

Heartfulness presents

Three Simple Tools to Prevent Disease and Achieve Optimal Health



1. Mindful Eating



2. Movement



3. Mind-Body Practice



Heartfulness Webinar
THROUGH MEDITATION, JOY



1. Mindful Eating

We often eat our meals distracted, in front of the television, while conversing, or watching and listening to all the sights and sounds around us. Without awareness and appreciation of the food going into our body, this can result in overeating, sluggish digestion, indulging in unhealthy foods which can impede nutrient absorption and lowers our immune system.



Here are some helpful hints we can practice while eating:

- 1 Watch every bite as you divide it on your plate and put it into your mouth.
- 2 Chew slowly - chewing 20 to 30 times each mouthful improves digestion.
- 3 Pause and breathe deeply between each bite.
- 4 Be aware with all your senses while chewing and eating your food.
- 5 Drink only after completing your meal allowing your stomach enzymes to work more efficiently in breaking down the food.



2. Movement

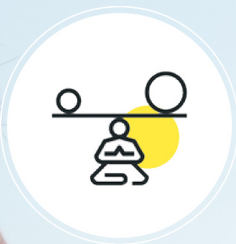
Movement doesn't necessarily entail long rigorous runs or lifting heavy weights in the gym. Movement can be anything that involves stretching, strengthening of muscles and exercising the cardiovascular system. Types of movements can be walking, dancing, Tai Chi, yoga, or swimming. Not only does movement help keep the body and mind fit, it has a profound effect on your digestion, hormone levels, mental and emotional stress, fatigue and overall wellbeing.



Here are a few points to keep in mind:

- 1 Try to engage in 30 minutes of some type of movement most days of the week.
- 2 Challenge your body occasionally. Don't stick to one type of activity.
- 3 Increase your duration and intensity as you go along. The body gets used to a certain movement and needs change to keep improving.
- 4 Hydrate yourself throughout.





3. Mind- Body Practice

Mind-body practice does not only mean meditating. Including physical movement together with meditation can be a great stress-buster. It's important to know that we cannot eradicate stress, but we can learn how to deal with it better. Indulging in a mind-body practice daily helps us naturally manage stressful situations and how we react to them. When stressed the body releases cortisol the stress hormone in our body which gives rise to inflammation. This can be a recipe for disaster.

Therefore, we need to kick start the parasympathetic nervous system, sometimes called the rest and digestive system, to keep the mind and body in balance.



This is how it can be done:

- 1 Engage in any activity that brings a feeling of calmness and relaxes both body and mind. This can include walking in nature, cooking, writing, listening to music, and meditating. *See Heartfulness Relaxation script.
- 2 Give yourself at least 10 minutes daily to engage in a relaxing activity.
- 3 Increase the time as you go along.
- 4 Be regular in doing your daily activity as it takes practice and time to become a part of our natural routine.

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*Heartfulness Relaxation Technique

Sit comfortably and close your eyes very softly and very gently.

Let's begin with the toes. Wiggle your toes. Now feel them relax.

Relax your ankles and feet. Feel energy move up from the earth... up your feet to your knees relaxing the legs.

Relax your thighs. The energy moves up your legs ... relaxing them. Now, deeply relax your hips ... stomach ... and waist.

Relax your back. From the top to the bottom the entire back is relaxed.

Relax your chest ... and shoulders. Feel your shoulders simply melting away...Relax your upper arms. Relax each muscle in your forearms ... your hands ... right up to your fingertips.

Relax the neck muscles. Move your awareness up to your face. Relax the jaws ... mouth ... nose ... eyes ... earlobes ... facial muscles ... forehead ... all the way to the top of your head.

Feel how your whole body is now completely relaxed.

Move your attention to your heart. As you rest there, gently have the idea that source of light is illuminating your heart from within and is attracting or pulling your attention inward...Feel immersed in the love and light in your heart. Remain still and quiet, and slowly become absorbed in yourself.

Remain absorbed within this deep silence for as long as you want, until you feel ready to come out again.

To listen to the guided relaxation, or to learn more about Heartfulness Relaxation and Meditation, go to: www.heartfulness.org