive. And how do they do that? By pumping more and more sugar into a product. Sugar is highly addictive (more than cocaine) and it numbs the taste buds, which is why it's so hard for a sugar addict to get off sugar. Although nothing is impossible and with determination and discipline one can get off it.

Safer alternatives to sugar: Pure and raw honey, jaggery, coconut sugar, dates, date syrup, liquid jaggery (also known as kakvi in India).

Apart from sugar, trans fats, hydrogenated fats and refined oils also kill immunity. Again, if we move away from our wholesome diet to packaged and junk foods that give no nutrition or energy, then how can we ever feed our immunity?

Our immune system's needs are basic and simple. A wholesome diet of fruits, vegetables, nuts, seeds, grains, beans, lentils and good fats. This is enough. You may need an additional supplementation of a vitamin/mineral if your doctor feels that there is a need, especially in cases of sickness or treatments that wipe out essential nutrients from the body.

"All these years, the health sector was focussing on sick-care and treatment as opposed to health or preventive care and maintenance of overall well-being. That's when people never focussed on improving immunity gradually but tried to go for quick fixes, which made them impatient to get fast results without treating the root cause. But now I'm glad that many

know how immunity and lifestyle change is considered as the best way to treat almost all disorders.”

DEEPIKA RATHOD
CHIEF NUTRITION OFFICER
TEAM LUKE

Dear Indians, here is a list of superfoods we should be proud of... and every person on this planet Earth can embrace them.

- Turmeric
- Ginger
- Garlic
- Real organic fruits
- Cruciferous vegetables
- Pure ghee
- Cold-pressed coconut oil
- Indian chutneys
- Sambhar
- Rasam
- Indian curries made the right way
- Khichdi (lentils and rice)
- Rajma chawal (kidney beans and rice)
- Pure green tea
- Pure black tea
- All seeds
- All nuts (unsalted)
- Apple cider vinegar
- Raw and unpasteurised pure honey
- Amla (Indian gooseberry)

- Jackfruit
- Amaranth
- Ragi (finger millet)
- Moringa
- Ashwagandha
- Rice kanji
- Fermented foods

Five Takeaways:

1. Eat local, wholesome and balanced meals.
2. Chew every bite as digestion begins in our mouth.
3. Sugar is the number one immunity suppressor.
4. Focus on food synergies.
5. Eat, but do not overeat.

A basic immunity-boosting grocery list

The prerequisite however is to choose *local, seasonal, fresh and organic*.

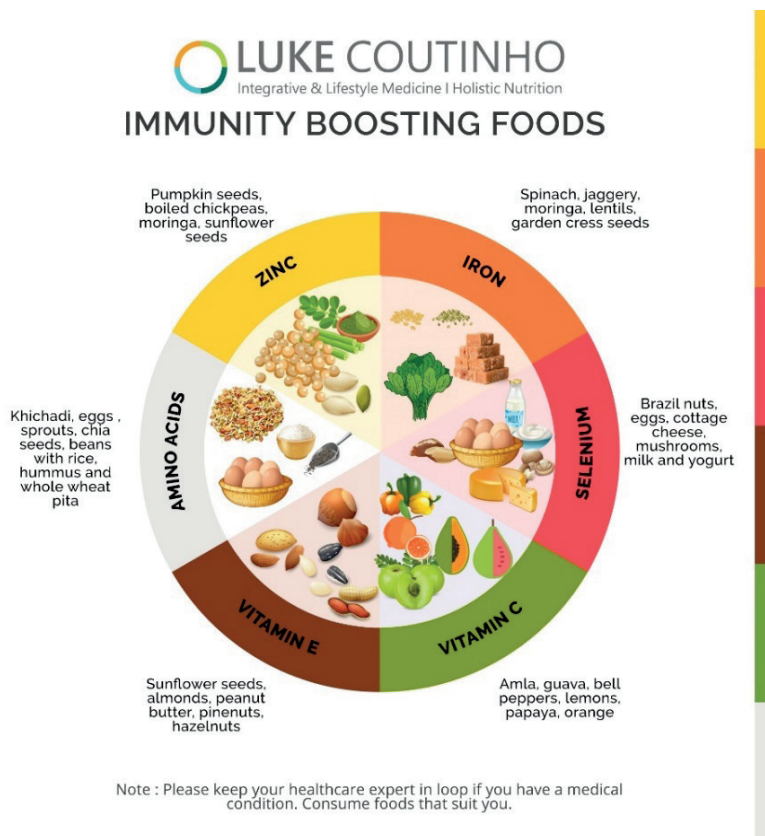
Spices Turmeric Pepper(black/white) Chakra phool/ Star anise Cumin Ginger Garlic Aged garlic Onion/Spring onion Cayenne pepper Cinnamon Cardamom Clove Fennel seeds Ajwain/Bishop's weed Mustard Nutmeg Black cardamom Chillies (green/red)	Herbs Oregano Thyme Rosemary Peppermint Basil Thyme Sage Cilantro Parsley Saffron Shatavari Mulethi/Liquorice Adaptogens Ashwagandha Astragalus Brahmi Holy basil Ginseng	Vegetables Tomato Pumpkin Broccoli Cauliflower Cabbage Spinach Fenugreek Beetroot Carrot Cucumber Zucchini Arugula/ Rocket Aubergine/ Brinjal Bamboo shoots Lettuce Turnip Others Mushroom (all types) Sweet potato Microgreens Broccoli sprouts Mustard	Seeds Pumpkin Sunflower Watermelon Sesame (black/white) Sajja Chia (black/white) Kalonji/Nigella Flax seed Nuts Walnut Almond Cashew Brazil nut Pecan Bitter apricot Coconut Pistachio	Teas Black White Green Oolong Matcha Chamomile Lemongrass Lavender Coffee Black coffee, freshly ground
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Oils (cold-pressed and extra virgin) Ghee Coconut Olive Sesame Avocado Castor Flax seed	Superfoods Wheatgrass Moringa Soursop Papaya leaves Cacao Kulekhara leaves/Swamp-weeds Giloy/Heart-leaved moon-seed/Guduchi Spirulina/ Chlorella Amla/Indian gooseberry	Fruits Pomegranate Berries (all types) Cherries Papaya Pineapple Plums Orange Sweet lime Limes Lemons Apples Avocado Grapes Grapefruit Peaches Kiwi Guava Litchi Mangoes Nectarines Apricots (dried/fresh) Raisins (black)	Probiotics and Prebiotics Organic yogurt Kefir Sauerkraut Kombucha Kimchi Pickles Fermented vegetables Apple cider vinegar Rice kanji Beetroot kanji	Honey Raw Floral raw Manuka Bell pollen Bee propolis Formulations Chyawanprash (sugar free) Immunity-boosting powder Garam masala
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THE MAGIC IMMUNITY PILL: *LIFESTYLE*

Pulses/ Legumes	Grains	Salt	Seafood (mercury free)	Meat/ Poultry (organic, hormone free)
Moong/Green gram	Hand-pounded rice	Pink salt	Salmon	Eggs
Masoor/ Brown lentils	Brown rice	Black salt	Oysters	Chicken
Kala chana/ Bengal gram	Black rice	Sea salt	Tuna	
Peas	Red rice		Mackerel	
Kulthi/Horse gram	Amaranth			
Rajma/Kidney beans/	Barley			
Kabuli chana/ Chickpeas	Millet (all types):			
Raungi/Chaw- li/Black-eyed pea	Jowar/Sor- ghum			
Sattu/Roasted chana powder	Bajra/Pearl millet			
	Ragi/Finger millet			

IMMUNITY-BOOSTING NUTRIENTS



ESSENTIAL TRACE MINERALS FOR IMMUNITY

Trace minerals are needed in minute quantities but are highly potent when it comes to boosting immunity.

Zinc

Zinc is helpful in reducing the risk of pneumonia and common cold and the incidence of respiratory tract infection, specifically in the elderly

and in children. Adequate zinc intake helps to maintain physical barriers and the mucosal membrane. Supplementation of zinc improves innate immunity (e.g., phagocytosis by macrophages and neutrophils, natural killer cell activity).

Also, zinc deficiency leads to an increase in copper levels in the liver and bone. Conversely, excess zinc leads to copper deficiency. Zinc and copper can inhibit each other's absorption. Moreover, iron supplements and phytates, found in grains and legumes, can inhibit zinc absorption and should be taken at least 2 hours apart from zinc supplements.

Zinc from animal sources has higher bioavailability compared to zinc sourced from plant products. Vegetarians sometimes require as much as 50 percent more of the recommended dietary allowance (RDA) for zinc than non-vegetarians, because a lot of plant-based sources of zinc are bound to phytates that act as anti-nutrients and hinder absorption. Thus, a thorough soaking of beans, grains, and seeds in water for several hours before cooking them and allowing them to sit after soaking until they sprout helps boost bioavailability.

Readily absorbable forms of zinc supplements, like ZnSO_4 , zinc gluconate or zinc acetate, are preferable if one is considering a zinc supplement (under expert guidance).

Food Source	Quantity	Percent of Daily Value
Oysters	6 medium	291
Raw ground beef	100 gm	44
Dark chocolate (70 percent above)	100 gm	30
Cheddar cheese	100 gm	28
Moringa	100 gm	27
Watermelon seeds	1 ounce	26
Pumpkin seeds	1 ounce	20
Pine nuts	1 ounce	17

Food Source	Quantity	Percent of Daily Value
Cashew nuts	1 ounce	15
Yogurt	8 ounces	15
Sunflower seeds	1 ounce	14
Chickpeas cooked	½ cup	12

1 ounce = 28 gm.

It's recommended that men eat 11 mg of zinc per day, while women need 8 mg.

Selenium

Selenium helps in improving the immune response to viral infections, especially with respect to influenza A virus, and the response to influenza vaccine.

Food Source	Quantity	Amount (mcg)
Brazil nuts	1 ounce (6–8 nuts)	544
Yellowfin tuna	3 ounces	92
Ham	3 ounces	42
Pork	3 ounces	33
Chicken	3 ounces	22
Egg	1	20
Cottage cheese	1 cup	20
Mushrooms	100 gm	12
Spinach	1 cup	11
Milk and yogurt	1 cup	8

The current daily value (DV) for selenium is 55 mcg.

Brazil nuts are one of the best sources of selenium. One ounce, about six to eight nuts, contains about 544 mcg. Make sure you only eat a serving of Brazil nuts a few times a week to avoid selenium toxicity.

Iron

Food Source	Quantity	Percent of Daily Value
Moringa	100 gm	133
Jaggery	100 gm	61
Lemon grass	100 gm	45
Lentils	1 cup	37
Beef liver	100 gm	36
Chickpeas	1 cup	26
Spinach	3.5 ounces (100 gm)	20
Dark chocolate (70 percent above)	1 ounce	19
Shell fish	100 gm	17
Hummus	½ cup	17

The required daily value (DV) of iron is 18 mg.

Moringa leaf powder has 28 mg of iron; hence it works as a great superfood for anaemic individuals.

Copper

Although required in trace quantities, copper helps in producing red blood cells (RBCs), keeping the nervous system healthy, making collagen and keeping the immune system strong.

Sources: Nuts, seeds, beans (lentils, pulses), drinking water that is stored in a copper vessel overnight.

The required daily value (DV) of copper is 10 mg.

ESSENTIAL VITAMINS FOR IMMUNITY**Vitamin C**

Vitamin C makes the body more capable of fighting off viral upper respiratory tract infections (URTIs). Vitamin C is concentrated in

leukocytes, and its concentration rapidly declines during infections and stress. Vitamin C improves the ability to resist infection by improving the activities of the immune system.

Food Source	Amount (mg/100g)
Indian gooseberry (amla)	445
Yellow pepper	183
Guava	126
Kiwifruit	93
Broccoli	90
Lemon	77
Papaya	62
Strawberry	59
Orange	53

The current daily value (DV) for vitamin C is 90 mg.

Vitamin E

Vitamin E is a fat-soluble antioxidant that helps enhance T-cell function. It assists in alleviating URTIs and allergic conditions like asthma. Higher natural killer cell activity is also thought to be increased after boosting vitamin E levels.

Food Source	Quantity	Percent of Daily Value
Sunflower seeds	1 ounce	66
Almonds	1 ounce	48
Hazelnuts	3 ounces	28
Peanut butter	2 tablespoons	19
Pine nuts	1 ounce	18
Peanuts	1 ounce	16

The current daily value (DV) for vitamin E is 15 mg.

Vitamin A

Vitamin A is a micronutrient that is crucial for maintaining vision and promoting growth and development; however, it is also known as an anti-inflammatory vitamin because of its critical role in enhancing immune function. It has a therapeutic effect in the treatment of various infectious diseases and to some extent in diseases transmitted through the respiratory system, such as pneumonia and measles in children, and in contagious digestive diseases in children, such as infantile diarrhoea and hand, foot, and mouth disease.

Food	Quantity	Percent Daily Value
Beef liver	1 slice	713 percent
Lamb liver	1 ounce	236 percent
Sweet potato (cooked)	1 cup	204 percent
Cod liver oil	1 teaspoon	150 percent
Winter squash (cooked)	1 cup	127 percent
Kale (cooked)	1 cup	98 percent
Carrot (cooked)	1 medium size	44 percent

The RDA is 900 mcg for men, 700 mcg for women and 300–600 mcg for children and adolescents.

VITAMIN D – THE SUNSHINE VITAMIN

More and more research is drawing correlations between low levels of this vitamin and weak immunity. One in two people are either deficient in vitamin D or their levels are on the lower part of the scale. Vitamin D is considered as a precursor of our immune system and low levels of this vitamin can impact immunity in a huge way.

Low vitamin D level is correlated with respiratory viral infections and asthma. Research has found that vitamin D influences cellular mechanisms that are important for recognition and killing of pathogens and controlling immune functions within the lungs,

thus playing an important role in the development of respiratory diseases.

It is a fat-soluble vitamin and comes in two forms: vitamin D2 (ergocalciferol) and vitamin D3 (cholecalciferol). Vitamin D3 can be synthesised in the human body and vitamin D2 in plants. Vitamin D3 is critical to human health and immunity.

The normal range of vitamin D3 is measured in nanograms per millilitre (ng/ml). Individuals with levels below 20–25 ng/ml are severely deficient and those above 80 ng/ml come into the toxicity range, so the idea is to maintain levels close to 60 ng/ml and above but not cross 80 ng/ml because that could lead to vitamin D3 toxicity and make your body absorb too much calcium. If your levels are within the range but still towards the lower side, for example, 30–35 ng/ml, you should look at boosting your levels and moving them towards the upper range. It's very important to keep and maintain your levels within the range (but towards the upper range) that your medical doctors define for you.

The beauty of vitamin D supplements is that they're harmless if used the right way, in the right doses meant for you and under the supervision of your healthcare expert.

Sources of vitamin D

The most abundant source of vitamin D is sunlight. However, that is not enough. The challenge even for those who have access to it is that either the pollution levels are so high or the ozone layers are depleted and the wrong UV rays reach us and people aren't seeing any benefits. Another challenge is people living in cold countries have no access to sunlight. There are farmers who work in the scorching sun with bare backs and still have vitamin D3 deficiency, which means that the environment is changing and impacting our health.

Hence, in most cases we need supplementation because food gives us vitamin D in micro dosages that isn't enough for us, especially if your levels are low and are suffering from a disease. There are supplements of varying dosages available in the market today depending on your body's requirements.

Nevertheless, vitamin D is also found in minute quantities in:

- Fatty fish
- Egg yolks
- Milk
- Nuts and seeds
- Legumes
- Mushrooms

How to make the most of vitamin D3 supplement?

Vitamin D is a fat-soluble vitamin, meaning that it's best absorbed in the presence of fat. It is thus a good practice to consume adequate good-quality fats (e.g., cold-pressed coconut oil, A2 cow ghee, nuts and seeds) in your daily diet, especially close to your vitamin D3 intake to maximise absorption. This is also why fad diets are detrimental and it's common to see low levels of vitamin D3 in people who try diets that are “fat free” and/or “cholesterol free.” Fat in the right quantity and of right quality is needed for so many functions, including the absorption and synthesis of vitamin D3.

So, get your levels checked every 6 months to see where you stand, especially if you have an ongoing problem of low vitamin D3 levels. Discuss your dosage with your doctors on how to boost it or maintain it if they are already within a good range.

Note: All values are an approximate as the nutrition values may differ from region to region as well as quality too. These values are an average.

AMINO ACIDS FOR IMMUNITY

Vegetarian sources:

- Khichdi
- Eggs
- Sprouts
- Chia seeds
- Beans with rice
- Buckwheat
- Hummus and whole wheat pita

Non-vegetarian sources:

- Meat
- Seafood
- Poultry
- Eggs
- Dairy products

TOP ANTIVIRAL FOODS

Nature has given us certain foods that help lower the viral load in the body. These are:

1. **Green Tea**

Potent antioxidant due to the presence of epigallocatechin-3-gallate (EGCG). It is 25–100 times more effective than vitamin C and E. It is necessary to use good-quality loose green tea leaves and not powder because that is merely tea dust. Theaflavin and catechins are two active polyphenolic compounds found in green tea and are reported to have pronounced antiviral activity.

2. **Tulsi/Holy Basil**

Fresh tulsi leaves are known to help with chronic fever and when they are mixed with honey and ginger juice, they are useful in treating cough and bronchitis. Ursolic acid is the active component of tulsi, which has great Ayurvedic treatment options for swine flu. Due to its antimicrobial properties, it is useful for the prevention of novel H1N1 flu.

3. **Berries**

- Wild berries are an effective source of anthocyanins to combat viral infections.
- Elderberry's antiviral activity can be attributed to the presence of anthocyanidin, which also gives it its purple colour. Elderberry helps stimulate the release of certain cytokines, which act as chemical messengers between immune cells for communication and coordination.
- Mulberry is found to be effective against influenza virus due to its strong antioxidant activity.

4. **Adrak/Ginger**

Ginger contains gingerol, a pungent ingredient of ginger that has sulphur. The active compounds present in ginger are alliin, alliin, and ajoene and the compound allicin has anti-influenza effect.

5. **Lehsun/Garlic**

Allicin and ajoene are compounds found in garlic. Allicin is released when garlic is chopped or chewed, but is inactivated by cooking. Garlic shows several antiviral properties against certain viruses. Even aged or black garlic helps enhance immune function.

6. **Probiotics**

Studies show that probiotics may be helpful in preventing URTIs.

Bifidobacterium and *Lactobacillus brevis* have demonstrated a reduction in the incidence of influenza.

7. **Flavonoids**

Research indicates that flavonoids decrease URTIs. They help prevent replication of virus inside us. Sources of flavonoids include green tea, blueberries and good-quality dark chocolate.

Quercetin, a plant pigment, is a potent antioxidant flavonoid and is found mostly in onions, grapes, berries, cherries, broccoli and citrus fruits. Quercetin too inhibits the replication of virus at an early stage.

8. **Haldi and Kali Mirch/Curcumin and Black Pepper Combo**

Curcumin is proven to improve immune function with its antioxidant, anti-inflammatory, antiviral, and antibacterial properties. According to research, curcumin's antiviral activity was observed against several different viruses including hepatitis viruses, influenza viruses and others. The combination of piperine in black pepper with the curcumin in turmeric enhances curcumin absorption by up to 2,000 percent.

9. **Resveratrol**

Resveratrol (RSV) is a naturally occurring polyphenol found mostly in fermented grapes, mulberries, red wines, and peanuts. The antiviral effects of RSV have been widely studied in a number of viruses which include influenza virus, hepatitis C virus, respiratory syncytial virus and human immunodeficiency virus.

10. **Oregano**

Oregano oil and its main component, carvacrol, are able to inhibit different human viruses.

11. **Mulethi/Liquorice**

Several components are responsible for the antiviral and anti-microbial activities in liquorice. The roots of the plant have been used for treating throat and upper respiratory tract-related problems.

“Immunity is very important for the well-being of each and every individual and it is easy to improve your immunity by making small changes in your lifestyle. It doesn’t require you to spend lots of money to ensure you have good immunity. Something as simple as getting a good-quality sleep, managing your stress levels better, being active/exercising daily along with including some basic food items like ginger, garlic, tomato, onion, turmeric and general spices that we use in our day-to-day life is good enough to help improve your immunity. In short, you need not be super rich to ensure your immunity is good; you just need to be self-disciplined with your routine.”

HARDIKA VIRA

CHIEF CLINICAL DIETITIAN

TEAM LUKE

12. **Nariyal Tel/Coconut oil**

Coconut oil is a medium chain fatty acid and is known to exhibit powerful antiviral properties. The antiviral action is attributed to monolaurin that helps in solubilising the lipid membrane layer of the virus, thereby disintegrating its entire structure.

13. **Chakra Phool/Star anise**

Star anise is one of the vital ingredients of Chinese medicinal herbs and is widely known for its antiviral effects. It contains

shikimic acid, which is also used in the manufacture of an anti-viral medicine for influenza A and B (i.e., Tamiflu®).

14. Amla/Indian Gooseberry

Indian gooseberry is a common ingredient in most Ayurvedic preparations and a primary ingredient in an ancient herbal preparation called Chyawanprash, which is itself an effective immunity booster that can help prevent infections.

15. Neem

Three bitter compounds that have been extracted from neem oil are nimbin, nimbinin and nimbidin, respectively. Each of these compounds possesses high antiviral activities.

PILLAR 2: ADEQUATE EXERCISE/ACTIVITY/ MOVEMENT

According to various studies, physical activity is linked to:

- A 13 percent reduced risk of bladder cancer
- A 12–21 percent lower risk of breast cancer
- A 19 percent lower risk of colon cancer
- A 20 percent lower risk of endometrial cancer
- A 21 percent lower risk of oesophageal adenocarcinoma
- A 12 percent lower risk of renal cancer
- A 19 percent lower risk of stomach cancer

These facts are not to scare you, but to show how medicinal movement is for our body and immunity.

Activity is one of the most overlooked aspects of a healthy immune system. We are getting so comfortable in our lounge chairs and sofas that the comfort is taking away daily movement from us. Have all the luxury, but do not let it take away the basic needs of your body.

The connection between immunity and activity is simple. When we move, we enable circulation of two things—blood and lymph. Blood carries oxygen, nutrients and immune cells. Lymph carries immune cells and cellular metabolic wastes. *A sedentary body that does not move is like a stagnant pond and will only breed disease.* By not moving we stagnate all the nutrients, immune cells and oxygen, depriving trillions of cells in our body of the very basic requirements for optimal functioning.

Additionally, exercise or movement helps in the stimulation of the lymphatic system (another important immune system component) and thus the circulation of lymph. Lymph is a fluid that flows within the lymphatic system and works like our body's garbage disposal unit. Now, the point is, our body is dependent on our heart—the pump that circulates blood, but our lymphatic system doesn't have a heart of its own. It relies on our movement! So a sedentary lifestyle can do much more damage than fat gain. It can lead to stagnation of toxins or garbage and give rise to multiple issues.

UNDERTRAINING AND OVERTRAINING: BOTH CAN CRIPPLE YOUR IMMUNITY

“Prolonged, intense exercise causes immunosuppression, while moderate intensity exercise improves immune function and potentially reduces risk and severity of respiratory viral infection.”

Stephen A. Martin, Brandt D. Pence, and Jeffrey A. Woods, “Exercise and Respiratory Tract Viral Infections” (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2803113/>)

Noticed the word “adequate” in Pillar 2? This is there because while exercise is a necessary aspect to boost immunity, your immune system

can actually become weaker if you over train and under-sleep or do not give your body enough time to recover. So, while under-exercising is bad, over-exercising is equally harmful. Movement is medicine if done the right way. Recovery is everything! Today people constantly get injured because they're overtraining and under-eating. Okay, that's it with exercise!

There are so many people who punish themselves with exercise every single day. Do not compare yourself with the routine of an athlete or body-builder. Athletes are extremely disciplined and they only *eat, sleep, train* and repeat. They make it a point to eat well and recover because they work out intensely. This is not possible for normal people like you and me because we have multiple responsibilities like running our homes, businesses, going to work, handling families and so much more. Training hard must run in parallel to eating well and resting well every night. Gaps between training days are also necessary to ensure muscle recovery. Failing to do so will only result in injury, suppressed immunity and piling on more and more weight, especially around the abdominal area. Why? Because our body perceives overtraining as a physical stress. Stress releases cortisol (stress hormone). More cortisol means more fat gain. What's more, cortisol is an immunity suppressor. It cripples our immunity. You need to finish your workout within 45 minutes to 1 hour. Your immune system can actually be impacted if you extend this time. Athletes who train for 2 hours in the gym are on supplements like vitamins E and C. They constantly take supplements to help them keep their cortisol levels low. However, most of us are not athletes.

Speaking about marathons, it is not a fad. It is an elite sport and is based on science. So many marathoners and ultra-marathoners cut down on vital macronutrients like fat and protein to lose weight, but this only backfires on them. Athletes don't diet; they eat a nutrient-dense, balanced and a well-rounded meal. They need

to know their vitamin and mineral levels. It can be detrimental to run a marathon with low vitamin D3, vitamin B12, magnesium and iron levels.

Talking about rest, athletes tend to increase their sleep time several weeks before a marathon. There is no pride in running a marathon after a late-night travel or night out. You may easily finish the marathon, but at the cost of your health. Sleep debt can have a negative impact on the body like: increased stress and cortisol levels, inflammation, low immunity, messed up digestion, delayed and slow recovery, impaired cognitive function, mood and reaction time. So, if you are considering something like running or heavy training, also focus on rest, recovery, balanced diet that has adequate protein and fix your nutritional deficiencies. Without sufficient protein or vitamins to recover broken down muscles, your immune system gets lower. This is why a lot of people start an exercise programme, fall sick and thus lose the motivation to work out.

SO, WHAT MUST ONE CONSIDER FOR EXERCISING?

More than exercise, first reflect on how active you are. Many people work out for an hour every day but end up sitting for the rest of the day. This is known as sedentary active. Aim for activity first. Get a step tracker if you must. Try to walk at least 10,000 steps in a day. Ten thousand steps is not a magic number. It is just a good indicator of activity levels because even clocking 8,000–10,000 steps requires effort. An hour-long walk will only get you 3,000–4,000 steps. For the remaining steps, one needs to move more.

You don't have to punish your body with exercise to build your immune system. In fact, the data we have collected over the last 3 years of consulting and coaching so many clients globally shows that the top

four exercises to build strong immunity and a fit body with minimum injury are:

1. Walking (if done consistently)
2. Yoga
3. Body-weight training
4. Dance/Pilates

This is with regard to basic health and immunity. Simple yet effective. Some of the most effective bodyweight exercises are simple push-ups, squats, planks, high knees and lunges.

Rebounding exercises: “Rebounding” is a fancy word for bouncing or jumping on a mini trampoline. It is a fun and *highly* effective form of exercise for immunity. You are essentially weightless at the top of each jump (allowing your cells to decompress) and then land with twice the force of gravity on each bounce (causing your cells to compress). This is a key point.

A simple “health-bounce” of a few inches up and down will increase circulation and flush your entire lymphatic system within a couple of minutes! Thus, the health effects of rebounding happen at a cellular level and at a higher rate than other forms of exercise. Rebounding can make a difference in your health and happiness by increasing your blood flow, loosening your tight muscles, flushing your lymphatic system, releasing endorphins and clearing your mind. The rebounding action is impact free, it removes the impact of tension and stress on your body, and it’s really enjoyable!

Power of a simple pull-up/chin-up: If you have a bar at home, start mastering pull-ups. A simple chin-up or pull-up needs incredible body power and I encourage every man, woman, teenager to master it.

Start with one pull-up in a day. It is a difficult but an extremely fruitful exercise. It determines your fitness level. In the US Army and Marines, there are three exercises to determine the fitness level of every soldier: pull-ups, push-ups and burpees. Your six-pack or size zero figure doesn't determine your strength and fitness. It is exercises like these that determine your real strength. The definition of fitness is strength, endurance, flexibility and agility.

Going to the gym every day doesn't mean you are fit. I come across so many gym goers who can lift heavy weights, but not their own bodyweight. They can do a deadlift or a lat pulldown but struggle through a pull-up because it recruits multiple muscles.

Instead, develop real fitness, and bodyweight exercise is the way. You can begin at a beginner level using free resources on the internet. Start with squats, lunges and supported push-ups. Use your own body weight.

Of course, if you have an injury and your doctor has advised you not to do this, then refrain. There are a variety of other options.

For individuals who are on a wheelchair or are bedridden, ask your family members to press the soles of your feet for at least 5–10 minutes, twice a day. This will help to boost the circulation of blood as well as the lymphatic system. You can also consider:

- Passive exercises by asking someone to lift your legs and arms up and down
- Upper body exercises like arm curls, arm rotations, wrist rotations and neck exercises

This is enough to get the blood circulating, which is necessary for our immune system.

Choose how you want to be active through the day, but it is necessary to get your heart rate up for at least 30 minutes in a day.

What also matters is how active you are over and above the designated workout routine? This is what determines your overall activity levels. Every 1 hour, get up and stretch, twist your torso, bend forward and touch your toes. Take it a step forward and do 10 burpees, 10 push-ups and 10 jumping jacks. This will keep you active, stronger, leaner, increase your metabolism and make you feel great! It will boost your blood circulation, thus maintaining your immune system.

One of the outcomes of the current pandemic is going to be increased time indoors, so the risk of being sedentary is actually higher. You could be sitting all day, watching television and not moving. Start becoming aware of this. Set a target of getting up after every 1–2 hours and perform 10 reps of any exercise. If you cannot exercise, walk!

Five Takeaways:

1. Keep exercise SIMPLE.
2. No under-exercising and/or over-exercising. Focus on adequate exercise.
3. Focus on activity levels throughout the day. Do not be sedentary; be active.
4. Get up and make it a point to move every 1–2 hours.
5. Rest and recovery is a part of fitness. Make it count.

PILLAR 3: QUALITY SLEEP

According to Dr. Mathew Walker, the director of UC Berkeley's Centre for Human Sleep Science, "Routinely sleeping less than 6 or 7 hours a night demolishes your immune

system, more than doubling your risk of cancer. Insufficient sleep is a key lifestyle factor determining whether or not you will develop Alzheimer's disease."

"A study observed a 30 percent decrease in the activity of NK (natural killer) cells and a 49 percent increase in the activity of T-lymphocytes stimulated by PHA (phytohemagglutinin) in subjects who slept fewer than 7 hours."

While sleeping is a human need and an inbuilt mechanism in our body, today research is proving the importance of sleep and its link with the immune system.

Sleep deprivation decreases our immunity system by 60–70 percent and this has been medically recorded in every single science and medical journal today. Even one night of sleep deprivation reduces the activity of natural killer cells (important immune cell) by 30 percent. It doesn't matter how much you exercise and how well you eat – if you are missing out on your daily night rest, you are crippling your immune system in a huge way.

We need to come together globally to throw focus on the importance of sleep. We have been fooled long enough to make us believe that compromising on our sleep for work is the road to success. Compromising on our sleep for socialising is the key to a happy life. Well, we see how people have prioritised every single thing in their life over sleep, and while they have now achieved their goals, they do not have the health to enjoy it.

Everyone has 24 hours in a day. Now it's up to each one of us how to use it. Making sleep a priority, straight away remove 8 hours from 24 hours for your sleep. You are now left with 16 hours. Now plan your day in those 16 hours. Allot time for television or other modes of

recreation, family time, work, studies, exercise and the rest. Everything comes down to planning and organising your day.

If you can't plan and organise, even 24 hours will not be enough for you and then the easiest way out to make up for this is compromising on your sleep. Lack of sleep brings in its wake illness, disease, belly fat and hormone havoc. When we sleep, our immune system gets rejuvenated, repaired and stronger; our hormones rebalance; and growth hormones are released. There is magic that we go through when we sleep.

Most of us have pulled off long nights and have done okay, but everybody has a set point, a threshold beyond which it cannot take. If we repeatedly miss night's sleep, we are abusing our body in a way and over time our immune system will weaken.

A problem often encountered is sleeplessness.

Sleep is a natural and inbuilt process in our body. However, if this isn't happening because we have moved too far from how nature has designed us to function, you need to begin training yourself into sleeping. Here's how you can begin training your mind and body to fall asleep naturally:

1. Switch off all gadgets 1 hour before bedtime. We need darkness to stimulate the release of "melatonin" – a sleep hormone, which is actually a powerful immunity-boosting and anti-cancer hormone too. Melatonin is a light-sensitive hormone and needs darkness to act. If you are looking at your phone, laptop or any screen before bedtime, you are blocking this natural process. So plan the time you want to spend on Netflix, social media and others accordingly.
2. Use that 1 hour gadget-free time to meditate, read, write, communicate, pray, make love. There is so much you can do.

3. Next is deep breathing. Deep breathing is the quickest way to turn on your rest mode and lower your stress levels. If you are stressed and your mind is racing, you cannot fall asleep. Your mind needs to be calm and relaxed to sleep, and tools like deep breathing, meditation and yoga nidra are powerful if done before bedtime.
4. Sleep at the same time every day or at least Monday to Friday. This is how you train your body and mind to fall asleep. Having an erratic schedule only confuses your body.

Most of the magic happens 2–3 hours before midnight so, if you are sleeping by 2 am, 3 am or 4 am, thinking that you are still covering 8–9 hours of sleep, it is actually of no use. Your body may get the physical rest, but you deprive it of all the other vital functions that happen within the body during sleep.

Sleep is everything when it comes to immunity. That's why when you fall sick, your body automatically makes you feel tired and drained because it wants to induce sleep in you. Healing happens while you are in a state of complete rest.

Let's repeat that once again: no matter what disease it is, cancer, diabetes, autoimmune condition, obesity, depression – healing can only happen in a state of complete rest, which is sleep. You can take all the medication in the world, eat all the superfoods in the world, if you do not sleep well, your body does not have recovery abilities or is slowed down and hampered.

Five Takeaways:

1. Sleep is your natural drug when it comes to your immune system.
2. Switch off all electronic gadgets and artificial light an hour before sleep.
3. It is necessary to be in a calm and relaxed state to sleep well and hence pranayama, meditation, yoga nidra are powerful bedtime tools.
4. Go to bed at the same time every night.
5. Time between 9 pm and 11 pm is the most powerful recovery time.

PILLAR 4: EMOTIONAL WELLNESS

“Severe stress can lead to malignancy by suppressing the immune system. In fact, stress can decrease the activity of cytotoxic T lymphocytes and natural killer cells and lead to growth of malignant cells, genetic instability, and tumour expansion.”

It's been proven beyond doubt that the state of mind affects one's state of health. Chronic stress, be it physical, mental or emotional, can lower and suppress immunity.

Today, every doctor and healthcare professional is emphasising on the importance of emotional hygiene to handle stress levels. Why is this so? Chronic or elevated levels of stress produce cortisol and cortisol is an immune suppressor. It increases inflammation, creates havoc with

our digestive system, messes up sleep and our eating habits and a lot more.

Good stress/eustress: A little bit of stress, one that's short lived, is not bad.

A little stress is good because it helps us perform and motivates us to do well in life. Ideally, that stress should be short lived. Once the perceived threat has passed, adrenaline and cortisol levels drop, heart rate and blood pressure return to baseline levels and other systems resume their regular activities.

The problem is when stress is chronic. This is also called as distress.

When stressors and “feeling under attack” remain constant, the fight-or-flight reaction stays turned on, over-exposing the body to cortisol and other stress hormones. This chronic stress is what leads to all the health issues, including suppressed immunity. Mostly it is chronic emotional stress that affects us the most. Constant feelings of guilt, fear, resentment, anger, hatred, hostility, sadness and unforgiveness are the biggest root causes.

In fact, it's been seen that chronic stress shrinks the thymus gland, inhibiting the release of T-lymphocytes – supremely important immune cells.

Negative emotions and stressful thoughts also affect our gut via the gut-brain axis, leading to a weaker gut and compromised digestion. Since 80 percent of our immunity lies in the gut, a weak gut can drastically drop immunity down.

“Immunity is not the absence of disease, but it is the response to a disease.”

SHRADDHA SHETTY

CLINICAL NUTRITIONIST AND LIFESTYLE EXPERT

TEAM LUKE

Stress can also have an indirect effect on the immune system as we tend to resort to unhealthy coping strategies, such as smoking or drinking too much caffeine and alcohol, eating too much sugar and processed foods, not sleeping properly and giving up on exercise and healthy social activities.

Let's deep dive further into this.

HOW DOES STRESS AFFECT IMMUNITY?

Our central nervous system can switch between two states:

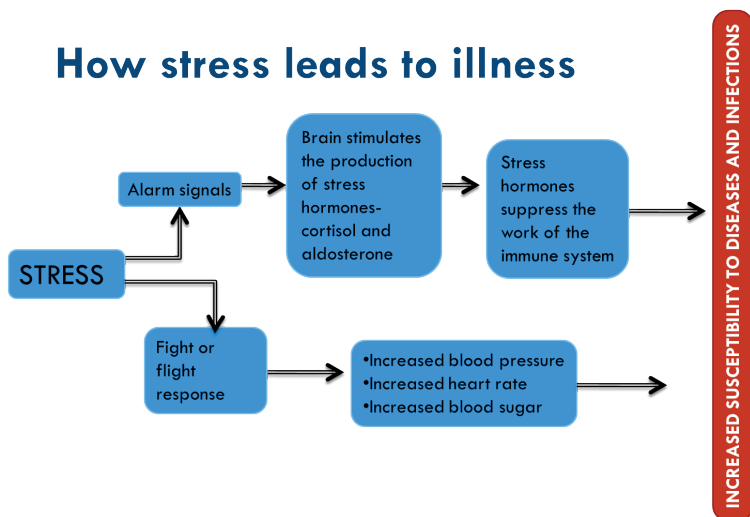
1. Sympathetic nervous system (fight and flight) – SNS
2. Parasympathetic nervous system (rest and digest) – PNS

When we are in a state of stress, our SNS is turned on. This is necessary because it helps our body prepare for the stress. As a response to SNS activation, our body starts producing cortisol, the stress hormone, as a result of which blood pressure and blood sugar rise, blood circulation is diverted from the digestive system to the extremities, digestion is suspended, muscles contract and the immune system shuts down. When our body experiences stress, its primary focus is to prepare it to run from the stress, so it puts all the other activities, including the immune system, on the back burner.

Ideally, our body must come back to its normal state, that is, PNS, once the stressor goes away. However, in today's world we are exposed to one stress after the other: climate, boss, traffic, finances, relationships, over-exercising (yes, it is a stressor!), and many others. As a result, our SNS is constantly activated, cortisol levels are high all the time and our immune system is constantly suppressed.

Constantly being in the SNS mode also prevents us from falling asleep, especially into deep sleep. Our body needs to be in PNS mode,

that is, rest and digest mode, to sleep. Thus, due to lack of sleep, our immune system suffers too.



We have a lot more today in terms of wealth, fancy jobs, cars, access to social media, technology, connectivity, entertainment, emotional counsellors, coaches who only coach on relationships, and so on. So we should be happier! The statistics say otherwise. We are far more depressed than ever before, and that is because of our lifestyle and the disconnect with our own selves. Our parents and grandparents had far less than us. Forget about social media, they did not even have phones or texting facilities to stay connected, but they were happier, disciplined and lived a wholesome life.

DISCONNECTED IN A CONNECTED WORLD...

What has actually gone wrong with the world today? We have become disconnected with ourselves in a connected world. We are disconnected because we are constantly connected with everyone else via

social media or socialising except us. This isn't bad, we need it, but you also need to stay connected to your own self. Staying connected to everything else but ourselves will lead to a life full of chaos because we will end up constantly responding to the outside world.

It's simple; if you are completely connected to your job, your job will control you. If you are connected to social media, pornography and all the external stimulation, then that is exactly what is going to control you. Be connected, but let your connection with your soul also grow. Then feelings like fear and anxiety will exist, but will not control and spoil you.

For instance, so many people react to news that stirs them up, be it a virus outbreak or falling economy. Stop watching the news! Unsubscribe from any source of anxiety. It is good to have information and updates of what is happening in your country, but not so much that you get sucked into it. The moment you disconnect from the source of stress, the better you will feel.

THE WANT TO CONTROL EVERYTHING

The human need to want to control everything is also where stress can emanate from. We must all know by now that we cannot control everything in this world. Life does not go our way. We can only control the connection with ourselves and thus practices like yoga, pranayama, meditation and reflection are important tools to help us do that. When you are connected with your soul, you begin to realise that only you can bring peace in your life. Connecting with ourselves teaches us how to accept and let go. Most people struggle with acceptance and letting go and end up being in a constant state of stress and anxiety. However, learning these two important tools either through meditation, prayer or spiritual practice is when things that previously bothered us don't any more.

So reconnect and reflect within yourself. You can't change the world, but you can change you. Devote some time daily for meditation, deep breathing, sitting in silence, reflecting. This is not to say that your stress will go away. It may still be there, but you will at least be in a position to handle it better without letting it control you.

Know one thing: there is a huge difference between having stress and being stressed. Each of us have our own set of stressors in our lives, but the ability to be stressed is totally under your control. You can choose to process it with understanding and calmness or lose your mind and fall prey to it.

USE THE POWER OF THE “BREATH”

I cannot emphasize enough on the importance of breathing when it comes to managing stress and anxiety. The first thing that goes off balance when we are stressed is our breath, so bringing it back in balance when we are stressed is one of the quickest ways to move from a state of stress to a state of calm. And it is under your control! You could be the most stressed out person in your family, but by using your breath and slowing down your inhalation and exhalation, you can put your body in a state of rest.

Your stress will still be there. Deep breathing will not magically vanish your stress away, but what it does in your body is also magical. It helps lower your cortisol levels; this stress hormone is deeply connected with a low immunity if elevated for prolonged periods of time.

You can be in a room full of stressful people, but if you are even with your breathing pattern, you will hold a space of peace in you. No one can shake that.

So start exercising control over your breath and not on things that you have no control over. It does not cost you any money. You just need

practice and self-discipline. When you reach the yoga section, learn the different ways you can exercise control over your breathing.

MEDITATION AND IMMUNITY

Inhale slowly and deeply for 4 seconds. Hold for 2 seconds. Exhale slowly and deeply for 6 seconds. Repeat three to four times. Remain still and soak in the moment. Now, slowly open your eyes.

Congratulations! You have just entered a meditative state by calming your central nervous system and are now in a state of parasympathetic activity, which is the rest and digest state. A state where food digests, blood pressure normalises, sugar levels are managed, cortisol levels come down, hormones are in harmony, immunity boosts and the body attains a state of true healing and recovery.

Meditation is by far the most powerful medicine in existence. It's a tool that can be prescribed to every single patient no matter which disease they might be going through and what religion they belong to. Meditation is a universal tool to holistic health.

However, most people believe that meditation is an activity best done by sadhus and gurus because they have to force their mind to remain still and that is not possible in today's life. But meditation is not about silencing the mind. In fact, it's impossible to silence the mind for a human being. Meditation is also not about rolling out your mat or sitting atop the Himalayas and chanting. Meditation means training your mind to get habitual to redirecting and focusing your thoughts. This focus can be done on one single thought, on breathing deeply, or listening to some songs, spiritual or devotional mantra. Meditation can be done by quietly watching the sunset or simply looking at a flower. It can be done by redirecting your thoughts to nature or anything that calms your mind. Anything you do that anchors you to the present moment, the "now," is meditation. Our breath is the

best way to get us anchored to this very moment. Hence, just focusing on every inhalation and exhalation is the simplest way to practice meditation.

HOW DOES MEDITATION MAKE YOU CALM?

While benefits of meditation are galore, the most prominent one is inducing a state of calm, peace, zen and relaxation. This makes it the single-most effective technique in combating stress. While stress increases a hormone called “cortisol” in the body, meditation helps reduce its levels and teaches you to not react and respond to the stress in your life. This is not to say that meditation will make your problems disappear in one go. What it means is that meditation puts you in a space of clarity and thoughtfulness so you know how to tackle a particular stressor. We have two choices to respond to a stressor: either act or react. Meditation encourages the former and not being a victim of the stressor.

Meditation also trains our mind to develop a positive approach towards stress and stress-causing situations. It helps us have access to our inner self and equips us to recognise our emotions and accept them. Meditation can help us let go of emotions and also give us the capability to share them with our near and dear ones. Meditation is a powerful tool to detoxify our heart and mind.

Meditation generates feelings of kindness, forgiveness and tolerance. It helps us develop compassion for our own selves. It helps us become a better person and takes away all the negativity from our lives, all of which lead to a calmer you. It also enables us to develop better control over anger.

Meditation improves sleep quality and quantity. It helps us disconnect from the day and puts our body and mind in a state of relaxation. A sound sleep at night is crucial for our emotions and state of mind the next day.

Meditation makes you mindful. Your inner self always knows what is right and wrong for you. Gut instincts are real and only if we choose to meditate and tune into our senses inwards, can we hear the whispers and what it's trying to say. Meditation is the best way to gain mindfulness and increase awareness. With awareness comes the wisdom to act and not react to situations and thus contribute to peace of mind.

With so many benefits, meditation is one lifestyle change that each of us must adopt. Start with 1 minute and then 2 minutes and so forth. Everyone, including kids, can meditate. It's easier than you think and will give you your overdue happiness.

MEDITATION LINKS FOR IMMUNITY

We are thankful to the Art of Living and Gurudev Sri Sri Ravi Shankar for sharing valuable links for meditation that can help quell anxiety and boost immunity. These links have meditation tips, breathing exercises and guided meditation. These are for all levels of practitioners.

[Tips, Breathing Techniques & Guided Meditation To Increase Immunity And Reduce Anxiety](#)

[How to Meditate? | Easy Guided Meditation for Beginners | Meditation by Gurudev Sri Sri Ravi Shankar](#)

[10 Minute Guided Meditation For Beginners By Gurudev Sri Sri Ravi Shankar | Beginners Meditation](#)

Five Takeaways:

1. Practice acceptance and letting go.
2. Cut out all sources of stress—especially social media, news and toxic people—if you cannot accept.
3. Use tools like deep breathing, pranayama, meditation, reflection and prayer to handle your stress and emotions.
4. Learn to stay connected and grounded with your soul.
5. You cannot control everything in this world.

These are the four verticals that your immune system is dependent on to do the job of protecting you. Now, it is up to you to find which particular vertical needs more focus and improvement. If it's all the verticals, then start working on them now.

WHAT ELSE CAN DAMPEN IMMUNITY APART FROM NOT FOLLOWING THE FOUR PILLARS?

SUGAR INTAKE

Sugar weakens immunity, suppresses lymphocyte function and can last for a couple of hours after consumption. It also inhibits the process of phagocytosis, which is the process of engulfing pathogens by WBCs. Sugar also makes our body acidic, which is a perfect breeding ground for diseases. Aerated drinks contain not only enormous amounts of sugar but also phosphoric acid, which wipes out the good bacteria from our gut.

SMOKING

Active as well as passive smoking is an immunity killer. It creates a lot of inflammation, creates free radicals and oxidative damage, wipes out vitamins E and C, zinc and other critical vitamins and minerals needed for immunity, destroys anti-inflammatory cells, and, of course, reduces oxygenation. No matter how healthy a passive smoker's lifestyle is, if he/she is exposed to smoke, the good lifestyle will hardly help.

Moreover, toxic smoke in our system is a signal of stress for our body. Our body immediately shifts to a sympathetic system mode (fight and flight) raises adrenaline, cortisol and inflammatory markers, which is a lot of damage to our body internally.

WEAK GUT HEALTH

A weak gut equals to a weak immunity. About 80 percent of our immune system lies in our gut and hence one mustn't ignore the gut. This is also why most people with common gut issues like bloating, indigestion, acidity and constipation have a weak immunity too. Lifestyle choices like junk eating habits, chronic stress, alcohol, excess coffee, strong medications, rampant use of antibiotics can depress gut health. Improving gut health involves rebuilding the gut microbiome.

Our gut contains good as well as bad bacteria and both are important. This forms the gut microbiome. For a healthy gut, the good gut bacteria must outnumber the bad gut bacteria. An imbalance in this ratio, also called as dysbiosis, wherein the bad bacteria outweighs the good bacteria, leads to bad gut health. What can create dysbiosis? Junk eating, too much sugar, refined carbohydrates, chronic stress, antibiotics, medicines, chronic acidity, alcohol, excess tea and coffee and even lack of sleep. Lack of sleep disrupting gut microbiome explains why one ends up with unexplained cravings after a night of bad sleep. Hence, probiotics and prebiotics play a crucial role in building gut health.

- Examples of probiotics: Good-quality dairy yogurt, buttermilk, sauerkraut, kimchi, pickles, fermented vegetables, rice kanji.
- Examples of prebiotics: Apple cider vinegar, raw banana, garlic, onion, asparagus.
- Resistant starch: This is a kind of starch that resists digestion, resists the digestive process and reaches straight into the colon, providing the gut with good bacteria. Sources include cooked and cooled rice, potato, sweet potato and raw banana.

FASTING AND IMMUNITY

Fasting, done the right way, is a fantastic immunity booster. Please note: If it's done the right way! Don't make it into a fad. Respect fasting and your body as well. Fasting is not a competition, so never compete with each other with the number of fasting hours. Even 12 hours of fast, which could be from sunset to sunrise (7 pm to 7 am), is very beneficial for our immune system and health. You will learn more on incorporating this into your lifestyle in the chapter "A New Way of Living: The Way Forward."

Fasting is therapeutic for our immune system, if done respectfully.

CONCLUSION

Balanced Nutrition: If you eat three meals in a day, what would those three meals contain? Can we put simple, homemade, wholesome and local food in it? That is enough for your immunity.

Adequate Exercise: Everyone has at least 30 minutes for their exercise. Choose what you enjoy doing; getting your heart rate up for at least 30–45 minutes is enough.

Quality Sleep: Plan your day. Take out 8 hours for your sleep. Do not compromise. Use the balance hours for everything else.

Emotional Wellness: Make a list of things that stress you out and make you angry. How much from the list can you accept and let go? You need to learn to get the strength to accept and let go.

Start your spiritual practice: Spirituality is not religion. Spirituality can also mean being kind, generous, helping. If you're a religious person, follow your religious path with respect for yourself, for your religion and everyone around you as well. If you want to meditate, you can meditate. Meditation gives you answers about how you need to be, what is going wrong in your life, and what you need to do to correct your life.

“Your body was born with this intelligence. Always remember this. The intelligence and power that gave birth to you, built you, built every single cell in you and grew you into what you are today is the same intelligence and power that has the ability to help you recover from even the most deadliest disease. The intelligence needs very little from us but needs it consistently because it is working for you consistently.”

I know so many people who have six packs, size zero figures or are body builders but are mentally messed up. On the other hand, I know Vipassana teachers who are completely into yoga, meditation and spirituality but have neglected their physical self.

We need to change the definition of fitness. Have everything, do everything, but maintain balance. This is holistic lifestyle. This is how you will boost your immunity without going to the level of complication.

3

POWER OF ACCEPTANCE AND LETTING GO

ACCEPTANCE AND LETTING go – when it comes to any stress in your life, these are the two solutions. Take a pen and paper right now and write down everything that’s stressing you out in your life. Amongst the things you write down, some will be in your hand to control, while others will be not. This is when powerful tools like “acceptance and letting go” help. They are easy words to say, but extremely difficult to practice because our own fears and insecurities come in between.

The most effective ways to de-stress remains to be one of the most talked about subjects today. There are different ways people vent out: through drinking, smoking, socialising or shopping. Some sit down, meditate, chant and practice yoga. Each of these may be good ways to de-stress and unwind for you as long as it’s working for you. However, when it comes to finding the root cause of any illness or delving deeper into where the stress might be stemming from, it requires one to find ways that are beyond materialistic pleasures that cover up the voids we have in our lives. If these voids aren’t handled the right way, they

gradually get deeper and deeper and finally manifest into a disease. The constant habit of suppressing emotions, pushing our bodies beyond limits to work more or sleeping less to adjust to the chaotic world gets us nowhere at the end. Every human being has a set point. It's nothing but our body's natural brilliance. Our body can take it all till that set point. The moment we cross the set point, our body shuts down too, either through a disease, pain, injury or nervous breakdown. So, each of us must stay within the set point of our body and avoid pushing our limits.

IDEALS AND BELIEFS, YOUR ATTACHMENTS

Each of us has ideals that we strongly hold onto. Ideals are nothing but beliefs that we have about certain things. When we strongly hold onto these ideals and if life doesn't work in accordance with these ideals, disappointment sets in, along with anxiety, stress, anger, frustration, insecurity and fear. What are the ideals you are attached to? Start writing down these ideals and beliefs. For example, people should be considerate or kind to you, people should be fair, I should get the promotion I worked for, I will be healthy always, things will always be where you kept them in your house, your house will always be clean, your kids will do exactly what you tell them to do, you will be loved by everyone and so on and so forth. These are some of the beliefs we have and they are shaped over the years, right from our childhood based on what we see, hear or learn from social groups.

The sad part is that life doesn't always work according to our ideals. Your kids may not necessarily speak to you the way you want them to. People are not going to love you the way you want them to. Different people have different ways of expressing love towards you. If you put in long hours of work, it doesn't mean that you will be promoted. It's not necessary that all the efforts you put in towards your health will result in weight loss the way you want. If you are sick, your healing doesn't

have to happen at the pace you want. Just because you have spent a huge amount of money on doctors, experts and nutritionists, it doesn't mean that the disease is taken care of. If you leave home earlier than usual, it doesn't always mean that you will not find traffic. All I mean to say is that "life doesn't always work according to our ideals and beliefs." We need to rise above these ideals around how a perfect world or a perfect human being should be. In short, we have to learn how to *accept* and *let go*.

At the same time, this doesn't mean we become a doormat and accept everything that comes our way. If someone is bad mouthing you, disrespecting you or pulling you down, you don't have to simply accept and let go. There is a process of handling this situation. Before reacting, assess what ideals and beliefs you hold? If you have a belief that no one loves you, then you need to correct yourself. There will always be someone who hates or disrespects you. So don't let your rigid beliefs cause frustration, sadness and disappointment. When we accept that everyone is different and we cannot please everyone, it becomes easier to let go. Learn how to let go of your attachments and beliefs as well as people who do not behave the way you want. You can still hold on to the belief that you want to be treated with love, but just accept that not everyone will treat you that way.

Consider a businessman who desires success because he has worked hard, sacrificed and invested time and effort. However, life doesn't always work that way. Success is not under our control so we must accept that and let it go. Similarly, if it takes an hour for you to travel to work, can you accept and let go of it? Is this in your circle of control or out of it? If it's in your circle of control, can you stay closer to your workplace to avoid travel? If that's possible, work towards it. If you can't, accept that it will take an hour to reach. This requires breaking the ideals and beliefs. This helps you avoid all the frustration, disappointment and negative emotions that come along by not accepting.

Likewise, in relationships with your spouse, children, colleagues and friends, we always expect them to love us the way we want to be loved or accepted, but it doesn't work that way. We also have the awful habit of comparing ourselves with others all the time, for example, comparing our bodies with other people. We must understand that there is no way we will have the same body as our friends or actors on screen. Each of us is different. Because we hold on to ideals, we compare and then are left disappointed. Likewise, everyone wants to build a successful billion-dollar company but not everyone will do it.

We must understand that there is something called as destiny. Some things work in our favour and some things don't. Some things come early and some things take a while. But all the negativity and stress that we create in between because our life isn't acting in accordance to our ideals is what destroys us inside out. It can also increase inflammation, increase blood pressure, slow down liver and kidney function, lower immunity, accumulate fat around abdomen, destroy relationships and rob us of the very essence of living life.

I see around 30–40 patients in a day and each of their stresses can be traced down to something they are trying to control, be it their children, family or work colleagues. Mothers try to control whom their children will get married to. Businessmen try to control their companies and employees because they've invested so much money in them that they need certain amount of work to be done. Well, nothing is in our control and it never will be. Sometimes in order to reduce your stressors in life, you have to think beyond meditation and chanting and focus on what your beliefs are and what ideals are you attached to.

Let me share another example. I book a flight thinking that it will leave and reach the destination on time. However, it doesn't always happen that way. So, should I get angry and shout at the airline staff? Or should I simply accept knowing that other passengers too are going through the same delay and instead make use of the available time to

walk some steps, make a couple of client calls, read and learn. I can make use of my available time rather than getting frustrated and angry and blaming it on my luck. If I do that, I will lose out on living life effectively in that moment.

For most parents, when their children grow up and are sent to foreign universities for higher studies, they start to feel empty and lonely. This is again an ideal that one needs to overcome. Your kids will leave and be on their own one day. Travelling often to meet your kids and chasing this void is not a solution.

It's important to know the ideals and beliefs that weigh you down in life. Here's an exercise for you.

Take a piece of paper and write down your ideals and beliefs that control you, rob you of your peace and of living life completely. You'll be surprised to see how many ideals and beliefs you have in your mind about yourself and how life should be.

Sit down and analyse. Take action on the ones that are within your control. For the ones that are outside of your control, only "acceptance and letting go" will work.

We must know that each of us is different and unique in our own ways. There is only one Steve Jobs and only one Whitney Houston. Do not try to be like them. You can emulate them. You can learn qualities from them and use them in your life, but your life is your path. Stay on your path, move forward and don't look at anything and everything that's over and above you because it may pull you down and cause stress.

I am sharing a simple example. Suppose you are having a bad day and while you are scrolling through social media like Facebook and Instagram, you realise everyone else is having a great start to their day, so you start feeling worse. You start beating yourself up and look for things to make you happy. Don't compare your lives with others because it will bring disappointment and frustration and increase anxiety. Anxiety is the root cause of most diseases today, be it diabetes or

cancer. Every time you are stressed, you are upsetting the delicate hormonal balance and hormones control everything, right from immunity, sleep and weight to liver, heart and brain function. There is nothing wrong in having a bad day. You will have both bad days and happy days.

4

POWER OF FORGIVENESS: KEY TO HAPPINESS AND HEALING

*“The cure is not always in a pill. A lot of times
it is in your mind.”*

SOMETIMES THE WEIGHT that you want to lose is not just on the body but also in your heart and mind. It is the weight that weighs you down and makes you sick. One such negative emotion is the grudges we hold against someone. We hold grudges mostly because of our inability to forgive that person.

Something as small as the inability or unwillingness to forgive can cause immense stress in the body and suppress your immune system. As humans, each of us experiences grudges, hate, anger and resentment at varying levels. And it's all okay as long as these emotions don't start taxing us physiologically and overpowering us mentally. Holding on to

grudges and unforgiveness is what can slowly but surely eat into us, chewing away pieces of our being. It lowers and destroys our immune system, making our body vulnerable to infections and diseases. Weakened immunity is known to cause lethargy and fatigue, which leads to indigestion, bloating, acidity and a number of other ailments. Thus begins the cycle of popping pills, which ultimately triggers other health problems.

Fred Luskin, PhD, director of the Stanford University Forgiveness Projects, says, “Grudges affect your body in a negative way. When you remember it often, you are stressing your body on a chronic basis. This has a physical cost that multiplies the more you ruminate on it.”

In our line of work, we get to interact with terminal stage patients and when we spend time diagnosing the root cause and lifestyle history, we notice the inability to forgive as one of the biggest dampeners of their health and immunity, and the moment they begin to start forgiving, they feel liberated from their own prisons and start to feel better. It lifts off a huge load from the heart and the immune system. Forgiveness is a little but powerful exercise. Forgiveness is releasing, and releasing is healing in every way.

Dr. Michael Barry, a pastor and author of the book *The Forgiveness Project*, stated some startling facts on the correlation between inability to forgive and cancer, which we too in our day-to-day consults see. He says, “Of all cancer patients, 61 percent have forgiveness issues, and of those, more than half are severe.” Keeping these emotions bottled up in us creates chronic anxiety too and produces stress hormones like adrenaline and cortisol that deplete natural killer cells, an important component of immunity.

Studies have found that the act of forgiveness can lower the risk of heart attack, improve lipid profiles, reduce pain and blood pressure, improve sleep quality and levels of anxiety. Studies also point out the correlation between increase in forgiveness and health as we age. There

are various ways to express this: send a forgiveness note, message, text or email or silently offer a prayer for them or talk to them and express your feelings.

When you learn to forgive, understand that you are doing it for yourself. It is what your body needs to feel happy and heal. Maybe the person who has hurt you doesn't even know that and has moved on with life. So forgive for yourself, for your health. You do not have to meet or talk to that person; you just need to release and let go of the emotions it brings into your heart.

Forgiveness can be difficult. No one's saying it's easy, but it doesn't mean we don't do it. In fact, every religion talks about forgiveness. At any given point in our life, we have been forgiven in some way or the other so we must forgive others too if we look for forgiveness ourselves.

There are two beautiful and spectacular quotes from Pope Francis that I once read:

"There is no perfect family. We do not have perfect parents, we are not perfect, we do not marry a perfect person or have perfect children. We have complaints from each other. We disappoint each other. So there is no healthy marriage or healthy family without the exercise of forgiveness. Forgiveness is vital to our emotional health and spiritual survival. Without forgiveness the family becomes an arena of conflict and a stronghold of hurt."

"Without forgiveness, the family becomes ill. Forgiveness is the asepsis of the soul, the cleansing of the mind and the liberation of the heart. Whoever does not forgive does not have peace in the soul nor communion with God. Hurt is poison that intoxicates and kills. Keeping heartache in the heart is a self-destructive gesture. It's autophagy. Those who do not forgive are physically, emotionally and spiritually ill."

I am not talking about forgiving rape, murder or child abuse. I cannot fathom and have no answer, action point or advice for such dark incidents but we must grant forgiveness for everything else so we ourselves can move on and live an abundant life.

Effect of unforgiveness on our health

- Weighs us down and drains our energy: Negativity and negative emotions can truly rob us of our energy which we rather use in healing and more productive things.
- Increases cortisol: If we are constantly holding grudges, our body perceives it as a stressful situation and thus starts to release cortisol hormone. Increased levels of cortisol have a connection with every single disease from weight gain, to diabetes, to cancer.
- Grudges and diseases: It's a proven fact that emotions like anger, hate and resentment have a strong relation with diseases like cancer, diabetes, high blood pressure and gall bladder issues. It is important to work with our physical body, nutrition as well as emotional health at the same time. When we get angry and have rage in us, it injures the arteries and produces inflammation. No amount of cholesterol medication will heal an artery which is destroyed or injured by anger and rage. It's the emotions we need to work on.
- So, should we not feel them (grudges) at all? We are humans and each of us is born with varying levels of anger, bitterness, resentment, hate, grudges. It's okay to experience these till the time these emotions don't start inflating and overpowering us.

While forgiveness is an inside job and one the person who needs to do it can do it, here are some tools I recommend. In fact, one doesn't realise

the kind of burden unforgiveness is on us, until we release it and let it go. One feels a sense of light heartedness.

If you are the one struggling with forgiveness, try any of the following and see if it helps in releasing the grudges you have against someone.

- Make a list of the people whom you need to forgive and feel take away energy from you. It could be through an unresolved emotion, feelings of revenge, hurt feelings, unspoken words or any type of discomfort. As you add names, recall and feel why you added their name. After you create the list, write a blessing for each one of them. The blessing has to come from your heart for it to truly reach his/her heart. Having said that, there are some instances where it may be hard to forgive a person. But this activity works for most grudges that stem from anything apart from this.
- Forgiveness meditation: A simple technique that can help you with the process of forgiving from your heart. It will not happen instantly, but know that this is a continuous process. First start with you, then someone you love, then someone you are neutral with, then for someone you are struggling to forgive and finally for everyone you know. Round 4 is what most people find difficult to do and get stuck at, but that is the whole point.

Six deep breaths to centre yourself

Round 1: first start with YOU.

May I be HAPPY

May I be HEALTHY

May I be ABUNDANT

May I be SAFE

May I be LOVED

Round 2: start with someone you love

*May you be HAPPY
May you be HEALTHY
May you be ABUNDANT
May you be SAFE
May you be LOVED*

Round 3: for someone you are neutral with

*May you be HAPPY
May you be HEALTHY
May you be ABUNDANT
May you be SAFE
May you be LOVED*

*Round 4: for someone you are struggling to forgive or
someone you dislike/or an experience you dislike/few words
that someone said and you didn't appreciate*

*May you be HAPPY
May you be HEALTHY
May you be ABUNDANT
May you be SAFE
May you be LOVED*

Round 5: for EVERYONE in this world

*May everyone be HAPPY
May everyone be HEALTHY
May everyone be ABUNDANT*

May everyone be SAFE
May everyone be LOVED

Repeat three times

Doing this on a regular basis will help you release all the emotions you are stuck up with towards that particular person. Practice it with discipline and faith.

5

POWER OF PRAYER

THERE IS SO much we can do beyond medicine for our health and well-being. Don't get me wrong when I say "beyond medicine." It doesn't mean replacing medicines. Let medicines do their work but there are a plenty of other tools that exist beyond the sphere of medicine. And with increasing cases of diseases and people dying from them, it's about time we start adopting and making use of other tools to improve our quality of life.

One such tool is "prayer," provided it's done the right way.

Neither do you have to be a religious person nor do you need to visit a religious place to say a prayer. This is about honest spirituality and a true prayer is free from all of this.

HOW DO PRAYERS WORK?

Everything is energy. The food you eat, the water you drink, air you breathe. We ourselves are a bundle of energy! We can create bad or good energy. Prayer done with a clean heart and intentions helps generate good energy or change the bad energy into good energy. So imagine

the amount of good energy you can create by praying and how that can be channelised for healing.

PRAYERS CAN AFFECT US AT A GENETIC LEVEL

Prayers have the ability to awaken certain emotions in our system that have the ability to turn on and turn off certain genes. Every gene has an activation or deactivation switch and our lifestyles have a huge role to play here. While clean lifestyle habits can turn on genes that have the ability to repair and heal you, unhealthy lifestyle habits can turn on genes that can bring about sickness and diseases. This is called as epigenetics, where “epi” stands for environment (both internal and external) and how it can control the functionality of a certain gene.

For example, watching a 30-minute clip of a funny video/movie or a good laugh with friends can turn on over 700 genes that are related to our immune system. And a drag, anxious and angry lifestyle can also turn off those same 700 genes, thereby dampening your immunity.

Prayers work in a similar way by evoking positive emotions in us that have the capacity to activate the good genes. In fact, a study found that women with metastatic breast cancer who highly valued spiritual expression had significantly increased immune function (increased white cell counts and lymphocytes).

It also seen that prayers and spiritual practice induce a relaxation response that minimises anxiety for individuals who regularly practice prayer.

TAKE IT FORWARD AND OFFER A GROUP PRAYER

An even more powerful practice is to offer a group prayer. When people come together and pray for a particular cause – it could be someone’s

good health, success, peace, well-being and safety – the energy emitted is all the more powerful. People for whom the prayers have been offered immediately report an improvement in their health, relief, certain surgical procedures going well, and similar positive effects.

Why do most patients who have gone through their journey of cancer turn to spirituality? There are some who never ever prayed in their life, but have now come down to praying heavily. What changes? Well, as the mysteries of life unfold and the journey gets challenging, most individuals tend to go through intense emotions of love, lost love, relationships issues, unforgiveness and anger, causing them to automatically move and shift their focus towards spirituality and prayer asking for safety and recovery.

And it doesn't take a disease to lead to this. It happens with most of us. As kids and teens, visiting holy places disinterests us, then as we grow older, we gradually move to reading holy books and spend time chanting. Some people experience this transition early in life and some later. Nevertheless, this is the cycle of life.

So, if it is built into our mechanism and cycle of life, then why cannot we practice this tool every single day.

If you struggle to pray for yourself, at least pray for someone else. That too helps in making us feel good. It is a form of giving back, and over here it is giving back good energy. Giving back doesn't always have to be material things.

HOW DO MOST PEOPLE GO WRONG WITH PRAYING AND THE ESSENTIALS TO PRAY?

We go wrong when spirituality is practiced as a fad and we add more complexity to it. Prayers are not any other to-do list activity in your day. If you pray, let that prayer and its teachings slip into your daily life.

The three most essentials when it comes to prayers are faith, belief and surrender. A prayer without any faith and belief is of no use. In fact, the success of a prayer lies in the faith and belief that people do it with and every religion teaches this. So many of us pray fervently almost daily, visit different religious places, but are still anxious and worried about the very problems they prayed for. Fear takes away the goodness of every single spiritual path and that kind of prayer holds no value and it's a failed prayer. Even religion teaches about surrendering. Instead, pray with utmost faith and belief and just surrender the outcome. Above all, keep practicing your prayers till you build so much faith that there is no room for fear.

The simplest prayer?

The simplest one could be to offer gratitude and count your blessings. It doesn't have to be a prayer for God. Prayer in any form, if done with faith and belief counts.

For example, *"Thank you for blessing the air we breathe, the food we eat and the water we drink."*

Just because the results of prayers aren't immediate doesn't mean they're not powerful. Use this power of prayer; it's immense and free and we mustn't take for granted what is free. Sometimes when life hits us with any challenge, financial, emotional, physical – all we need to do is – step back, pray and ask for help. Teach this to your kids too.

6

MAGIC BEHIND MORNING BREATHING EXERCISES

WHEN IT COMES to breathing exercises, commonly referred to as pranayama, research shows that the timing matters. When we perform breathing exercises in the morning it is more powerful, as opposed to doing it any time in the day.

“Research shows that morning breathing exercises (MBE) might be beneficial for long-term survival of lung cancer (LC) and nasopharyngeal cancer (NPC). The mechanism of how MBE improves survival probability may be attributed to the attenuation of hyperventilation evidenced by the improvement of aO₂ pressure and aCO₂ pressure.”

When we wake up in the morning (which is according to a circadian rhythm cycle), there is a surge of cortisol levels in the morning. Samples of saliva have been tested in various experiments to measure the presence of cortisol levels. While this is an important step to help get our day started, chronically elevated cortisol levels can be a trouble for

our immune system. Breathing exercises that are deep diaphragmatic breathing help lowering cortisol levels.

Secondly, when we wake up and perform breathing exercises, it helps in oxygenation at a cellular level. This is necessary, because any drop in oxygen level, termed as hypoxia, can serve as a powerful stimulus to activate gene expression of faulty genes like tumour genes. A drop in oxygen level has a connection with every single disease and inflammation, including cancer.

The way to go about it is simple. Wake up → Freshen up, clear bowels → Set 10–20 minutes aside for breathing exercises or pranayama like Anulom Vilom/Kapalbhati or any breathing exercise that suits the person's health condition → Walk/Stretch for 10 minutes for the oxygen to settle in the system → Carry on with your day.

One could even start with their yoga practice and end with pranayama in the morning.

Morning breathing exercises have been proven useful especially for respiratory conditions like lung cancer, nasopharyngeal cancer, COPD (chronic obstructive pulmonary disorder), emphysema, interstitial lung disease, bronchitis and asthma. Research papers show how lives of cancer patients have been prolonged due to MBE incorporation into their morning routine. A 5-year survival rate was 56.6 percent for MBE trainees and 19.6 percent for non-trainees was what research showed, which is incredible.

7

SHILPA SHETTY KUNDRA'S WAY OF LIVING FOR BETTER HEALTH AND IMMUNITY

I HAVE BEEN FOLLOWING a Circadian Lifestyle for years now. It means that I have a timetable for my entire day, which ensures I feel my best at every moment. EAT-WORK-EAT-DIGEST-SLEEP – that simple formula has done wonders for my body's internal clock.

When the Circadian Lifestyle is followed with discipline, your body functions at its optimum with more energy, reduced cortisol levels, enough time for digestion between meals and preparation for rest at the right time. When this pattern happens day after day, your cells will repair and you will feel rejuvenated, strengthening your body's defence mechanism and bettering your immunity.

This is my way of training my body and brain to fight free radicals, stress and negativity.

I believe that to achieve anything, discipline must be followed. This is my mantra for better immunity and wellness.

12-HOUR CYCLE

- FAST: 12/14 hours
- EAT: Big fibre-rich breakfast
- WORK: Yoga, breathing
- EAT: Bigger protein-enriched lunch with carbs plus prebiotic, probiotic and vitamin supplements, plus good fat (ghee)
- TO EAT and DIGEST (the food): WORKOUT
- TO FEED TIRED MUSCLES and MIND: Protein + complex carbs (energy)
- TO REGULATE MY SLEEP: Light dinner by 7.30 pm to 8 pm, 2.5–3 hours before I go to bed
- READYING MY BODY TO REPAIR: Sleep for 7–8 HOURS

This is an 8 am to 8 pm cycle

MY GO-TO IMMUNITY-BOOSTING FOODS

- Ginger, Garlic, Turmeric
- Ghee, Coconut Oil, Olive Oil, Hempseed Oil
- Sweet Potatoes
- Oranges, Papaya, Apples
- Almond, Walnuts, Sunflower Seeds
- CCF Tea (coriander, cumin and fennel seed tea)
- Giloy Tea
- Spinach, Kale
- Moringa Leaves and Drumsticks
- Avocados
- Broccoli and Cauliflower
- Beans: Red/Black,

- Legumes (but must be soaked overnight)
- Low Fat Yogurt
- Beetroot
- Parsley, Coriander, Mint
- Sesame Seeds (black and white)
- Jeera (cumin), Saunf (fennel), Dhaniya (coriander seeds)
- Chia Seeds, Flax seeds
- Whole Foods
- No Refined Sugar, Flours or Processed Foods

IMMUNITY-BOOSTING DRINKS

DRINK 1

- Ginger
- Tulsi
- Cinnamon
- Pepper
- Amla (Indian gooseberry)
- Haldi (turmeric)
- Jaggery

DRINK 2

- Giloy: First thing in the morning on an empty stomach.

DRINK 3

- Amla (Indian gooseberry)
- Dudhi (bottle gourd)

- Adrak (ginger)
- Tulsi (Holy basil) and pink salt.

DRINK 4

- CCF Tea (cumin, coriander seed, fennel): An hour after food.

My son has been trained to have a concoction of lemon, honey and ginger with water since he was five years old. Now, at eight, he asks for it as soon as he wakes up. Good habits have to be inculcated at a young age.

But why these foods?

All the foods that I have mentioned have properties that build our body's immune system. They should be included in our daily diet to beat any discomfort or diseases that may come our way. These ingredients also optimise the function of our liver and kidneys. For instance, cruciferous veggies like Brussels sprouts, cauliflower, cabbage, and broccoli prevent cancer; they have the ability to neutralise all carcinogens, hence helping you combat the Big C. Cancer is a huge concern for human health today. It's not an uncommon disease anymore. Avocado, meanwhile, has the ability to increase bile production and improve the process of waste removal. It also has high levels of potassium, helps combat fatty liver disease and allows our kidneys to maintain electrolyte and acid-base balance.

I know I am not a nutritionist, but I do know that Luke agrees with me on the goodness of these foods, so I swear by them. We also believe that it is important to eat foods that are seasonal. You won't eat Alphonso mangoes in January, will you? So why eat strawberries and melons that are out of season? Fortunately or unfortunately, food is exported all over the world, and even when it's not in season, they are found on food racks these days. My suggestion is to be atmanirbhar,

self-reliant. Eat fresh, eat local, eat what's in season. Homegrown apples have pectin and soluble fibre, promote kidney health and help control blood sugar. That is why "An apple a day keeps the doctor away." I love bananas too! They are a powerhouse of fibre and a great solution for constipation. It is best to eat foods that are easily available.



My son, Viaan Raj Kundra, loves the Vitamin C-rich star fruit, which grows in our garden.

All of this adds to the health of our gut. While there is a lot of information out there on heart health, mental health and how to increase insulin levels, the gut is the most underrated organ of our body. Greater immunity isn't possible without good gut health. It is important to maintain gut flora by feeding it the right probiotics and

reducing refined sugar because that definitely causes havoc on our gut bio. Luke also emphasises a lot on gut health. Our gut produces Vitamin H, which no other human cell produces. It's the reason behind healthy-looking skin, shiny hair and strong nails. A healthy gut also contains bacteria that produce biotin. The effects of biotin deficiency can also cause depression, lethargy, neurological disorders and higher cholesterol levels. It also makes you susceptible to infections. Our gut health is, hence, extremely important and should not be neglected.



My son and I love baking on weekends – oatmeal cookies made by Viaan using dark chocolate and maple syrup but without refined sugar.

I am a huge fan of turmeric as well. It's not called yellow gold for nothing. As far as I am concerned, turmeric is a superfood. There can't be enough emphasis on the antioxidant capabilities of turmeric. It helps

the liver process the metabolic waste and it also protects it from toxins. This is in addition to the fact that it promotes digestion, relieves gas and that it's anti-inflammatory for your digestive tract. I would also like to talk of curcumin, which is a derivative of turmeric. It also stimulates the gall bladder as well as helps produce bile and improves the functioning of the liver. I only recommend foods that my family and I consume because I know how they have impacted us. I try and include turmeric in everything—from my eggs in the morning when we make burjee (scrambled eggs) to a simple cup of tea with turmeric and ginger. Even raw turmeric is available in India; amba haldi is great to use in your tea with a bit of pepper. You will see a world of difference in the way you feel and in a few days, you will also see the way it works on your looks. You will feel less inflammation. This is why turmeric is something that I totally recommend.

In fact, I have a concoction that includes turmeric first thing in the morning. One of the secrets of my good health is the tablespoon of warm ghee I have with half a teaspoon of turmeric and half a teaspoon of dry ginger with a quarter teaspoon of pepper. Over this, I have a mouthful of warm water. I do not eat anything after consuming this for at least half an hour. After this, I have a glass of fresh giloy root tea. These are a few things that I have included in my life as a lifestyle modification and I have seen the difference that it has made. It has definitely strengthened my immunity and the way I feel.

None of us can shield ourselves completely from falling sick, but we can definitely strengthen our immune system to better fight environmental threats and illnesses and recover faster.

But how is that possible? It's possible because you are what you eat.

Living by the philosophy of Ayurveda and Yogic Principles, this amalgamation of Prana, Tejas and Ojas along with the discipline of aligning the mind, body and soul is the antidote to any ailment, and necessary to not just digest your food but also your thoughts. Following

these all-important principles has helped me cleanse my mind and stomach and transformed and rejuvenated me with strength, agility, positivity, clarity, endurance and stamina. When you have all this, you have better health and a stronger immune system.

While we are all governed by different doshas, some things work for all of us.

- Eat simply
- Keep the body alkaline
- Chew well
- Sweat/work enough to feel hungry
- Rest enough to recover
- Forgive to move on
- Laugh heartily to feel lighter

There are five elements — Air, Fire, Earth, Space and Water. They arise from the Prana inside you. Since the mind is more powerful than the body, with concentration and discipline we can balance energies from within to heal ourselves.

If you feel extremely hot, you can close your eyes and imagine the feeling of ice on your palm. Similarly, when you feel heavy, you can imagine yourself feeling as light as a feather. And when you feel unbalanced and want to feel grounded, you can imagine yourself as a sturdy tree with deep roots and meditate and align your chakras. That is the power of positive imagination. It tells us that we have what we need *within* us.

I believe that balance is the key to regulating your hormones and the functioning of your system. Hence, I follow and adhere to all the advice I have mentioned in this chapter with gratitude.

8

USING THE POWER OF YOUR MIND AND VISUALISATION TO BOOST IMMUNITY

WHAT IF YOU have the power to heal your body just by changing how your mind thinks and feels?

Enough has been written and spoken about visualisation, meditation and the power of the subconscious mind, but only when we understand how it works at the cell level can we do it with faith, belief, discipline, consistency, motivation and thus get results. Secondly, for everything to work in our favour, we need to also practice patience. Today we expect too much too soon, while truth and experience say that whatever we gain too soon is also taken away from us equally quickly. Nevertheless, certain things can come to us effortlessly when we use the power of our mind.

This chapter comes from the inspiration I have derived from my mentors: Dr. Joe Dispenza and Dr. Bruce Lipton. They have studied the mind and the simplicity of how we can achieve so much more when

we actually learn how to use it well. There is nothing airy-fairy about it. This is not to say that using your mind will take away your disease completely and change all the other aspects of your life. However, visualisation can definitely help you steer in the direction of improvement. At the same time, there are things like destiny, things that we never wanted in our life to happen or things that we so badly wished for at some point, but life never gave them to us and when you think of where you are today, you are thankful it did not happen because you are on a much better path right now.

You may be at a point in your life where you are looking at preventing, managing or recovering from a disease, improving your relationship or finances or simply enhancing the quality of your life. Everything comes down to the physiology of the human body and this chapter is going to unfold that.

Why do two people going through same disease, same treatment and perhaps the same lifestyle plan have different outcomes? The differentiating factor is the mind in this case. Every human being, although different looking, has the same anatomy, musculoskeletal system and physiology, but the reason behind why we do things differently is because of our mind, emotions and feelings.

HAPPINESS: A PHYSIOLOGICAL STATE

No human being is born sad or unhappy or violent. The physiological state of a human being is to be happy and peaceful. We learn to exhibit different types of emotions as we go through different life experiences. Ideally, when we are stressed, we move away from the physiological state of happiness to a state of stress, and once the event is over, we come back to a state of happiness like a rubber band. Human beings can be pulled between sadness-happiness, good-evil, and then we bounce back to what our body's physiological state is, and that is happiness and

peace. Exceptions to this are terrorists, criminals, rapists, burglars and child abusers, who have moved so far away from their physiological state that they never really come back to it, because it feels abnormal to them. All of this is controlled by our subconscious mind.

There is no magic food that can take away a disease or manage it. Food can help support your body, but the key component is your mind, which works along with nutrition. Your mind controls your gene expression or the way genes express themselves. Genes control everything: the way we look, our complexion, behaviours and habits and a whole lot more. Each of us has a set of good as well as bad genes and these genes can either be upregulated (active or turned on) or down-regulated (suppressed or turned off), pretty much how Christmas tree lights can be turned on and off with a switch (the switch being the gene).

The factors that change gene expression could be either internal or external. Thus, the study of the environment and how that affects the functioning of our genes is crucial to understand the development and progression of a disease, and it is called epigenetics.

There are extremely few cases (in my experience, not more than 20 cases so far) that are highly genetic, like certain genetic cancers wherein a child is born with a cancer or tumour in the brain or a healthy child suddenly develops leukaemia (blood cancer) due to a faulty gene expression. This is not to say that nothing can be done. A lot can be done, but it is a difficult process. However, the point is, there are cases where an individual is born absolutely healthy and as they grow up, sicknesses like diabetes, cancer and cardiovascular problems set in. What triggered this? A change in gene expression. What triggered this change in gene expression? It could be wrong eating, sedentary lifestyle, poor sleeping habits, smoking or even deeply rooted emotions and emotional trauma that the person might have undergone at some point. All of these factors can change the expression of genes.

Something as simple as change in the weather can affect gene expression. For example, development of seasonal allergies as seasons change. If our immunity is low and there is a change in gene expression, we can easily develop conditions like morning sniffles, allergic rhinitis and asthma. So it starts at a gene level, a DNA level. DNA is the nucleus of our cell. It is the brain of a cell and every single cell in our body has a DNA. Our cells are controlled by the blueprint created by this DNA.

Imagine yourself building a house. In order to build a house, you first need to have a vision of how you want your house to look. You hire an architect and explain your vision. The architect then makes a blueprint based on which the entire house is going to be constructed. Similarly, your DNA is the blueprint and your cells behave according to that. Now, if the blueprint made by the architect turns out to be faulty and it isn't corrected by you, the house too will be built with that fault. Applying this analogy to cells, it means that the cell is now going to behave according to the faulty blueprint.

POWER OF EMOTIONS

Moving over to the power of our emotions, certain emotions can turn on or turn off certain genes. Today, science is proving how something as simple as laughter is powerful in turning on genes that are responsible for managing post prandial blood sugar levels. There are medical researches that have proven how engaging in laughter after a meal can positively affect blood sugar levels. How is this possible? There is no fenugreek seed or cinnamon powder working here. It is because laughter changes gene expression. It can turn off the genes that raise blood glucose too quickly. Laughter also changes the gene expression in cases of rheumatoid arthritis to alleviate pain.

Laughter is a human emotion. When this emotion is felt in every single cell of our body, it helps in turning on the right genes responsible

for hormone secretion. Thus, diabetes is not developed only because you ate too much sugar. Sometimes, it is also your emotions. In fact, most of the times. If it was only sugar consumption that mattered, then every kid would develop diabetes at some point. There is gene expression involved here and this is driven by our thoughts, feelings and emotions with the mind playing an integral role.

“In my experience, I have observed that emotional disturbance, inability to express yourself, high stress levels for most of time in a day, guilt and fear disturb the hormonal balance in the body, reduces the body’s lymphocytes and white blood cells that fight off infection.”

CHARMI GALA

HEAD NUTRITIONIST AND LIFESTYLE EXPERT

TEAM LUKE

If our mind can turn on certain diseased genes, it can also turn off genes by simply changing the way we think, and every human being has this power. Of course, this is something one must consider beyond necessary medicines and changing lifestyle.

I am sharing with all of you through this book, not what I have learned through my studies, but the knowledge that I have gained with experience. My own team of doctors, dietitians and nutritionists have seen how the mind plays a pivotal role in the prevention and healing of a disease. When a patient decides to make a change in their thinking and to look at their disease, relationship problems, finances and personal growth from a different light, things start to change. We have been hardwired into looking at things through one filter or perception. We develop this perception based on what we hear, learn as children, what our parents saw or how our parents behave.

For example, if you have witnessed a divorce or a broken family during your childhood, chances are that you will grow up having trust issues, relationship issues and other emotional insecurities if you do not know how to process and address the emotions that come with it in a better way. While it may be very difficult for some people to process these dark experiences, here's something that can make it easier with practice. It is the power of visualisation.

It doesn't get results in a day or a week. It happens over a period of time. Personally, it took me 5–6 years to master it and the more I hear success stories from my patients, the more it reconfirms my faith in it.

Let me share a couple of real-life examples to show how it works:

- Three years back, a patient with multiple sclerosis came to me for a consultation from Africa. She came in a wheelchair and could neither get up nor sit down without assistance. I advised her, guided her on improving her gut health as autoimmune conditions are intricately connected to gut health, and got her on our autoimmune protocol. Along with that, I asked her to practice visualisation. A year later, she came to see me with just a walking stick for support. When someone spends a lot of time in wheelchair, our body loses its memory to walk, so she needed that stick. But it was magical to see her walking! On being asked what all did she do, she said that she had diligently followed the protocol and every night before sleeping, she visualised herself walking into my cabin without a wheelchair.
- A mother came in for a consultation as her daughter had severe eczema all over her body. We spent time diagnosing it and explaining our approach to her. The mother had beautiful skin and was very positive about our approach. The consult went off well. The very next day, I received a picture of the mother's finger with eczema patches. I asked her how she got that. To

which she replied, “I made a huge mistake, Luke. Before going to sleep last night, I literally prayed that the eczema gets transferred from my daughter to take away her suffering.” So the mother woke up with patches on her skin, indicating the start of eczema. She got what she asked for.

This is how powerful our mind is. Sometimes, even we end up asking for things which might actually be harmful for us. As kids, most of us wished that we fall sick so that we get the love, pity and attention we crave for from our parents. We wish that our parents say nice things to us, rub balms on us and be affectionate towards us. What we do not realise is that all of these events get recorded in our subconscious mind, then when there comes a time when we feel lack of love or attention, our subconscious mind kicks in and reminds us of what makes us feel happy (remember that our physiological state is to be happy) and our body will do its best to reach a state that makes us feel good. If your subconscious mind relates falling sick with receiving love and attention, because it has worked for you in the past, then that is exactly what your body is going to do. It makes you sick because you unconsciously wished for it. This is true and it happens with so many people. This is how your thoughts, body and subconscious mind are connected.

WHAT IS THE SUBCONSCIOUS MIND?

Each of us has a conscious mind and a subconscious mind.

The subconscious mind doesn’t operate from a place of reasoning or logic. It operates based on what you train it to do. For example, brushing your teeth every morning as you wake up is a subconscious activity. Never will you forget to brush your teeth because it has been a part of your upbringing every single day. Similarly, activities like taking the

usual drive back home from work or cooking happen because your subconscious mind takes over. This is because you have done this every single day in your life and these activities have now become repeated patterns.

This is also why teachers encourage kids from the age of 4–7 years to memorise multiplication tables. Children of this age have subconscious minds like a sponge as it absorbs everything you teach them. Similarly, they can quickly grasp different languages, good habits and other new things. After they cross 7 years, their logical mind starts to take over and reasoning comes into picture. They start to communicate with logic.

On the other hand, the conscious mind works with logic and reasoning. Ninety percent of the day we operate from our conscious mind.

Why is cancer such a scary word when there are so many successful cases of cancer remission too? The word cancer today comes with the fear of death, suffering, pain, expenses, loss of life, loss of loved one among other fears. There is a spiral of negative thoughts one could get into and this is simply because of what our subconscious mind believes. While it is natural to go through emotions like these, what if one could shift these thoughts to a different way of thinking?

THOUGHTS, FEELINGS, CHOICE, BEHAVIOUR, OUTCOME, EXPERIENCE

Right now, as you read this book try to be happy. Can you be happy? No, because you need a happy thought to feel happy. Can you be sad now? No, because you need a sad thought to feel sad. Can you laugh? Not at all. You need a funny thought to make you laugh.

Everything in the human body starts with a thought. A thought results in a feeling, a feeling results in a choice, a choice results in a behaviour, a behaviour results in an outcome, an outcome then results in an experience.

For example:

When a person gets diagnosed with cancer, the first thing that occurs is a thought. The thought then results in fear, anxiety and sadness (feeling). Then the person starts to make choices from a place of fear, like the need for a quick fix to cure the disease. This choice could be wrong because its coming from a place of fear. When fearful, we fail to think logically. Then these choices later on become your experience.

To this, I also want to add that it is natural to be fearful and sad. One cannot be positive all the time. What counts is, how soon you can move from a negative thought to a positive thought. The longer you carry the negative thought, the longer you will have the feelings associated with it, the longer you will make choices around those feelings, the longer you will get results because of those choices and then that becomes your experience.

It is important to face the negative thought, process it and not push or dismiss it down. The sooner you process the negative thoughts, the sooner they are replaced with positive thoughts and then the negative thoughts die a natural death. So all the emotional gurus asking you to “Be positive” is actually not possible. As a human you will have a mix of both, the positive and the negative.

A depressed client usually seeks a pill to suppress what he/she is going through. However, if the person accepts it, processes it and embraces it, the sooner he/she will start to feel better. Facing emotions may make one cry, but that helps and from there on the person moves to a path of feeling better. However, if the person stays stuck there, there is going to be the same action plan, same outcome, same experience and no change in health as a result.

So, process emotions and then shift your thoughts and energy into something which is positive and in your favour. When we do that, we change the biology of our cells and what frequency they are vibrating at. All feelings of negativity, like sadness, jealousy and lust,

have a low frequency and all feelings of positivity, like happiness, joy and gratitude, have a high frequency. Similarly, a sick and ill person vibrates at a low frequency and a healthy person vibrates at a high frequency. If a person is at a low frequency, there is no way the immunity of that person will be able to kick in, no matter how many superfoods are in the diet or how many allopathic drugs need to be taken. The frequency has to be changed to be able to move from a state of dis-ease to ease.

If your subconscious mind is currently vibrating at a frequency of sadness, stress, lack, or inability to think that the disease will improve, that is exactly what you will get.

REAL OR IMAGINED, YOUR SUBCONSCIOUS MIND DOESN'T KNOW!

The beauty is that your subconscious mind doesn't understand the difference between the real and the imagined, and when it comes to healing, preventing or managing a disease or emotional health, we can use this to our advantage. So one can literally reprogram the subconscious mind the way they want through imagination. (Remember, subconscious mind doesn't need reasoning!)

While your conscious mind may kick in with the reasoning that it's all a lie, you will still need to continue imagining and trick your subconscious mind into believing that. For example, a stage 4 cancer. The conscious mind will say that there is no hope and the condition will only get worse. However, the subconscious mind needs to take over through imagination and believe that cancer doesn't equal death and that there is life post cancer too or that the diabetic medications aren't for lifetime.

You aren't lying. You are only tricking your subconscious mind to believe that you will overcome whatever you are going through.

Your subconscious mind picks up what you feed it. Just like values are picked up by kids through their growing years. If a kid is brought up in an environment of anger, the anger feels normal to the kid until he realises that is it not normal once he faces the real world.

Each of us have different belief systems and that is simply because of the kind of thoughts that get embedded in our subconscious mind through the years based on what we hear, see, listen, read and experience. Where did the belief regarding relationships as something that cannot be fixed once they fall apart or cancer that cannot be put into remission form? Right now, there are so many cancer patients coming out with clean scan reports. So, we need to start changing our belief systems and train our subconscious mind if we want things to get better. Drugs can reduce the pain or subside symptoms, but cannot do what subconscious mind can.

As soon as the patient walks into my room for a consult, I always ask them one question: Do you believe you are going to get better? If they say yes, I know they will heal. If they say no, I know the patient needs a lot of coaching to first believe they can.

POWER OF WORDS AND MIND

All of us have grown up hearing our parents or teachers call us or others “dumb,” “good for nothing,” “failure.” If these terms get embedded in our subconscious mind, that is a dangerous thing because we grow up to be exactly that. We start to believe that we are dumb and good for nothing.

We have had models coming up to us with low self-worth because they feel they are ugly and lack good looks. When we broke down their case, we realised how this was something that was embedded into their subconscious mind by their parents as they kept finding faults in them as a kid and equated beauty with looks. So these models have grown up

feeling unhappy and unworthy, even though there is not even an ounce of fat on them.

It's been said that "the power of life and death lies in the tongue," and it is so true. One has to be very careful while talking to others or themselves. Watch the self-talk that you do throughout the day unconsciously. Negative self-talk can be dangerous.

What do you lose by thinking positive? What do you lose by imagining that your health is going to get better? What do you lose by telling your subconscious mind that your health will improve? Absolutely nothing. We lose nothing by putting pleasant thoughts into our subconscious mind and by changing our belief systems, which could among other things be about disease, relationships, men, women or sex.

Positive affirmations work because of the power of words too. Something as simple as:

"Every day and in every way, my mind and body are healing."

Affirmations first start with an acceptance that life is a roller-coaster ride and that all days aren't good. There is a mix of good and bad, happiness and sadness, yin and yang. And then the use of powerful words, repeatedly in a way that it gets embedded into your subconscious mind. When you recite positive affirmations, it is not your job to worry about how it's going to happen and when it's going to happen. Your job is to simply recite and imagine it happening.

You may ask, what if visualisation is not successful? Well, that is destiny and no one has a control over it either. I have seen cases where a cancer patient goes for his last check-up and receives a clean PET scan report. He is happy and rejoicing his victory. An hour later, he walks out of the hospital, gets hit by a bus and dies on the spot. This is destiny. The person did whatever he could to manage his cancer and came out of it too. What happened after that wasn't under anyone's control. That is

why we pray, keep faith, practice gratitude and follow other such practices because a destiny like this can hit anyone. However, this doesn't mean we stop doing the things we can.

HOW DOES ONE PRACTICE VISUALISATION?

Recall the multiple sclerosis case discussed before. What different things did the lady do apart from the autoimmune protocol given to her?

Every night before she slept, she spent some time imagining with closed eyes. She imagined herself walking.

Visualisation needs two ingredients: thought and feeling.

So in her case, just the thought of walking wasn't enough. I needed her to feel what would it be like to walk. How would she feel? What would it be like to see the people around her appreciating her improvement? What would it be like visiting her friend's house? When a thought comes with a feeling, it's more powerful.

Through this feeling, every cell in our body too starts to vibrate at a frequency similar to that of the thought. This is how visualisation works.

Feeling is an energy. How does a baby bond with its mother? A new born baby hasn't developed any feelings or emotions yet. The baby is too small to recognise its mother too. It is the energy that helps the mother and baby bond. This is also why the nurse immediately takes the baby after birth and gives him/her to the mother. There is a rush of oxytocin hormones and bonding happens instantly.

Even in a case of cancer, just visualising that the cancer has been put into remission is not enough. What after that? Visualise that you are healthy, spending time with family and grandchildren, travelling the world, enjoying food that you couldn't before because of your disease. This is what visualisation must contain: a thought and a feeling.

Speaking about finances, if you believe that your business is not going to flourish then that will become the reality.

People who constantly lie, after a while their lies becomes the truth and reality, because their subconscious mind starts to believe that.

So imagine if the subconscious mind can be used for things that don't serve us the best, why can it not be for health, healing, happiness and abundance? You have the power to handle your health and disease. This isn't magic, it is real.

Even the medical world uses placebos. The power of placebo is well known by doctors and it exists in medical literature as well. It's unbelievable how the power of placebo works.

What are placebos? By definition, "a placebo is anything that seems to be a 'real' medical treatment – but isn't. It could be a pill, a shot or some other type of 'fake' treatment." We see placebos working for the patient every single day. I was at a general physicians (GPs) conference once and during one of the conversations with these GPs, they mentioned how frequently they use placebos. When there is a real health condition, they medicate otherwise, they use placebos in the form of coloured pills. A patient feels good that they have met a doctor and that the doctor has given them a pill for their problem. Well, that is your subconscious mind doing the job.

A Baylor School of Medicine study, published in 2002 in the New England Journal of Medicine, looked at surgery for patients with severe and debilitating knee pain. Many surgeons know there is no placebo effect in surgery, or so most of them believe. The patients were divided into three groups. The surgeons shaved the damaged cartilage in the knee of one group. For the second group, they flushed out the knee joint, removing all of the material believed to be causing inflammation. Both of these processes are the standard surgeries people go through who have severe arthritic knees. The third group received a "fake" surgery, the patients were only sedated and tricked that they

actually had the knee surgery. For the patients not really receiving the surgery, the doctors made the incisions and splashed salt water on the knee as they would in normal surgery. They then sewed up the incisions like the real thing and the process was complete. All three groups went through the same rehab process, and the results were astonishing. The placebo group improved just as much as the other two groups who had surgery.

A week before the lockdown in view of the COVID pandemic, I consulted a couple for their 75-year-old mom who had stage 4 metastatic cancer. The couple took me out of the cabin for a minute and informed me that their mother doesn't know she has cancer and is going through chemotherapy. When she gets intravenous medication, she thinks they are multivitamins and saline. To my surprise, the mother did not even look like she had cancer and was on her 19th chemo cycle. At this stage in the chemo cycle, I expected some visible changes like pigmentation and hair loss, but she didn't look her age and was jovial and smiling. The beauty was that she did not even know she was going through chemotherapy and that she had cancer. Every time the couple took her to the hospital, they told her that you are going to get some saline and multivitamins to boost your energy levels. Her subconscious mind believed it too. Her subconscious mind was programmed to think that she doesn't have cancer and that she's getting energy vitamins.

“All healing happens by the human body. Your mind heals you. Doctors and nutritionists don't heal you! They give your body what it needs, but finally your subconscious mind will kick all of that into healing.”

This is also why some patients respond to chemotherapy beautifully, while some do not. Same disease, same treatment, same drug, but experiences are different because the mind becomes the differentiating factor. Rather the subconscious mind.

Consider a drug addict who takes heroin coming to a hospital for his usual heroin fix. Now, when it comes to weaning someone off a drug like heroin, it can be life threatening if it is stopped all of a sudden, because the withdrawal symptoms are so severe. One has to continue giving them the drug in smaller and smaller doses and gradually wean them off. At the same time, it's also risky for the doctor to inject heroin as they could lose their job. So often doctors create this fake scenario where they agree to give the drug addict some heroin provided they maintain complete secrecy about it. Once the addict agrees, doctors inject saline, pretending that it's heroin and the drug addict immediately starts to feel better. Now that's just because his mind believes what the doctor has injected is heroin. This is the power of placebo. Yet, as human beings we are arrogant to not believe the power of our mind and thoughts.

Just like this, over the last couple of years, I have seen more and more cases where the power of the mind and belief systems has resulted in miracles. We lose nothing by trying and believing. Something has to work. Medicine is good and needed, but there is much more beyond it. It's time we start exploring and using all that there is.

WHAT IS WRONG IN IMAGINING A BETTER LIFE AND HEALTH?

Some people struggle with imagination, but what is wrong with imagining? Look at children, they live in a world of imagination. They do not need fancy toys. Give them a cardboard and they will make a castle out of it. It is we adults who crush their imagination by saying, "This is not real!" Shout at them, they cry for 5 minutes and bounce back to being normal because remember, our physiological state is to be happy, which we as adults do not realise because of the layers we form as we grow.

What is wrong imagining a flourishing business? What is wrong in imagining your cancer leaving your body? Let your subconscious mind imagine freely. Yes, your conscious mind will try to kick in and say things like, you aren't good enough, you cannot do it, you have failed, or your doctor has said that this cancer has a 16 percent survival rate. But we need to win over it. The conscious mind brings in various opinions, but do not let it stop you from imagining. Conscious mind is not the healing mind. Subconscious mind is the healing mind. Imagination is like dreaming freely. Keep your mind open. How it is going to happen and when is not for you to worry about.

Do you know where the actual problem lies? The problem lies in us not knowing what we truly want. So many people are confused about what their idea of a perfect relationship is or what kind of love are they seeking from their partner or what are their financial goals. A distorted vision creates a distorted reality. A couple of billionaires that I consult have had such a strong vision of what they wanted to achieve. A crystal clear vision.

“Only immune boosting food will not help you keep your immunity higher, it’s usually the integrative holistic approach of having adequate sound sleep, managing stress levels and optimal workouts along with a good balanced nutrition.”

CHARMI GOGRI

HEAD NUTRITIONIST AND YOGA AND LIFESTYLE EXPERT

TEAM LUKE

I never look at budget sheets in spite of having a company and brand that is constantly growing. I have a team designated to do that. Do

you know why? It contains my imagination. It puts a limit. What if I can achieve more than what the budget sheet tells me? I want to visualise that my team and I are doing a good job, we are successfully giving back health to people, cancers are going into remission and because of this each one of us is growing in all dimensions of life.

I encourage my clients to visualise abundance. Abundance in health, wealth, finances, love and peace. When you have abundance, you can do whatever you want.

Let me share another case study.

A lady in Pune (Maharashtra, India) was struggling to conceive a child. She had tried every possible treatment: IVF, Homeopathy, Ayurveda and several others. Her body was pumped with oestrogen due to innumerable treatments. When she consulted me, I encouraged her to first clean up her body from all the oestrogen and then spent time diagnosing the root cause. Going back deep into her life, we found that at the age of 27, she had once affirmed that she never wanted to have a child. Later on she got married to a person who wanted to have children and that made her want them too. But because of what she affirmed previously, her subconscious mind held on to that and her body followed.

We then spent time reprogramming her subconscious mind by creating a new vision. I asked her to visualise playing with the child in the park, watching the child grow up, dressing up the child and going for vacations. Six months later, I received a mail from her that she had moved to Singapore and had conceived a baby without any treatment or nutritional plans. Nothing changed except her mindset.

Again, visualisation is not a replacement for any doctor or medication. While they continue to do their job, we must also do what lies in our capacity.

Men and women at some point have or still go through sexual fantasies. The subconscious mind has a role to play here too. Imagine yourself thinking of a really steamy sexual fantasy. You aren't watching porn or reading an erotic book. You are just closing your eyes and imagining and creating a fantasy in your mind using your thoughts. In no time you are going to be sexually aroused. No one has touched you or felt you, but you are still aroused. How is this possible? With just a thought, you signalled your hormones to fire up, your mood changed, you felt good, relaxed and lost in a fantasy. This is what thinking with your subconscious mind does to your body. Just a mere thought!

During the lockdown, when our economy hit its lowest, Flipkart bought a percentage of Reliance Jio worth some crores. Now that's hope right there! A slow economy doesn't mean that life comes to a standstill. Yes, the concern is genuine, but one can change the mindset and believe that slow economy means you can diversify your business, create five new lines of revenue and change your thought process. This is going to make you feel better and hopeful.

"You are what you sow to build your immune system. Use the soil of lifestyle to nurture and strengthen your immunity to reap its benefits to its fullest."

PRACHI ACHAREKAR

HEAD NUTRITIONIST AND LIFESTYLE EXPERT

TEAM LUKE

FEAR IN THE CURRENT TIMES

If we believe that cancer equals death, that's where our life's going to head. If we believe that diabetes equals lifetime medicine, there's where our life's going to head.

Most fears in our life are not even true. Worry is a down payment we pay for a problem that we may never even encounter. If there is a negative thought crossing your mind, do not get sucked into it. Observe it and process it. But let it go. The longer we dwell there, the bigger it is going to appear and there will be an illusion in the mind which is not even true. Revisit the fears you had in your mind a year ago. Were they valid? Absolutely not.

Fear creeps in when we are not in control of our mind. No fear means you are in control of your mind and thoughts. You trust your immune system. And if at all something like a virus enters your system, your immune system will kick in and kill the virus. You lose nothing in thinking this way.

Because there is no vaccine or proven medical protocol yet to handle the current pandemic, we rather use our immunity and subconscious mind to reprogram its thought process and believe that if at all we get sick, we will get better too.

Understand that your mind is being controlled all the time. Television channels and most media are programming your subconscious mind by showing you things that can instil fear in you. How many TV channels cover a stage 4 cancer remission cases? We have 1,000+ survivors today. How many channels are covering COVID success cases and giving their cases half an hour of undivided attention to give hope to others? Only a few.

We must be very careful of what we teach, show or tell our children, for they believe what we say. It becomes the truth for them. A kid's mind is very malleable.

YOUR BODY HEALS ITSELF: TEACH THIS TO YOUR KIDS



Tyanna relishing a slice of freshly cut watermelon on a hot summer afternoon.

If there is one thing I encourage all parents to do is to teach their kids to affirm that our body heals itself. When they know that the body heals, they start to respect their bodies. As they grow up, they may experiment during the teenage years, but at the end they will believe that their body mustn't be abused.

It is the need of the hour to programme our subconscious mind every single day. Imagine every sip of water that you take, every bite of food that you eat, every deep breath that you take is boosting your immunity. Do this every day with every sip of water. So if you are

taking 50 sips of water, you are recreating patterns in your mind 50 times, which is powerful enough to make your body believe that your immune system is getting benefitted.

Right now I can believe that with every bite of my ice cream, I am getting healthier. Yes I can. You may say it's a lie and that how can ice cream make someone healthy. Well, that is what my subconscious mind believes and not my conscious mind. If I was to think from my conscious mind, I will have fear, guilt, a gush of emotions. Think about the French and the Swiss. They do not believe that eating chocolate every day can make them fat. But an Indian could eat a chocolate with a lot of fear and yes, it does make them fat! What is the difference? The subconscious mind.

Similarly, if you believe that a particular pill comes with side effects and you fuel into this fear, you will experience exactly that, perhaps worse. However, if you take the pill imagining that it is going to make you stronger and healthier then that is exactly what will happen. Placebo again!

RULES TO PRACTICE VISUALISATION

1. Do not force yourself. If you do not feel like practicing it today, do it tomorrow or some other time.
2. Close your eyes and paint a beautiful picture in your mind.
3. Feel the feeling associated with it.
4. Surrender the outcome with complete faith and belief. Do not chase it.
5. Next day, visualise further. Consider it like a movie script in your mind.
6. Practice it regularly.

STEPS TO PRACTICE VISUALISATION

1. First centre yourself with a few deep inhales and slow exhales. You could do this lying down or sitting on a chair or cross-legged on the floor.
2. Keep your back straight and chin parallel to the ground.
3. Now take deeper inhales, hold the breath for a few seconds without forcing and exhale slowly. You could do a 5-second inhale – 8-second hold – 12-second exhale. This helps one calm and recentre much faster.
4. Close your eyes and imagine a black or a white canvas in front of you. It could also be screen or plain blue sky.
5. Now, using your mind paint a picture of what you want. For example,
 - If it's about cancer
 - Imagine sick cells dying and healthy cells thriving
 - Imagine your immune system as an army of strong soldiers protecting you by killing every cancer cell
 - Visualise going to a doctor for a scan and walking out of the hospital with a clean scan report!
 - Imagine yourself and your family smiling at this news
 - If it's about business
 - Imagine money flowing in
 - Imagine employing more people under your brand
 - Imagine creating something that is a value add to the world
 - Imagine taking holidays after a period of hard work for your business
 - If it's personal growth
 - Visualise receiving appreciation from people around you
 - Visualise opportunities unfolding for you

- Sometimes deep visualisation puts a smile on your face. If it happens for you, let it come.
- Once the visualisation is okay, surrender what you visualised. Do not think about it anymore. Leave it with faith.
- Open your eyes and let that vision float.
- Repeat this daily, keeping all these in mind.

This could take 2 minutes, 10 minutes or 30 minutes. That is up to you.

If you find it difficult to visualise all by yourself, use guided meditations using various apps like Insight Timer or YouTube.

HOW TO PRACTICE VISUALISATION DURING CHEMOTHERAPY?

Chemotherapy does a lot more than just get rid of cancer. While these drugs are powerful enough to kill rapidly growing cancer cells, they also harm healthy cells. This may cause a number of side effects. While most side effects clear up shortly after the treatment ends, some may continue well after chemotherapy has ended. And some may never go away. If you are going through chemotherapy/radiation or for that matter popping any medication, try this:

1. Close your eyes.
2. Take a long and deep inhale if that's comfortable for you. For example, if your inhale is 4 seconds, that's okay.
3. Then slowly exhale. Make it a long slow exhale.
4. Pause and then inhale again.
5. Repeat this for a few deep breaths and as you find a calmness in your mind, all you need to practice is visualisation.

6. Visualise that the chemotherapy, radiation or the medicine that's going into your body is wiping away, killing, dissolving, eradicating the cancer, germs, viruses, bacteria or pain.
7. Keep visualising this even though your conscious mind will constantly try to remind you about the dangers or side effects of the medicine.

Visualise deeply, breathe deeply and you have the power to change the effect of what's going into your body into something that can actually heal you.

“Symptoms are mere signs from the body asking you to re-evaluate your health and lifestyle; all you got to do is listen and act holistically and empower your immunity to fight back.”

AMROZIA SAYYED

HEAD NUTRITIONIST, NATUROPATH, AND YOGA AND
LIFESTYLE EXPERT

TEAM LUKE

POWER OF ADVANCE GRATITUDE

We all know that having gratitude and being thankful for the things we already have is a powerful tool to bring in abundance in our life. Advance gratitude too is powerful. In this, one moves from the present quantum field to the future quantum field and gives thanks in advance. For example, one could give thanks for a PET scan report which may come in after 3 months. Or thank the business for generating X amount of profit by the year end. Or it could even be that you are headed for your first chemotherapy session, but you are also practicing advance

gratitude for your successful ninth chemotherapy session. This way, you are already grateful for what you have as well as grateful for what the future has in store. If we are positive about our future, we are also going to draw more positive future towards us. Again, what do you lose by doing this? Nothing.

The trash that we watch on television is shaping our mind patterns already, so we might as well use the power of mind to think of something better.

So use the power of visualisation and subconscious mind as often as possible to create the life and health you desire. It is a powerful lifestyle drug, free and could change someone's life. I do not want to use the word guarantee or promise, but I would really like to say that I have seen things happening repeatedly which is why I can share this with a lot of conviction and faith.

Remember, the sickness in our mind is a bigger problem than the sickness in our body.

So to summarise:

- Everything starts with a thought
- Thought results in a feeling
- The feeling determines our choice and behaviour
- The choice and behaviour determines the result
- The results determine your experience. So if one needs a different outcome, one needs to think differently

Video: [Simple yet Super Powerful Technique to Visualize](#)

9

WORDS OF WISDOM FROM DOCTORS' DESKS

DR. AKSHAT CHADHA

It's always said, "You understand the value of something only when it's gone or taken away from you." And this is so true for our health and immunity too, especially during such testing times. I always knew this but recently had the realisation of this when I suffered from just one day of low grade fever. Normally, neither me nor my family would have given fever a second thought, but this time I was shunned to my room and allowed out only the next day when there was no sign of fever.

I knew it was not the worst but fear does creep up every once in a while and is hard to ignore, which is exactly why we must try and live a healthier life every day because that's the secret of having a strong immune system.

Just imagine soldiers, especially in the olden days when war was a frequent occurrence. These soldiers were trained, prepped and kept on their toes so that whenever there was an attack they were prepared. What did their training entail? Adequate food, water, emphasis on

sleep, physical and mental training along with a lot of endurance and bouts of motivation. This is exactly how our immune system needs to be prepped too.

The immune system comprises of cells that are our soldiers and we need to nourish and train them so that when a pandemic or a pathogenic outbreak occurs, our first line of defence is prepared and ready as much as possible. Of course, immunity is not only about viral outbreaks; it's about every minute of our life. It's about dealing with diabetes, cancer and even a passing flu, but it is times like this that make us realise the true value of having a strong immune system, which otherwise we tend to take for granted.

Our immune system is the gatekeeper for what gets in and what stays out of our body. When it is working optimally, viruses and toxins don't stand a chance. When it's not, the gates are wide open.

Your body often shows signs of a strong immune system. One example is when a mosquito bites you, the red, bumpy itch is a sign of your immune system at work. When you recover from a cold or fever, it's proof that your immune system was able to eliminate the invader after learning about it. This clearly means that immunity is not just the absence of disease or germs or toxins, but how well our body responds to them and how well our body recovers from them.

In practice, we treat chronic patients from across the world and when we check their history, the one thing common to most is that they got sick at a point in their life which was the lowest for them. This low point could involve physical health, mental, emotional or even social health. This led to asking another question as to what changes at such times and the answer almost always came up as, "Immunity!"

The soldiers that make up our immune system need energy too, and when you are not really following good habits, they'll be low on power too. If they are low on power, who will defend our body? That's why we must understand that what we do every day, how we live our

lives every day is what defines our lifestyle. And finally it's our lifestyle that strengthens our immunity!

The World Health Organisation (WHO) defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease.” This state of health is only possible when our immunity is strengthened and ready to protect us.

This book is a perfect amalgamation of the right knowledge and simple tips, which will put your immunity back into high gear so that you can not only protect yourself but also your loved ones.

Working with Luke has been a privilege as he makes you realise that living healthy doesn't have to be a task or even worse, boring. When one hears words like healthy or discipline, we automatically imagine tasteless bland food, killing ourselves with workouts, no fun especially since we will have to sleep early or will have to give up on things we love. But on the contrary, it's the opposite. Luke, in fact, is helping people find ways to live healthy and enjoy it as that's the only way it becomes a sustainable lifestyle, which in turn will continue to boost our immunity every day.

Dr. Akshat Chadha
MBBS, MBA in Healthcare Management
with Expertise in Lifestyle Medicine
Head of Medicine
Team Luke

DR. ABHAY TALWARKAR

Managing allergies has become one of the major healthcare issues of our day. We are seeing increased incidences of allergies in children and adults. We are surrounded by millions of bacteria and viruses and are exposed to them on a daily basis. When our body perceives something

unfamiliar, it starts to respond. Not all of these allergens are harmful, but when we are exposed to them our immune system responds with an appropriate antibody.

The biggest problem we see today is that many times our bodies are overreacting to these allergens. And the reason this is happening is because we are interfering with our immune system, through unhealthy lifestyle choices like junk eating, over use of chemical substances, sleep deprivation, lack of exercise and stress.

A very important point to understand is that the immune system is divided primarily into two types:

- Innate immunity
- Acquired immunity

As the name suggests, innate immunity is the kind of immunity that we are born with.

Acquired immunity, on the other hand, is more specific. When exposed to an allergen, our body learns to produce specific antibodies and retains this memory so that the next time it is exposed to the same allergen, it has its response mechanism ready.

Our immune system fights noncellular things like allergens and it fights cellular things like cancer cells, bacteria and parasites. There's information in the immune system that controls the direction it takes, our immune system picks up this information from our environment and this is where what we eat, what eats us emotionally, our lifestyle comes into play.

The formation of our immune system actually begins right at the time when we are just an embryo. Essentially this embryo is a foreign substance and ideally the pregnant woman's immune system should have rejected it. But what happens is that the pregnant woman's immune system secretes certain helper cells because of which the implantation

of the embryo is tolerated and allowed to grow, and eventually we are born. This is how our innate immune system develops.

So we come with certain helper cells from our mother. As we are being born and pass through the birth canal, we pick up an additional load of bacteria from the birth canal and the environment and this forms our microbiome, which eventually directs the development of our individual immune system. This is how intelligent nature and its design is.

However, with increasing number of births through C-section, where the baby is removed directly from the uterus, this important step is missed out. Scientists say that this could be an important factor why many of us have a weak immune system.

In addition to this, many babies are fed on formula milk from the very beginning and not on mother's breast milk, which is a powerful immunity booster. This will add on to the weakening of the immune system.

In this era of "Keep it clean," as parents we sometimes overreact and over sterilise everything around our child. While on one hand, hygiene is important, on the other hand too much of it is not allowing our children to get exposed to certain allergens and microbes that allow their immune system to develop.

Too much of medication, too many vaccines are also making our child's immune system lazy and depriving it from the natural learning process. We must understand that it's okay if the child gets a little sick; that's the immune system working for them.

Remember, the immune system is an evolutionary device and it can be affected by hundreds of things in the environment: the way we eat, what we eat, sleep patterns, the way we manage our stress levels and a million other things. All of these can effect on our immune response.

Talking about emotions, it is scientifically proven that fear and stress can also shut down our immune system. The only fear that

mankind originally had was from wild animals and that was the only stress we were designed to face. Our stress hormones would get activated for that limited amount of time and we would return to normal when the threat passed. However, in today's world, we are constantly in fight-or-flight mode and find it difficult to return to normal. This is making our immune system weaker and weaker.

In addition to this, we are lured into popping pills for everything — from a simple cold to cancer, and because most of these are synthetically made from chemical substances, our bodies are not used to these and often respond in an adverse manner. I am not saying that you should not use pills or anti-cancer medicine. Use it, but judiciously. This is where natural/alternative methods of healing like homoeopathy can be of great help.

Homeopathy is a 200-year-old system of medicine that uses natural substances (animal, mineral and vegetable) to stimulate a person's defence system and help maintain good health. Since these medicines are prepared from natural substances (things that have been around us for thousands of years) and prepared by serially diluting the substance, these medicines have minimal adverse effects and are safe for everyone, including pregnant women and children.

Homoeopathic remedies affect the body by boosting the immune system, building up the body's defences and creating an environment in which the body can heal itself. Homoeopathy not only considers your physical symptoms but also the emotional symptoms associated with your illness while prescribing medicines for you. It uses a holistic approach.

In addition, there is enough research to show that certain homoeopathic medications work as immunomodulators that enhance your immunity and prepare you to respond naturally to the allergens.

It is high time that we allow our immune system to develop, and to do so we must connect with our roots, pay attention to what's

going in us and take care of our environment because our health is our responsibility.

Dr. Abhay Talwalkar
MD (Hom)

DR. STEVEN OSGUTHORPE

During the years I have practiced, the one thing that has consistently been reinforced is the need to maintain a robust immune system. There are many ways to compromise your immune system. Here are a few of the worst, and the easiest to correct.

- Lack of exercise. Exercise is a powerful way to boost your immune system.
- Watch your diet. Eighty percent of your immune system is in the gut, so when its healthy, you are healthy.
- Minimize stress. There is a strong link between your immune health and your mental health.
- Get adequate sleep, as sleep is a natural immune system enhancer.
- Do not smoke!
- Inadequate nutrient intake levels have negative implications for health and are associated with several diseases, such as obesity, and chronic diseases, such as inflammation, cardiovascular disease and cancer. Use of high-quality, well-researched vitamin supplements will improve the immune system, help reduce stress, improve sleep and enhance mental clarity.

Dr. Steven Osguthorpe
ND, ABAAHP

DR. AMY SHAH

Our immune system is responsible for protecting our body from foreign substances like viruses, bacteria and fungi. They help us fight foreign toxins. Keeping it healthy is of utmost importance.

The problem is that it's very difficult to “boost” our immune system through external means. The most significant way to keep our immune system healthy is take care of our gut, brain and hormones.

For example, if you provide your brain and hormone rest through sleep and stress control, your immune system works markedly better. If you eat certain foods (as outlined in “Add anti-inflammatory spices” in the following tips section), you will improve your gut health, which is where your immune system lives.

Tips:

- Increase your sleep, decrease your stress
One of the most proven ways to boost your immunity is to increase sleep. Sleep loss causes your T-cells to function poorly; it also decreases your protective cytokine levels. Aim for 8 hours of good-quality sleep.
- Try to be in sync with the circadian rhythm
Wake up and get some direct sunlight, preferably before 10 am. Do you know that your brain function and immune function improve with natural light and nature? That vitamin D3 is so key for the immune system? If you cannot get direct sunlight at least get ambient light. In the evening, stop eating about 3 hours before bed and turn off all blue light devices 30–60 minutes before bed.
- Add anti-inflammatory spices
Anti-inflammatory spices are an excellent way to both reduce inflammation in your body as well as enhance your meals.

Turmeric, ginger, garlic and pepper (black pepper, cayenne as well as chili peppers) all have high anti-inflammatory properties. Other herbs and spices that kick a big anti-inflammatory punch are rosemary, cinnamon, sage and cloves. There are tons of different ways you can easily incorporate these ingredients into your cooking besides using them as seasoning (nothing wrong with that either!). Another simple way to do this is by blending together olive oil, garlic, turmeric, pepper, lemon juice or vinegar and tons of fresh herbs!

- Think about fibre

Fibre is indispensable for gut health. And remember our gut health, hormones, brain and immune system are all connected! Another reason why I love vegetables so much is because they are such an amazing source of the fibre that your body needs. You can also boost your fibre intake with fresh fruit.

These are some of the top tips to keep your immune system healthy.

Dr. Amy Shah

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DR. NATWAR SHARMA

A person's immunity depends on several factors such as nutrition, amount of daily physical activity, sleep patterns, and so on. In addition, the physical environment plays a role. For example, children who grow up in poor hygienic conditions seemingly possess a greater immunity, as the

infections that they have succumbed to ultimately boost their immune system. The genes that a person is born with are yet another determining factor of immunity and it largely explains the reason why certain races and tribes are more resistant to some diseases than others. But what about different individuals within the same race or tribe, or even within the same family? How does one explain the different levels of immunity that is observed between children of the same parents or between siblings?

Dr. Bruce Lipton, through his ground breaking research in the field of epigenetics, has found that the environment around the genes can affect the genes and actually change the composition of a person's DNA. Based on this there are several studies now being conducted on the role of epigenetics in shaping the immunity of an individual. There is even an emerging science, which studies the impact of human emotions on one's immunity, known as psychoneuroimmunology. So how does epigenetics influence a person's immune system?

In my experience and studies I have observed that most of the impact, or conditioning (as I like to call it!), occurs in one's childhood. Studies show that the brain of a child, who is below 2 years of age, operates in the lowest range of frequency known as delta. Thereafter, until the age of six, the frequency of the brainwaves increases and they function in the theta range. It means that their subconscious mind is very active. In layman's terms, below the age of six, children are usually in a state of a hypnotic trance and whatever is fed into their minds is immediately absorbed by them without any discrimination or filtering.

Now at that tender age if you emphatically feed ideas into them such as "Your eyes *will* get spoilt if you watch TV" or "If you eat ice cream you *will* catch a cold," these messages get registered in the child's subconscious as a verity. Their immune systems are not attacked by any physical viruses or bacteria, but it is these kinds of beliefs and conditioning that ultimately become the seeds or roots of manifesting diseases or disorders in the future. Therefore, as a parent and paediatrician, I believe

that the information we expose our children to is of great concern and paramount significance in shaping their overall health and well-being.

Dr. Natwar Sharma

Associate Professor

Consultant Paediatrician and Paediatric Intensivist

DR. VANI SRINIVAS PULIJALA

The main parts of the immune system are white blood cells, thymus gland, antibodies, spleen, lymphatic system, complement system and bone marrow.

A hundred trillion gut bacteria form the gut microbiota. Around, 70–80 percent of the immune cells are known to be in the gut. The gut is a major entrance for pathogens, chemicals, allergens and various toxins. Once the entry happens, the role of the gut is to differentiate between harmless and harmful substances which enter into the stomach.

Skin, lungs and other body fluids like saliva, sweat, tears and skin oil also contain anti bacterial enzymes to protect us from infections.

Fever is a kind of immune response. The rise in temperature kills a few microbes and therefore triggers a repair response.

The immune system is a natural defence mechanism in our body. A perfectly functioning immune system protects us from diseases caused by bacteria, viruses and various other toxins that are harmful for our cells.

A strong immune system helps in removing foreign bodies and malignant cells from our system

A weak immune system is a trigger for multiple infections, especially respiratory infections, herpes and fungal infections. A long-term weak immune system provokes malignancy (cancer).

People with weak immune systems are prone to infections that usually persist longer than usual, making them severe and tough to treat at times.

Children with low immunity issues can experience developmental delay. Slow healing of wounds can be another sign of low immunity. Frequent recurrence of ear infections and sinusitis can be a warning sign of a weak immune system.

Feeling weak in the morning and dull throughout the day is another common sign of a weak immune body. Pneumonia, meningitis, bronchitis and skin infections can be a result of a low immune response in the body, which at times can be fatal.

Other frequent infections that usually occur due to low immunity include occurrence of autoimmune disorders, inflammatory disorders of internal organs, blood-related disorders, anaemia, cancers, digestive issues like loss of appetite, bloating, abdominal cramps, and indigestion.

It's important to notice the signs and signals your body is sending you, so that you can protect yourself from many infections, inflammations, autoimmune diseases, allergies and even cancer.

Mentioned here are a few tried and tested tips to overcome low immunity issues, and if followed regularly can help in leading a healthier life.

1. **Get Rid of Constipation:** Improving your bowel movements can actually help in improving your immunity to a great extent. Normally patients who have been constipated for a long time are blocking the peristalsis of their intestines, thus the absorption of a few important nutrients may get affected, leading to low immunity status over a period of time. Constipation also affects the balance of good bacteria within the digestive system, which is crucial for the strength of the immune system. There are several instances of patients

who have started including fibre into their diet to get rid of constipation and empty their bowels completely, and thus their immunity issues have been resolved successfully, though slowly and gradually.

2. **Remove Junk Foods:** Junk foods like pizzas, burgers, chocolates, milkshakes, cakes, biscuits, chips and soft drinks may be a hindrance for the immune system. Deleting junk food from the daily diet and reserving it for an occasional treat helps in improving immunity to a great extent. One reason for better immunity after substituting junk food with natural, fresh foods is that fresh foods like vegetables, fruits, nuts, spices and herbs are loaded with antioxidants, vitamins, minerals and fibre, thus helping the internal organs to repair and regenerate slowly and get rid of all the toxins that have occupied the body in the form of free radicals. A complete shift of diet towards a wholesome eating habit at least for a period of 2–4 weeks has improved the patient's lifestyle and reduced the frequency and intensity of infections. And if the same could be adapted for a lifetime, the patients can become healthy without any signs of infection or inflammation in their bodies.
3. **Eat Slowly:** Chewing food for a longer time also improves immunity. A specific type of immune cells known as T_H17 are triggered by chewing food well. These cells help in protection against bacterial and fungal infections. Chewing food slowly also helps in absorption of food faster and so the nutrients in the food are fully absorbed, whereas eating fast leaves the food undigested, thus depriving us of the nutrients required to maintain a better immune system.
4. **Include Indian Spices:** Adding a lot of Indian spices into the daily meal preparation helps in boosting immunity to a great extent. Each and every Indian spice is unique in its own way in

preventing infection and inflammation. They not only improve the flavour of the dish but also form a strong defence system in your body. Spices even help in improving any kind of digestive issues or any mild to moderate existing infections in the body. In fact, in ancient days, Indian spices were extensively used to treat skin, respiratory, digestive and liver issues among many other ailments. These spices are easily available and affordable and thus can be a great investment for your health by just starting to regularly include them into your daily diet.

5. **Be Physically Active:** Walking and being physically active can also indirectly improve immunity. Especially when we are infected with any mild fever or any mild infection, it's important to move around rather than curling up in bed or sitting on a couch for long periods. Being cosy and sedentary can actually make room for the microorganisms to multiply more easily. Instead, walking efficiently and being productive not only burns calories but also improves the blood circulation, thus improving the oxygen supply to all the organs and elevating the performance of all the organs so that they can easily fight with the microorganisms using their respective defence mechanisms. Walking and exercising in turn release feel-good hormones like serotonin, thus reducing your stress. As we all know, stress is a major factor behind reduction of immunity in our bodies. Stress is known to decrease the body's lymphocytes, the WBCs that help in fighting infection. Low lymphocytes increase your risk for viral infections like common cold, cough and flu.

Dr. Vani Pulijala
Clinical Nutritionist
MBBS, MD (Biochemistry),
FAN (Fellowship in Human Applied Nutrition)

DR. POONAM P. RAI

Immunity is tightly controlled by our body over many decades and cannot be disturbed easily. Our body has an unbelievable number of mechanisms to maintain the immune homeostasis and keep it as high as possible to protect us. Most of us will tamper with this homeostasis during our lives by altering lifestyles. These lifestyle problems disturb the immunity as we create too many variations in our daily life: variations in sleep, variations in the food we eat, variations in the type of exertions we go through. It takes a lot to disturb a person's immunity, but once disturbed it's difficult to regain. Unfortunately, there aren't many options to boost immunity and this is the reason why we all need to start working towards maintaining our immunity.

This can be done by reducing the variations by developing a good routine of sleep, diet and exercise. As simple as it sounds, that's the best way to protect ourselves in the long run.

Dr. Poonam P. Rai
Critical Care Specialist – ICU
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DR. JAYESH V. SANGHVI

IMMUNITY, ITS IMPORTANCE AND A FEW TIPS

The human immune system is a silent wonder each one of us has been immensely blessed with. It works round the clock tirelessly to ward off the pathogens that invade our body, protecting us from thousands of potentially deadly attacks every day that could otherwise result in disease and death.

In the present day scenario, stress, poor lifestyle, bad food, bad water, bad air are resulting in lifestyle disorders, multiple infections

and chronic incurable disease conditions. The latest being the very disturbing global corona virus attack. The answer for a prevention or cure is a stronger and healthier immune system.

To build the best possible immunity, the trinity of the mind, body and spirit needs to be brought to a state of harmony, which is only possible through any school of medicinal or non-medicinal treatment therapy that's based on nature and laws of nature.

IMMUNITY BOOSTER TIPS

- Two to three days in a week, bask in the rising/setting sun (light clothes) with your bare feet touching the earth (no lawn) for 15–30 minutes. In every language the earth and the sun are called Mother Earth and Sun God, respectively, for a distinct reason. They have immense power to energise and heal. For more than three decades I've been saying that food is not the only source of energy!
- Just two Pranayams – Anulom Vilom and Kapal Bhati, 15–30 minutes each – stimulate every organ of your body, leading to a vertical rise in your immunity and healing. Learn under professional guidance initially. If you have a blood pressure or back problem, avoid Kapal Bhati or do under guidance.
- Oil Pulling: One of the best techniques to detox the body every day. Take 10 ml of organic cold-pressed sesame or coconut oil, swish it in the mouth for 10–15 minutes, spit it out and gargle with fresh water a few times. Practice one to three times a day.
- Drinking two to four glasses of lukewarm water, early morning, empty stomach plus a glass of hot water 1 hour after every meal plus two glasses of hot water at bedtime can heal many illnesses. (Always sit, sip and drink. Saliva should mix with the water.)

- Positive Affirmation: Repeat the following affirmation 7 or 21 times the moment you wake up and before you go to sleep. Practice with total faith; by itself it can heal!

***“I am healthy, happy and healed.
My immunity is the strongest!”***

One last thing, if you look at the very basis of life, it’s nothing but a balance between good (positive) energy and bad (negative) energy. The more good energy you gather, the more healthy and happy you are (do not give in to your subconscious trying its best to justify negativity).

Dr. Jayesh V. Sanghvi
MD (Hom)
Managing Director, Nature Clinic
Vice Chairman, Global Homeopathy Foundation
Chennai, India

DR. PRAKASH DAVE

“No doctor has ever healed anyone of anything in the history of the world. The human immune system heals and that’s the only thing that heals.”

BOB WRIGHT

Imagine this scenario: the operating theatre and the operating team is ready and all set for an elective surgery, the surgeon is also ready, but is your body ready?

Surgery is a stressful experience for your body. The trauma (surgery is a controlled trauma) of going under the scalpel challenges your immune system to a state of high readiness and triggers the body with harmful inflammatory response mediators and immune cells that can initiate a chain reaction. This can be inimical to the body's well-being. As a result, some people take longer to recover after an operation. However, others are back home within days. The difference lies in the way the immune system responds to the stress of surgery, researchers hypothesised, but until now they could not establish a link between immune system activity and recovery periods.

At Stanford University, California, a team of anaesthesiologists, immunologists and microbiologists has used a new "cell-mapping technique" to identify an "immune signature" in the post-operative period, which can predict recovery times. With that, we can tell people whether they are immunologically fit to undergo surgery or whether they should ideally wait a while. It might even be possible to give drugs to candidates who aren't ready for surgery to alter their immune response in a way that could shorten their recovery times.

We are living in a world fraught with all varieties of bacteria, viruses, protozoa, harmful fungi – all lurking around us. Then why do we remain ill or for that matter why do some contract the infection and others do not? Here lies the value of our innate immunity. There are numerous types and subtypes of viruses or a multitude of strains and classes of bacteria. Then do we humans possess the equivalent varieties of vaccines to prevent them? The answer is simply, "No!" Are we not living with the lurking threat of hepatitis B or C or HIV or malaria, for instance? We have a vaccine for hepatitis B, C, but not against HIV or malaria. How many vaccines will be discovered? It is immunity and prevention measures which protect us.

The intensely interesting aspect of this is that all that constitutes the immune system is within our body. A surgeon's knife will not heal

you; a surgeon will simply approximate the severed edges of the gut or skin or nerve, blood vessel or bring the ends or plate/fix a broken bone, graft a raw area of skin, but how does the bridging of tissues between the ends take place? The immune system helps in laying down of collagen, prevents infection (which would retard healing) and repairs the damaged tissues. Faulty lifestyle, diabetes mellitus, obesity, renal or liver function impairment, presence of cancer, use of steroids and/or immunosuppressant drugs (used in post-transplant situations), chemotherapy, tuberculosis and old age, all determine your resistance to disease and your recovery from a surgery. It would also be worthwhile to consider increased stress levels, anxiety, anger and overambitious or envious states of mind do elaborate glucocorticoid hormones from adrenals and can wreck your immunity if these are sustained.

Therefore, it is your immunity which will always be with you and can be a trusted physician by your side. It will protect you against certain cancers too. It is a “soldier” in you. Make it stronger and invincible!

Dr. (Col.) Prakash Dave

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DR. ABHA MEHNDIRATTA

It's truly said by Hippocrates that “Natural forces within us are the true healers of disease.” During the COVID-19 pandemic, we have advocated for several external protective measures like social distancing, hand hygiene and even a lockdown. But not enough public attention has been drawn towards how we can build internal resilience by strengthening our immune system. Once infected with COVID-19, we

are eventually dependant on our own immune system to tide over the crisis since there is no proven drug or treatment available. Neither is there an effective vaccine to prevent it. This book has come at a very apt time and will be an invaluable resource for all of us.

Dr. Abha Mehndiratta

MBBS, DCH, DNB (Paediatrics), MPH (Harvard)

Non-Resident Fellow, Centre for Global Development

Faculty, Institute for Healthcare Improvement

(Dr. Abha, it is such a proud feeling to have you featured in the book with me. To all the readers, Dr. Abha and I were classmates in school and it makes me feel nostalgic to realise how we were friends in school, grew up together, set up beautiful careers and now contribute back to the world. Thank you so much, Dr. Abha.)

DR. RAVI DOCTOR

An immune system is an inbuilt biological defence system to protect the living organism from foreign infections. It all begins from 13th week of intra-uterine foetal life, to getting activated from the first feed of the mother's milk to forming immune protective cells post getting exposed to the worst virus or bacterial infections during a lifetime. Scientifically speaking, we have an innate immune system genetically inherited from our ancestors and an acquired immune system acquired by certain exposures to foreign antigens. Both are equally effective but the front line is the acquired immune system, consisting of Lymphocytes as they form the memory cells (antibodies), which form the basis of a good working immune system. Any new invasion, natural or artificial (treatment in certain diseases), can possess a huge challenge for these cells to protect the body from counter infections and to prepare the body for futuristic infections (Herd immunity).

T-cells require special attention and a number of natural foods along with remedies from the complementary and alternative systems of medicine to help fight against any infection in a stronger and better way. Recently the Ministry of AYUSH, Government of India, promoted the use of Homeopathic remedy Arsenic Album 30 as an immune support for COVID; similarly Apis Mellifica (made from bee extract) for allergies, Viscum Album (European Mistletoe plant extracts) in cancer supportive care are now being used universally as standard immune-modulators (immune support) medications. Together with a healthy and protective lifestyle we can build a good security system in our bodies to help recognise, fight, tolerate and repair without much damage in order to get the body back to its original healthy working condition called life.

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10

POWER OF SOUND, MUSIC, FREQUENCY AND RHYTHM TO BOOST IMMUNITY

MUSIC, AND ITS beats, rhythm, frequency, is a drug that we often use with our patients be it for improving immunity, reducing stress, fear, anxiety and even improving sleep. It is a safe but powerful drug without any side effects, and further reading will help you get an idea of how you can use this in your life.

All of us listen to the different kinds of music we like: sad, happy, fast, slow, classical, trance, hip-hop, rap and other genres. Have you ever wondered, why do we have different tastes in music? A song that makes you feel happy can annoy someone or a song that makes you sad can make others reflective.

Do you remember anyone telling you, “I like your vibe!” or “I think our frequencies match!” No, these people aren’t on drugs or saying anything airy-fairy. It is for real. It is a fundamental part of our human

body. We have trillions of cells vibrating at a particular frequency, which can either be wrong or right.

When you are sick, the frequency at which your cells vibrate is different from when you are healthy.

SO, WHAT IS SOUND?

Sound is what you hear, whether it is a shout or the chirp of a bird. A sound is created due to vibrations and different sounds are created due to differences in the frequencies of vibration. Frequency is how frequent the vibration is.

Not all sounds created by a specific frequency are audible. There are certain frequencies that only animals like the bat can hear and humans cannot.

Let's say, you play a track which is 60 bpm (beats per minute). This means there are 60 beats per minute. This is frequency. It stands for the number of beats per minute. Frequency is calculated in hertz. And guess what, your brain too vibrates at a frequency that is measured in hertz!

If a sound only vibrated for a while, you only hear a sound or a beat. You create a beat in succession, you create a rhythm and tone and this is exactly what a song is. The rhythm of a hip-hop beat is different from that of a trance.

WE ARE ALL ABOUT RHYTHM

Consider our heartbeat. Our heart beats in a rhythm and has a certain frequency, which is 60 beats per minute. Now, when the body experiences stress, the beat and rhythm get too fast and could possibly lead to a heart disease or an onset of a stroke. On the other hand, when our

body is relaxed, everything is normal with a normal rhythm. In fact, often cardiovascular diseases are classified based on the abnormalities in their beats, that is, high-risk zone, medium-risk zone and low-risk zone.

Similarly, there is rhythm in our breath with every inhalation and exhalation. When you are tense, your breath is shallow and the rhythm changes. Because your rhythm changes, your cells also begin to vibrate at a different frequency, which is similar to that of stress, thereby triggering cortisol (stress hormone) release. During bedtime, when we are trying to slow down and put ourselves in a state of rest, our breathing rhythm changes and there is again a change in the way cells vibrate. Cells sense slowing down and thus vibrate in a way that puts us to sleep and in a relaxation mode.

Your pulse is a rhythm and so is your digestion. It is higher at certain times of the day and lower at certain times of the day. Circadian rhythm is a rhythm too that is all about sleep-wake cycles.

Women's menstrual cycle is also a rhythm. Women go through it at a particular time of the month and there are changes in the frequency at which cells vibrate during this time too. Brain waves also have a rhythm that carry a certain frequency. When we say something hurtful to someone, it is a change in frequency. The frequency of the listener's brain recognises it and deciphers that this is something mean and hurtful.

Even what's keeping you engrossed in this book as you read through the pages is a specific frequency that you have tuned into. Now imagine someone shouting at you all of a sudden. Your frequency is immediately going to tune into a frequency of a shout and every single cell of your body is going to vibrate accordingly.

*“YOUR BODY HAS TENDENCY TO HEAL ITSELF NATURALLY PROVIDED
THE IMMUNITY IS STRONG AND THAT’S POSSIBLE ONLY BY TAKING ONE
MAGIC PILL — LIFESTYLE.”*

AMY SHAH
HEAD NUTRITIONIST AND LIFESTYLE EXPERT
TEAM LUKE

So everything, right from breathing to menstrual cycle has a particular rhythm designed by nature and we need to be in sync with these rhythms to be healthy.

- If we are out of sync with our breathing, we feel anxious
- If we are out of sync with our heart rate, we feel anxious, there’s increase in cortisol levels, inflammation and a possible heart attack, high blood pressure
- If we are out of sync with our digestion, we experience indigestion, gas, flatulence, acidity
- If women are out of sync with their menstrual cycle, they experience weight-gain, facial hair, mood swings and other symptoms

The point, however, is that there is no drug, pill, medicine, food that can rebalance our out of whack rhythms, except one thing: sound and music.

Remember, every cell has a rhythm at which it vibrates. It can either be right or wrong. A cancer patient needs the rhythm of his cells to vibrate in the right way to successfully come out of the disease. Vibrating at a frequency lower than what the patient is right now at can actually make him feel sicker and possibly never recover. If a patient is sad, then that is a frequency he has created in every cell. The vibrational

frequency of sad and negative emotions is very low. On the other hand, a patient who is positive has a very different frequency, which is high. This means, each of us have the ability to change the rhythm and frequency by choosing the way we feel and also the kind of music we listen to. This is powerful because if a certain beat can change the frequency of a cell, then it can also change the frequency of an immune cell.

WHAT IS YOUR VIBE?

How many of you have come across individuals you may not know personally, but the moment that person walks into the room, you instantly feel something isn't right, even though there is no specific reason for it. That's vibration again. Possibly you and the person are vibrating at different frequencies and thus there is a conflict with all the emotions that come along with it – anger, hatred, resentment, and inability to forgive. Similarly, there are some people who don't like you or some people you do not like. Or the marriages that start in a great way but gradually fade as frequencies and vibrations change between the two partners. Relationships changing between two people because the rhythm doesn't match anymore is real and very scientific.

If some people dislike you, the problem may not be with you or the other person. It is just a vibe mismatch! It is thus so important to choose your tribe and surround yourself with people who vibe at the same frequency as yours. You do not have to vibrate at a low frequency just to “fit in” a group. If you are above average and think differently, you are going to vibrate higher and that is absolutely alright. You do not have to lower your frequency for anyone.

Think about going to a job every single day of your life that you dislike. This is a big problem because right from the time you enter your workspace till the time you leave for home, you are going to vibrate at a frequency that is too low for you. You dislike what you do, the work

given to you and the people around you. These problems are real and believe it or not, they affect your health in a huge way.

Do you know what happens when there are two contrasting frequencies? A “noise” is created. Similar to what might be produced when a music band plays something out of rhythm of an entirely different frequency.

Consider the cry of a baby. All parents know based on the kind of cry whether their baby is hungry, bored, sleepy or simply throwing a tantrum. How is that possible? It's frequency again.

Now imagine all the memories stored in your subconscious mind right from the time you were a kid. You have carried so many memories, each vibrating at a different frequency. Whenever you get reminded of a particular memory – happy, sad or angry – all the trillion cells in your body begin to vibrate with that frequency. Right now you could be reminded of a sad memory which can make you feel miserable in a second. This is because the memory carries a certain frequency and it replaces the present frequency with a low frequency.

HOW CAN YOU CHANGE YOUR VIBE?

Ever wondered, why yoga makes you feel good? Because it trains us to maintain and be in sync with our breathing, so that when we step back into our lives post our yoga class, we are reminded of being in sync with our breath if we ever encounter stressful situations. You are out of sync if you shift your focus from your breath towards the stressful situation.

Many new channels these days have people angrily debating on a particular topic, which is nothing but noise. Now the more you hear that, the more it moves you out of your normal sync and rhythm. So rather than tuning into the rhythm of an angry debate, we rather tune into something that gives us peace and joy. So our entire body is all about rhythm.

Coming to music, it is a collection of related frequencies in a way that makes us feel good, because those frequencies our cells catch, tune into them, vibrate accordingly and make us feel happy. This is what makes music such a powerful drug for your health, immunity and healing. Every time you feel happy, there is a different feeling you feel in your body, which is way different from the feeling of sadness. Why is that? That is because a happy thought carries a frequency different from that of sadness and these frequencies vibrate through trillions of cells in your body. When you are happy, you vibrate higher and when you are sad you vibrate lower.

Just like kind of thoughts, music too can change our vibrations and frequencies. We all have heard sad songs while going through a breakup and felt pacified because the person singing the song is sharing a pain and frequency that matches yours. If you continue listening to sad songs through sad events, the music will continue to fuel you with the same frequency and you never get out of it. On the other hand, if you choose to listen to happy songs during sad events, you may actually feel happier.

Individuals going through chronic anxiety and depression vibrate at a very low frequency, and this becomes an ongoing condition because they lose the motivation to raise their vibration. It is thus highly recommended that they communicate, talk, spend time in nature and connect because this helps in changing the frequency they are at currently. No drug/medication for them can change that. Take the drug, but also make an effort to do something about shifting your vibration from low to high.

When I consult depression clients, I usually shift our conversation from something that is not going well to something that is going well. This is not to take away from the pain that they are going through, but to change the frequency they are vibrating at. Of course, the first meeting with the counsellor will involve details regarding the condition, but if the counsellor keeps the person talking about the same thing during

every consult, there is no way the patient can come out of it. It is so important to move forward and change the frequency of the vibration so that the patient experiences different results. Same protocol = Same results. Different protocol = Different results. It's that simple.

Once you understand all of the preceding concepts, you will uncover the power music has to help you sleep better, handle your emotions better, think better and ultimately boost your immune system.

DHEA (DEHYDROEPIANDROSTERONE), IMMUNITY AND MUSIC

DHEA is a hormone that works as a powerful immunity booster and it is also a cortisol controller. Less DHEA, means low immunity and high cortisol levels. Many men and women with low DHEA also have hormonal imbalances, infertility and other related problems. This makes DHEA a power hormone and enjoying music of certain frequencies that make you feel good can actually boost DHEA levels. This is scientifically proven too.

We need cortisol during stressful situations to enable us to act accordingly, but when the cortisol levels are elevated for a long time, it can create inflammation and every disease we know today stems out of chronic inflammation. Music can actually help lower cortisol levels and inflammation, and boost DHEA and immunity.

MELATONIN AND MUSIC

Music can also increase the production of melatonin, a sleep hormone released by the pineal gland in our brain. Melatonin is a critical hormone for immunity. Listening to good music increases serotonin levels (a feel-good neurotransmitter). Serotonin is needed to produce melatonin. We need melatonin in our body to function and be released

appropriately to be in sync with our circadian rhythm. Circadian rhythm is a 12-hour sleep-wake cycle and you will learn more about this towards the end of the book.

As the sun sets and it begins to get dark outside, the decrease in the intensity of light stimulates the release of melatonin and we start to feel sleepy. This is a very rhythmic process. Now, the more peaceful music you play towards bedtime, the more you enable serotonin and melatonin production and the more improved are your sleep patterns.

We all know how soothing a ringing Tibetan bowl sounds when it's played during meditation. This is because they produce sounds of soothing frequencies.

UNDERSTANDING THE FOUR BRAINWAVES

Our brain operates out of four brainwaves. These are:

Brainwave	Frequency	Role
Alpha	8–13 hertz	Relaxed state, can be also called meditative state. Also present during light sleep
Beta	14–30 hertz	Wakeful state, alert, using conscious and subconscious mind
Theta	4–8 hertz	Awake, but in deep meditative state
Delta	1–4 hertz	Deep sleep state, which we must aim for
Gamma	35 hertz	Deep dreamless sleep

Here, while every brainwave is important because it allows us to perform a certain set of functions, the Delta wave is what every human being should be able to achieve during sleep because it enables deep sleep. It is during this stage or phase that our immune system grows stronger. Apart from that, it's also important for weight loss, muscle growth, recovery, hormones, skin, hair and everything else. Very few

people during their sleep reach this stage, and those who do actually reap the real benefits of a good sleep. Which is why *it is not just about sleeping long enough. It is also about sleeping deep enough*. A deep meditative state (Theta) can help one reach Delta state much more easily.

Think of how we shift gears while driving a car – 1st gear > 2nd gear > 3rd gear > 4th gear. To move from 1st to 4th gear, one has to go through 2nd and 3rd gear too. Similarly, one has to move from Beta > Alpha > Theta > Delta.

Every morning when you wake up, you slowly move (or shift gears) from Delta (if you have had a deep sleep) to Theta to Alpha to Beta, which is a state of wakefulness, depending on what you are doing during the day. If you are stressed and vibrating in Beta waves, will you be able to sleep? Absolutely not! The frequency of sleep is different. Of course, you can meditate and come to Theta wave and gradually put yourself to sleep. Similarly, can you meditate when you are angry or stressed? Not possible. The meditative frequency doesn't match that of being angry. Meditation frequency is low and anger frequency is high. But you can gradually shift gears from Beta to Alpha by doing a light meditation, calm down, have a nice conversation and gradually move to a meditative state that is, Theta; maybe you can use tools like prayer, chanting and music too at this point. Do you know what does meditation do? It puts you in a frequency different from that of a stressful mode.

For a strong immune system that works for you, you need to do things that take you in Theta and Delta wave. This is where our immunity builds, strengthens and rejuvenates. If we are constantly stressed (in Beta wave), our immune system remains suppressed and thus diseases prevail.

While drugs, chemotherapy, radiations, antibiotics and antacids are important, they cannot fix frequencies and what a wrong frequency can cause. Along with medications, we need to also meditate, chant, spend some time with the family, laugh, listen to music in order to change our frequency.

Every music carries a different frequency, a different energy. Wouldn't it annoy you if someone plays workout music if you are sad? Especially when you have not asked for it. Or a love song when you are doing a high-power HIIT workout? You are definitely going to say, "This music is not right for me!" This is because you are vibrating at a different frequency and the music carries a different frequency. There is a huge mismatch. Just like when the chirp of a bird, chuckle of a baby and other simple events make you smile with joy, it moves you from a frequency of stress to a frequency of joy.

When I was exploring the field of DJ'ing, I loved how just three knobs could control the energy of a social gathering by changing the rhythms of music I was playing. I could make people dance faster or slower just by changing the rhythm. Rhythm is such a powerful tool.

Find out what kind of music makes you happy, calm, sad, energetic, powerful or any other mood. This is the basis of Sound Therapy, which is using certain beats, rhythms, frequencies and vibrations to alleviate a health condition. It helps in moving you from a state of fight and flight (parasympathetic mode) to a state of rest and digest (sympathetic mode).

"Healthy and fit body, mind with quality sleep are roots for immunity."

SNEHA SHAH

HEAD NUTRITIONIST AND LIFESTYLE EXPERT

TEAM LUKE

BINAURAL BEATS

What are binaural beats? It is a therapy emerging from sound therapy and makes use of the fact that the right ear and left ear hear tones of

different frequencies, yet the brain perceives it as a single tone of a single frequency. Headphones are necessary to make use of this therapy.

For example, if you are listening to an audio piece which is a binaural beat and you are grasping a frequency of 250 hertz from your left ear and 300 hertz from your right ear, then the binaural beat is of 50 hertz (difference between the two frequencies). So, if you are currently vibrating at a frequency of stress, say 300 hertz, listening to binaural beats will lower it down to 50 hertz, which is going to now tune you into a frequency of calm.

A study conducted in 2018 recommended that listening to binaural beats can affect an individual's mood and sleep cycles in a positive manner.

For sleep-deprived individuals, binaural beats for a Theta wave will help immensely. This is a deep sleep wave and chances are that they could fall asleep while listening to the audio piece. It may not happen the first time, but keeping up with this habit will go a long way in doing so.

There are so many experts in mainstream medicine already considering sound therapy. I have seen chemotherapy rooms having a setup to play healing music like a piano or violin. The notes from a piano have the capacity to change the vibration in a patient's body and turn to what a healthy cell would vibrate at.

So the power of music, rhythm, beats and frequencies is real, effective and most importantly, free.

USEFUL LINKS

Beta waves (pure)

- Binaural Beat - Beta Wave Frequency | 100 percent Pure Beta
| https://www.youtube.com/watch?v=mR3F4bAUU_s

- 2Hrs-Beta Binaural Beat Session (20hz) ~ Pure ~ Focusing, Increase in I.Q, Energy, Sociability https://www.youtube.com/watch?v=vqPm_jdHUic

Alpha waves (pure)

- PURE ALPHA WAVES: Meditation (Track: Cosmic Alpha Waves)
<https://www.youtube.com/watch?v=27cv2zHRkIE>
- “Serotonin Release” Alpha Binaural Beat - 10Hz (1h Pure)
<https://www.youtube.com/watch?v=vYf5NZrLbY4>

Theta waves (pure)

- 1hr Theta Binaural Beat Session (7hz) ~ Pure
<https://www.youtube.com/watch?v=66tq9xji0xA>
- Binaural Beat - Theta Wave | 100 percent Pure Theta Frequency |
<https://www.youtube.com/watch?v=BWYyGMuZSgc>

Delta waves (pure).

- 3 Hz Binaural Beat for 12 Hours Deep Sleep Delta Wave
<https://www.youtube.com/watch?v=Y-urmCRs61I>
- 6 hours ultra deep sleep with delta binaural beats 3.5 hz (pure)
<https://www.youtube.com/watch?v=FeZprF01eZQ>

Beta waves (with music)

Super Intelligence: 14 Hz Binaural Beats Beta Waves Music for Focus, Memory and Concentration - <https://www.youtube.com/watch?v=HA6nSQawROM>

Alpha waves (with music)

Serotonin Release - Alpha Waves for Serotonin & Endorphins
- Binaural Beats - Meditation

Music - <https://www.youtube.com/watch?v=dPqCRyzhXn8>

Theta waves (with music)

8 Hours of Powerful Theta Waves Healing for Deep Meditation,
Improve Memory, Massage,

Sleep, Massage - <https://www.youtube.com/watch?v=KcU6w1Pr5gc>

Delta waves (with music)

Sleep Music Delta Waves: Relaxing Music to Help you Sleep,
Deep Sleep, Inner Peace

<https://www.youtube.com/watch?v=xQ6xgDI7Whc>

11

YOGA BY SHILPA SHETTY KUNDRA

YOGA FOR IMMUNITY

Paschimottanasana/Forward Bend

(Link: <https://shilpa.app.link/RvFvu7Fg46>)



“Paschim” means west/back, “Uttana” means to stretch and “Asana” means posture. The benefits of this asana are:

- Stretches the spine, shoulders and hamstrings
- Improves the function of the intestine
- Boosts digestion
- Soothes headache and anxiety, and reduces fatigue

Kapalbhati (Skull Shining Breathing)

(Link: <https://shilpa.app.link/xf4OabJg46>)

“Kapal” means forehead and “Bhati” means shining. The benefits of this “shat” kriya technique are:

- Helps lose belly fat
- Improves the supply of oxygen to the brain
- Reduces stress
- Enhances beauty by removing toxins and waste from the body



YOGA FOR CONSTIPATION

Udarakarshanasana

(Link: <https://shilpa.app.link/4ZzIeTMg46>)

“Udar” means stomach and “Akarshana” means to stretch. The benefits of this asana are:

- Helps massage the abdominal region and strengthens the back
- Stimulates function of the kidneys and pancreas
- Improves overall flexibility
- Opens up the chest and increases the supply of oxygen to the lungs

Agnisar Kriya

(Link: <https://shilpa.app.link/X0tIEbRg46>)



“Agni” means fire, “Sar” means essence and “Kriya” means action. The benefits of this exercise are:

- Increases the power of digestion
- Stimulates the immune system
- Strengthens internal organs, muscles, nerves and blood veins
- Improves the function of both the adrenal and pancreatic glands

YOGA FOR ACIDITY

Ardha Matsyendrasana

(Link: <https://shilpa.app.link/sr5aQi3g46>)

“Ardh” means half, “Matsya” means fish and “Indra” means ruler.

The benefits of this asana are:

- It massages the abdominal region and strengthens the back
- Stimulates the function of the kidneys and pancreas
- Improves overall flexibility
- Opens up the chest and increases the supply of oxygen to the lungs

Paschimottanasana

(Link: <https://shilpa.app.link/RvFvu7Fg46>)

“Paschim” means west/back, “Uttana” means to stretch and “Asana” means posture. The benefits of this asana are:

- Stretches the spine, shoulders and hamstrings
- Improves the function of the intestine
- Boosts digestion
- Soothes headache and anxiety, and reduces fatigue

YOGA FOR QUALITY SLEEP

Bhramari Pranayama

(Link: <https://shilpa.app.link/bj8BWIZg46>)

“Bhramari” is derived from a black Indian bee of the same name. The benefits of this breathing technique are:

- Improves concentration
- Opens blockages and gives a feeling of happiness to the mind and brain
- Relieves hypertension
- Relaxes the mind and lowers stress

Chandra Bhedana Pranayama

(Link: <https://shilpa.app.link/7lh3acQs46>)



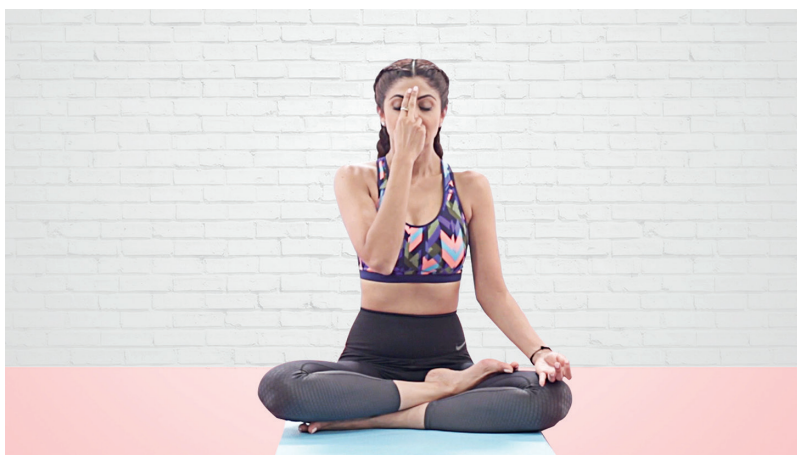
“Chandra” is the moon and “Bhedana” is piercing; this means entering the body through something. This pranayama begins at the muladhara (root) chakra and ends at the left nostril. The benefits of this are:

- Helps in reducing stress, tension and calms the mind
- Improves focus and concentration
- Helps in heartburn problems
- Reduces heat in the body
- Improves overall health

YOGA FOR INSOMNIA

Nadi Shodhana Pranayama

(Link: <https://shilpa.app.link/OiUdQlWg46>)



“Nadi” means channel and “Shodhana” means cleansing and purifying. The benefits of this breathing technique are:

- Helps purify and balance nadis and ensures smooth flow of prana, the life force
- Calms and rejuvenates the nervous system
- Helps to balance hormones
- Provides mental clarity and alertness

Bhramari Pranayama

(Link: <https://shilpa.app.link/bj8BWIZg46>)

“Bhramari” is derived from a black Indian bee of the same name.

The benefits of this breathing technique are:

- Improves concentration
- Opens blockages and gives a feeling of happiness to the mind and brain
- Relieves hypertension
- Relaxes the mind and lowers stress

SURYA NAMASKARA (SUN SALUTATION)

Surya Namaskara (Link: <https://shilpa.app.link/0hKdy2Bg46>), also known as “Sun Salutation,” is a very ancient technique of paying respect to the sun, which is a source of all forms of life on the planet. The solar plexus is said to be connected to the sun. There are 12 poses that are performed to finish one round. It is a complete body workout.



For the overall well-being of the body and mind eight salutations should be performed. The benefits of this breathing technique are:

- Stimulates abdominal muscles, respiratory system, lymphatic system, spinal nerves and other internal organs
- Tones the spine, neck, shoulder, arms, hands, wrist, back and leg muscles, thereby promoting overall flexibility
- Regulates the connection of body, breath and mind, thus making you calmer
- Boosts energy

* The correct techniques to perform all the asanas are available on the Shilpa Shetty App (SS app): <https://shilpa.app.link/PAV0TnJMs7>

MEDITATION

For a calm mind and a healthy body, I practise meditation and recommend that you make it a part of your lifestyle.

Meditation puts your mind at rest once you learn how to switch off, giving you clarity and clearing your negative thoughts. Breathing right also helps you align your mind, body and soul. When that happens, you can be the architect of all things positive in your life. When the mind is positive, you have more control over your stress, and when stress is less, it strengthens your immunity. A healthy mind leads to a healthier body.

MEDITATION FOR RELAXATION

In today's fast-paced life with so many stressors, we face innumerable challenges while juggling finances, career, family and social life. We don't have the time to focus on our breath, which leads to various physical and mental health issues. So, to help you cope with this, our guided Meditation for Relaxation helps you focus on your breath, calms your

mind and relaxes your body. Practising these Pranayamas and kriyas will help you rest and also align your energy centres. Meditation also helps in relieving stress and anxiety, lowers blood pressure and builds immunity.

The 4,6,8 technique of deep breathing

- 4 seconds inhalation
- 6 seconds breath hold (internal retention)
- 8 seconds exhalation

Benefits:

- Reduces stress, anxiety and depression
- Secretes feel-good/positive hormones
- Reduces hormonal imbalance
- Increases focus and concentration

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CARE FOR SENIOR CITIZENS

A PART FROM WHAT has already been discussed in the book, here are some of the lifestyle changes along the lines of four pillars that senior citizens must especially take care of:

WHAT ARE THE FOUR PILLARS OF LIFESTYLE?

Balanced nutrition

- Keep nutrition simple and balanced. Ninety percent of meals should be home-cooked.
- Check for vitamin B12, vitamin D3 and iron deficiency.
- Make necessary lifestyle changes to prevent cognitive decline.
- Maintain adequate protein intake to take care of/regain muscle mass. Use natural sources of protein like lentils, pulses, legumes like rajma, nuts and seeds; non-vegetarians can have whole egg, chicken and fish.

- Avoid adding excess salt to your food. It is advisable to eat a mix of both salts: pink salt and white salt.
- Change your cooking oils to unrefined and cold-pressed oils.
- Use cold-pressed coconut oil for your joints and brain. It is also a great immunity booster, a great food for your thyroid gland and has antibacterial and antiviral properties.
- Be extremely mindful of your sugar intake. Preferably switch to alternatives like jaggery, honey or dates.
- Ensure regular water intake of 10–12 glasses a day. (If you are on water restriction then please customise accordingly.)
- Restrict the consumption of gluten, as it becomes tougher for the digestive system to break it down with age.
- Discontinue gluten (mostly found in wheat, wheat-based products, barley) if you have discomfort in your stomach. We see that there is a reduction in joint pains and inflammation when gluten intake is cut down.
- Consume pure cow ghee in moderation, as it is a fantastic superfood.
- Keep it simple. Important food groups to consume:
 - One or two fruits
 - Nuts and seeds
 - Rice and lentils (rajma)

Adequate exercise

- Lack of movement can lead your joints and bones to give up as you age. You lose what you do not use. A regular routine of exercise also helps bust lethargy and laziness. It will keep your joints mobile and reduce chances of fractures.
- Walking is the safest exercise for senior citizens. You can also include yoga. Body-weight training too if you already practice

it. 30–40 minutes of physical activity must be added to your routine.

- Yoga is excellent to loosen joints and muscles, increase flexibility, reduce stiffness, maintain balance.
- You can explore yoga classes in your local community. Learn basic asanas and pranayama and then continue on your own.
- Pranayama helps strengthen lungs.
- A regular practice of morning breathing exercises for 10–15 minutes is an extremely beneficial lifestyle change. Make it a habit. You can adopt whichever style suits you.

“In our line of work which is Integrative Medicine and Holistic Health, food plans are incomplete without yoga that might be the best fit for an individual. It is also a part of lifestyle medicine. The beauty of yoga is that there is something for everyone. You do not have to be sick or old for yoga. You can be well-built and extremely healthy and yet reap so many benefits from yoga. Even people with co-morbidities have a lot they can take away from yoga, although they need to do it under personalised guidance. We encourage yoga for all our clients for several problems ranging from weight loss, acidity, poor skin and hair health to cancer, cardiovascular, brain health and fertility.

Yoga teaches us discipline, patience, balance, alignment, rhythm, perseverance, faith, trust, grounding, respect and humbleness amongst many more benefits. It helps you ‘evolve.’ Like Luke often quotes, ‘Yoga is a drug’; it literally is. We have seen how when one gets on the path of yoga, they literally get addicted to it. Yoga can change your life and

thought process. Think about it. Yoga teaches you to get into a particular body posture while also maintaining your breath and balance. This is a great takeaway for us to maintain our breathing, balance and keep our calm during times of stress. But of course, for that to happen, choosing the right yoga is also important.

Currently, there is a lot of confusion around which kind of yoga is the best. Well, my recommendation is to choose what our ancestors followed. Pick the wisdom from there—be it any form—Hatha, Ashtanga or Iyengar. Every form of yoga has a common foundation and goal. Just be careful of any fad yoga programmes because unfortunately yoga has become another business opportunity for most people.

While practicing yoga, I always share one quote with my clients ‘Sthiram Sukham Asanam,’ meaning, any pose that is steady and pleasurable is yoga for you. One does not have to get into uncomfortable positions that seem difficult. The aim of yoga is not to touch the toes or twist your body like a pretzel, but to move your body in a way that’s effective for your health goal while also focussing on your breath and using your mind to focus on what you are doing. As with everything simplicity in yoga works well too and goes a long way.

Lastly, take what you learn from yoga and apply it to your daily living. There is no point in learning Vajrasana in the yoga class when you are not applying it in your lifestyle and lying down right after a meal. Or there is no point in

*learning Malasana in the yoga class when you are living
with constipation and not using this as a tool.*

*This book lists simple yogic practices that can help cultivate
good health and immunity across all age groups. We hope
you benefit from them in multiple ways.”*

TAARIKA DAVE

HEAD OF LIFESTYLE

YOGA AND NATUROPATHY EXPERT

LUKE COUTINHO HOLISTIC HEALING SYSTEMS

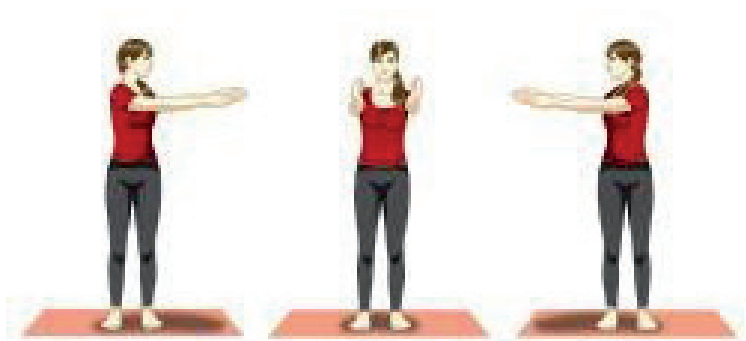
Quality sleep

- All repair, rejuvenation, healing and detox happens while you sleep.
- In case of women, sleep is when hormones attain balance.
- It is essential to set up a bedtime and hit the bed around same time every night. This is especially if you are suffering from a health condition.
- Today, we cannot do without our gadgets, but do not let gadgets or technology take your sleep away.
- Melatonin is a hormone that puts us to sleep. It is also a hormone that is suppressed when we expose ourselves to artificial light. Melatonin is an immunity-boosting and cancer-protecting hormone too.
- The best time to sleep is 10.30 pm according to our circadian rhythm clock. Try to get in 10 minutes of breathing, prayer or meditation before sleep. Try to wake up when the sun rises.

Emotional detox

- Detach yourself from unnecessary stress. Your body is not designed to handle the amount of stress that you are currently handling right now.
- Avoid controlling or worrying about your kids. They are on their own life path. What you can do is pray, nurture, protect and love them.
- Pray with belief, faith and then surrender the outcome.
- Try not to worry. Stress will ruin your health, create more inflammation and cripple your immune system.
- Choose a path that helps lower your stress: meditation, prayer, pranayama, follow your passion. Whatever works for you.
- Do things that make you happy.
- Do not compromise on your health by staying up all night to speak to your kids who stay away from you. Fix a convenient time that is convenient for both time zones.
- Enjoy the rest of your years; you have worked hard towards a great life and raised a great family. It's now time for you to relax and enjoy.
- Remain grounded. You will realize that as you age, materialistic things lose their shine. Things like memories, health, good relationships, family, intimate relationships, giving back are what gives more happiness, joy and contentment.
- Learn to let go.
- Accumulate wealth and abundance, but also have good health to enjoy it. Invest in your health too.
- Invest your energy in visualising good things instead of worrying things. Worry and anxiety are wasted emotions.

ASANAS FOR SENIOR CITIZENS/ SUKSHMAVYAMA



KATI CHAKRASANA (STANDING SPINAL TWIST)

- Stand up straight with your feet together.
- Keep your spine erect, keep your shoulders straight.
- Keep your legs apart from each other equivalent to the shoulders.
- Stretch your hands to the front, palms facing each other.
- Your hands should be in line with your shoulders.
- First inhale and then while exhaling twist from the waist to the right and look back over the right.
- Keep your breath out and stay in this position as long as possible.
- Inhale and slowly come back to the centre.
- Exhale and twist from the waist to the left and look back over the left.
- Keep your breath out.
- Stay in this final posture as long as possible.
- Come back to the centre and relax.
- In the twisted position, if you want to stay for longer then you need to slowly keep on breathing.

- This is the complete cycle of this posture.
- This posture can be repeated 10–20 times or even more as per convenience.

Contraindications:

- Avoid practicing if you have recently undergone any abdomen or spinal surgery.
- Avoid practicing if you are suffering from hernia, slip disc or any abdominal inflammation.

2. SEATED SUN SALUTATION (SURYA NAMASKAR)

This variation of Surya Namaskar(Sun Salutation) is an option for senior citizens. Surya Namaskar benefits the body in more than one way. The most important benefit is that it keeps you fit and flexible. Chair Surya Namaskar offers you the same benefits with the comfort of a chair to support you. It has just as many benefits as the traditional version.

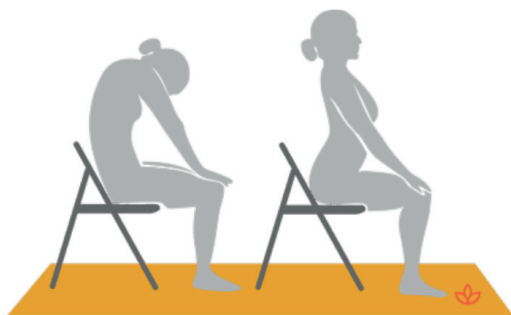
- Sit on a chair with your legs shoulder-length apart and hands folded.



- Gently raise your hands up and bend backwards while maintaining a rigid posture.
- Bring your hands down to touch the floor beside your feet while making a gentle attempt to touch your nose to your knees.
- Push yourself back and bring your right leg up onto the chair while holding it with your hands and lean your head back.
- Bring your head forward and make a gentle attempt to touch the knee of the raised leg.
- Bring your leg down and push back raising your hands.
- Lean forward while trying to touch the floor with your hands, as in Step 3.
- Now, bring your left leg onto the chair and repeat the cycle.

3. MARJAIASANA BITILASANA (SEATED CAT COW POSE)

- Sit in a sturdy chair, feet flat on the ground. Sit towards the middle of the chair.



- Place your hands on your thighs.
- Inhale and arch your back, opening the chest and lifting the chin slightly.

- Exhale and round your back, drawing the chin toward the chest.
- Repeat slowly.

3. SHAVASANA (CORPSE POSE)

Relieves stress, depression and fatigue. It helps the body relax and prepares it for sound sleep. It also stimulates blood circulation.



- Lie flat on your back, preferably without any props or cushions. Use a small pillow below your neck if absolutely required. Close your eyes.
- Keep your legs comfortably apart and let your feet and knees relax completely, toes facing to the sides.
- Place your arms alongside, yet a little spread apart from your body. Leave your palms open, facing upward.
- Focus your attention on different parts of your body one by one; slowly relax your entire body.
- Begin with bringing your awareness to the right foot, move on to the right knee (as you complete one leg, move your attention on to the other leg), and so on, and slowly move upwards to your head, relaxing each part of the body.
- Keep breathing slowly, gently and deeply, and allow your breath to relax you more and more. The incoming breath energises the body while the outgoing breath brings relaxation. Drop all sense of hurry or urgency or any need to attend to

anything else. Just be with the body and the breath. Surrender the whole body to the floor and let go. Make sure you don't fall asleep!

- After some time, about 10–20 minutes when you feel fully relaxed, keeping your eyes closed, slowly roll onto your right side. Lie in that position for a minute or so. Then, taking the support of your left hand, gently sit up into a seated pose such as Sukhasana (Easy Pose).
- Keep your eyes closed and take a few deep breaths in and out as you gradually become aware of your environment and the body. When you feel complete, slowly and gently open your eyes.

Contraindications:

None (unless your doctor has advised you, for some medical reason, to avoid lying on your back).

FEW MORE LIFESTYLE TIPS

- You do not need superfoods; you need these simple lifestyle changes to enhance your health, happiness and life.
- If you have lived your life a particular way and your health is fine right now, do not complicate your lifestyle. If you have a disease, then changes are required, otherwise continue doing what works for you.
- You must get your medical tests periodically or at least once a year to know your levels.
- If home remedies worked for you, use them.

IMPORTANT TESTS FOR SENIOR CITIZENS

CBC, FBS, HbA1c, Lipid profile, LFT (liver function test), RFT (renal function test), T3, T4, TSH, PSA (for men), vitamins D3 and B12, urine and stool routine, iron studies with ferritin.

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A SPECIAL NOTE FOR FRONTLINE WORKERS

FOR ALL THE frontline workers, doctors, nurses, ward boys, everyone who is out there putting their lives at risk so that we can stay safe, firstly, we are extremely grateful for all that you do. This is nothing short of commendable.

It is possible that your immune system is challenged right now due to long hours of work, lack of quality sleep, high stress levels, a nutritionally insufficient diet, dehydration and low sun exposure among other conditions.

In the midst of all, never lose sight of the importance of taking care of yourself. Remember the old saying “Always put your own oxygen mask on first before you can assist the person next to you.” You can’t help others if you are incapacitated because of poor physical, emotional, psychological or spiritual health.

It is thus of prime importance that you take extra measures to give your immune systems a much-needed boost because chances of you

being exposed to the virus/pathogen or whatever it may be is much, much higher. Here is a checklist for you:

Balanced nutrition

- Maintain your vitamin D3 and B12 levels.
- Keep your gut healthy and clean. A daily dose of probiotics either through supplementation or natural foods will help.
- Maintain adequate levels of zinc, iron, magnesium, selenium and vitamin A and C. These are key to maintaining a strong immune system.
- Avoid consuming refined sugar as it suppresses immunity almost immediately.
- Eat one or two fruits that are in season daily.
- Consume a portion of soaked nuts and seeds.
- Easy-to-cook meals like Khichdi, Lentil-Rice, Sambhar-Rice are fast and easy options for you.
- Consume 1–2 tbsp of cold-pressed coconut oil plain or in your daily cooking.
- Sip on water (lukewarm, if possible) throughout the day to maintain hydration levels.

Adequate exercise

- Take out the time to stretch your body time to time. Exercise when you can.
- If you cannot take out time to do any physical activity, make sure you do neck rotation, arm curls, arm rotations, shoulder rotations, leg lifts and hip rotations to keep your circulation going from head to toe.

Quality sleep

- Make sure you are getting enough sleep every night.
- Even if you manage to get 5–6 hours of deep quality sleep, it will help recharge your immune system.
- Practice 10–15 rounds of left nostril breathing or anulom-vilom before sleeping to enable your body go into deep sleep mode.
- Avoid caffeine after 3 pm as that could hinder sleep as well.
- After you come back home after a long shift, make sure you do things that help you disconnect from the day. Having a bedtime ritual will help you: read a good book, take a bath, pray or do anything that calms you down.
- Avoid the news and any screens before bedtime.

Emotional wellness

- Bring your focus back to your breathing, your inhalation and exhalation, if you ever feel your mind drifting towards stressful thoughts.
- Spend anywhere between 2 and 15 minutes to meditate as you wake up in the morning. It will help you remain grounded and centred, and prevent you from reacting to all that is happening around you.
- Make use of free moments during work to find a quiet place and practice deep breathing.

14

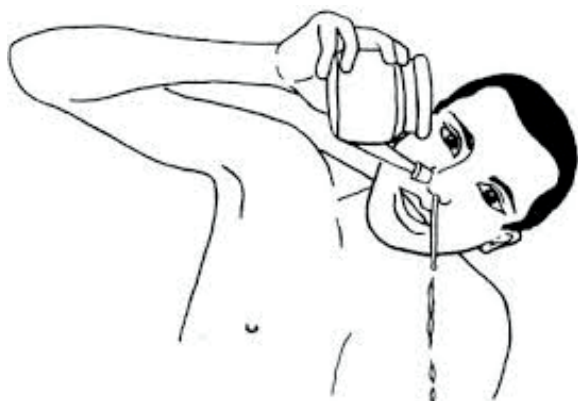
REMEDIES SWORN BY EXPERTS

PRACTICES THAT CLEAR UP SINUSES

Nasal irrigation (Jal Neti) techniques, such as using a neti pot, are used in Ayurveda for basic daily hygiene, and to relieve congestion and irritation from dry nasal passages. In combination with forward bends like Adho Mukha Svanasana (Downward-Facing Dog) or Uttanasana (Standing Forward Fold), they can help clear mucus and congestion. Just remember to use purified water.

JAL NETI

Jal Neti is a technique that was used by yogis to stay disease-free and more importantly, to use the breath without any blockages for their yogic practices. Jal Neti is a technique of cleansing your nasal path to remove the mucous and blockages, if any. It involves pouring water into one nostril and flushing it out from the other nostril, helping you keep the nasal passage clean.



In order to perform Jal Neti you will need:

- A neti pot
- A pinch of salt
- Lukewarm water

Heat filtered or bottled water (about 500 ml) to the point of boiling.

Add a teaspoon of sea salt, pink salt or rock salt (preferably) and stir. Let the water come to warm enough temperature that can be poured into the nose without causing a burning sensation. (Test the heat with your fingertips.)

A neti pot is usually small, and has a long spout that is thin enough to be gently inserted into one of the nostrils during the process. A copper neti pot is more effective than a plastic one.

Procedure:

- This process should be done sitting down as it will help you stay calm and stable. You can also stand and bend forwards to let the water flow in the right position.

- Place the spout or the nozzle of the pot inside the left nostril. The cone present at the end of the nozzle should be inside your nostril.
- Tilt your head towards the right side and open your mouth to breathe. Adjust your head till the water flows from the left nostril into right nostril and is finally flushed out. Continue till the water in the pot finishes.
- Fill the pot again and repeat the process with the right nostril. You may experience irritation in your nose in addition to sneezing or coughing during the first few attempts. That's completely normal. However, one must ensure that your nose feels dry after completing the entire process. If there is some moisture, you can practice Kapalbhatai Pranayama after performing Jal Neti, which will draw out any remnants.

Precautions:

- Jal Neti should be practiced carefully else it can have serious consequences. For instance, moisture in your nasal passage can cause infections. So make sure that your nose is dry after performing the technique.
- Do not ingest the water as it can allow bacteria to enter the body and cause fungal growth.
- If you are practicing Jal Neti for the first time, ensure that you are fit to practice this process. And if you are fit it is recommended to practice it under expert supervision.
- One should first clear the nose by Kapalbhatai Pranayam and then practice Jal Neti.
- The proportion of salt in water should be kept in mind as more salt will lead to a burning sensation in the nasal region.

Contraindications:

- If the nose is blocked with cold or bleeding or infected internally, then avoid this kriya (process).
- Also avoid practicing it at night. Always do it when the sun is shining (preferably early in the morning on empty stomach).

DOWNWARD-FACING DOG (ADHO MUKHA SVANASANA)

This yoga asana targets the circulatory system and is an excellent all-round warm-up. It stretches and strengthens most of the major muscle groups, promoting circulation and helping white blood cells move through the body to fight invaders.



Procedure:

- Come onto your fours. Form a table such that your back forms the table top and your hands and feet form the legs of the table.
- As you breathe out lift your hips up; straightening the knees and elbows form an inverted V-shape with the body.
- Hands are shoulder width apart, feet are hip width apart and parallel to each other. Toes point straight ahead.

- Press your hands into the ground. Widen the shoulder blades. Keep the neck lengthened by touching the ears to the inner arms.
- Hold the downward dog pose and take long deep breaths. Look towards the navel.
- Exhale. Bend the knees, return to table pose. Relax.

Contraindications:

- Heart disease: The flow of blood to the brain cells in this position can bring uneasiness.
- High Blood Pressure: This again brings a sudden flow of blood and some pressure to the brain, causing difficulty in breathing.
- Slip Disc: An injured spine is weak and needs rest.
- Vertigo: As there is pressure in the neck region, further damage can be caused if one is suffering from vertigo.
- Avoid doing this asana if you suffer from carpal tunnel syndrome, detached eye retina, weak eye capillaries, dislocated shoulder/shoulder injury or diarrhoea.

STEAM INHALATION



Steam inhalation with a few drops of eucalyptus essential oil in the water.

Procedure:

- Take a bucket of hot water and add a few drops of pure eucalyptus oil/peppermint oil. One can also add turmeric (haldi) or caraway (ajwain).
- Now, place your head in such a way that you can comfortably inhale the steam from it.
- Place a towel over your head for effectiveness and continue this for about 5 minutes.
- Do this morning – evening – post dinner, if suffering from a severe cold. This will help loosen up a lot of mucous.
- Please be careful if you have small kids around.

HOME REMEDIES FOR COLD AND FLU

- For non-vegetarians:
 - Prepare around 1–2 bowls of chicken soup.
 - Add carrots, onions, garlic, ginger, mild salt, pepper and turmeric, boil it like a broth and sip hot.
- For vegetarians:
 - o Prepare a normal and basic tomato soup.
 - o Add basil, ginger, garlic, onions, mild salt, pepper and turmeric. Sip hot.
- Saltwater gargle with a pinch of rock salt will also help.
- A concoction of ginger, honey, and garlic:
 - o Boil 1 inch of ginger with two or three mashed cloves of garlic, let it steep, turn off the gas.
 - o Add raw, unpasteurised honey and sip the concoction.
- Amla (1 tbsp Amla powder in lukewarm water) can be sipped too.
- Probiotics like sauerkraut (pickled cabbage).

- Kadha (concoction)

Grind Tulsi leaves, black pepper and ginger together and then boil the mix in water. To sweeten the concoction you can add some organic raw honey. This kadha works wonders for cold and cough.

RICE KANJI (POWERFUL ANCIENT PROBIOTIC)

Leftover cooked rice that people often toss into the bin can become a super, natural, inexpensive probiotic for your gut, which means better immunity. Your gut is your largest immune organ. Treat it well.



Overnight soaked fermented rice in a clay pot works like a natural probiotic.

How to make it?

1. Let the cooked rice cool.
2. Take 1 tbsp of rice per person, put it in a clay pot or a mug.
3. Cover it with water.
4. Place a lid over the pot and leave it overnight.
5. Consume the rice and water on an empty stomach next morning.
6. This is a powerful probiotic for the gut and gut-related problems.

GARLIC-INFUSED HONEY



Crushed garlic cloves soaked in honey.

Take a jar filled with raw honey. Crush or mince about 10–12 garlic cloves and add it to the jar. Allow the jar to sit on a window sill for 3 days. After 3 days it's ready to consume. One can have 1–2 tsp of this every day.

Benefit: Liver cleanse, fights allergies, boosts immunity, rich in antioxidant, antimicrobial, antifungal and antiviral properties.

CHOPPED ONIONS IN WATER



Chopped onions in a bowl of water is a simple and effective remedy for cold, coughs and fevers.

Onions (and their stronger counterpart, garlic) are part of the Allium family of plants, which are traditionally known for their immunity boosting properties, including being natural antiviral, antibiotic, anti-inflammatory and expectorants. Cut some onions, soak in drinking water for 6–8 hours. Post that, consume 3 or 4 tbsp thrice a day, the water as well as the onions. This is safe for kids as well. They can have 3 or 4 tsp thrice a day.

ONION SYRUP



Onion syrup is a suitable remedy to boost kids immunity.

Onion cough syrup is actually known as a children's remedy because it's gentle and sweet. Of course, it can also be used by adults or elders — anyone who wants a gentle cough remedy.

1. Peel your onion. Slice it into rounds (which will fit into your jar).
2. Layer onion and raw honey in the jar. It's like making an onion parfait!
3. When the jar is full, cover it and set at room temperature for 6–8 hours until a syrup forms.
4. You'll see a syrup start to form within an hour or two. Leave it for approximately 6–8 hours until it's completely liquid.
5. It's ready to use! Simply eat a spoonful of this syrup as needed to soothe your cough. Store in the refrigerator. Discard after 48 hours.

Dosage: Whenever you feel a cold coming on simply take up to 1 tsp for children over 1-year-old and up to 1 tbsp for adults every 1–2 hours until the symptoms disappear.

CHYAWANPRASH (A HERBAL AND TRADITIONAL IMMUNITY BOOSTER)

Ingredients:

- 2–3 cups Amla or Indian gooseberry
- 1 cup organic jaggery
- 5–6 tbsp A2 ghee

Spice Mixture (to be ground):

- 6–8 Green cardamom or Elaichi
- 1 tbsp Whole black pepper/Kali mirch
- 5 gm Nutmeg/Jaiphal
- 1 Bay leaf/Tej patta
- 1 inch stick Sri Lankan rolled cinnamon/Dalchini
- 1–2 tbsp Fennel seeds/Saunf
- 5 gm Cloves/Laung
- 5–6 Strands saffron/Kesar
- 10 gm Dry ginger powder/Saunth

Instructions:

1. Wash amla or Indian gooseberry and pat them dry.
2. Arrange a pressure pan, add the amlas to it.
3. Add water and close the lid. Boil the amlas for two whistles or 10 minutes on full pressure.
4. Turn the flame off and let it sit in steam till the pressure is released.
5. Drain the water and remove the pits. After amlas boil they become soft and you can easily remove the pits.
6. Put the pulp in a blender and make a smooth puree. You can use a spoon of water to ease grinding.
7. In a pan add some ghee, add amla puree to the ghee.
8. Keep sautéing for good 10 minutes or until you see the ghee being released.
9. Add jaggery powder to the amla puree.
10. Keep sautéing till you achieve a thick, sticky, messy mass.
11. On the side, take the spice mixture ingredients, blend finely.
12. Add ground spice mixture to the pan and mix well.

13. Continue to cook for another 5 minutes till everything is well combined.
14. Let it cool down and transfer to an airtight jar.
15. Eat a spoonful daily to build immunity and stay away from illness.
16. Children can take 1 tbsp in milk too.

Notes:

- The dry spice mixture can be used as chai masala to relish the tea.
- The amla jaggery mixture can be used as a jam too. Spread on a roti or a paratha.
- Stays good for 4 months, can be stored in an airtight container.
- Amla, the vital component, detoxifies the body and cleanses the blood, liver, spleen and the lungs. It enhances youthfulness, promotes healthy muscle mass and tones the body.
- Dry ginger powder is anti-inflammatory and helps to relieve cold.
- Cinnamon has carminative and astringent properties.
- Nutmeg has antibacterial properties.
- Black pepper helps increase the production of hydrochloric acid needed by the stomach for digestion.
- Saffron has antioxidants and antidepressant properties.

OIL PULLING

It's amazing to see the scientific research done on oil pulling by the National Center for Biotechnology Information for cases of plaque, gingivitis, oral hygiene, bacteria, dental cavities and bad breath. Traditionally, oil pulling is an Ayurvedic technique and Ayurveda is a science that has existed for decades.

Our tongue is considered as the map of the body and a mirror of health. That's why it's mandatory for me and many other health professionals to ask the patient to show us their tongue. There is so much you can learn from the tongue. Its colour, the back of the tongue, the coating, the colour of the coating, bumps and other observations can give you a clue about the health of the gut, liver and other correlations of the patient and their symptoms.

Preferable oils for oil pulling: Cold-pressed sesame or coconut oil.

Procedure:

- Take 1–2tbsp of oil and swish it well around the mouth and in-between the teeth for anywhere between 5 and 20 minutes. This is best done in a sitting position and on an empty stomach before any food and water. Do it first thing in morning even before brushing your teeth
- Children over 5 years can start with 1 tsp oil.
- *Do not swallow the oil.* It is actually to pull toxins, bacteria, viruses and fungi out of your mouth.
- You can do it every day or twice a week.
- This is not a replacement for your dental visits.
- We must still cut down on sugar and junk that feeds the bacteria and microorganisms in the mouth as these also create a perfect environment for tooth decay.

Benefits:

- Oil pulling can boost your immunity and make it stronger.
- It reduces the toxic overload in the body, thereby reducing inflammation, which is the number one cause of most medical

issues today. Oil pulling helps with that because of the antibacterial and antiviral properties of coconut oil.

- When you swish the oil, it also whitens your teeth. Oil pulling can make your teeth whiter over time, making it the most natural method for whitening teeth.
- It also strengthens your gums. Most mouths contain bacteria called streptococcus bacteria which is the number one bacteria that causes the decaying of teeth, which leads to cavities. So the more oil pulling you do, you have the ability to control this decaying, and to actually heal cavities and prevent cavities that may have been formed or which may form in the future.
- Helps tackle oral thrush due to candida overgrowth.
- When we reduce toxicity through oil pulling we can aim for better hormonal balance as well.
- It keeps your skin clear because you reduce the amount of bacteria and toxins in the body.
- Oil pulling is excellent when it comes to headaches and migraines because most headaches and migraines are created by toxic waste in the mouth or built up through constipation and excess toxins in the human body. So oil pulling early in the morning helps pull out toxins from the human body.
- Regular oil pulling helps mouth ulcers, dryness in mouth (xerostomia) and sense of taste, which are often side effects of chemotherapy and radiation.

Because Ayurveda believes that the tongue is connected with every organ in the body, it states that full body detoxification can also happen through oil pulling.

Oil pulling has shown positive results in reducing plaque, gingivitis and killing bacteria in the mouth after 4 weeks of consistent oil pulling.

Try it. You lose nothing by trying. Just do not spit the oil out in the sink as it can clog the pipes.

You can also make your own DIY – mouthwash.

TONGUE SCRAPING

An ancient and long-forgotten remedy of tongue scraping is a powerful detoxication tool too. It is done via a specialised tool that could either be made of steel or copper, avoid plastic. It helps in scraping off the toxins and residue that accumulate on our tongue through the night in the form of white coating (another aspect indicating how powerful sleep is for detoxification). Tongue scraping also helps in preventing tooth decay and bad breath. It can be performed after oil pulling and brushing, but before eating or drinking.



Dry brushing and copper tongue cleaner are simple and traditional ways to detox and boost immunity.

DRY BRUSHING

Dry brushing, known as Garshana in Ayurvedic medicine, is a great practice to not only exfoliate the skin, but it also helps in releasing impurities by encouraging blood and lymph flow. In addition, like any massage it also reduces stress.

The lymphatic system is pretty close to the surface of the skin. It doesn't take deep pressure to help release lymphatic congestion, which is why dry brushing your skin is so helpful. This process requires just a few minutes before your shower and stimulates lymphatic flow.

For dry brushing, one needs a soft, natural-bristled brush. Proceed with gentle, repetitive strokes, upward from the feet and hands and always towards the heart to encourage lymph drainage. Use long strokes on the long bones of the legs and arms and on the back. Use circular strokes on the joints, chest and belly. Do not use too much pressure, and be careful on sensitive areas; your skin should turn just slightly pink.

A dry brushing session should take between 5 and 15 minutes, depending on the demands of your schedule. Do it before your morning shower, so you can rinse away any loosened skin cells and toxins.

There are various online tutorials to help you with the procedure to dry brush.

Apart from stimulating the lymphatic system, dry brushing also helps in:

- Skin smoothening by getting rid of dead cells. It is a great exfoliation practice.
- It helps getting rid of cellulite, along with other lifestyle factors.

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OUR TOP PRESCRIPTIONS FOR IMMUNITY BEYOND MEDICINE

VITAMIN O – OXYTOCIN

- Oxytocin, also known as a cuddle hormone or love molecule, is a powerful hormone that can make us happy, alert, improve our relationships, reduce our stress, improve our sex lives, calm us down, boost immunity and do so much more. It plays a huge role in affecting our mood and how we feel in life.
- Oxytocin begins to function the moment a new born baby is handed over to the mother. Oxytocin is what creates a bond between the mother and the child, with the help of touch. The hormone affects brain health and influences anxiety, depression, stress and the nervous system; it may even improve immunity.
- People who fall in love experience a high production of oxytocin. It makes them behave and think differently. Oxytocin

is made in the hypothalamus of the brain and secreted in the pituitary gland.

- Oxytocin production can help in reducing inflammation. The more oxytocin you produce, the less inflammation you will have in your body.
- Oxytocin activates serotonin and that is when our mood improves and we feel good.
- It activates endorphins that are secreted by the pituitary gland. Endorphins are also known as nature's morphine. Morphine is taken as a painkiller and endorphins perform in a similar way in the body. Runners are able to experience runner's high because of endorphins. Runner's high is a phenomenon wherein runners don't feel the pain despite running for long durations or wear and tear of muscles. Production of endorphins is responsible for runner's high. Endorphins also stimulate dopamine. Dopamine is a hormone which helps you have a sense of pleasure. If your dopamine is not activated, you might not be able to experience pleasure from things that are supposed to make you happy. Thus, oxytocin is an important hormone for endorphins to function properly.
- How to stimulate oxytocin?
- Touch: Something as simple as human touch can stimulate oxytocin. Human touch makes you feel good and helps in creating a bond. Hugs stimulate oxytocin. Simply holding hands with someone you love is going to help in stimulating oxytocin.
- Massage: A light massage also helps increase the "love hormone" oxytocin that is again known to boost immunity. In fact, massage also helps the immune system. A Swedish massage group found that there were lower levels of cortisol, a hormone elevated by stress, and a rise in lymphocytes in response to a massage.

- Love: Oxytocin is known as the love molecule. When you are in true and respectful love, it makes you feel good and stimulates production of oxytocin.
- Pets: Having pets with whom you can play, cuddle and spend time can also stimulate the production of oxytocin.
- Gifts: Giving small and meaningful gifts can up your levels of oxytocin. They needn't necessarily be expensive. Even small gestures of giving without expectation can make you feel good and stimulate oxytocin in the body.
- Exercise: Doing exercises that you love is going to help produce more oxytocin and endorphins in your body.
- Food: Eating food that connects with you can lead to the production of more oxytocin. A good, healthy and balanced diet makes you feel good, does not make you overeat and also helps in maintaining your overall health.
- Engaging in activities that boost adrenalin: Engaging in adventure sports like mountain climbing or underwater diving can stimulate production of oxytocin.
- Gut health: Your gut and brains are connected with each other. A healthy gut can help in production of oxytocin.
- Proper and good quality of sleep can facilitate production of oxytocin in the body.
- Good friends and great relationships: These two are great for production of oxytocin in the body. Surrounding yourself with people who love you, acknowledge you and give a sense of belonging can make you feel happy in life.
- Coffee in moderation: Ever heard of the idea of having great conversations over a cup of coffee? Yes, coffee, when consumed in moderation, can stimulate oxytocin production.

- Meditation and deep breathing: Meditation and deep breathing activities are great for stimulating production of oxytocin and reducing stress.

VITAMIN Y

You've probably never heard of vitamin Y because it's not a vitamin that we get in foods, seeds, nuts, animal products or plants. It's nothing but "YOU." Each of us need to take out at least 15–20 minutes each day just for ourselves. Just you and you alone. No technology, Facebook, videos, Twitter, Instagram. Just try to put away the gadgets and sit by yourself. This is the time when you wouldn't even want your husband, wife, boyfriend, girlfriend or children. It's YOU time where you sit in solitude.

If you allow this, there is a lot of magic that happens in solitude. You really start understanding more about yourself. You start reflecting, introspecting and realising how your life is and if it is moving in the right direction.

How can you find YOU time? Sit down with a paper and pen and start writing down everything that you do in a day. Once you do that, you will find pockets of time that you probably aren't aware of. "Me" time could be as simple as doing yoga, meditating or just sitting and being all by yourself. You don't have to try to do something. You can just be listening to your favourite songs or reading your favourite book. It could involve watching a sunset with a cup of coffee or tea, watching the sunrise, sitting by the ocean or in a park or even bedroom, but alone.

Today, most sickness is caused because of human emotions. Feelings like anger, resentment, guilt, fear, insecurity, low self-esteem can be detrimental to us. When you start to introspect, you start asking questions like "Am I doing the things I really love?" "Am I in the right place?"

“Is this job making me feel awful and negative?” These are the questions that we need to ask ourselves in order to move ahead.

If you look at a wheel of a bullock cart used in the olden times, you will notice that the wheels had a pin called the linchpin. That pin helps keep all the wheels together. You pull out the linchpin and the entire cart collapses. Similarly, every human being has a linchpin, meaning, the most important thing in their life. For some it's sleep and for some it's spending time with their family. What is your linchpin? Well, you can only answer that if you have spent time in knowing yourself enough.

BUILD YOUR OWN MUD/MICROBIOME BOX



Dirt is not just good for children. We all need a little dirt in our lives!

Research over the last decade or so has shown that microbes and bacteria in dirt can help boost your immune system and make you healthier and even happier.

Unfortunately, most people today have become germophobic, using germ-killing wipes, hand sanitizers, and even strong chemicals to clean their homes. We keep using all antimicrobial hand washes and bath soaps, which not only kill the bad microbes, but also wipe out the good microbes. But it turns out that dirt has an important immune strengthening purpose. Microbes play an important role in building a healthy gut and ultimately our immunity. So being exposed to some amount of clean dirt is good!

This makes perfect sense. As humans we have co-evolved for millions of years with microbes and parasites, both around and within our bodies. From the time a child is able to crawl, she/he intuitively knows to get dirty and to put dirty objects in her mouth. It's a natural way of allowing her/his immune system to explore her/his environment.

This routine exposure to harmless microorganisms in the environment, such as soil bacteria, trains the immune system to ignore benign molecules, such as pollen.

But dirt is not just good for children. We all need a little bit of dirt in our lives! In fact, doctors are now handing out “park prescriptions” for a range of conditions including heart disease, obesity and attention deficit disorder (ADD).

One very powerful lifestyle change is playing with soil. You are lucky if you live in places where you have access to gardens or clean outdoors. Please get your children to play in the mud and soil because the microbes in them get into their fingernails, skin and they reach their gut, making the gut as well as their immunity extremely strong. Handling soil also improves the ratio of good bacteria versus bad bacteria, making your immunity grow stronger. This is how you enable the body to help prevent allergies or to help fight the allergies that you currently have, and possibly heal them. However, if you don't live in a place where you have access or you have a limitation on space, you must think of investing in building a microbiome or mud box. It contains organic soil and a few leaves (to basically generate and feed the microbes).

Every day you and your child should play with the soil for 5 minutes. It is therapeutic; it connects you with nature. This way you can get microbes into your system, natural microbes that will feed your gut better than any supplement. It will make your child's and your immunity much stronger. It's fun and healthy too. After playing wash your hands but not with soap.

Remember, a healthy gut is everything when it comes to immunity, assimilation and digestion!

MICROGREENS



Tyanna with her microgreen tray.

Growing and eating microgreens is one of the best lifestyle change one can make to boost immunity. These tiny little greens are jam-packed

with nutrition and have much more to offer than what an adult plant would. They are 4- to 40-fold more packed with nutrients than their mature counterparts. For example, red cabbage microgreens have 40 times more vitamin E and six times more vitamin C than mature red cabbage. Cilantro microgreens have three times more beta-carotene than mature cilantro. Aren't these like nutrition bombs?

Microgreens are raw, super alkaline and feed your immunity like magic. Since they grow under your care and guidance, there is no risk of pesticide or herbicide spray. What's more, these can be grown even in a matchbox sized place. All you need is a microgreen kit, some time to sow the seeds and water these babies.

Sulphur-rich microgreens, like broccoli sprouts, are powerful immunity-boosting foods. Sulforaphane, a compound found in broccoli and in even greater quantities in broccoli sprouts, when ingested binds to a protein inside the cells, increasing the production of enzymes that help cells resist toxic substances, including carcinogens.

According to a study by J. W. Fahey, Y. Zhang and P. Talalay (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC23369/>), large quantities of inducers of enzymes that protect against carcinogens can be delivered in the diet by small quantities of young crucifer sprouts (e.g., 3-day-old broccoli sprouts) that contain as much inducer activity as 10–100 times larger quantities of mature vegetables. Hence, small quantities of crucifer sprouts may protect against the risk of cancer as effectively as much larger quantities of mature vegetables of the same variety.

Once they attain the desired stage, you can snip them off and add to salads, smoothies, green juices, sandwiches, soups, dals or simply nibble on them as green snacks. You can grow your own microgreens at home as well as in office space. They also adds a green patch to your living space, which is actually a nice feeling.

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A NEW WAY OF LIVING: THE WAY FORWARD



“Are you respecting your body’s inner biological clock? No amount of technology or organic food, exercise, etc. matters if your biological clock is out of rhythm. The time you eat and sleep and exercise matters. Align it with your inner clock and nature.”

“A NEW WAY OF living” is apparently new to us because we have moved too far from nature, but in reality it is how we were always designed to live. This way of living is going to align us with the laws of nature, without having to compromise on fun, socialising or entertainment time. You can still socialise, eat what you want but in a smart way. Half of the things we try to do in order to attain good health and great bodies may not be even required with this way of living, because this covers everything. All we need to do is understand how it works and change our mindset. Times may have changed, but our body and the way it functions remain the same. The fundamentals and principles of nature haven’t changed and never will. There is no point challenging these laws, just because we have advanced in terms of status, technology, power and so on.

Understand the science, physiology and how our body functions because then we understand why it is important to make lifestyle changes in a better way.

So, this way of living helps align with our circadian rhythm, an intelligence that nature has designed for us to perform certain tasks during certain times of the day, to avoid chaos in your body – right from hormones, blood sugar levels, heartbeats to hunger, cravings, memory, digestion and everything else.

WHAT IS THE CIRCADIAN CLOCK/RHYTHM?

Humans are products of nature and we thrive when we live according to the cycles of nature. An important aspect of nature and how human bodies have been designed to work is our circadian rhythm or sleep/wake cycle. It's an intelligence that generates feelings of wakefulness and sleepiness, hunger and satiety during an entire 24-hour cycle. Pretty much how we sleep, eat and digest, secrete certain hormones, bowel movements, detoxification – everything works according to the circadian rhythm. In simple words, it's about how different processes in our body are designed to be carried out during different times.

Think about the importance of timing in your life. Everything that happens in a typical day – the time you wake up, get your kids dressed for school, submission of an assignment and all other activities like these – revolves around time. What if we stopped respecting time? Nothing would work and there would be chaos, stress, agitation and frustration. Now, take that analogy and imagine a little clock in our brain called suprachiasmatic nucleus (SCN) that controls the circadian rhythm like a pacemaker by taking cues from the amount of light in the environment. It responds based on two stimuli: light and dark or day and night. This clock's main role is to send signals to the body to upregulate or downregulate functions in our body.

Every cell and vital function in our body – breathing, digestion, blood pressure, blood sugar, movement, hormones like insulin, oestrogen, thyroxine, testosterone – literally everything is controlled by this little clock. In fact, the very process of falling asleep happens according to our circadian rhythm when the light-sensitive sleep hormone called melatonin is secreted under appropriate conditions like dimmer lights. This is why not living or acting in accordance with our internal clock can prevent all the processes that are vital for human health.

Several studies have shown that the pancreas too has melatonin receptors, indicating that on the release of melatonin when it gets dark,

melatonin binds to the receptor on the pancreatic cells, thereby suppressing its function. Now, this speaks volumes about why late night meals can mess up our digestion, sugar levels and we may even wake up feeling acidic and heavy. Melatonin, upon its release, blocks the pancreatic function, because digesting food at night is not what your body is interested in.

Messing up with our circadian rhythm can disturb every single aspect of human health and function, which also means aligning yourself to the biological clock/circadian rhythm is perhaps the only lifestyle change you could make for everything else in your life and health to fall in place. There are studies to prove how a disrupted biological clock is connected to chronic health issues, from diabetes to heart disease to cognitive decline.

A good diet, exercise plan, yoga, pranayama, chanting and other such practices are all superficial if they are not put into a system. Look at cases of hormonal imbalance. It simply means that the body and hormones are not in sync with the circadian rhythm at all.

We also spoke about how morning breathing exercises (MBE) help improve health and longevity in cancer patients. Why morning? Circadian rhythm again! During the night, the breathing pattern changes, so MBE helps resets it and invigorates our lungs with oxygen.

Anyone who has pulled an all-nighter, worked in night shifts or travelled across time zones knows the unpleasant consequences, like haywire eating patterns, bowel movements and sleep patterns, associated with it.

WHAT UPSETS OUR CIRCADIAN RHYTHM?

1. Jet lag
2. Night shift work

3. Overexposure to artificial light, gadgets, screens
4. Frequent changes in routine like bedtimes
5. Hormonal changes during menopause or pregnancy
6. Stimulants like caffeine, tobacco, alcohol, drugs, social media

HOW TO RESET YOUR CIRCADIAN RHYTHM?

1. A consistent sleep and wake up routine
2. Eating dinner (last meal) as close to sunset as possible, followed by fasting until sunrise
3. Stare at the rising or setting sun for at least 2–3 minutes. This is when the sun rays are not harsh
4. Expose yourself more to natural light
5. Shield yourself from artificial light like cutting down gadget and screen exposure, wearing blue light blocker glasses and other such actions

If you are confused where to begin from, try adjusting your meal times according to the circadian rhythm. Eat your last meal close to sunset and fast through the night until sunrise. Eat only after sunrise and notice all the amazing changes you experience—high energy levels, alertness, better sleep, digestion, water retention, waking up with flatter stomach, no bloating, clearer skin, lesser cravings and so much more. Eating according to our circadian rhythm has proven to be by far the most powerful lifestyle change for so many people. Try it!

Here are a few guidelines to get you started:



Eating

- Eat your last meal of the day as close to sunset (7 pm) and fast through the evening and night, till the sunrise of the next day, thus giving yourself a good 12-hour break.
- Keep a 2- or 3-hour gap between dinner and bedtime.
- Make your lunch a smart meal. If you wish to have an indulgent meal like a dessert, do it during the day when your metabolic

fire can support it. At night your body wants clean fuel to be able to break down effectively. It will not be able to break down a piece of cake as effectively at night, as it would during the day.

- Have coffee 2–3 hours after you wake up. Cut down on coffee in the second half of the day, as you do not need a stimulant in your body.
- Keep your maximum calorie intake between breakfast and lunch. Dinner should be the lightest meal.
- One can have a snack if needed.
- Eat around the same time every day. Remember, timing is everything! It is important and key for circadian rhythm syncing.

Exercise

- Have a regular regime and workout around the same time every day. Our body and muscles have a memory when it comes to a workout too. It expects us to break into a workout if we have been regularly working out at a specific time.
- Identify what kind of a workout person you are. Are you a morning person or an evening person?

Sleep and wakeup

- Go to bed around the same time every night and try to wake up at sunrise. Maintain the same time all through the 5 days of the week at least. Aim for this is especially if one wants to heal their disease.
- Disconnect from blue/artificial light close to bedtime. Such kinds of light suppress melatonin secretion. This should be done at least 1–2 hours before bedtime. Earlier the better.

Plan your day if you want to fit in television or other modes of recreation.

- Wake up before or with sunrise and not after sunrise. If you wake up before sunrise, continue fasting till the sun rises. Avoid eating before sunrise (unless you are on a specific religious ritual that asks you to do that). Your metabolic fire wakes up with sunrise and hence is at its highest at 12 pm.
- Avoid phones for at least 1–2 hours of waking up. Avoid social media too.

Pooping

Try to clean your bowels first thing after waking up. This is how the rhythm of nature is designed. Clean yourself inside out first before you begin your day.

Other lifestyle changes to sync your circadian rhythm

- Try to connect with nature as soon as you wake up. Open the windows, let bright sunlight hit your eyes.
- Get blue blockers glasses and adjust screen brightness if you have to look at your screen or artificial light late at night.
- Try to make your bedroom as dark as possible.
- Switch on soft lights once the sun sets.
- If your meditation and workout apps are on your phone and you have to look at them, then use the first hour after waking up to perform all your other morning rituals – oil pulling, pooping, brushing and then open your phone. Similarly during bedtime, just open the app, play the file and shut it down. Avoid prolonged exposure to blue light. One can prefer using audio files if possible.
- Individuals staying in countries where the sun sets late must follow the rhythm according to their geography.

Now, build your lifestyle according to this. Living this way will help gain the ability to live life to your fullest potential because you will have your health. Try to practice this for five out of seven days and notice how you feel.

Apply all that you have picked up from this book – balanced nutrition, quality sleep, exercise, yoga, morning breathing exercises, music, meditation and everything else – and use it within the frame work of the circadian rhythm and the earlier-mentioned guidelines and experience how life, good health and, most importantly, *a strong and efficient immune system* works for you.

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IMMUNITY-BOOSTING RECIPES

HOMEMADE BREWS/TEAS/CONCOCTIONS/ KADHAS

Name	Preparation/Procedure	Notes
Anti-Bloat Tea (Combats acidity, gas, bloating and flatulence)	Ingredients 1 tbsp jeera/cumin 1 tbsp saunf/fennel 1 tsp ajwain/Bishop's weed Instructions 1. Boil the ingredients in 1,000 ml water till it reduces to half (500 ml). 2. Let it cool. Strain and sip. Can have a cup of this 40–45 minutes post meals or fill a bottle and keep sipping all day.	

Name	Preparation/Procedure	Notes
Lemongrass Tea Infusion	<p>Ingredients</p> <p>2–3 stalks of fresh lemongrass or dried lemongrass</p> <p>2–3 cloves</p> <p>3–4 elaichi/green cardamom</p> <p>¼ tsp black peppercorns</p> <p>¼ tsp saunf/fennel seeds</p> <p>1 inch dalchini/cinnamon</p> <p>Few strands of saffron and Oolong tea/green tea/black tea</p> <p>½ tsp fresh turmeric and fresh ginger, both grated (optional as per seasonal availability)</p> <p>1 star anise</p> <p>Instructions</p> <ul style="list-style-type: none"> • Boil all the ingredients in 4 cups of water, reduce it to half. • Strain and serve. <p>Can add raw honey. Add a slice of lemon while serving.</p>	
Herbal Tea Infusion	<p>Ingredients</p> <p>2–3 cloves</p> <p>3–4 elaichi/green cardamom</p> <p>¼ tsp black peppercorns</p> <p>¼ tsp saunf/fennel seeds</p> <p>¼ tsp coriander seeds</p> <p>1 inch dalchini/cinnamon</p> <p>Few strands of saffron and Oolong tea</p> <p>½ tsp fresh turmeric and fresh ginger, both grated (optional as per seasonal availability)</p> <p>1 star anise</p> <p>Instructions</p> <p>Add the ingredients to a glass of water or a glass water bottle. Allow it to infuse. Strain and sip.</p>	

Name	Preparation/Procedure	Notes
Magic Lung Tea	<p>Ingredients</p> <p>1 inch piece ginger/ 1 tsp dried ginger powder</p> <p>1 Ceylon cinnamon stick/ ¼ Ceylon cinnamon powder</p> <p>½ tsp tulsi/Holy basil (fresh/dry)</p> <p>1 tsp oregano dry (or fresh leaves)</p> <p>3 peppercorns</p> <p>2 crushed elaichi</p> <p>¼ tsp fennel seeds</p> <p>Pinch of ajwain</p> <p>¼ tsp jeera/cumin)</p> <p>1–2 cloves of crushed garlic (optional)</p> <p>Instructions</p> <p>Boil the ingredients in 2 cups of water for 10 minutes and then simmer; strain and sip warm (can add pure raw honey or jaggery to sweeten).</p>	

Name	Preparation/Procedure	Notes
Jaljeera	<p>Ingredients</p> <p>3–4 cups water 2 ½ tsp roasted cumin powder 1 tsp saunf/fennel seed 2 tsp lime juice ½ tbsp dry ginger powder or grated fresh ginger 1 bunch of fresh mint leaves ½ tsp kali mirch/black pepper A pinch of hing/asafoetida Organic jaggery/honey Black salt or rock salt as required 1 tbsp finely chopped raw mango for garnish</p> <p>Instructions</p> <p>Combine all the ingredients [except water] into a processor. Grind until all blends well. Strain with a strainer. Finally add 3–4 cups of water or as required. Place in an earthen pot. Serve your jaljeera chilled with some finely chopped raw mango, lime wedges and mint leaves. If you like it a little sweet then add organic honey or jaggery.</p> <p>As you sip the coolant and take in all the spices, it is easily absorbed into the system through osmosis and kills all microbes.</p>	

Name	Preparation/Procedure	Notes
Sleep Potion	<p>Ingredients $\frac{1}{4}$ tsp nutmeg powder 5 strands of kesar/saffron 2 tsp khus khus 5 black raisins (soaked)</p> <p>Instructions Mix all spices in a cup of warm water for couple of hours, let the contents seep well into the water. Have it with soaked raisins.</p>	
Pain relief mix	<p>Ingredients 20 gm ginger powder 10 gm pepper powder 50 gm methi seed powder 50 gm turmeric powder</p> <p>Instructions Mix and store in an airtight jar. Consume about 1 tsp of this mix in a glass of lukewarm water.</p>	
Cure for Congested Chests	<p>Remedies that work like magic</p> <ul style="list-style-type: none"> • Freshly made ginger tea with 3 peppercorns, some cinnamon and elaichi and 3 mashed garlic cloves works best for this. • Fresh carrot juice with 1 tbsp raw coconut oil. • Boil water with 1 tbsp ajwain and take steam for 5 minutes. This will help to breakdown the mucous. • 1 tbsp of pure honey taken plain or added to ginger tea also helps in a big way. 	<p>If we help the body or lungs break down the mucous then we can eliminate it easily, bringing immediate relief. And the sooner we get it out the better because when it gets infected that's when the fevers and body aches start.</p>

THE MAGIC IMMUNITY PILL: *LIFESTYLE*

Name	Preparation/Procedure	Notes
Carrot Concoction	<p>Ingredients</p> <p>2 carrots 1 inch ginger 1 inch fresh turmeric Few stalks of fresh celery Pink salt to taste Pinch of pepper</p> <p>Method</p> <ol style="list-style-type: none"> 1. Blend the carrot with ginger and turmeric. 2. Once it is finely blended add pink salt and pepper. 3. Squeeze lemon juice and sip. 	

Name	Preparation/Procedure	Notes
Sole Water	<p>Instructions</p> <ol style="list-style-type: none"> 1. Take any glass jar and fill it 1/3 with salt. 2. Salt has to be pure unrefined salt crystals. 3. Fill the entire jar with water and cover the jar with a rubber or plastic lid. No metal lids. Leave this alone for 24 hours. 4. After 24 hours open the jar, you will find that the water quantity has reduced. Add 2 tsp more of the salt crystals and leave for another 24 hours. 5. After 24 hours, that is 48 hours from when we started the procedure, you will find that most of the salt crystals have dissolved. 6. Sole water is ready to consume. <p>Dosage</p> <p>½ tsp of sole water to be taken in the morning in a glass of water.</p> <p>¼ tsp can be taken in a glass of water at night before sleeping to help with sleep issues.</p>	

Name	Preparation/Procedure	Notes
Oil Pulling	<p>Instructions</p> <ol style="list-style-type: none"> 1. Oil pulling should be done on an empty stomach (preferably first thing in the morning). 2. Use 1 tbsp of organic virgin coconut oil – you may want to start with ½ tbsp and work your way up to a tablespoon. 3. Swish the oil around in your mouth slowly and be sure that the oil reaches all parts of your mouth – do not swallow. 4. Swish for 5–10 minutes. 5. Spit out all the oil when you are done and rinse your mouth with water. 6. Brush your teeth with toothpaste afterwards. 	

Name	Preparation/Procedure	Notes
Thai Tea	<p>Ingredients</p> <p>3–4 black tea bags 2-inch cinnamon stick 2 crushed cardamom 2 cloves 2 star anise</p> <p>Instructions</p> <ol style="list-style-type: none"> 1. Bring water and spices (cardamom, cloves, cinnamon, anise) to a boil in a small saucepan on the stove. 2. Remove from heat and add tea-bags. 3. Let the tea steep for 4–5 minutes. 4. Strain teabags and spices. 5. Stir and refrigerate until chilled. 6. To serve, place ice into two glasses and top with cold tea, leaving enough room (1–2 inches from the top) for the milk. 7. Mix in a little coconut milk. 8. Pour in milk just before serving. 	
Tasty Mixture Of Healthy Fats, Protein and Fibre	<p>Ingredients</p> <p>1–2 tbsp soaked chia seeds 1 cup almond milk Half a pomegranate for topping ¼ tbsp cold-pressed coconut oil ½ tsp stevia (optional) ½ tbsp flax seeds for topping</p> <p>Instructions</p> <p>To 1 cup of almond milk, add soaked chia seeds and coconut oil. Top with pomegranate and flax seeds.</p> <p>Use stevia if needed as a sweetener. (Optional)</p>	

Name	Preparation/Procedure	Notes
Candida Cleanse Soup	<p>Ingredients</p> <p>1 medium sweet potato 1 cup green peas ½ cup green moong soaked overnight and boiled 2 large carrots 2 medium tomatoes 50 gm pumpkin 50 gm dudhi 50 gm onion 75 gm broccoli 4–5 spinach leaves 50 gm cabbage 1 inch ginger 2 cloves garlic 1 tsp ghee</p> <p>Instructions</p> <p>Simmer all vegetables and green moong till they are properly cooked. Do not strain. Blend them and add ghee on top.</p>	
Roasted Cumin Tea	<p>Ingredients</p> <p>1 tbsp roasted cumin 2 cups boiling water</p> <p>Instructions</p> <p>To boiling water add 1 tbsp roasted cumin, reduce water to half. Sip warm.</p>	<ul style="list-style-type: none"> • Thymol helps the body fight viruses, bacteria and fungi. • Detoxifies the liver. • Stimulates digestion. • Fights bloating, flatulence.

Name	Preparation/Procedure	Notes
Morning Super Power Smoothie	<p>Ingredients 1 cup almond milk ¼ tbsp raw cacao nibs ½ tbsp hemp seeds ½ tbsp soaked chia seeds</p> <p>Instructions Blend almond milk with raw cacao nibs. Top with hemp seeds and soaked chia seeds.</p>	
Turmeric Root Tea (used during onset of cold)	<p>Ingredients 2 cups boiling water 1 inch fresh turmeric root ½ tsp pepper Honey to drizzle at the end</p> <p>Instructions 1. To 2 cups of boiling water. 2. Add 1 inch fresh turmeric root and freshly ground pepper. 3. Reduce to half. 4. Take it off the fire, drizzle honey if required and sip hot.</p>	
Spice Viral Flu Toddy	<p>Ingredients 2 cups boiling water Few black tea leaves 3 or 4 fresh cardamom pods 1 inch cinnamon 2 cloves 1 star anise</p> <p>Instructions 1. To boiling water add the preceding ingredients, allow it to boil and turn the gas off. 2. Cover and let it steep. 3. Sip warm.</p>	

THE MAGIC IMMUNITY PILL: *LIFESTYLE*

Name	Preparation/Procedure	Notes
Energy Smoothie	<p>Ingredients 1 cup almond milk 2 pre-soaked dates 1 pre-soaked figs</p> <p>Instructions 1. Blend almond milk, dates and figs in a blender. 2. Once of smooth consistency, sip and relish. 3. Top with pumpkin seeds if needed.</p>	
Cardamom Tea	<p>Ingredients 2 cups water 4 cardamom pods</p> <p>Instructions 1. Bring the water to a boil in a tea kettle or in a small saucepan on the stove. 2. Add the cardamom pods and turn the heat down to low. 3. Let the tea steep for 5–8 minutes.</p>	
Protein Shake (Postworkout Shake)	<p>Ingredients 4 tbsp sattu powder 2 tbsp cacao nibs</p> <p>Instructions Blend the ingredients with water and sip.</p>	

Name	Preparation/Procedure	Notes
Chai Masala	<p>Ingredients</p> <p>¼ cup cloves ¼ cup elaichi/Green cardamom ¼ cup black peppercorns 1 tbsp saunf/Fennel seeds 6 inch dalcini/Cinnamon 2 tbsp ginger powder 1 nutmeg grated</p> <p>Instructions</p> <ol style="list-style-type: none"> 1. Mix all the ingredients (except nutmeg) in a blender and blend to make a coarse powder. Grate nutmeg and add to the powder. 2. Store in an airtight container for up to a month. 3. Use ¼ tsp of this powder for each cup of Indian masala chai or just add ¼ tsp in 1 cup boiling water, sip and relish. 	
Saunf/Fennel Seeds Tea	<p>Ingredients</p> <p>1 tsp fennel seeds 1 glass water</p> <p>Instructions</p> <ol style="list-style-type: none"> 1. Take 1 teaspoon of fennel seeds. 2. Crush them using a mortar and pestle. 3. Now take 1 glass of water in a pan and add the crushed fennel seeds. 4. Boil the water till it comes to a rolling boil. 5. Simmer until the water becomes half. 6. Strain and let it become warm from hot. 7. Add 1 teaspoon of raw honey to it (optional). 	

THE MAGIC IMMUNITY PILL: *LIFESTYLE*

Name	Preparation/Procedure	Notes
Immunity-Boosting Concoction (Lemongrass Tea)	<p>Ingredients</p> <p>2–3 stalks of fresh lemongrass or dried lemongrass 2–3 cloves 3–4 elaichi/green cardamom ¼ tsp black peppercorns ¼ tsp saunf/fennel seeds 1 inch dalchini/Ceylon cinnamon Few strands of saffron and Oolong tea/green tea/black tea ½ tsp fresh turmeric and fresh ginger, both grated (optional as per seasonal availability) 1 star anise (Chinese star anise)</p> <p>Instructions</p> <p>Boil all of the ingredients in 4 cups of water. Reduce it to half, strain and serve.</p> <p>You can also add raw honey and a slice of lemon while serving.</p>	
Morning Super Power Smoothie	<p>Ingredients</p> <p>2 cups unsweetened almond milk 1½ tbsp raw cacao powder 1 tbsp hemp seeds 1 tbsp chia seeds ¼ tsp ground cinnamon</p> <p>Instructions</p> <p>Put everything in a high-powered blender and blend until smooth.</p>	

Name	Preparation/Procedure	Notes
Turmeric Tea	<p>Ingredients</p> <p>1 inch turmeric or 1 tsp fresh turmeric powder 2 cups of boiling water Organic honey (optional) Pinch of pepper</p> <p>Instructions</p> <ol style="list-style-type: none"> 1. Bring 2 cups of water to a boil. 2. Add 1 inch fresh turmeric or one teaspoon of ground turmeric and reduce to a simmer for 10 minutes. 3. Strain the tea through a fine sieve into a cup; add organic honey and/or lemon to taste. 4. Add a pinch of black pepper to increase absorption. 	
Hot Toddy Black Tea	<p>Ingredients</p> <p>2 cups water 2 cloves 1 stick cinnamon 1 piece star anise ½ tbsp black tea Honey (optional) 1 wedge lemon</p> <p>Instructions</p> <ol style="list-style-type: none"> 1. Gather the ingredients. 2. Combine water and spices in a pot. 3. Bring water to just below boiling point and remove from heat. 4. Add tea leaves and steep for 4 minutes. 5. Turn the fire off. 6. Add honey (optional) and serve hot with a lemon wedge. 	

Name	Preparation/Procedure	Notes
For cold, cough, fever, low immunity, sore throat	<ol style="list-style-type: none"> 1. Cut some onions, soak them in drinking water for 6–8 hours. 2. Consume 3 or 4 tbsp (onion along with the water) thrice a day. 3. For kids, 3 or 4 tsp thrice a day. Credit to our ancestors who used food as medicine.	

HOMEMADE BREWS TO BOOST LUNG HEALTH, BREAK DOWN MUCOUS AND REDUCE COUGH

Homemade brews to boost lung health, break down mucous in the lungs, reduce cough and boost overall immunity. These are great for fever too:

Recipe 1:

- Take 1 tbsp methi/fenugreek seeds
- Boil it in 500 ml of water
- Reduce it to 300 ml
- Sip warm (2 glasses a day)

Recipe 2:

- Take 10 gm fresh tulsi (holy basil) leaves or 1 tbsp dried tulsi leaves
- Boil in 500 ml of water
- Add 2 cardamom/elaichi pods (green)
- Sip warm (2 glasses a day)

Recipe 3:

- Take 1 tbsp saunf/fennel seeds
- Boil in 500 ml of water
- Boil for 2 minutes
- Sip warm

Recipe 4:

All-in-one magic potion

- 1 tbsp methi seeds
- 10g fresh tulsi leaves or 1 tbsp dried tulsi.
- 2 pods cardamom/elaichi (green)
- 1–2 tsp saunf/fennel seeds
- Boil all of the preceding items in 1 litre of water
- Reduce it to 500 ml of water
- Strain and sip warm

Recipe 5:

(easily serves 6 or 7)

- 10 gm fresh tulsi leaves or 1 tbsp tulsi leaves
- 5 black peppercorns
- 8 cloves crushed/minced garlic
- 2-inch piece mashed ginger
- 2 tbsp fennel/saunf seeds
- 2 tbsp methi/fenugreek seeds
- Boil all of the preceding items in 1 litre water for 5 minutes
- Simmer and sip warm

Disclaimer: None of the preceding remedies are a replacement for medical treatment. Please review the ingredients with your healthcare expert if you have a medical condition.

IMMUNITY-BOOSTING SOUPS

WARM SOUPS

Drumstick rasam

Ingredients

For rasam

- 1 lemon size ball of tamarind
- 3 drumsticks
- Chopped coriander for garnish
- Pink Himalayan salt to taste
- 2 tbsp tur dal (soaked for 10–12 hours)
- Hing, a pinch

For grinding (rasam powder)

- 1 tbsp pure A2 cow ghee
- 2 tsp coriander seeds
- 1 tsp peppercorns
- ½ tsp cumin seeds
- 2 tsp tur dal

For seasoning

- 1 tsp mustard seeds
- 1 medium tomato
- Few curry leaves
- 1 tsp pure A2 cow ghee

Instructions

1. Soak the tamarind in water and extract the juice.
2. Pressure cook the tur dal, mash and keep it aside.

3. Wash, chop and boil the drumstick pieces.
4. Heat a pan, and roast the grinding ingredients till aromatic. Remove the mixture off the pan and grind it in a mixer.
5. Combine the tamarind juice and drumstick, add curry leaves and hing and give it a boil.
6. Add the mashed dal with 2 cups of water and continue boiling.
7. Finally add the ground masala. When you smell the aroma, turn off the flame.
8. Heat another pan, add ghee, mustard seeds, curry leaves and chopped tomatoes and sauté till cooked and finally add it to the rasam.
9. Garnish with chopped coriander leaves.

Health benefits

- Drumstick regulates sugar levels and boosts immunity. It is great at boosting haemoglobin levels too.
- The combination of tamarind, tomato and peppercorns has an antioxidant effect and contains a wealth of trace minerals.
- Facilitates easy digestion.
- A great soup for cold and coughs.

Capsicum and basil soup

Ingredients

- 1 tbsp coconut oil
- 1 onion (chopped)
- 4 red capsicums (deseeded and chopped)
- 1 zucchini (peeled and chopped)
- 3 cups of water
- A pinch of jaggery
- 2 garlic cloves (crushed)

- 1 inch ginger
- A pinch of paprika, salt and pepper
- Shredded fresh basil to garnish

Instructions

1. Heat half the oil in a saucepan and sauté the onion, capsicums and zucchini for 5 minutes until softened.
2. Pour the water into the pan, add the jaggery and bring to boil.
3. Reduce the heat, then cover and cook gently for 20 minutes.
4. Add garlic and ginger, allow to cool slightly then tip into a blender or food processor and blend until smooth.
5. Add paprika and a pinch of salt, pepper and heat through.

Serve the soup in bowls drizzled with the remaining coconut oil and garnished with shredded basil.

Notes

- Red capsicums are rich in vitamin B6, vitamin C and folate.
- They are packed with antioxidants and can activate thermogenesis and increase metabolic rate.
- The eugenol present in basil leaves ensures anti-inflammatory action in the digestive tract.
- Basil helps balance acid within the body and restores the body's proper pH level.
- Sip hot or cold and enjoy the vibrant, colourful and comforting soup.

Pumpkin lentil soup

Ingredients

- 1 red onion
- 2 medium carrots

- 1 handful red lentils (pre-soaked)
- 1 handful split peas (pre-soaked)
- 1 cup pumpkin (yellow)
- 1 tbsp fresh ginger-garlic paste
- 4 cups water
- Seasonings – Pink Himalayan salt, black pepper, red paprika, turmeric and thyme to taste
- 1 tbsp fresh parsley, chopped
- 1 cup spinach leaves
- 1 tbsp cold-pressed coconut oil

Instructions

1. Peel and slice onions and carrots.
2. Heat a tablespoon of coconut oil in a pot, then add the vegetables and cook on medium heat, stirring regularly for a couple of minutes until the vegetables soften.
3. Then add the lentils, split peas, pumpkin, ginger-garlic paste, spinach and pour the water over. Add more water if needed.
4. Season to taste, bring to a boil and then cook on a low flame for about 30 minutes, or until the lentils and vegetables are cooked thoroughly.
5. Remove about half the soup from pot and blend it with an immersion blender.
6. Blend until smooth to your liking, then add it back to the rest of the soup and stir to combine.
7. Serve hot.

Notes

- Pumpkin is an incredibly rich source of antioxidants, vitamin A, C and E.

- It's an amazing immunity-boosting vegetable in the monsoon season.
- This is a high-fibre meal that keeps you full for longer.
- Feel free to add some fresh microgreens and roasted makhana over it for added crunch.

Simple pea and broccoli soup

Ingredients

- 2 cloves garlic
- 1 head broccoli
- Fresh mint (small bunch)
- 1 large onion
- 250 gm peas
- 500 ml water
- Black pepper
- Pinch of turmeric
- Dollop of ghee

Instructions

1. Peel and crush the garlic.
2. Chop broccoli into florets.
3. Tear the mint leaves from the stems.
4. Peel and roughly chop the onion.
5. Put all of the ingredients except for the black pepper into a large saucepan.
6. Stir to mix together.
7. Heat on the stove until it begins to boil.
8. Cook for 5 minutes until the broccoli is soft.
9. Allow to cool a little, then add black pepper and a pinch of turmeric to taste.

10. Whizz up with a blender until smooth.

Serve with crusty bread.

Notes

- Green peas have a low glycaemic index and are rich in fibre and protein, all of which are important factors for blood sugar control.
- Broccoli is a great source of vitamins K and C, a good source of folate (folic acid) and rich in potassium and fibre.
- Broccoli also contributes to your daily need of calcium, providing 43 milligrams in one cup.
- Relish the soup for dinner with a rich flavour of spices and wholesome nutrition benefitting the entire family.

Sattu and green peas soup

Ingredients

- 1 cup green peas (semi-boiled)
- 1 tbsp sattu (roasted gram flour)
- 4 cups water
- ¼ tsp freshly cracked black pepper
- ½ tsp jeera/cumin powder
- ¼ tsp ginger-garlic paste
- ¼ tsp turmeric powder
- 1 tsp lime juice
- a pinch hing/asafoetida
- Pink Himalayan salt to taste
- 2 tsp ghee (hormone free, pure A2 ghee)

Instructions

1. Blend the semi-boiled peas into a puree.
2. Heat a pan, add ghee and as the ghee heats up add the pureed peas, a pinch of turmeric powder, ginger-garlic paste and asafoetida and sauté.
3. Simultaneously, mix the sattu flour in 4 cups of water. Stir well to avoid lumps.
4. Add the sattu mix, pepper powder, salt and cumin powder to the pan and mix well.
5. Let it cook on a medium flame till the raw smell goes away. Continue with occasional stirring.
6. Just before serving add lime juice for some tang.
Wholesome and nourishing sattu peas soup is ready!

Notes

- Adding ginger and garlic to the soup will enhance the taste and aid in digestion as well.
- A cup of green pea soup provides nearly 5 gm of dietary fibre. Dietary fibre has a laxative effect and promotes smooth bowel movements.
- Prefer fresh green peas, but frozen will work too.
- Peas soup provide 35 gm of magnesium per cup.
- Sattu has a high amount of dietary fibre too.
- Both sattu and peas are great sources of vegetarian protein.

Tomato soup

Ingredients

- 6 tomatoes
- 1 finely chopped onion
- 1 tbsp roasted sattu to get the desired thickness

- 1–2 green chilli (optional)
- 1 inch ginger crushed
- 3 cloves garlic crushed
- 1 tbsp coriander powder
- ½ tsp turmeric powder
- 2 cinnamon sticks
- 2 cloves
- ½ tsp fennel seeds
- 2 bay leaves
- 1 tsp coconut oil
- 2 tbsp coriander leaves chopped
- ½ to 1 tsp peppercorns crushed
- Salt as needed

Instructions

1. In a deep dish, boil the water real good then drop the tomatoes in the water and leave them there for 2 minutes.
2. Remove the tomatoes and save the water.
3. Next, blend the tomatoes in the blender into fine paste along with 1 tbsp roasted sattu and keep it aside.
4. In a pan, heat coconut oil, add cinnamon sticks, cloves, fennel seeds and bay leaves and sauté for 30 sec.
5. Now add the onions, chillies, garlic, ginger and pepper and sauté until golden brown.
6. Now add the pureed tomatoes and the saved water and let it boil.
7. Now add the coriander powder, salt and let it boil for 5 minutes.
8. Garnish it with coriander leaves.
9. Serve hot.

Notes

- The selenium in the tomato soup improves blood circulation and prevents anaemia.
- The high concentrations of copper in tomato soup give a boost to the nervous system.
- The fibre, potassium, vitamin C and choline content in tomatoes all support heart health.
- Tomatoes are a rich source of lycopene, lutein and beta-carotene.
- Tomato soup is a sumptuous meal that is healthy, wholesome and extremely good for the entire family.

Mixed vegetable soup

Ingredients

- 1 tbsp carrot chopped
- 1 tbsp beans chopped
- 10 fresh peas taken from the pod
- 1 tbsp potato chopped
- 2 tbsp bottle gourd chopped
- 1 tbsp tomato chopped
- A pinch of salt
- ¼ tsp ghee
- A tiny pinch of pepper powder (optional)
- A pinch of jeera powder (optional)
- Water as needed

Instructions

1. Wash all the vegetables in running water.
2. Then chop them into equal sized small cubes.
3. Steam the chopped veggies in a steamer for 10 min.

4. Alternatively, you can steam them in an idli steamer plate or pressure cook with a cup of water for three whistles.
5. Once the vegetables are steamed, they will be soft and transparent.
6. Now blend them to a smooth paste in a blender with little water.
7. Then reheat the blended soup with ghee for 2 minutes with salt, pepper and jeera powder.
8. Switch off the flame and serve warm.

Notes

- Comforting soup with the richness of vitamins and minerals.
- Rich in fibre, makes one feel full for longer.
- This preparation can be used as a base vegetable stock for different soup preparation too.

Spinach lentil soup

Ingredients

- 1/2 cup green lentils, pre-soaked (8 hours) rinsed and drained
- 3 garlic cloves
- 1 inch ginger chopped
- 1 large onion, finely chopped
- 1 large carrot, chopped
- 1 large celery/coriander stalks, chopped
- 1 tbsp coconut oil
- 1 cup tomatoes chopped
- 4–5 cups vegetable stock/water
- 2 tsp cumin, ground
- 2 tsp oregano, dried
- 1 tsp salt

- ½ tsp turmeric powder
- Ground black pepper to taste
- 3 bay leaves
- 1 cup of spinach
- 1/2 cup parsley, finely chopped

Instructions

1. Pre-heat a large heavy bottomed pot on medium heat and swirl oil to coat.
2. Add half the garlic and the entire onion; sauté for 2 minutes, stirring occasionally.
3. Add carrots and celery; sauté for a few more minutes, stirring occasionally.
4. Add cumin, oregano and lentils; sauté for another 3 minutes.
5. Add diced tomatoes, vegetable stock/water, salt, pepper, turmeric and bay leaves.
6. Cover, bring to a boil and cook for 30 minutes.
7. Add spinach, remaining garlic, parsley and stir.
8. Serve hot.

Notes

- Lentils are full of fibre, folate, vitamin B1 and are a good source of iron.
- Spinach contains rich amounts of iron, an essential mineral needed to regulate cell growth.
- Spinach contains high amounts of bone-building calcium and magnesium.
- A ½ cup serving of raw spinach contains 15 mg of calcium and 12 mg of magnesium.
- Relish, savour and enjoy this one-pot delicious soup with the goodness of protein and fibre.

Turmeric broth

Ingredients

- 1–2 tbsp coconut (or A2 ghee)
- 1 onion diced
- 1 tbsp fresh ginger, grated or finely minced
- 4–5 garlic cloves, grated or finely minced
- 1–2 tsp turmeric powder (or 2–3 tsp fresh turmeric, finely grated; or a little of both)
- ¼ tsp mustard seed (optional)
- 1 tsp cumin
- 1 tsp coriander
- ¾–1 tsp salt
- 4 cups water
- 4 cups vegetable stock or water
- ¼ tsp cayenne, or more to taste
- Squeeze of lime or lemon juice (to taste) or 1–2 tsp of apple cider vinegar (to taste)

Instructions

1. In a large, heavy bottomed pot, sauté onion in coconut oil/ghee over medium heat for 5 minutes until fragrant and golden.
2. Add ginger, garlic and fresh turmeric and sauté for 2–3 minutes until the garlic is fragrant and golden.
3. Add mustard seeds, cumin, coriander and the turmeric powder (optional) and sauté for 1–2 more min.
4. Add water, vegetable stock and salt.
5. Bring to a simmer. Add vinegar or lemon juice.
6. Adjust salt, lime and adjust the spice level to your liking.
7. At this point you will have a flavourful base.

8. We can add boiled rice, cooked quinoa or boiled beans for extra taste and punch.
9. Adding coconut milk in the end will give it a creamy texture too.

Notes

- Magic potion of immunity-boosting wonder soup, which is rich in antioxidants, possess antibacterial, antiseptic properties too.
- Add as many colourful vegetables as per seasonal availability, making it a sumptuous dinner dish.

One-pot dinner soup

Ingredients

- 1 tbsp coconut oil
- ½ cup chopped celery/coriander as per availability
- ¼ cup chopped onion
- 2 cloves garlic, minced
- 5 cups chicken broth or vegetable stock
- 1 cup diced tomatoes
- 1 ½ cup mixed vegetables (carrots, beans, peas, bell peppers, pumpkin)
- 1 tsp oregano
- 1 tsp salt
- ½ tsp black pepper
- 1 cup small shell pasta (gluten free) or 1 cup cooked quinoa

Instructions

1. In a soup pot, over medium heat, heat oil.
2. Add celery, onions, and garlic; cook for 5 min, stirring occasionally.

3. Add broth/vegetable stock, tomatoes with liquid, mixed vegetables, oregano, salt and pepper; bring to a boil.
4. Reduce heat to low and simmer for 15 min.
5. Add pasta/quinoa and cook for 8–10 more min or until the pasta is tender.

Moringa magic soup

Ingredients

- ½ cup cleaned moringa leaves

For the stock

- ⅓ cup split yellow moong dal
- ½ tsp cumin seeds
- ½ tsp fennel seeds
- 1 tsp black pepper
- 2 cloves
- 2 cardamom
- ½ onion, roughly chopped (¼ cup)
- 6 cloves garlic
- ½ inch ginger
- 2 green chillies (optional)
- 2 cups water
- ¼ tsp turmeric powder

For seasoning the soup

- 1 tbsp ghee or coconut oil
- ¼ tsp black pepper
- ¾ tsp salt
- 1–1½ cups water

For the tempering

- 2 tsp ghee or coconut oil
- 2 tbsp moringa leaves

Instructions

1. Grind the moringa leaves with a cup of water.
2. Set aside.

For the stock

1. Take a pressure pan and add the soaked and washed yellow moong dal.
2. Add in the spices: cumin seeds, fennel seeds, black pepper, cloves, cardamom, turmeric.
3. Add in the roughly chopped onion, garlic, ginger and green chillies.
4. Add in 2 cups of water and cook the dal in the cooker for six whistles.
5. Remove from heat and allow the whistle to settle naturally.
6. Beat this well or blend fine in the blender.
7. Add in the ground moringa paste.
8. Set aside.

For seasoning the soup

1. Heat ghee in a pan and add in the finely blended liquid, water and salt.
2. Add freshly ground black pepper powder and bring to a boil.
3. Simmer for 3–4 min. Remove from heat and set aside.

For the tempering

1. Heat ghee in a pan and add the moringa leaves.
2. Fry on a low flame until the leaves are crisp.

Add it to the soup just before serving. Serve the soup hot.

Notes

- Moringa leaves are great sources of protein. They contain all the essential amino acids. These leaves are particularly rich in potassium, calcium, phosphorus, iron, vitamins A, D, C, and β -carotene.
- Moringa is also known to boost haemoglobin and iron levels in the body.
- This soup along with lentils is a nutritional powerhouse, offering plenty of essential nutrients that benefit your body.

COLD SOUPS

Cold soups are best to rejuvenate on a prickly hot summer day. These are a staple in Britain and Mediterranean countries. Gazpacho is a cold soup blended from raw vegetables and is a classic in Spanish cuisine. Nowadays people in India have slowly started recognising the health benefits of cold soup.

Cold soups, as the name implies, are not cooked. They are loaded with antioxidants and give an extra punch of energy on a hot day.

Cold cucumber soup

Ingredients

- 2 tsp coconut oil
- 5 cucumbers (peeled and chopped)
- 3 cloves garlic (minced)
- 2 onions (diced)
- 2 cups water
- $\frac{1}{4}$ cup chopped fresh dill (Mint as a substitute)

- Fresh ground black pepper to taste
- ½ tsp roasted sesame seeds powdered

Instructions

1. First, in a large saucepan, heat the coconut oil over medium heat. Next, add the cucumbers, garlic, and onions to the pan and heat just until the onions are transparent.
2. Next, add water to the pan and simmer until the cucumbers are fully soft, about 15–20 min.
3. Remove the pan from the heat.
4. Transfer the mixture to a blender or food processor and blend just until mixture is completely smooth.
5. While the mixture is still warm, stir in the fresh dill/mint leaves and season with freshly ground black pepper and roasted sesame seeds to taste.
6. Place the entire mixture in the refrigerator and allow to chill.
7. This recipe doesn't need salt, those who need salt can add pink salt for extra flavour and taste.

Summer soup extravaganza

Ingredients

- 2 large cucumbers, peeled
- 2–3 ripe red tomatoes, cut into chunks
- ½ small red onion finely chopped
- 3 garlic cloves, minced
- ¾ cup cilantro
- Lemon juice
- ½ tsp coconut oil to drizzle
- Pink salt and pepper

For garnish

- ½ cup finely diced raw mango
- ½ cup red cherry tomatoes, cut into halves

Instructions

1. Finely chop ¼ of the cucumbers and reserve for garnish.
2. Peel remaining cucumber and cut into chunks; place in a large bowl.
3. Add in the tomatoes, ¼ cup red onion, garlic, ½ cup of cilantro leaves, lemon juice and coconut oil, stir to combine.
4. Season generously with pink salt and pepper.
5. Place the mixture in the blender and finely blend it.
6. Cover the mixture and place it in the refrigerator, let it chill for at least 2 hours or overnight.
7. Serve in bowls, garnished with the remaining cucumber, red onion, cilantro, mango, red cherry tomatoes and a drizzle of coconut oil.

Bottle gourd soup

Ingredients

- 1 cup chopped onions
- 1 medium boiled bottle gourd, chopped (taste the bottle gourd before using it)
- 2–3 sticks of celery or even coriander leaves will work.
- Vegetable stock
- Salt and pepper to taste

Instructions

1. Lightly sauté the onions in a pot. Add chopped and boiled bottle gourd and a little water and allow it to cook.

2. When it is partly cooked (make sure that it does not overcook, the green colour should remain) add the celery/coriander and allow it to cook a little longer.
3. The vegetables should remain green.
4. Add some vegetable stock and process in a blender.
5. Once the soup is a creamy paste, add water and salt, as needed.
6. Add coconut milk for a creamy texture. (optional)

Notes

- Bottle gourd soup is a great recipe for weight loss and maintaining a healthy digestive system.
- Simple and easy to make, it makes for a great detox soup as it is rich in fibre and high in water content.
- Enjoy and sip the soup that is highly alkaline and helps reduce acidity in the stomach.
- It is rich in iron, vitamin C and B complex and has sodium and potassium.

Sweet potato soup

Ingredients

- 500 gm sweet potato
- 2 cloves garlic, chopped
- 3–4 cups water
- 2 tsp A2 cow ghee
- 3 sprigs fresh thyme (herbs are optional and as per availability)
- 1 medium onion, chopped
- ½ tsp organic turmeric powder
- Pink Himalayan salt and pepper as per taste
- ½ cup coconut milk (optional)

Instructions

1. In a pressure cooker, add ghee over medium-high heat.
2. Add onion and garlic and sauté for 5 minutes until tender.
3. Add sweet potatoes and sauté for 5 minutes.
4. Season with salt and pepper.
5. Add water (about 3–4 cups) and bring to a boil.
6. Cover the pressure cooker.
7. Reduce heat to medium and pressure cook for two or three whistles.
8. Turn off the burner.
9. Open the lid and using a hand blender, puree the soup in the pot until smooth.
10. Stir in the thyme, turmeric, coconut milk (if desired) and salt and pepper as per taste; cook for 2–3 minutes more.
11. Relish and enjoy the super immunity-boosting soup.

Variations

1. Adding some coconut milk will bring about a creamy texture.
2. Can add fresh greens like spinach, spring onion (as per availability) along with the sweet potato for more variations.
3. Top it with soaked pumpkin seeds for the extra crunch.

Notes

- Sweet potatoes are rich in fibre and antioxidants that promote growth of good gut bacteria, thereby contributing to a healthy gut.
- It's a great energy dense food option for individuals who feel weak and in need of energy.
- They are a great source of beta carotene that boosts vision and overall eye health.

- Anthocyanin-rich sweet potatoes help improve brain health by reducing inflammation.
- Along with sweet potato, which is a must-have during winter, the addition of cold-busting ingredients like garlic and black pepper help keep the immune system in good shape.

KHICHDI RECIPES (LENTIL-RICE MIX)

Simple khichdi

Ingredients *(Serves 4)*

- 1 cup parboiled rice (soaked for 8–10 hours)
- ½ cup dhuli dal (split moong dal)
- 2 tbsp organic A2 ghee
- 1 pinch Ceylon cinnamon
- 2 elaichi pods
- 1 clove
- 1 tsp cumin seeds
- 1 inch ginger (grated)
- ½ tsp turmeric powder
- 1 pinch hing
- ½ cup veggies (bottle gourd, peas, carrots)
- Salt to taste
- 5 cups water

Instructions

1. Rinse and soak the rice and dal for 8–10 hours, respectively, to make it more digestible.
2. Heat ghee and roast all the whole spices in it.
3. Now add ginger, turmeric and hing.

4. Add the vegetables.
5. Add salt and water.
6. Pressure cook for four whistles.
7. Relish it with a dollop of ghee.

Beaten rice khara pongal

Ingredients *(Serves 2)*

- 50 gm moong dal/yellow lentil dal (soaked for 8–10 hours)
- 100 gm beaten rice (milled or parboiled rice). Rice to be soaked for 8–10 hours
- 4 cups water
- Salt to taste

For tempering

- 1 tbsp ghee (A2 organic)
- ½ tsp cumin seeds
- ¼ tsp peppercorn (optional)
- ¼ cup dry coconut grated
- Curry leaves a few
- ½ cup cashew nuts
- ½ tsp turmeric powder
- 1 tsp jaggery (organic)
- 1 tsp pure A2 cow ghee

Instructions

1. Boil 5 cups of water In a cooker, add the yellow dal and cook until one whistle.
2. Now rinse the beaten rice, drain the water and set aside.
3. Heat ghee in a pan, add cumin seeds, black peppercorns, curry leaves, cashew nuts, turmeric powder and jaggery.

4. Add the dry grated coconut and stir, add the rinsed beaten rice, salt and continue stirring till semi-solid consistency.
5. When we use parboiled rice, we add the rice and pressure cook with other ingredients for about four or five whistles.
6. Serve hot with a dollop of ghee.

Manipuri khichdi

Ingredients (*Serves 3*)

- 1 cup pre-soaked hand-pounded sona masuri rice
- ¼ cup yellow pigeon lentil (Tur dal) soaked for 8–10 hours
- 1 small onion chopped
- 1 tsp ginger-garlic paste
- 1 tsp cumin seeds
- 2 tbsp fried peanuts
- 2 green cardamoms
- 2–3 cloves
- 1 small bay leaf
- 2 whole red chillies
- 1 tbsp coconut oil or A2 ghee
- ½ tsp turmeric powder
- Salt to taste

Instructions

1. Wash and soak the rice and dal.
2. Drain the water and transfer into a pressure cooker with 3 cups of water, salt and turmeric powder.
3. Cook till to soft or three or four whistles.
4. Heat the A2 ghee in a non-stick pan, add bay leaf, cumin seeds, cloves, red chillies, cardamom and sauté for a few seconds.

5. Add green chillies, garlic- ginger paste and sauté again for a few seconds.
6. Add chopped onion and fried peanuts, fry till golden brown.
7. Add this masala into the khichdi and cook for 4–5 minutes more.
8. Mix well. Serve hot with a dollop of ghee.

ONE-POT MEALS

Coconut rice

Ingredients

- 2 tbsp coconut oil
- 1 pinch asafoetida
- ½ tsp urad dal
- 1 tsp chana dal
- Few curry leaves
- 1 tsp mustard seeds
- 2–3 green chillies (chopped)
- 2–3 dry red chillies
- 2 tbsp cashew nuts
- 1 cup coconut grated
- 200 gm parboiled rice
- ½ tsp salt

Instructions

1. In a large pan heat coconut oil and add asafoetida/hing. Next add dry red chillies, mustard seeds, urad dal, chana dal, curry leaves and cashew nuts, and sauté for 1 or 2 min.

2. Now add in grated coconut and sauté for 1–2 minutes till the raw smell goes away.
3. After roasting the coconut take everything out of the pan and put it in a bowl. Keep it aside.
4. In the same pan add washed and soaked rice and stir to lightly toast it.
5. Add 2 cups of water and cover the pan. Allow the water to boil, then reduce the heat to slow.
6. Cook it covered for 10 min.
7. After that allow it to stand for 3–4 minutes and fluff with a flat spoon.
8. Now add the cooked coconut masala in the rice and mix in gently. Garnish with coriander.
9. Serve it with plain curd or raita.

Lemon rice

Ingredients

- 2 cups parboiled rice cooked (or leftover rice)
- 2 tbsp coconut oil
- 1 tsp mustard seeds
- 3 sprigs curry leaves
- 2 green chillies chopped
- 2 tbsp cashew nuts or almonds
- 1 tbsp chana dal
- 1 tsp organic turmeric powder
- 2 tbsp lemon juice
- Salt to taste
- 1.5 tbsp A2 ghee

Instructions

1. Fry the cashew nuts, almonds in 1.5 tbsp ghee and remove as soon as they turn brown.
2. Add mustard seeds to the ghee in the pan and when they start crackling add chana dal, chopped green chillies and curry leaves. Sauté them for about 2–3 minutes.
3. Add turmeric powder, salt, red chili powder mix it and then add cooked rice to this mixture.
4. Mix it with the help of a spatula, while mixing take care to mix it lightly so that grain of rice does not break and remain separated.
5. Sprinkle lemon juice over rice and serve hot with rasam/sambhar or coconut chutney.

One-pot methi (fenugreek) rice

Ingredients

- 1 cup rice (parboiled/millet rice/beaten rice)
- 2 cups methi/spinach chopped
- 1 onion chopped fine
- 2–3 cloves garlic
- 1 cup sprouted moong/moth beans
- 1 tsp coconut oil
- Pink salt, pepper and oregano

Instructions

1. Heat oil in a pan, add garlic and sauté.
2. Add onions and cook till they soften.
3. Add spinach/methi, sprouts and add water, bring it to a boil.
4. Season with salt, pepper, oregano and herbs.

5. Simmer the rice for 15 minutes on low heat with lid on.
6. Turn off, serve hot.

Tamarind rice

Ingredients

- ¼ cup tamarind
- ½ tsp turmeric
- ¼ tsp asafoetida
- ½ tsp jaggery
- Salt as needed
- 1 sprig curry leaves
- ¼ cup peanuts or mixed sprouts

For tempering

- 1 tsp mustard
- 12 red chillies
- 2 tbsp urad dal
- 3 tbsp chana dal
- ½ tsp asafoetida
- 2 sprigs curry leaves
- 5 tbsp sesame oil and cooking oil

To roast and powder

- 2 tbsp chana dal
- 4 red chillies
- ¾ tsp fenugreek seed
- 1 tsp urad dal
- 1 tbsp coriander seeds
- 1 tsp pepper (optional)

Instructions

1. Extract tamarind juice from the tamarind by soaking it in warm water for half-an-hour.
2. Keep aside.
3. Roast all the ingredients under “To roast and powder” with a teaspoon of oil till golden brown, powder and keep aside.
4. Do it on a medium flame for even browning.
5. Heat a heavy bottomed vessel/kadai with oil and add the ingredients under “For tempering” in the same order.
6. Then add the tamarind extract, turmeric, salt, curry leaves and asafoetida (curry leaves and asafoetida, here we are adding raw).
7. Boil for 5 minutes.
8. Add jaggery and the roasted spice powder.
9. Now boil again for 2 more minutes and you will see the mixture becoming thicker.
10. Once thick, switch of the flame (takes very little time after adding the powder).
11. Meanwhile, dry roast peanuts till a nice aroma comes out (golden brown) and remove the skin after it cools down, keep aside.
12. Lastly, add the roasted peanuts/steamed moong and mix well.
13. Cool down and store in a clean container.
14. Cook rice with 1:2 rice:water ratio.
15. Cool down completely, and mix in 2–3 tsp of sesame oil.
16. To make puliyogare (tamarind rice), add the prepared mixture to the cooked rice and adjust according to taste.
17. Add salt only if needed.

Stir-fry vegetables with rice (using sprouts or A2 paneer or marinated grilled chicken)

Ingredients

- 1 cup carrot, cut into diagonals
- 1 cup green beans (French beans), cut into 2 inch pieces
- 1 cup baby corn, cut into halves
- ¼ cup steamed sprouts or A2 paneer/marinated and grilled chicken with herbs and spices
- 2 tbsp coconut oil
- 1 tsp dry oregano
- 1 tsp red chilli flakes
- Salt and pepper to taste
- 1 tsp lemon juice

Instructions

1. Chop all the vegetables and keep ready.
2. Add carrot, green beans and baby corn into a pressure cooker, add salt and pepper with 2 tbsp water and pressure cook till just one whistle.
3. Turn off the heat and release the pressure immediately by placing the pressure cooker under running water.
4. Open the cooker and keep the steamed vegetables aside.
5. Heat a saucepan with oil, add steamed vegetables, sprouts/A2 paneer cubes or marinated grilled chicken, salt, pepper, red chilli flakes, oregano and lemon juice.
6. Stir and check the taste, adjust the condiments accordingly.
7. Stir-fry for a about a min.
8. Serve hot.

Simple, homemade rajma chawal (kidney beans–rice)

Ingredients

- 1 cup rajma (soaked for 24 hours with water being changed at regular intervals)
- 1 tbsp coconut oil/A2 ghee
- 1 quarter piece of bay leaf
- 2 pods of elaichi
- 1 inch of cinnamon
- 1 onion finely chopped
- 1 tbsp ginger-garlic paste
- 1 cup fresh tomato puree
- 1/4 tsp immunity powder (refer to page 289 for recipe)
- 1/4 tsp cumin powder
- 1/2 tsp coriander powder
- 1 tsp red chilli powder
- Pinch of turmeric

Instructions

1. Heat 1 tbsp of coconut oil or A2 ghee in a pan on medium heat; once the oil is hot add bay leaves, cardamom pods, cinnamon stick and sauté for a minute.
2. Add finely chopped onions and cook for 2–3 minutes till translucent.
3. Add ginger-garlic paste.
4. Once the ginger-garlic is done, add fresh tomato puree and mix.
5. Cover the pan and let the mixture cook for 10 minutes on medium heat.

6. Add the dry spices: cumin powder, immunity powder, coriander powder and red chilli powder.
7. Add salt and mix.
8. Cook the spices for 2 min.
9. Now add 1 cup of water and lastly add pressure cooked rajma or any dal.
10. Let it cook on a slow flame.
11. Taste and adjust as per the consistency required.
12. Serve hot with steamed rice and a dollop of ghee.

Variations

- Can add coconut milk to get a creamy texture.
- Make sure the whole pulses (rajma and chole) are soaked for 24 hours, lentils and dals for 8–10 hours, water being changed at regular intervals to aid digestion.

CHAT (SAVOURY INDIAN SNACKS)

Chat masala

Ingredients

- 1/4 cup cumin seeds
- 2 tbsp whole coriander seeds
- 1 tbsp black peppercorn
- 1/2 tsp ajwain
- 1/2 tsp hing
- 1/4 cup dry mango powder
- 2 tbsp black salt
- 1 tsp pink salt

Instructions

1. Heat a frying pan and dry roast cumin and coriander seeds until fragrant.
2. Add them in a blender along with black peppercorn, ajwain and grind to make a smooth powder.
3. Add hing, dry mango powder, black salt and pink salt in the mixture and mix well.
4. Store in a glass jar for 1–2 months.
5. Use as required.

Peas chat/matar chat

Ingredients

- 1 cup white peas (soaked overnight)
- 1 onion (finely chopped)
- 1 tomato (finely chopped)
- 1 pinch roasted cumin powder
- 1/2 tsp powdered chat masala
- 1/2 tsp red chilli powder
- Salt as required
- 1 tbsp tamarind chutney
- A handful coriander leaves
- 2 green chilli (chopped)

Instructions

1. To prepare this delicious chat, take a medium-sized bowl to soak the peas overnight.
2. Next day, add them to the pressure cooker and give four or five whistles until the peas become soft.
3. Once done, transfer them to a large bowl and add the chopped onions, tomatoes, green chillies, tamarind chutney and mix well.

4. Now, add the roasted cumin powder, red chilli powder and salt as per your taste. Toss well.
5. Garnish with coriander leaves, lemon juice and serve.

Poha chat (beaten-rice chat)

Ingredients

- 2 cups poha (thin or thick, preferably thin)
- 1 tsp jeera
- 1/2 tsp mustard seeds
- 1/4 tsp urad dal
- 1/4 tsp chana dal
- 2 tbsp Bengal gram roasted
- 1/2 cup unsalted roasted peanuts
- 1 tsp chilli powder
- 1/4 tsp turmeric powder
- 1 or 2 sprigs curry leaves
- 1/2 tsp lemon
- 1 tsp chopped onion
- 1/2 tsp chopped green chilli
- 1 tsp chat masala
- Salt to taste
- 1 tbsp coconut oil

Instructions

1. Heat oil in a pan, add mustard seeds, jeera, urad dal and chana dal. When they start spluttering add peanuts and roasted Bengal gram.
2. Now add chilli powder and turmeric powder, salt and curry leaves.

3. Add poha and fry well on medium heat until the poha is well fried (around 10 minutes on a medium flame).
4. Switch off the flame and let it cool completely. Then add chopped onions, chopped tomatoes, green chilli, chat masala and sprinkle some lemon juice.
5. Enjoy the yummy crunchy snack.

IMMUNITY-BOOSTING LADDOOS (SWEET)

Turmeric sesame balls

Ingredients

- 1/3 cup jaggery powder/grated jaggery
- 2 tbsp dry ginger powder
- 1/2 tbsp turmeric powder
- 1/4 tsp pepper powder
- 3–4 tbsp ghee
- 1 tbsp roasted sesame seeds

Instructions

1. Mix the ingredients except the ghee in a bowl.
2. Add melted ghee slowly to the dry mix.
3. Mix everything with your fingers to make a dough that's wet enough to bind together.
4. Pinch out a bit of dough and roll to make a small ball, about the size of a marble.
5. Make more balls of the same size till all the dough is used up.
6. Store the balls in an airtight container. The balls remain good at room temperature for 10 days.

Notes

- Jaggery is loaded with various antioxidants, minerals and vitamins. It boosts immunity and guards the body against the harmful pathogens.
- Ginger/ginger powder is a popular spice. It is high in gingerol, a substance with powerful anti-inflammatory and antioxidant properties.
- Turmeric has been shown to increase immunity-boosting proteins in the body; it's packed with antioxidants and possesses anti-inflammatory properties too.
- Black pepper contains minerals like potassium, calcium, magnesium, phosphorus and sodium as well as vitamins such as thiamin, riboflavin, niacin and vitamin B6.
- Ghee, a nutritional powerhouse, contains plentiful amounts of fat-soluble vitamins A, D, E and K. These nutrients are essential for a wide range of body functions from the brain to the immune system.
- Reap and enjoy the multi-benefits of the bite-sized laddoos from your very own kitchen pharmacy.

Cacao balls

Ingredients

- 1/2 cup raw almonds
- 1/2 cup raw walnuts
- 1 cup roasted sattu
- 2 tbsp raw cacao powder
- 1/4–1/2 tsp salt
- 3/4 cup dates (chopped)
- 1–2 tbsp water

Instructions

1. Put the almonds, walnuts, sattu, cacao and salt in the bowl of a food processor.
2. Pulse until the nuts break down and combine with the other ingredients.
3. Add the dates and a tablespoon of water and run the food processor until the mixture becomes thick and sticky.
4. You should be able to squeeze a bit of the mixture between your fingers.
5. If it's too loose and crumbly, add another tablespoon of water and process until everything comes together.
6. Scoop pieces of the mixture and roll it into balls between your palms, slightly smaller than the size of a golf ball.
7. Line them up on the baking sheet and place in the refrigerator to chill for at least an hour, overnight if possible.
8. Sprinkle some coconut over the balls.
9. Store the raw cacao energy balls in an airtight container in the refrigerator or freezer.

Lentil cacao halwa

Ingredients

- 1 cup green gram dhal
- 2 tbsp urad dhal
- 4 tbsp beaten rice/poha
- 2 cups jaggery (powdered)
- 1 tbsp Cacao powder
- 1/4 cup ghee
- 6 cups water

Instructions

1. Dry roast green gram dhal, urad dhal and poha separately till light brown.
2. Cool and powder in a grinder jar. Sieve. For the mentioned quantity, you should get 2 cups of powder.
3. In a kadai put half of the ghee, add the powder and fry for few minutes.
4. In another vessel put the jaggery and add water. Bring to boil. When it starts boiling, remove and strain it.
5. Add the jaggery water to the fried powder and stir well.
6. Add the cacao powder now.
7. Stir continuously till it becomes thick. Add the remaining ghee and again mix it well. Cook till it leaves the sides of the vessel.
8. Remove and transfer it to a greased tray.

Besan laddoo

Ingredients

- 1/3 cup A2/Gir cow ghee
- 1 cup chickpeas/gram flour (roasted)
- ½ **cup** organic powdered jaggery
- ⅛ tsp green cardamom powder

Instructions

1. Heat the ghee in a pan on low heat. Once hot, add gram flour and mix.
2. Roast the gram flour on low flame, stirring continuously.
3. In the beginning, it will be a little lumpy and it will be an effort to stir, but keep on stirring.
4. As it roasts, it starts to loosen up and becomes like a thick paste. It will not be lumpy anymore.

5. You will also feel that the texture has become light now.
6. As it starts to change colour, there'll be a nutty aroma and the paste will be a little runny with ghee oozing out.
7. This is when the gram flour is roasted and ready.
8. Transfer it to a plate and let it cool.
9. Now add powdered jaggery and cardamom powder.
10. Mix well with your fingertips and form a loose dough.
11. Roll it into small laddoos and garnish with chopped nuts.

Notes

- Homemade sweets are never a problem. Lifestyle is. Enjoy and relish the beauty of Indian homemade sweets by making them in the right way and eating them in the right way too.
- Gram flour is highly nutritious due to its high protein content, fibre, iron, magnesium, copper, zinc, folate and vitamin B6.
- These laddoos are easy to carry and can be relished in moderation by diabetics too.
- Variation: Adding a pinch of turmeric, pepper and topping it with sesame seeds make the laddoos even more nutritious and immunity boosting.

Sattu laddoo

Ingredients

- 1/3 cup A2 Ghee
- 1 cup toasted sattu flour
- ½ **cup** powdered jaggery
- ⅛ tsp green cardamom powder

Instructions

1. Heat the ghee in a pan on low heat. Once hot add sattv and mix.
2. Roast the sattv on a low flame, stirring continuously.
3. In the beginning, it will be a little lumpy and you will find it heavy. Keep on cooking and stirring.
4. As it roasts, it starts to loosen up and becomes like a thick paste. It will not be lumpy anymore. You will find it a little light while stirring.
5. And then it starts to change colour and there's a nutty aroma of cooked sattv. It will have a little runny paste-like shimmy texture with ghee oozing out.
6. This is the indication that sattv is roasted and ready.
7. Remove it to a plate. Let it cool to touch.
8. Then add powdered jaggery and cardamom powder.
9. Start mixing with your fingertips. It will come together like a loose dough.
10. Shape into laddoos and place on the plate.
11. You can garnish them with chopped nuts.

Edible gum (gondh) laddoo

Ingredients

- 1.5 cup lightly roasted black til/sesame
- less than ¼ cup gondh/edible gum
- ¼ cup organic jaggery (grated)
- As required (1 tbsp to fry the gondh and 1 tbsp for the laddoo)
- A2 Gir cow ghee
- Cardamom powder for taste

Instructions

1. Blend the roasted black sesame using a mixer grinder and make a coarse powder.
2. Add grated jaggery in the jar and blend again.
3. Transfer this to a bowl.
4. Now, fry the edible gum/gondh in ghee and strain it out.
5. Add this gondh to the black sesame mixture. Add cardamom powder as well.
6. Add 1 tbsp of ghee to the mixture again. Use more ghee if required for binding.
7. Mix well to combine all the ingredients.
8. Make laddoos out of the mixture.
9. Keep them on a plate. Garnish with desiccated coconut (optional).

Notes

- These laddoos are a great winter food that bring natural heat and warmth in the body.
- Sesame seeds are a good source of vitamins B1, B3 and B6, which are necessary for proper cellular function and metabolism.
- Sesamin, a compound in sesame seeds, can help reduce joint pain and support mobility in arthritis of the knee.
- A 3 tbsp (30 gm) serving of sesame seeds supplies 12 percent of the RDI for fibre, which is vital for digestive health.
- Sesame seeds are rich in magnesium and calcium and go a long way in relaxing cramped muscles during menstrual cycle.
- Tragacanth gum or Gondh is excellent for people with lung-related issues, weakness and fatigue. It is rich in calcium and protein.
- Tragacanth gum has a high level of antioxidants and antiaging properties and is a great food for post-delivery recovery.

SATTU-BASED DRINKS (ROASTED CHANA POWDER)

Sattu cooler

Ingredients

- 3 1/2 tbsp roasted gram flour (sattu)
- 4 mint leaves/pudina (finely chopped)
- 2 tbsp coriander/dhania leaves (finely chopped)
- 1 green chilli (finely chopped) (optional)
- 1 tbsp lemon juice
- 1/2 tsp cumin powder (jeera)
- 1/2 tsp black salt (kala namak)
- 3 cups chilled water
- Salt to taste

Instructions

1. To begin making the sattu cooler, keep all the ingredients handy.
2. In a bowl, add the sattu flour.
3. To this, add rest of the ingredients including pudina leaves, coriander leaves, green chili, lemon juice, roasted cumin powder, black salt and mix well after adding water.
4. Stir until the drink is uniform and without any lumps.
5. You can do this with a spoon or use a handheld buttermilk churner/whisk.
6. Pour it into tall glasses and serve.

Spiced sattu buttermilk/mattha

Ingredients

- 2 tbsp sattu powder
- 3 tbsp fresh A2 organic curd
- 2 cups water
- A pinch black pepper
- 1/4 tsp roasted cumin/jeera powder
- Pink salt to taste
- 1 tsp lemon juice

Instructions

1. Whisk the curd till smooth.
2. Add all the ingredients to the curd.
3. Dilute with water. Some prefer their buttermilk thin, so add water accordingly.
4. Serve immediately. You could also refrigerate and serve later.

For garnish

- Finely chopped coriander and mint leaves.
- You can also add 1/2 tsp finely grated ginger if it suits you.
- You can also make a simple version with just cumin powder and pink salt added to curd and water.
- Some people like to add a tempering of mustard seeds and curry leaves in oil to their buttermilk.

KIDS SPECIAL



Kids exploring and buying chemical free vegetables at Luke's Wellness Market.

Homemade tomato ketchup

Most labels on store-bought ketchup bottles read: tomato concentrate from red ripe tomatoes, distilled vinegar, high-fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavouring and so on. Imagine this going onto your kids' plate almost daily. High-fructose corn syrup (HFCS) is detrimental for you and your kids' health, weight, immunity, gut, brain development, attention and concentration. The more you feed your kids sugar and processed foods, the more you destroy their health and immunity. Start making changes now. Just decide and start. You are either feeding a disease in them with the wrong choices or nourishing health with the right choices.

Here's how to make simple tomato ketchup with basic ingredients in your kitchen and sweetened the right way. It's cooked, so the

lycopene (a potent antioxidant) gets activated and it has everything to do with health and immunity.

Ingredients

- 1/4 cup cold-pressed coconut oil
- 1 1/2 tsp red paprika or chilli flakes (as per availability)
- 1/2 tsp pink Himalayan salt
- 3 medium cloves of garlic, finely chopped
- 1 kg pureed red tomatoes
- 1 tbsp beetroot puree
- Juice of one lemon

Instructions

1. Combine the oil, red pepper flakes, sea salt and garlic in a cold saucepan.
2. Stir while you heat the saucepan over medium-high heat, sauté for just 45 seconds or so until everything is fragrant – you don't want the garlic to brown.
3. Stir in the tomatoes, beetroot puree and heat to a gentle simmer. This takes just a couple of minutes.
4. Remove from heat and taste.
5. If the sauce needs more salt, add it now.
6. Stir in the lemon.
7. Mix and let it cool.

Variations

- Add herbs as per availability in the kitchen.
- Add 4 tsp jaggery for the sweetness if required.
- Use it for pasta, pizzas, vegetable gravy preparations too.
- You can add A2 cream to make any special dish.

- Store it in a glass jar in the refrigerator and use as per requirement.
- Shelf life: 6–7 days. Use dry wooden or glass spoon only.

Amla candy

Ingredients

- 250 gm of amla/Indian gooseberry (seeds removed by slightly soaking them in hot water and cutting them into slices)
- 150 gm chemical free jaggery powder
- 2 tsp rock salt
- 1 tsp jeera powder (cumin powder)

Instructions

1. Coat amla with jaggery, jeera powder and rock salt.
2. Keep this mixture aside for 2 days. You will see that amla lets out some water.
3. Sieve this water but don't discard as it can be used for cooking.
4. After removing the water, sun-dry the amla for 2–3 days.
5. Avoid drying it completely and make sure there is a little moisture left.
6. Once these are ready, just sprinkle jaggery and store in airtight containers.

Notes

1. Amla is considered to be an elixir for life as it can really boost your immunity due to its high concentration of vitamin C.
2. Amla is also rich in anti-oxidants, which help fight free radicals that are responsible for early ageing.
3. Amla aids digestion and is rich in fibre.

4. It helps build up resistance against respiratory track diseases like cough, cold, sore throat.
5. Amla also has vitamin E and beta-carotene, which is also an antioxidant that overcomes the damage caused by free radicals.
6. Amla candy can be relished by kids too and kept handy while travelling.

Sattu pancake (eggless)

A healthy pancake you and your kids would love! Involve your kids to make them for a Sunday breakfast.

Ingredients

- 1 cup sattu flour
- 1/4 tsp Ceylon cinnamon
- 1/4 tsp pink Himalayan salt
- 1 tbsp organic jaggery powder (or as per sweetness desired)
- 1 large banana (ripe)
- 1 tbsp cold-pressed coconut oil
- 3/4 cup plain almond/coconut milk
- Chopped fruits/nuts for garnishing
- Raw honey, a drizzle (optional)

Instructions

1. Sift the flour into a mixing bowl and add jaggery powder, salt and cinnamon. Mix together.
2. Mash the banana in a bowl, add coconut oil and almond milk. Mix with a ladle to get it to batter consistency.
3. Heat the pan, grease with a little bit of coconut oil or ghee. Add the batter, flip it and cook until it's brown from both sides.
4. Garnish with chopped fruits, nuts, seeds or drizzle some honey and serve hot.

Health benefits

- Sattu is rich in protein and has cooling properties.
- It is packed with good proportions of iron, magnesium and manganese.
- Potassium content in the banana helps to balance the electrolyte levels.
- Makes a great post workout breakfast for adults and kids.

Apricot chia jam



Tyanna with some freshly plucked garden grown kokum fruit.

Ingredients

- 300 gm apricots
- 3/4 cup water

- 150 gm organic jaggery
- Juice of ½ lemon
- 1 tbsp soaked chia seeds
- 1/2 tsp Sri Lankan rolled cinnamon powder

Instructions

1. Cut apricots and boil them in water on slow burner.
2. Once it turns gelatinous, add chia seeds, cinnamon powder and turn off the gas. Let it cool.
3. Add lemon juice, stir and put it in the freezer till it sets.
4. Transfer the set mix into a clean and dry glass bottle.
5. Jam is ready!

The texture and consistency of the jam will depend on the way you cut the fruit. If you leave large chunks of fruit, you will have a preserve with pieces of fruit. If you desire a smoother jam, pulse the fruits in a food processor before you start making the jam.

Notes

- Typically, natural pectin or added powdered pectin is the compound that thickens jams. However, fruits like apricots have natural pectin and chia seeds have pectin too.
- Chia seeds work similarly to added pectin by absorbing moisture to thicken watery mixture and are a rich source of omega-3 fatty acids.
- Apricots are loaded with antioxidants and potassium.
- Apricots are gut friendly too.
- The jam can be relished with chapatis, sourdough slices, crackers, toppings in desserts or as is.

Rajma cutlet

Ingredients

- 1 cup rajma (large kidney beans soaked in water for 24 hours with water changed at regular intervals)
- 2 sweet potatoes boiled and peeled
- 1/2 cup mint leaves (pudina) finely chopped
- 3 tbsp coriander (dhania) finely chopped
- 1 tsp ginger (adrak) finely chopped
- 1 tsp chat masala
- 1 tsp jeera powder
- 1 tsp coriander (dhania) powder
- 1 tsp lemon juice
- 1–2 tbsp sattu atta to bind
- Salt to taste
- 3 1/4 tsp coconut oil for cooking

Instructions

1. Cook soaked rajma and sweet potatoes in a pressure cooker with enough water.
2. Allow the pressure to release naturally and drain any excess water. Mash the potatoes and rajma with a masher to a coarse paste.
3. Grind green chilli, coriander leaves and mint leaves in a blender to a coarse paste and add this to the mashed mixture.
4. Combine the remaining ingredients in a bowl, mix well and shape each portion into an oval kebab.
5. Heat a tava (griddle) and grease it using 1/4 tsp of oil.
6. Place six kebabs on it and cook each kebab on a low flame, using 1/4 tsp of oil, till it turns golden brown in colour on both sides.
7. Serve hot with green chutney.

Special momos

Ingredients

- 1 cup ragi (can use jowar/amaranth flour too)
- 1/2 cup rice flour
- 1 carrot (grated)
- 5 or 6 French beans (cut fine)
- 1/4 cup cabbage (shredded)
- 1/4 cup bell peppers
- 1/2 cup peas (boiled)
- 200 gm sprouted moong (soaked for 12 hours sprouted and semi boiled)
- 1 medium onion
- 6 cloves garlic
- 1 inch ginger
- 1/2 tsp ajwain
- 1/2 tsp coconut oil
- Salt
- Pepper powder as per taste

Instructions

1. Chop all the vegetables.
2. In a blender add all the chopped vegetables, ginger and garlic, pulse till they are coarsely done.
3. Heat oil in a pan, stir-fry the vegetables for a few minutes.
4. Add the salt, pepper and ajwain, then mix well and allow the mixture to cool.
5. In a separate bowl mix in the ragi and rice flour, along with a pinch of salt. Add water and form a dough. Allow the dough to rest for 15 minutes (cover the dough with a soft muslin cloth and set it aside).

6. Divide the dough into small portions and roll out each portion into a thin circular sheet.
7. Fill the stuffing in these thin sheets, then fold the edges to form the momos.
8. Seal the edges well and steam for about 10–12 minutes.
9. Serve hot.

CHUTNEYS

Flax seed (Alsi) chutney

Ingredients

- 1/2 cup flax seeds (raw seeds)
- 1/2 cup curry leaves
- 4 tsp coriander seeds
- 2 dry red chilli
- 1/2 cup fresh coconut (grated)
- 2 tbsp sesame seeds
- 2 tsp cumin seeds
- 2 tsp black pepper
- 2 tsp Himalayan pink salt
- 2–3 pinches asafoetida

Instructions

1. Place curry leaves in a pan and sauté on low-medium flame for 3 minutes. Keep tossing them constantly and roast until they are dry. Now set it aside.
2. Add coriander seeds, red chilli and cumin seeds in a wok. Toss constantly and roast until they turn slightly brown in colour.

3. Mix them with flax seeds. Now dry roast sesame seeds until they change colour, take them out on a plate.
4. Also roast the grated coconut until it changes in colour, and take out on a plate.
5. After this add black pepper and transfer that on a plate too. Allow each of these ingredients to cool.
6. Once all ingredients are cool, mix all ingredients and add pink salt, asafoetida and roasted curry leaves in a mixer jar and grind coarsely.
7. Dry flax seed chutney is ready.
8. You can serve it with paranthas, chapatti, rice, idli, dosa or anything else.
9. Flax chutney can also be mixed in flour or stuffed to make rotis.

Notes

- Flax seeds contain omega-3 fatty acids, minerals, protein and dietary fibre.
- Benefits of these seeds include giving you clearer skin, helping improve digestion, lowering cholesterol and balancing hormones.
- Sesame seeds are a super-rich source of non-dairy calcium and help to cure sleep disorders, improve digestion, menstrual cramps, reduce inflammation and eliminate stress.
- Always prefer raw and freshly powdered flax seeds and consume them fresh as the omega-3 in flax seeds is sensitive to heat and air exposure.

Curry leaves (Kadipatta) chutney

Ingredients

- 1 cup curry leaves tightly packed
- 1 tsp oil (cold-pressed coconut oil)
- 2 red chillies
- 1 tbsp urad dal
- Hing/Asafoetida a pinch
- 2 tbsp grated coconut
- 1/4 tsp tamarind paste or a small pea sized ball
- Salt as needed (pink salt)
- For the seasoning: 1 tsp oil (cold-pressed coconut oil) and 3/4 tsp mustard seeds

Instructions

Wash curry leaves, drain the water and pat dry with a kitchen towel.

1. Heat oil in a skillet, add urad dal, red chillies and hing. Sauté until the dal turns golden brown.
2. Now add curry leaves and sauté on a low flame for 2–3 minutes.
3. Add tamarind, grated coconut and salt as needed and sauté for a few more seconds.
4. Remove from flame and leave it to cool.
5. Grind it to a smooth paste. You can add a little water. The consistency should neither be thick nor thin, so adjust water accordingly.
6. Separately, heat a tsp of oil, add mustard seeds and when they splutter, pour the seasoning on the chutney.
7. Mix well. Your chutney is ready.

Notes

- Curry leaves or kadipatta is a nutritional powerhouse and it helps enhance the nutritional value of a meal. It is a rich source of vitamin A, calcium, folic acid and fibre.
- Curry leaves also stimulate hair growth and prevent premature greying.
- Curry leaves are also known to stabilise sugar levels and regulate cholesterol in the body.
- The polyphenols and vitamin C in tamarind have antioxidant and anti-inflammatory properties.

Moringa chutney

Ingredients

For chutney

- 1 tsp cold-pressed coconut oil
- Green chili (as per taste)
- ½ cup moringa (drumstick) leaves washed
- ½ cup grated coconut (preferably fresh)
- 1 tbsp tamarind
- 1 tsp Himalayan pink salt
- 1 tsp organic jaggery

For tempering

- 1 tsp cold-pressed coconut oil
- ½ tsp mustard seeds
- ½ tsp cumin
- ½ tsp urad dal
- ½ tsp hing (asafoetida)
- 3–5 clean curry leaves

Instructions

1. In a heating pan, add oil. Once the oil has heated, add green chili as per need.
2. Add clean, washed moringa leaves.
3. Sauté well for 2–3 minutes as the leaves start wilting. Do not overcook.
4. Transfer this mixture to a blender.
5. Add grated coconut, small ball sized tamarind, salt and jaggery.
6. Add little water and blend into a fine paste.

Tempering

1. In a small heated pan, add oil.
2. Once oil is hot, add mustard seeds, cumin, urad dal, hing and curry leaves and sauté well till it splutters.
3. Finally, add the tempering to the blended chutney.
4. Enjoy the chutney with roti, idli, dosa or steamed rice and ghee.

Notes

- Moringa is a rich source of vitamins, minerals and amino acids. It's rich in antioxidants, fights inflammation, manages diabetes symptoms, protects heart health, supports brain health, boosts wound healing and boosts oral health.
- It's a powerful natural multivitamin.

Amla chutney

Ingredients

- 3 or 4 amla
- 2 tbsp coriander leaves
- 2 green chillies

- A small piece of ginger
- Pinch of jeera/cumin
- Pinch of hing/asafoetida
- ¼ tsp rai (mustard) and cumin seeds
- 1 tsp sesame seeds
- Salt to taste
- Approximately 2 tsp oil or ghee

Instructions

1. Soak amla in hot water for 5 minutes and peel the skin. Remove the seeds.
2. Add coriander leaves, green chillies, ginger, jeera and salt. Put in the mixer jar and make a paste without water.
3. Heat oil, add hing-rai-cumin and sesame seeds. Temper the paste with this, and mix.

Imli (tamarind) chutney

Ingredients

- 1 cup seedless tamarind
- 1 cup organic jaggery broke into small pieces
- 1 inch ginger (grated)
- 1 tsp roasted cumin powder
- 1 tsp red chilli powder
- 1 tsp coarse fennel powder
- 1/2 tsp hing
- 1 tsp black salt
- Salt to taste

Instructions

1. Soak the tamarind in 3 cups of hot water for 20 minutes.
2. Mash it using your hands and strain it through a soup strainer.
3. Discard the tamarind pulp and keep the water.
4. Add the tamarind water in a pan.
5. Add jaggery and all the remaining ingredients.
6. Cook the mixture on medium heat for 10–15 minutes.
7. Keep stirring continuously.
8. Remove the pan from heat and let it cool down.
9. Transfer in a clean glass jar and refrigerate up to 3 months.
10. Use as and when required.

NON-VEGETARIAN RECIPES

Clear chicken soup

Ingredients

- 400 g organic chicken with bones
- 1/4 cup onion chopped
- 3 or 4 cloves garlic smashed
- 1/4 cup carrot chopped
- 2 bay leaf
- 2 or 3 sprigs coriander
- 4 cups water
- Salt to taste
- 1/4 tsp freshly cracked black pepper
- 1/4 tsp immunity powder (recipe on page 289)

Instructions

1. Wash the chicken and add it to a pressure cooker along with onion, garlic, carrot, bay leaf, coriander and water.
2. Add salt and freshly cracked black pepper, immunity powder and pressure cook until one whistle on high heat.
3. Simmer the heat and cook for 10–12 minutes on low heat.
4. Remove the pressure cooker from the fire.
5. Let the pressure release and then open the cooker.
6. Strain the soup.
7. Take out the chicken pieces and shred them into small pieces, discarding the bones.
8. Add few shredded pieces in each serving bowl and pour the clear soup on top.
9. Garnish with spring onion greens.
10. Serve hot.

Chicken nuggets

Ingredients

- 1/2 pound ground chicken
- 1/2 cup sweet potato fully cooked and cubed or mashed
- 1/4 tsp salt
- 1/8 tsp onion powder or crushed garlic (optional)
- 1/4 cup roasted groat powder or roasted poha powder

Instructions

1. Mash together the chicken, sweet potato, salt, and onion powder or crushed garlic in a medium bowl with a potato masher.
2. Form into 1 tbsp size balls and roll in roasted groat powder or roasted poha powder.
3. Flatten and cook in a flat bottomed pan with coconut oil or ghee.
4. Serve with tahini/chutney and broccoli and carrot sticks.

Grilled lemon pepper chicken

Ingredients

- 4–6 boneless skinless chicken breasts
- 1/2 cup coconut oil
- 2/3 cup lemon juice
- 2 tsp minced garlic
- 1 medium onion diced
- 1/2 tsp pepper
- 1/2 tsp salt

Instructions

1. Whisk together oil, lemon juice, minced garlic, salt and pepper. Add the diced onion.
2. Put the chicken in a gallon-sized bag with marinade. Allow to marinate overnight.
3. Place chicken on preheated grill or tava and sprinkle with additional pepper.
4. Cook for about 20 minutes on the grill or until no longer pink in centre.
5. Serve hot with chutney.

Quick and easy lemon fish fillets

Ingredients

- 4 good-sized firm white fish fillets, about 6 inches long, 1-inch thick (choose fresh and firm fillet)
- 3 tbsp coconut oil or pure ghee
- Juice and zest from 1 medium lemon
- 1–2 tsp salt (as per needs)
- 1 tsp paprika (optional)

- 2 tsp ginger-garlic paste (crushed)
- 1 tsp onion powder
- 1/4 tsp freshly ground black pepper
- 3 tbsp coconut oil or A2 ghee
- Freshly chopped basil or parsley leaves, for garnish and flavour
- Extra lemon slices for serving

Instructions

1. Use paper towels to thoroughly pat-dry excess moisture from fish fillets – this step is crucial for the fish to brown nicely in the pan. Set aside.
2. In a bowl combine melted oil, lemon juice and zest and 1/2 tsp salt.
3. Stir to combine well.
4. In a separate bowl, combine the remaining 1/2 tsp salt, paprika, garlic-ginger paste, onion powder and black pepper.
5. Evenly press spice mixture onto all sides of fish fillets.
6. In a large, heavy pan over medium-high heat, heat the oil/ghee until hot.
7. Once your oil is sizzling, cook 2 fish fillets at a time to avoid overcrowding (allows for even browning).
8. Cook each side just until fish becomes opaque, feels somewhat firm in the centre and is browned. Lightly drizzle some of the lemon sauce as you cook, reserving the rest for serving.
9. Take care not to overcook, as that will result in a tougher texture.
10. Season with freshly ground black pepper to taste.
11. Serve fish with remaining lemon sauce, basil or parsley and lemon wedges.

IMMUNITY ELIXIR TEAS

Using balanced nutrition as one of the most important pillars to build immunity, we spend a lot of time in studying the top immunity-boosting foods and its mechanism of action in our body. After a thorough research, we finally came up with a consolidated list of the most powerful immunity-boosting foods that are also easily available, because good health doesn't mean exotic ingredients. The most powerful immunity-boosting foods are also the simplest like tea, spices and herbs.

One fascinating aspect of using food as medicine is that *one food offers multiple benefits* as opposed to a one drug working for only a specific health issue. For example, a simple spice like fennel could help enhance digestion as well as work as a mouth freshener, reduce acidity, boost lactation in mothers, etc.

While *stimulating the immune system turns out to be a common property* for each of these foods, they also offer a ton of other benefits. My top immunity-boosting foods in the category of spices, herbs and tea are:

- Green tea
(Richer in antioxidant content as compared to vitamins C and E, fat burner, manages bad cholesterol, helps smokers lungs, antiviral, boosts liver health)
- Chamomile flowers
(Induces a feeling of calm and relaxation, perfect for a bedtime beverage, anti-inflammatory, boosts uterine health, digestive relaxant, boosts oral health)
- Oregano
(Boosts lung health, decongestant, antiviral, soothes cramps, anti-angiogenic)
- Fennel
(Reduces acidity, boosts digestion, normalises menstrual flow, galactagogue, increases efficacy of cancer drugs like Tamoxifen, while reducing its side effects too)

- Carom
(Digestive spice, reduces toxicity of radiation, soothes colic pains)
- Pepper
(Boosts absorption of other active compounds, anti-inflammatory, pain reliever, soothes headache, boosts digestion)
- Turmeric
(Anti-inflammatory, boosts brain health, liver health, anti-cancer, reduces toxicity of cancer drugs, anti-parasitic)
- Thyme
(Powerful decongestant, clears out lungs of excess mucous, antioxidant)
- Rosemary
(Reduces toxicity of chemotherapy, antimicrobial, anti-cancer, soothes ulcers, increases efficacy of cancer drugs as well as reduces its side effects)
- Peppermint
(Soothes digestive system, antiallergic, soothes nausea and vomiting sensation)
- Lemongrass
(Stress buster, anti-diabetic, anti-cancer, antiviral, protects DNA)

I prefer brewing it all together into a tea because it's easy with the base being either green tea or chamomile depending on what time of the day it is. A simple brew of these ingredients gives me a cup that's power packed with so many benefits. You can carry it while travelling. Use it as a replacement for coffee or whenever you feel like tucking in with a warm beverage.

Recipes (Serves 2):

Immunity elixir – green tea

Ingredients

- 1 tbsp green tea
- ¼ tsp oregano
- 1 tsp fennel
- ½ tsp carom
- Pepper a pinch
- 1/2 tsp turmeric
- 2 or 3 sprigs thyme
- 1 or 2 sprigs rosemary
- 2 or 3 sprigs peppermint
- 2 or 3 stalks lemongrass (fresh or dried)

Instructions

1. Take 2 cups of water in a vessel.
2. Add all ingredients except green tea in it and allow it to boil.
3. Once it starts boiling, add green tea, turn off the flame, cover the vessel with a lid and let it steep for about 2–3 minutes.
4. Remove lid, strain into a cup and sip warm.

Immunity elixir – herbal blend

Ingredients

- 1 tbsp chamomile buds
- ¼ tsp oregano
- 1 tsp fennel
- ½ tsp carom
- Pepper a pinch

- 1/2 tsp turmeric
- 2 or 3 sprigs thyme
- 1 or 2 sprigs rosemary
- 2 or 3 sprigs peppermint
- 2 or 3 stalks lemongrass (fresh or dried)

Instructions

1. Take 2 cups of water in a vessel.
2. Add all ingredients except chamomile in it and allow it to boil.
3. Once it starts boiling, add chamomile, turn off the flame, cover the vessel with a lid and let it steep for about 2–3 minutes.
4. Remove lid, strain into a cup and sip warm.

One can add raw honey/jaggery to sweeten the beverage. The longer you steep the tea, the more flavonoids you'll get in your brew.

Note: Due to the presence of caffeine in green tea it is advisable to consume it during the day or early evening, and it's ideal to consume a chamomile-based tea before bedtime as it's regarded as a mild sedative to calm the nerves, reduce anxiety, insomnia and other sleep issues.

The brand Dancing Leaf Tea has pre-mixes of these two magical blends too, if you cannot brew it fresh at home. Hope that it makes things easier for most of you as they can take care of so many aspects of your health.

Here's how you can get your own blend:

Green tea blend: <https://dancingleaftea.com/collections/immunity-elixir/products/immunity-elixir-green-tea-blend>

Chamomile blend: <https://dancingleaftea.com/collections/immunity-elixir/products/immunity-elixir-herbal-blend>

Disclaimer: None of these ingredients or the blend as a whole is a replacement for any medication or medical treatment. Please make an informed decision and keep your health professional in loop before consuming the tea, especially if you have medical conditions.

IMMUNITY-BOOSTING POWDER



A simple homemade immunity-boosting powder made from specific spices that have star immunity-boosting properties to help harness your immunity.

- A delicious and versatile immunity booster
- Perfect for cold and flu season
- Safe for kids

With spices that are already lying in your kitchen cabinet you can make this powerful immunity-boosting powder. *Make them for your house help, drivers, building watchmen, and security guards too or simply share this recipe with them.* Each of these spices is available in almost every household.

Ingredients

- 7 tbsp organic turmeric powder (haldi)
- 4 tbsp cumin seeds (jeera)
- 4 tbsp coriander seeds (dhaniya)
- 7 tbsp fennel seeds (saunf/variyaali)
- 2 tbsp dry ginger powder (saunth)
- 2 tbsp whole black pepper (kali mirch)
- 1/2 tbsp Sri Lankan rolled cinnamon powder (dalchini)
- 3 tbsp cardamom powder/pods (whole green elaichi)

Instructions

1. Keep turmeric powder and dry ginger powder in a separate bowl (no roasting).
2. Lightly roast all the remaining ingredients on a low flame till you get a nice aroma (avoid burning of spices).
3. Once cooled, transfer them into a grinder and grind to a powder.

4. Add turmeric and dry ginger powder to it and mix with a dry spoon.
5. Store in a clean, airtight glass or steel jar.

HOW TO CONSUME?

- Have 1/4–1 teaspoon with a glass of warm water in the morning or mix 1/4–1 teaspoon of the mix in some organic A2 ghee and have it off the spoon. A good fat source always helps enhance absorption. Generally, consuming 5 gm a day is safe.
- You can add it to your bowl of piping hot soup while cooking it, or to your “khadi” or “rasam” or “sambhar,” or any “curry” or “sabji” or use it to make your “pulavs” and “khichdis.” Use it the way you would use your spices in cooking.
- It makes a great alternative for garam masala as well.
- Use it as a seasoning.

WHO CAN CONSUME?

Anyone and everyone in order to harness immunity – the biggest investment today. It’s great for your kids, the elderly, everyone. Mothers of young kids can mix this in small quantities in food like dals, soups, khichdis, porridge and give it to their kids. You can consume it every day or when you feel your health is dipping. If you cannot make the mix home, then you can always get your hands on the readymade immunity-boosting powder, for your convenience.

Here’s how you can get your readymade packet of Immunity Boosting Powder: <https://amzn.to/2n5H0Wt>

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WASHING FRUITS AND VEGETABLES

FRUITS AND VEGETABLES tend to contain high levels of pesticides. While consumption of this fresh produce may not show immediate effect, the pesticides tend to accumulate in our bodies, creating a toxic overload and finally manifest in the form of cancer, damage to the nervous and reproductive systems, birth defects and severe disruption of the immune system.

Hence, one should take measures to minimise the risk by thoroughly washing fruits and vegetable before consuming them.

Here are three simple, do-it-yourself tricks you can adopt at home:

1. Vinegar and salt soak

- Fill a large bowl with 4 parts water to 1 part plain white vinegar.
- Add 1 tbsp of salt to that.

- Soak the fruit or vegetables you'd like to clean in the mixture for 20 minutes.
- Gently scrub and rinse the fruit or vegetables well with water.
- This is highly recommended for fresh produce that is likely to be highly sprayed such as grapes, apples and berries.

2. Blanch

- Dip your vegetables/fruits in warm water for a short while and this should remove any leftover residue.

3. Thick peeling

- Removing thick peels is another efficient way to remove residue, and comes highly recommended especially when there might be some residue in the crevices of the fruit/vegetable.
- This is highly recommended for vegetables or fruits that are not organic and are to be juiced raw. For example, carrot, beetroot, cucumber, bottle gourd.

ABOUT LUKE COUTINHO

Luke Coutinho is a Holistic Lifestyle Coach and practices in the field of Integrative Lifestyle Medicine and Life Coaching. In his practice, he believes that while doctors do what they have to do, the medicine he and his team use is Lifestyle.

He is of the firm belief the mind and body are connected and we cannot separate the two. In most cases, disease and sickness starts in the mind and soul, and while treating the physical symptoms, it is extremely important to look at the mind and human spirit as well as diagnose the root cause and work on it.

He says, “Every human is individual and unique in their own way and must be assessed, diagnosed and treated as a unique individual. What works for one doesn’t have to work for another. Each person will need a completely personalised and individualised approach to nutrition, movement, sleep hygiene, stress and other factors. Only then can we expect some amount of healing.”

His mission and vision is backed by a solid team of registered dietitians, certified nutritionists, experienced lifestyle coaches and skilled allopathic medical practitioners – doctors who believe in lifestyle medicine and help clients with a 360-degree approach, combining medicine and lifestyle to improve their condition.



His dietitians look at the clinical side of nutrition involving medical and lifestyle diseases. They work as a team with doctors, lifestyle coaches, emotional counsellors and yoga therapists. Besides practicing lifestyle medicine and coaching, Luke also invests in massive amount of research and development, training and upskilling his nutritionists and doctors on a regular basis.

The number of testimonials and success stories that come for his work and his team speaks volumes about the quality of work and effort they put behind each client. They have seen the amazing benefits of an integrative approach towards recovery as they receive powerful testimonials on how an integrative and lifestyle approach has helped bring about a positive change in their clients' health and well-being.

Luke often says, "The immune system is the first and last line of defence in the human body. If you look after it, invest in it, protect and grow it, then you can prevent a plethora of diseases. A lot goes into building the immune system besides just medicine. The lifestyle drugs: balanced nutrition, adequate exercise, quality sleep, emotional detoxification, love, care, appreciation, hope, beliefs, nature, environment, relationships and much more, all help to build the immune system. People who come to us for help are first asked if they believe they can get better. Depending on their response, we begin to assess, diagnose and support or inspire them to believe."

Website: <https://lukecoutinho.com/>

ABOUT SHILPA SHETTY KUNDRA

An actor, India's first celebrity YouTuber, Wellness Influencer, Author, Yoga Practitioner and Health and Fitness Icon, Shilpa Shetty Kundra has many facets to her persona. With a career spanning over 25 years in the Indian film industry, coupled with her presence on television and being the first Indian to win *Big Brother UK*, today Shilpa is much more than a global face.

She was the first entrant into the health and fitness space with the launch of her yoga DVDs 13 years ago. She is also the first mainstream actor to have her own successful YouTube cooking channel.

Her journey as an author began when she wrote her first book with Luke Coutinho, *The Great Indian Diet*, followed by her second book, *The Diary of a Domestic Diva* - a national bestseller, which has delicious and nutritious recipes directly from her kitchen.

Believing that well-being is of paramount importance, she now plays a catalyst in bringing "Health" (mental and physical) to the forefront through the SS App-The Shilpa Shetty App, making it simple for people to understand how to lead their lives with the right information, motivation, nutrition and varied workout plans to achieve a better quality of life and mental and physical fitness.



To live in awareness is the key to nourish your body, mind and soul. With that intent, Shilpa wishes that through her app as a medium, people make positive lifestyle modifications to stay aligned and happy. Wishing you all great health ... Swasth Raho, Mast Raho!

The Shilpa Shetty App: <https://shilpa.app.link/PAV0TnJMs7>



India's first Celebrity Fitness App launched by Shilpa Shetty Kundra. A Holistic Health App designed by experts with Yoga, Exercise, Immunity & Diet Programs. Available to download in both Android and iOS smartphone devices.

*We hope this gift to you and your families
will add value, health and happiness into
your lives.*

Lots of love from Team Luke and Shilpa Shetty
Kundra

GRATITUDE AND THANKS

I am of firm belief that when your intention vibrates with truth and pureness, it manifests effortlessly. Actually, most of my life has been that way. When my intentions have been weak, I have manifested weakness; when my intentions have been strong and pure, I have manifested abundance and much more.

When the idea of this book materialised as a thought, the feeling was incredible. You see, your thoughts determine your feelings. We cannot have feelings without thoughts. I knew we wanted this to be a gift at no cost to our country and the world. The feeling was so good. I knew the intention was right and in less than 10 minutes after discussing the idea with Natashya, she said go ahead, and Shilpa Shetty Kundra was onboard within less than a minute. I thought about publishing and editing and who would do this free for us. In less than a minute, Aashish Agarwaal's name, who owns a publishing platform called BUUKS, flashed across my mind. I picked up the phone and called him and explained the idea and he said, "Luke, this is a noble cause and me and my team would love to be part of this!"

The next moment, I was on call with my doctors and other doctors I knew from my work across the globe, nutritionists, clinical dieticians, lifestyle experts, and within minutes the idea became a reality. We got working on our parts, engaged research to back what our book will contain and put this masterpiece together. This is the power of intention and manifestation. I visualised people downloading this free book and reading through it, taking away something from it that could boost their immunity and improve their life, and with that context in mind, we put all our content together.

I am so grateful to:

Natashya Phillips: She runs our company seamlessly and efficiently, allowing me more time to fulfil my passion. She plays the devil's

advocate in all of my ideas and is usually always right. She manages our amazing team and because of her and my team, I am able to do what I do today. Grateful to her from the bottom of my heart.

Tyanna Brooklyn Coutinho: My beautiful daughter and my reminder that life is beautiful. She is a reminder of the definition of innocence and pureness. My love.

Shilpa Shetty Kundra: One of the most down-to-earth, fun-loving, big-hearted and real women I know. Thank you for always supporting what I do and being a part of it all. It means so much to have you with me.

Ayushmann Khurrana: You are simply amazing. Thank you for always keeping it real and always supporting my initiatives.

Aashish Agarwal: Without you and your generous heart, this would not be possible. Thank you for publishing our work and making it available to the world.

Dr. Akshat Chadha: For leading our medical vertical and impacting so many lives through your knowledge and expertise.

Taarika Dave: You have supported me in all of my books, putting them together, adding what is relevant. Your effort, time and efficiency is valued and truly appreciated. Because of you, we are able to put this together in such a short time frame. Thank you for an amazing job, yet again.

Priyanka Vithalani: Fantastic work on compiling all the beautiful recipes for us over the last couple of years. These recipes are very easy to make with simple ingredients. I really appreciate your creativity, intellect, science and wisdom.

Mugdha Parolia: You have been an asset to our team by being constantly involved in research and giving us fantastic medical research and scientific articles for everything we do, right from cancer to immunity.

Gurudev Sri Sri Ravi Shankar and the Art of Living: Thank you for the meditation links that will teach and enable our readers to

incorporate powerful meditations into their lives. These meditations can boost immunity and great health. Gurudev, you hold a special place in my heart and in the work I do every day.

My amazing team of head nutritionists and coaches who handle clients as well as upskill teams under them and yet never fail to amaze me with the superlative quality of work: Amy Shah, Amrozia Sayyed, Charmi Gala, Charmi Gogri, Deepika Rathod, Hemali Malavia, Hardika Vira, Prachi Acharekar, Sneha Shah, Shraddha Shetty, Shimpli Patil and Taarika Dave.

My entire team of extremely hard working nutritionists, coaches, clinical dietitians, lifestyle coaches, yoga experts: Aditi Save, Anita Varier, Ankita Fernandes, Anuja Vyavahare, Binny Dawra, Deepti Sherawat, Disti Vira, Heta Kothari, Ishita Garg, Jesal Shah, Jyoti Shah, Kinjal Shah, Komal Mehta, Kruti Jain, Manisha Guram, Mishita Kapur, Nalini Saraf, Nandini Agarwal, Neha Morche, Neha Tanvani, Nida Kazi, Nidhi Gupta, Nikita Dalmia, Nistha Padia, Paarmi Vora, Piyali Ganguly, Poonam Singh, Priyanka Ahire, Ragini Nagpal, Rashmeet Kaur, Richa Doshi, Rimjhim Chaturvedi, Sameeksha Watts, Sarmishtha Mazumdar, Shabnam Shama, Shimpli Patil, Sonali Desai, Swati Chawla, Sweta Karia, Syeda Hajira, Tasneem Jawadwala, Tosha Samant, Vanessa Dsouza, Vidhi Shah, Vidya Kalaria, Vijaya Nayak and Zainab Tinwala.

The doctors in our team who, along with our coaches, help support every client's journey in an integrative way: Dr. Akshat Chaddha, Dr. Abhay Talwarkar, Dr. Darshana Salve, Dr. Manali Rao, Dr. Michelle Shah, Dr. Priyanka Wadhvani, Dr. Sunita Paliwal, Dr. Viral Thakkar and Dr. Shruti Nair.

My entire backend team who keep working round the clock, supporting my vision and helping the entire team in what they do: Afsheen Karmali, Antoinette D'costa, Bansi Vora, Clive Coutinho, Flavia Henriques, Gautam Kapadi, Hadrian Dmello, Karim Makani, Khyati

Kale, Krupa Sreedhar, Kruti Joshi, Kulsum D'souza, Natasha Joseph, Pradnya Ahire, Preeti James, Sampada Bakshi, Sana Pagarkar, Satish Kurapaty, Shweta Powar, Tahmeen Siddiqui, Trupti Jagtap, Vrinda Churi, Vruti Shah and Zonnette Cabral.

My amazingly creative and digital team: Niti Nirvan, Anand Sawant and Liam Remedios.

My dear friend Vaishali Mehta, the designer behind my everyday quotes and so much more.

My heartfelt gratitude to Dr. Akshat Chaddha, Dr. Abhay Talwarkar, Dr. Steven Osguthorpe, Dr. Amy Shah, Dr. Natwar Sharma, Dr. Vani Srinivas Pulijala, Dr. Poonam P. Rai, Dr. Jayesh V. Sanghvi, Dr. Prakash Dave, Dr. Abha Mehndiratta and Dr. Ravi Doctor for adding their valuable quotes and thoughts, which they have learnt from their experience, into this book.

I am able to do what I do, because I am backed by such a powerful, passionate and efficient set of humans beings who all share one vision: empowering the lives of others and helping them prevent and recover from illness. Thank you so much from the bottom of my heart.

KNOWLEDGE ACTION SYNDROME

In closing, I would like to request all of my readers to make use of this content. Knowledge without action remains knowledge. It is called Knowledge Action Syndrome and it affects many people across the globe: children, adults, teenagers, seniors, everyone. It simply means that all of us have the knowledge of what to do, but we simply do not take action to do that. This is a bitter and ugly truth, which we never accept and find it easier to put the blame on our healthcare experts, nutritionists, doctors and other advisors for not being able to fix us.

If you are sick and tired of being sick and tired, your body is trying to tell you to make lifestyle changes. Instead of blaming and complaining, start actioning. Less talk more action is the way to success. We all know the importance of sleep, but how many of us really make the effort to include bedtime rituals?

When I consult people for weight loss, I ask them what are the three things that prevent them from losing weight. Majority of them know their obstacles and addressing them is the only way to get them on a path to weight loss. They just couldn't achieve it because they lacked action.

There are so many people who hide behind self-help and spiritual books, run to mountains and retreats, isolate themselves to find the meaning of life or their purpose. Most of these people accumulate knowledge but have zero discipline and consistency in implementing or practising what they learn. If a spiritual book is teaching us how to be a compassionate and kind person and we don't do anything to practice it, then the wisdom just remains in that book.

We can move from one yoga class to another, one chanting class to another, take classes on improving posture and many other classes like these, but if we do not allow the teachings to slip into our daily lives, it's a waste of our money, time and effort.

People talk big about what they read and understand from spiritual masters, books and other resources. It's great to have all that exposure, but knowledge without action is useless. It just stays as knowledge and no one benefits from it.

What stops you from making a change?

So, the bottom line is take what you need from this book and apply it with consistency, discipline and faith.

There are two kinds of people:

1. People who read books on health, self-help, spirituality, but do nothing about it. These kind of people stay the same before and after reading the book.
2. People who consume content, use it and transform their health, fitness and life.

The latter are the winners! You will find success by practicing what you learn every day, by implementing the change you decide and not in reading books after books, viewing videos after videos and attending classes after classes. Live with mindfulness and awareness, through the struggles and pains and ups and downs. You will find success with effort and not by running away from it.

GLOSSARY OF SPICES AND DALS

English	Hindi	Telugu	Kannada
Turmeric	Haladi	Paupu	Arishana
Red chilli pepper	Lal Mirchi	Endu Mirapakaya	Vana mensikayi
Tamarind	Imli	Chintapandu	Hunisehannu
Jaggery	Gur	Bellam	Bella
Asafoetida	Hing	Inguva	Ingu
Mustard seed	Rai, Sarson	Avalu	Saasvi
Cumin seed	Jeera	Jeelakarra	Jeerigi
Fenugreek seed	Methi seeds	Menthulu	Menthya
Coriander seed	Dhania	Dhaniyalu	Kothambri beeja
Sesame seed	Til	Nuvvulu	Ellu
Groundnuts/Peanuts	Moonphali	Palli, Vesenakkaya	Kadalekayi
Almonds	Badam	Badam pappu	Badami
Cashew nut	Kaju	Jeedi pappu	Godambi
Dates	Khajur	Kharjuram	Kharjoora
Cardamom	Elaichi	Yalakka	Yalakke
Cinnamon	Dalchini	Dalchina chekka	Dalchini
Poppy seed	Khus Khus	Gasagasalu	Gasagasi
Cloves	Lavang	Lavangam	Lavanga
Peppercorns	Kali Mirch	Miriyalu	Menuసు
Saffron	Kesar, mayur	Kumkuma puvvu	Kumkuma huvvu
Fennel seed	Saunf/Sanchal	Sompu	Sompu
Dried ginger	Sonth	Sonti	Sonti
Bay leaf	Tej Patta	Biryani aku	Masala Ele
Nutmeg	Jaiphal	Jaji kaya	Jaji kayi
Spice mixture	Garam masala	Garam masala	Garam masala

English	Hindi	Telugu	Kannada
Carom/thymol seed	Ajwain	Vamu	Vam
Ginger	Adrak	Allam	Sunti
Garlic	Lahsun	Vellulli paaya	Bellulli
Onion	Pyaz	Ullipaya	Erulli
Fresh coriander	Hara dhaniya	Kothimera	Kothambri
Green chilli pepper	Hari Mirch	Mirapakaya	Mensikayi
Curry leaf	Kadipatta	Karivepaku	Karebevu
Fenugreek leaf	Methi leaves	Menthi kura	Menthe soppu
Lemon/lime	Nimbu	Nimmkaya	Nimbehannu
Mint	Pudina	Pudina	Pudina

Names of Indian Dals

English	Hindi
Black-eyed peas	Raungi, Chawli, Lobhia
Black gram lentils, split and skinned	Urad Dal
Black gram lentils, whole	Sabut Urad
Chickpeas, brown (Bengal gram)	Kala Chana
Chickpeas, green	Cholia/Hara Chana
Chickpeas, split	Chana Dal (Split Bengal gram, split brown chickpeas)
Kidney beans, red	Rajma
Lentils, brown (whole)	Sabut Masoor
Lentils, red/orange/pink (split brown lentils)	Masoor Dal
Lentils, yellow petite	Moong Dal (Split moong beans)
Mung beans (green gram whole)	Hare Moong
Pigeon peas, split	Arhar, Tuvar, Toor, Tur Dal

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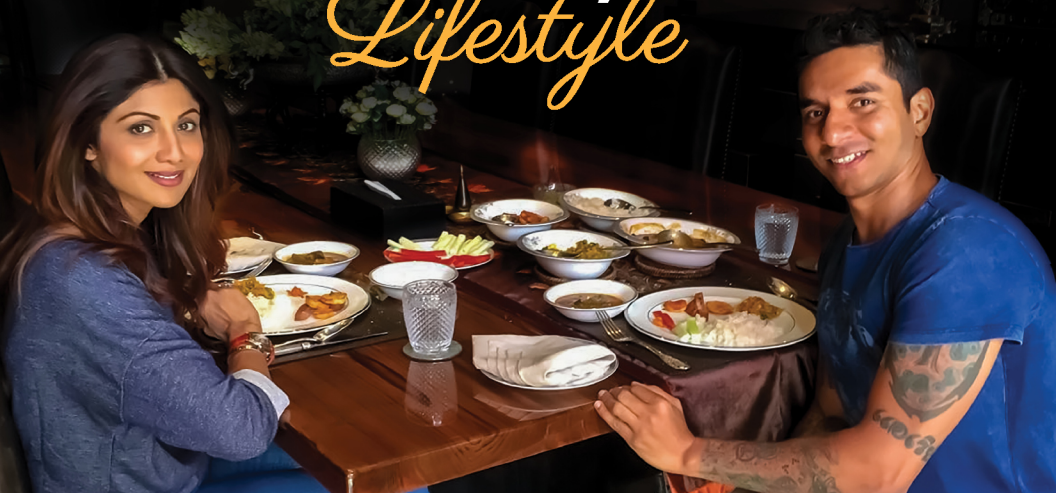
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The Magic Immunity Pill *Lifestyle*



Immunity is the first and last line of defence in the human body. In this 'gift to India and the world' from Luke Coutinho and Shilpa Shetty Kundra, they integrate the best of four powerful verticals into simple and inexpensive lifestyle changes revolving around nutrition, exercise and yoga, sleep and emotional wellness that can help you with your immunity, health and life.

This book is packed with powerful tips and advice and experiential learnings from top medical doctors, nutritionists, clinical dieticians, lifestyle experts from across the globe and our own country India, all blending into a simple yet powerful read that can change your life and health.

Without immunity we have nothing. We are vulnerable to attack and susceptible to all diseases. Immunity is that silent yet powerful army that protects us every second of the day and night.

Like Luke always says, "Knowledge without action and discipline is just knowledge." Luke and Shilpa encourage you to put these tips into action and make them a part of your lifestyle.

ISBN 0000000000000



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