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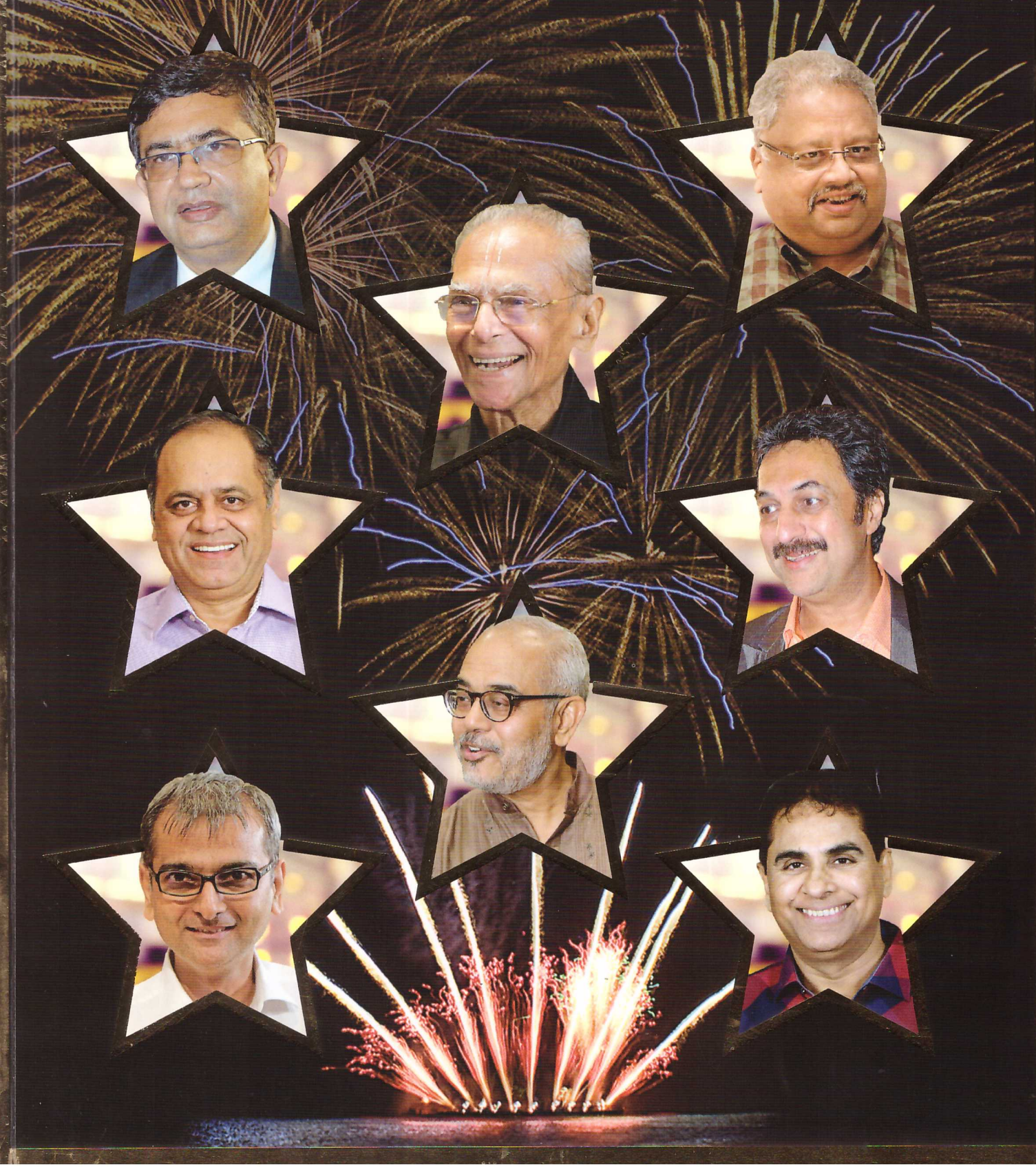
FORUM VIEWS

VETERANS OF THE INDIAN CAPITAL MARKETS DESCEND AT THE BBF DIWALI DINNER & ANNUAL GET-TOGETHER 2017



HEALTHY EATING HABITS

By Namita Jain
Managing Director, Kishco Limited

Q: My son, Rohit, 13-years, is a real junk food junkie! He can't live without his chips, samosas, chaat, cream biscuits or doughnuts. I know these are making him gain weight...what can I do?

A: Here are some suggestions to make his withdrawal from junk food as painless as possible:

Before leaving for school. He should eat a wholesome breakfast before he leaves for school.

Plan his meals and snacks in advance. This habit will keep him from grabbing what's easiest or nearest to him and will keep him from eating well. So keep those zip lock bags handy. Stock your home, his tiffin bag and the car with wholesome, satisfying snacks such as: fresh fruit, trail mix, roasted savories, granola bars and whole grain crackers; individual size yoghurts or smoothies and plenty of bottled water.

Keep temptation at bay. Keep candy, chocolates, cookies and aerated soft drinks out of reach and out of your home.

Discourage the habit of skipping meals. Hunger can cause a drop in blood sugar and this in turn increase food cravings and appetite. Encourage consumption of small, nutritious meals every three to four hours to avoid feelings of extreme hunger. This sensible approach can help curb his food cravings.

> "Remember good habits, just like their bad counterparts, can last a lifetime too. Once you've put in all this effort to develop healthier eating habits, you should consider keeping them for life... Healthy eating habits make for happy healthy adults!"

Discourage your child from reading or watching television while eating.

Multitasking sure gets work done, but not when eating. If your child is distracted during meals, your chid is likely to eat chips or ice cream or reach out for unhealthy food. Eating rapidly and at erratic times too, can result in weight gain or stomach problems. Encourage your child to eat slowly and chew, not gulp food. This helps digest food better and also prevents overeating.

Whip up a nice-looking meal. Salads, soups, dals, vegetables, whole grain cereals...not exactly tempting fare, are they? So how does one generate excitement about food? By being creative with the presentation and taste. Make eating a multi-sensory experience. Vegetables are boring, but not if they are cut artistically and presented in all their multi-hued glory. Garnishes like lemon, flavoured yogurt, interesting dips, herbs and spices too can stimulate your child's appetite and help develop a liking for healthy food.

Practice the art of substitution. Is he used to dunking cream biscuits in milk? He can dunk a bran muffin instead. Does he normally have an ice cream as a late evening snack? Coax him to switch to a fresh fruit smoothie instead.

Set a limit. He must handle the 'once–in-a-while' approach when it comes to junk foods, and quit this unhealthy eating habits.

Thankfully there's an abundance of healthy savoury snacks available for the health conscious, so you never have to do without. Here are my picks for healthy 'junk food' options:

- Khakra, low-fat bhel puri, soya nuggets, baked chakli, multigrain crackers, are tasty and healthy choices.
- Granola bars make a great substitute for chocolate bars.
- Roasted nuts (only a handful) can replace wafers or salted, deep fried nuts.
- Instead of aerated drinks go with fruit juice, coconut water or fresh lime juice (good old nimbu pani)

Important fail-safe method you can adopt:

- Read labels carefully so that you know what you are consuming.
- Beware of terms such as 'low fat' –they can be misleading and may contain extra sugar or other refined products.

Remember good habits, just like their bad counterparts, can last a lifetime too. Once you've put in all this effort to develop healthier eating habits, you should consider keeping them for life... Healthy eating habits make for happy healthy adults!

Namita Jain, MD Kishco Ltd. has been actively involved in the wellness space for over 25 years. She is qualified from the American College of Sports Medicine, the American Council of Exercise, the Aerobic and Fitness Association of America, the Reebok and the Pilates UK institute. She has authored over 10 best-selling health and wellness books.

In the field of rehabilitation, she offers consultations at Bombay Hospital. This column addresses concerns faced by many and her insights for facing the challenge. Learn the powers and perils of lifestyle changes through this Q&A column.

For information and registration on specialized workshops conducted by Namita Jain, contact prism healing institute at - prisimmbs@gmail.com.

REACHING YOUR STRESS BUSTER ZONE

By Priti K Shroff
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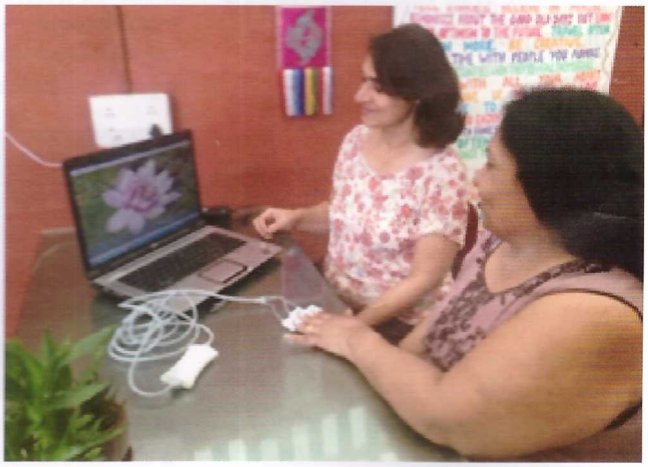
Humans are considered to be the most powerful beings on earth, capable of achieving anything under the sun. But most often we find ourselves stuck, unable to accomplish even half of all that we dream of. How do you think we can manifest our potential? Any guesses? The answer is so simple that it never crosses our mind. It is something we take for granted and never think about - our "Breath".

From the time of our birth until the day we die, our lungs breathe in air, send oxygen to every atom in our body and exhale carbon dioxide out into our surroundings. Unfortunately, as we grow from childhood to adulthood, most of us forget the right manner of breathing. This reduces the level of oxygen in our body, giving rise to various ailments and diseases.

Today, we live in a world full of stress, that unpleasant part of our life which comes from any and every sphere of life - through work, relationships, home, environment, fast moving life etc etc. We have too much to do in the little time we have, and this opens up one of the gateways to accumulate stress. Our body gives us many warning signals to make us aware that our body is going out of balance. But we generally do not listen to it. Uneven Breathing eventually leads to an increased and uneven Heart Beat, leaving us susceptible to Coronary heart disorders. We become accustomed to ongoing tension, strain and worry which manifest in our body as High Blood Pressure, Diabetes and even life-threatening diseases like Cancer. Often, we try to address the effects of stress without reaching to the root cause.

Smoothening our Breath helps our Heart rate to become steady, and this in turn allows the Heart to function effectively, releasing blockages and bringing in over-all good health. But HOW can we do this? Prisim Healing Institute introduces the brand new concept of incorporating technology and meditation through Pinnacle Performance Zone (PPZ).



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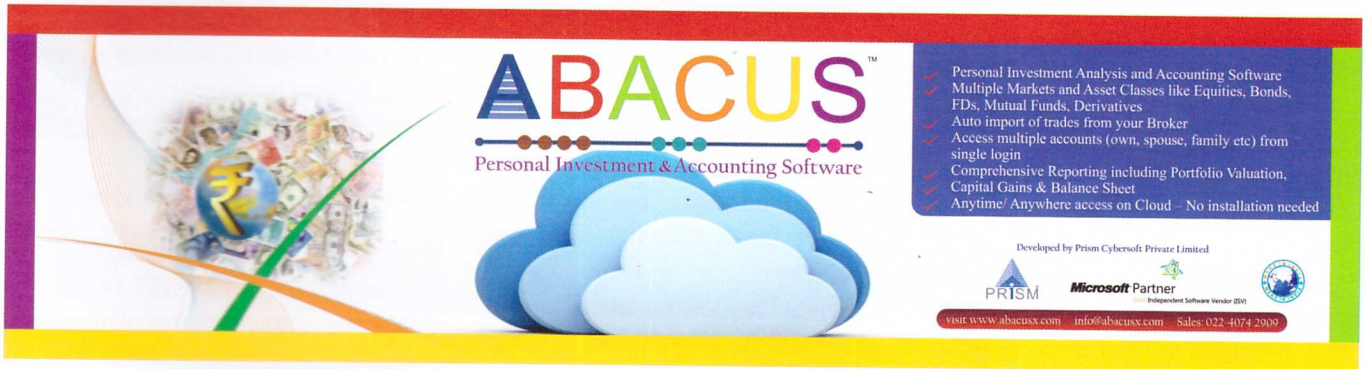
PPZ is a Computer Programme that is used as a Breath training ground. It gives extensive coaching, guiding individualized performance using fun and interesting games and meditations related to breathing at different levels. These games help to build

the mental, spiritual and physical performances one needs to be healthy and achieve success. PPZ is a wonderful technique which is important to develop ways to reduce stress and improve our health, sleep quality, concentration, time management, effective conflict resolution and assertiveness.

Benefits of spending some time daily with the PPZ Programme:

- Understand the stressors impacting on your state of mind.
- Measure your state of mind.
- Train yourself at your own level and pace of time.
- Restore balance, vitality and resilience.
- Improve physical and mental well-being.
- Improve focus, concentration and memory.
- Improve teamwork, productivity and performance.
- This program helps you effectively, using a wide range of techniques of breathing, graph training, progressive muscle training, muscle relaxation, mindfulness and more.
- Pace breather workshop allows you to optimize your breathing rate with the help of animated visuals, audios, smoothness graph and pace breather itself.
- It encourages you to challenge yourself to stay in the zone as you make miracles happen not only on your screen, but in your life.
- You clearly see the immediate result of changes to your state of mind; the impact of stress on your performance. You learn to change habits on your own terms in fun and engaging ways.

All these benefits can be gained by each individual who uses this program, whether it is within their home or in Corporate offices, where every employee can reach to their peak performance just by using these breathing games for a few minutes each day.

Prisim Healing Institute is the one and only dealer in Mumbai of this unique Breath Healing Program. You can avail of a trial session at Prisim Healing Institute. Email us at prisimmbs@gmail.com for an appointment.

Sherina Tanwani is an authorized System Brahma Satya trainer and healer since the year 2001. Along with teaching Brahma Satya Energy Healing, she also offers services of Aura Scanning, Aura Cleansing with Energy, Aura Cleansing & Chakra Balancing with Crystals, Numerology, and Guided Naad Brahma and Chakra Meditation. She is a Reiki Master and a Magnified Healing trainer., practices Angel Therapy and makes Crystal Grids to resolve all issues that one may face in their personal, material and spiritual life. She uses positive energy and crystals to clear personal and office spaces of negative energy, to start up an inflow of positivity and prosperity.