

Diabetes Health

**EIGHTH
ANNIVERSARY
ISSUE**

APR - MAY 2019

Vol 9 No 1

₹ 70

10 Tips to Stay Healthy

**Post Bariatric
Surgery Recovery**

**5 Rules to
Correctly
Inject Insulin**

**When to
Exercise –
AM or PM?**

**Importance of
Fibre Intake**



www.diabeteshealth.co.in

A man and a woman are riding a red scooter. The man is in the driver's seat, wearing a dark blue polo shirt, white pants, and aviator sunglasses. He is holding the handlebars. The woman is sitting behind him, wearing a green and white striped tank top, blue jeans, and dark sunglasses. She has her hands on his shoulders and is smiling. The scooter is red with a large round headlight and a side mirror. The background is a blurred outdoor setting with buildings and a clear sky.

5 tips to Lead an Enriched Life



Preeti Pathak explains how to lead a happy and healthy life and know that all is well!

Life is a full circle

I believe heart and brain are the most powerful organs of our body. The only organ that functions even after we sleep is the heart. Brain rests when we rest our body. But if we go to bed with intense or disturbed thoughts and mind then we do not give adequate rest to our brain in the sleep state. The outcome is disturbed sleep and a heavy head next morning.

Our brain is multi folded. It is our thinking box. The thinking box has limited capacity at the conscious memory level. All information is stored in RAM (random access memory). RAM is the subconscious mind which not only stores information passed by the conscious mind but also contains all the information which is not fed by our conscious mind.

Basically, the subconscious mind stores all emotions and experiences of love, happiness, joy as well as hurt, anger, resentment, grief, sorrow, anxiousness which are essentially need to be released from the system or else they make their home in our mind and slowly creep in and manifest into our body in the form of chronic, life long illness or disease. Tight grip of ego leads to several health problems.

Life is in a full circle. As the famous saying goes 'As you sow; so shall you reap.' Being mindful and acknowledging our own thoughts, reactions (internally and externally) and attitude helps keep all problems at bay. It is not about being

proactive or reactive, neither about taking a flight or a fight mode in life situation. It is essential to realign, regenerate and grow favourable thoughts, attitude and behaviour for a healthy body and a happy being.

When we are happy or when we laugh the body releases endorphins, dopamine and serotonin which are favorable for a healthy self. Sorrow, anger, grief dissatisfaction with life causes low level of testosterone which can lead to stress and health issues.

Love

Love thy dear ones but love thy enemies even more. The trick and twist is all about love or no love. More love you give to others and own self; more love you will receive. More you receive more love will you give. It is a cyclic reaction.

Over the years our mind gets programmed in a pattern. We give out what we receive. Fill your life, your being with love. The top secret for a healthy body is love. Sharing happy and positive thoughts instantly fills our being with happiness. Keep smiling, keep shining.

Till the time your respect is not hurt, never stop to share your joy and love with others. And if you come across someone who does not understand your love and you feel helpless just say a sincere prayer asking the Divine to bless and help the troubled person and fill him or her with love. We cannot control other people's thoughts, action and reaction but we can definitely rectify our own thoughts and actions for



our own well-being.

Love is to give space to others and accept their viewpoints as well. Find happiness even if things don't turn around as you want them to be. Remember there is only so much that you can do. Everything happens in life for a purpose. We are responsible for our own self. Love thy self, thy neighbor and love thy enemies equally.

True company

Walking alone through happy moments and life's trial may not be as empowering as being with someone to share these moments. The company of a friend, companion, pet and children can fill our lives with splendid moments. Even strangers prove to be a good company. We all essentially need someone to share moments of life with.

Exchange of words, emotions and ideas is always healing. Happiness is being together. It opens our mind, broadens our perspective and attitude towards own life. It is essential to have own space but it is equally significant to be in company for peace and bliss. Realised souls seek true company through their quest of Divine union.

Forgiveness

What come naturally is to point a finger and blame others. Many times we blame ourselves and become a victim of our anger, resentment, hate and distrust. We begin to doubt our own judgment and slowly, fear and insecurity makes house in our mind. At times we choose to break a relation or maintain a low profile with that person. At times we lose complete faith in him or her.

It is okay to make mistakes. It is from mistakes that everyone learns. What's important is to become aware of mistakes, acknowledge them, accept them, learn from them, forgive and move on in life. What appears to be simple may not be that simple. We must strive to become a good samaritan and forgive ourselves as well as others. Life is but a journey to make mistakes, learn from them and transcend.

Our biggest weapon is belief in our own self. Unfortunately, through trials in life, at times challenges and situation put us in a quandary of self-doubt. When you reach this point of self-doubt, self-hate, self-pity program your mind with strong and willing energy to reverse this thought pattern. It is doubts which lead the way to a downfall of self-confidence, self-belief and self-conviction.

Faith and surrender

life has in store for you.

Live in the present; in the now. Live each moment. It is these moments which fill us with joy and happiness. Plan for the future but not at the cost of sacrificing the present moment and with an agitated frame of mind. It is purely in our hands how we want this moment to be. A happy, tension free mind and attitude will help attract happy moments in life. With joy in your heart, a smile on your face and belief in life you will attract all that is positive, happy and enriching. Challenges will not feel as challenging anymore.

Have faith and know that All is Well!



Preeti Pathak is a writer, wellness coach and a counselor who conducts workshops for healthy and stress free living.
www.empureal.in

Her book, 25 Essentials to Happy Living is available in English and Marathi languages in all leading book stores and also on www.amazon.in and www.upindia.com.

