

Power packed strength, flawless skin, beautiful hair and looking young is possible only when you eat right, think right and do right. Vibrant energy of the soul sparkles only when certain norms are followed correctly.

Are you ready to change the whole universe inside you, from negative to positive, weak to strong and fat to fit?

Be ready for some magical ways which will beautify your lifestyle easy and effortlessly.

MAKE A VISION

Goals cannot be accomplished unless you set it. Making a vision that makes your way crystal clear and profound to do the actions dedicatedly. Very few of you give importance to this step which leads to ultimate failure of reaching it. This is why I decided to enlighten you to make sure you follow this step dedicatedly.



Visions could be like reaching your perfect weight, fitting in a particular dress, maintaining optimal sugar levels, or any health related goals. Unless you make a clear vision, you will find yourself distorted and unorganised. Therefore, setting a vision or a goal is the first and the most crucial step towards great health.

Two simple ways to make a clear vision are:

Writing your goal in a journal or a paper- Place it where you can go through it at least a couple of times in a day.

This will help in triggering your mind like an alarm to keep doing the right actions.

Always write down your goals in present tense e.g.

'I am feeling absolutely healthy and getting perfect shapes which makes me look gorgeous and confident' (You can add the number or the size too in your affirmation to be more goal specific)

'I am almost near my Ideal body weight and I am reaching there easy and effortlessly' (whatever weight you want to achieve can be added)

'I am flying in happiness because I am fitting in my old denims'

'I am beaming with joy and happiness because I am now reaching the ideal levels of cholesterol/ diabetes' (You can mention the ideal level numbers also)

Make a vision board- Print your old picture where you look healthy and perfect or download the picture of a person looking healthy or having a flawless skin, depending on your goals and place it where you can look at it for quite often in a day. Keep that picture on your desktop or wallpaper in your mobile and feel gratitude and love for it as if it's you. Looking at it often will make sure that you remember your goals and keep doing the right actions.

RECALL & PROGRESS



Maintain a small book or type your weight and body measurements or the levels that you want to reach every month to see the change.

Writing your diet recall every night makes sure that you are eating healthy the next day too. This can also include tracking of energy levels that you feel improving each day. This process keeps you motivated and track down your progress each month.

PRE PLAN



Planning your day in advance helps you eat right food at the right time the next day too. Also, it will help you plan well the food that you need to carry from home instead of eating out unhealthy food options.

LIQUIDS



You have heard so many people talking about importance of drinking plenty of water but still water is given least importance when it comes to health. We look out for foods which help you lose weight or any magical food which can gift us good health. Sedentary lifestyle is responsible for severe dehydration and lowering your BMR (Metabolism). Due to lack of activity and exercise, thirst sensation drops down gradually leading to poor digestion, acidity and deficiencies.

Drinking enough water improves digestion which boosts your metabolism by absorbing water soluble antioxidants efficiently and ultimately resulting in lowering your body fat and gives sheen on your skin. Therefore drinking enough water consciously is vital to keep up the BMR (Basal Metabolic Rate).

Keep a water bottle in front on your working desk, or carry along with you always and consciously keep sipping it throughout the day. You can make interesting choices like lemonade, cucumber juice great during summers, jalgeera water, coconut water, buttermilk, pumpkin or tomato or mix vegetable soups, mint and coriander juice, apple, carrot and plum juice.

MEALS

Main meals



Breakfast, lunch and dinner are the basic requirement of our bodies to keep the energy levels optimal. Skipping either of them is a threat to your health. Some of you skip it because you are getting late for work or busy doing house hold work, not eating enough or sleeping without eating the dinner to lose weight etc results in nothing but poor immunity.

Eating less like only soups and salad or skipping a meal is responsible for short term weight loss but long term health problems like diabetes, osteoporosis, early menopause, gout, knee or back pain, poor concentration, and early ageing.

One fourth plate should consist of whole cereals, one fourth with proteins like curd, paneer, lean chicken or fish, pulses, half plate with vegetables and salad should be included in all the three meals.

If you are a vegetarian, then see to it that you are including a cereal and a pulse combination to improve the protein quality.

Small meals

Three small meals in between the main meals give enough work to the stomach to digest and keep the fat burning work going. The more frequently we eat the more fat we burn but the quality of the food has to be taken care of.

Three small low calories, high fibre, high thermogenic snacks like protein shakes, vegetable chopped with low fat dips or dressings, protein bars, germinated pulses, low fat cheese with roasted cereals, museli or oatmeals with fresh and seasonal fruits can be selected, nuts with sugarfree yogurt, vegetable juices like mint and coriander, bottle gourd, tomato and spinach, roasted or boiled channa bhel, khakra. You can also select the top 5 recipes which I mentioned in the previous email.

MAGICAL FOOD

Cereals- whole wheat, wheat bran, oats, jowar, bajra, nachni, barley (3-4 servings/day)

Pulses- moong, channa, besan, rajma, chole, sprouts (2-3 servings/d)

Milk and milk products- low fat milk, curd, paneer, low fat cheese (2-3 servings/d)

Lean meat- lean chicken or fish, eggs (2-3 servings/d)

Vegetables and fruits- seasonal and fresh (3-4 servings/d)

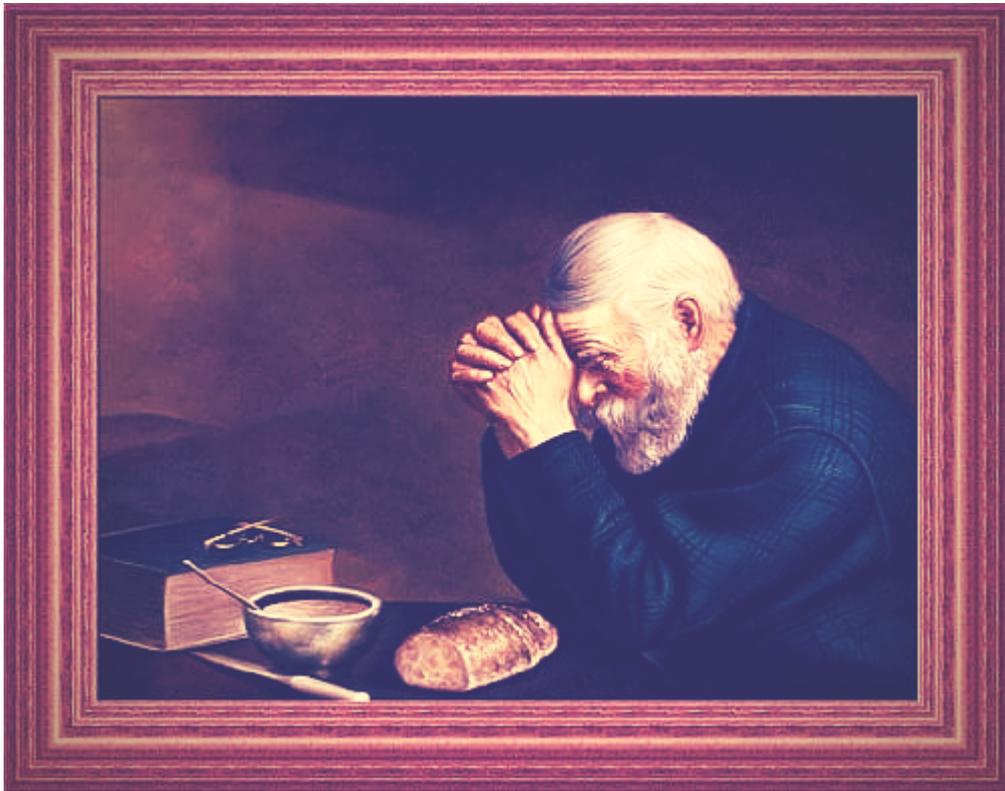
Nuts and oilseeds- almonds, walnuts, pistachio, til, garden cress, flaxseed (1/2 serving/d)

Oils: olive, peanut, rice bran oil (3-4tsp/d)

Omega 3: Oily fishes or supplements, home made cow's milk ghee, flaxseed.

Supplements: Including nutritional supplements is highly beneficial to overcome the nutritional deficiencies. The better is the nutritional state of the body, the better will be the metabolism of your body. Take guidance from a certified nutritionist for recommendation.

CONCENTRATE



Stop watching TV, talking on mobile or chatting while eating food. Stomach sends a signal to the brain of satisfaction after 20mins of eating food, therefore if you are eating food while watching TV or chatting with others, will confuse your brain whether it is satisfied or not. Also, you won't realise whether you eat beyond your stomach capacity or not. Keep a check on the speed of eating food. As I said, stomach signals your brain only after 20 mins, therefore, whether you eating 4 chappatis in 20 mins fast or eat 2 chappatis slowly and chewing it thoroughly will satisfy you equally. Eating too fast will lead to overeating and increase in body fat. So all the fast eaters, give a chance to your brain to listen to your stomach carefully.

PHYSICAL ACTIVITY



Including one activity for 4-6 days in a week for at least 30-45mins keeps you weight under control, eliminates chronic disease, improves metabolism and keeps your endorphin levels high (hormone which makes you feel happy).

One cannot expect improvement in health or fat loss just controlling your diet alone. Brisk walk, yoga, aerobics, swimming, cycling, or dancing, the choice is yours to begin with, but including them in your daily routine is vital.

Best form of exercise is the combination of weight training with cardio and stretching because it helps strengthening muscles, bones denser, fat loss, cardiac and respiratory health. Taking guidance from a certified fitness trainer will be the best.

You can combine yoga with other forms of exercise in a well scheduled manner to help in mind, body and soul synchronization.

In case you are complaining of body pain, knee pain, or any medical issue then consult a physiotherapist first. After their approval, proceed towards exercise under supervision.

PERSONALIZED DIET

If you have specific health related disorders like diabetes mellitus, cardiac disorder, fatty liver, gout, or any chronic disorder, then taking guidance from an expert nutritionist will make a massive difference. Sometimes you might not be able to judge where are you going wrong, then in that case a nutritionist can point out your mistakes and make your ways easier. He or she can track your progress, any deficiencies or any health issues which are needed to be rectified. You can treasure their guidance with you throughout your life.

HAPPINESS



Happiness opens the door of endorphin hormones, making you feel good about your own self. The happier you are, the better will be your health. Complaining, stress, negativity, lack of self love will lower your immunity, stamina, and weight gain. Involve yourself in some activity like reading, watching your favourite movie, travelling, shopping, crafts, home decorations, outdoor or indoor games, etc which makes you happy and radiant.

SELF LOVE



Write down 10 best qualities you have each day.
Appreciate your health and your appearance.
Self love will allow the love and appreciation from
others to enter your life.

THANK YOU

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