

LOOKING INTO LIFESTYLE

All things organic: Health tips to stay fit

EATING HEALTHY IS nothing but a matter of practice so it is really vital to have chemical-free, natural, organic products in kitchen shelves that will help you lead a wholesome life, say experts.

Aditi Gokhale and Aman Singhal, experts from All Things Organic, here share a few organic products for the kitchen shelf that would help you stay fit.



• **Seasonal organic fruits and vegetables:** Nothing can beat the freshness of seasonal organic fruits and vegetables. These are grown without the use of any harmful chemicals and tastes a lot better than the conventional fruits and vegetables.



• **Himalayan pink salt:** Regular, commercial table salt is completely stripped out of the majority of its minerals with the exception of sodium chloride. It is then bleached, cleaned with chemicals, and heated at extremely high temperatures. The iodine that is added to table salt is almost synthetic, which is difficult for our bodies to absorb but the Himalayan pink salt is the purest salt in the world from the Sindh Area. Pink salt can be added in cooking or sprinkled on salads without worrying about high blood pressure.



• **Peanut butter made from organic ingredients:** Organic Peanut butter is not just for school lunches but also good for your health. The high protein with its healthy oils helps you with weight loss, diabetes and even Alzheimer's disease.



• **Garlic pickle made from organic ingredients:** Garlic, which is known for its antibacterial and anti-fungal properties, proves to be a natural anti-oxidant that boosts your immune system besides being an effective curative for circulatory and lung ailments. Home-grown and hand-made traditional garlic pickle is the best way to add a powerful medicinal herb to your daily diet.



• **Organic honey:** Daily consumption of honey ensures good health. Organic honey is filtered and tested for purity and packed in its pure and uncontaminated form without the addition of any artificial preservatives and sugar. It is useful for treating respiratory problems, cough, cold and other allergies. IANS

ALIGN YOUR LIFE

Feng Shui & Vaastu

Both Vaastu and Feng Shui have been in practice for hundreds of years in two different countries.

On the surface they might look similar and fall under the category of space and energy management.

But if you look closely you will realise there is a vast difference between the two and both are diverse sciences with deep roots in culture and history.

Lets look at both these sciences more in depth to understand what sets them apart.

Vaastu takes into consideration the gross and subtle energies while dealing with the physical and metaphysical aspect of construction.

A high degree of precision is used in measurements, the smallest unit being the atom.

The Angula and the Hasta are the standard units of measurements for buildings and temples. A Six-Force formulae should be used to orient the building properly and arrive at the correct dimensions. The compatibility of the astrological chart of the building then needs to be matched with the astrological chart of the owner or resident of the property.

Picking the auspicious time for laying foundation, starting construction, completing the project and moving into the property play a big role in Vaastu.

To sum it up, Vaastu is a science used mainly for pre-construction design of buildings and temples.

Hundreds of years ago when the land was available plentiful and seasons played important role, Vaastu was used to harness sunshine during cold weather and avoid damage to property from excessive monsoon rain.

However a lot has changed in this modern day and age with altered landscape and tall skyscrapers. Therefore application of Vaastu seems a bit difficult when one is not able to follow the fixed rules.

Feng Shui on the other hand also originated in China hundreds of years ago. It was a science practiced by royalty to enhance wealth and defend their dynasty.

A lot of emphasis is laid on the orientation of the building or land.

A compass or lo pan is used to measure the energy flow within a property or a piece of land.

Natural landscape and surroundings play an important role in Feng Shui as it alters the movement of energy impacting the residents.

Flying Star School of Feng Shui takes into consideration changing time and focuses on improving energy flow over different periods of time.

Feng Shui is far more flexible than Vaastu, as it can be implemented during the construction phase or even in readymade properties.

It is important to look at four pillars or the luck aspects of residents in Feng Shui.

However even without that people experience positive results when the energy is enhanced and balanced. There are no fixed rules and that is what gives the edge over Vaastu.



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