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Ten ways to great health

Clinical nutritionist Dr Nupur Krishnan gives you a lowdown



AT PEACE:
Even a ten-minute daily meditation can help you

The foundation of good health is good nutrition. We are in the era of 'preventive therapy'. And that is not only better than cure; it is also cheaper and healthier.

1. Watch your eating patterns

Eat a wide variety of foods and instead of eating thrice a day, eat five times but reduce the quantity. Avoid feasting and fasting.

2. Eat smaller portions

Order small portions and share. At restaurants, reduce the temptation to clean your plate by setting aside one-third of your meal before you touch it. Once in a while enjoy small portions of your favorite high calorie foods so that you don't get frustrated and end up bingeing.

3. Modify your lifestyle

Don't nap during daytime; instead get between seven to nine hours of sleep each night. Eat slowly and savor each morsel. Stock your house with a choice of healthy foods and snacks.

Distance yourself from foods that tempt you. Avoid falling in the loop of emotional bingeing. Always try to keep yourself cheerful. Talk laugh, share jokes or read jokes on the internet.

4. Get a blood test once a year

Identify risk factors and early signs of ailments like heart disorder, diabetes, high blood pressure and certain cancers.

5. Avoid unnecessary medications

As far as possible try to stay away from

medications and supplements.

6. Care for your skin

Drink lots of water and keep your skin well hydrated from within. Nutrition deficiency can affect your skin health.

7. Exercise regularly

Regular brisk walking, aerobic activities, increases the body's demand for oxygen and trains your heart, lungs and muscles to work more efficiently.

8. De-stress yourself

Relaxation like stretching, deep breathing, meditation and progressive relaxation can reduce anxiety and stress levels.

9. Meditate

Practicing meditation, even doing it for ten minutes is a good idea, as it helps to calm down the nerves and mind.

10. Sound Sleep

Ensuring good and comfortable sleep is important.

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