



**MALVIKA AMIN**

# Nurturing Lifestyle

## LET'S TALK ABOUT HEALTH

Yoga Therapist & Raw Vegan Chef

YOGA DARSHANAM MYSORE

What is healing? It is defined as the process of becoming healthy again. This, then, brings us to our next question: what is health? Is health merely the absence of disease? Or does health have a wider meaning including but not limited to just the absence of disease? Energy, good digestion, clear skin - are all indicators of good health. Our bodies are not functioning at optimal level if we don't experience all these things on a daily basis. We don't "need" coffee or tea for energy, we don't need fancy face washes or skin care experts, we don't need fad diets or to restrict our calories if we learn to respect the basic laws of nature. If we understand how our bodies work and learn to take care of it in the right way, we can reverse several of today's most prevalent diseases - cancer, diabetes, cholesterol, bp. These are all lifestyle diseases and can be healed by following certain principles.

Our current lifestyle and environment has exposed us to many toxins through the processed foods we eat, the lack

of good air etc. We live mostly sedentary lives with little movement but we still feast at every meal like we are running marathons the upcoming week. The truth is because food has become so easily available and since it is so comforting to eat things that taste good we have forgotten that our bodies were designed to function at a certain level. By tampering with our food so much - packaging, processing, canning, and adding things like - high fructose corn syrup, preservatives, stabilizers to our food we are no longer able to digest our food properly and a lot of waste gets clogged in our systems. They say that all diseases begin in the gut, and hence it is of utmost importance to maintain a healthy digestion and elimination system. If you notice any animal - they will empty their bowels after every meal. Every meal. That is because in the wild they eat what they are naturally built to find and eat. Human beings also were meant to find and eat their food. If you think about this then what foods do you think we'd be eating? If we didn't have supermarkets

stocked with aisles of food, if we didn't have restaurants to go to or places to order from - what would you be able to, as a human being, use your hands and senses to find and eat?



The answer of course is fruits and vegetables. We have long fingers to grip and pluck fruit of trees with, opposable thumbs to peel oranges and bananas. This is natural food that we were meant to eat. Animal products, meat, dairy and eggs are also a strict no. Would you salivate upon seeing a bowl full of strawberries or a piece of flesh? Sure a lot of people find meat delicious but that's after they've cooked it and loaded it with spices to mask the smell. No one sees a fresh cut of meat and goes "yum" - because that doesn't look like food. It isn't meant to be.

At Prisms Healing Institute, food is one of the main aspects that we touch upon in order to help you

get your health back on track. We provide a number of other services as well because we believe in having a holistic approach to healing - there is no easy way, it does get difficult and it gets messy but we have experienced the benefits and we are certain that with a little encouragement and support you can too. All the following therapies are best done under the supervision of a licensed practitioner and not to be tried at home unless properly advised.

### 1. Hydrocolon-therapy and Enema

In order to start the healing process you have to first remove the build up of waste that is already in your system. For that we have two options - hydrocolon therapy or enemas. An enema, broadly speaking, is the introduction of water into the rectum and large intestine through the anus. Hydro-therapy or Colonics is an extended and more complete form of enema. But unlike regular enema the colonics method extends beyond the lower intestine to clean the entire colon. This results in maximum cleansing and greater therapeutic benefits.

Hydro-therapy is good for: skin disease, heart, lungs, kidney, liver, gall bladder, colon, cancer, myoma, migraine, arthritis, ulcer, gastro-intestinal disorders etc.

### Benefits of Hydrocolon therapy

1. Helps eliminate hardened toxic materials from the lining of the colon, through water irrigation.
2. Promotes good health by preventing chronic and degenerative diseases.
3. Cellulite, water retention and blemishes will disappear.
4. Healthy digestion.
5. You feel more vibrant both physically and mentally.

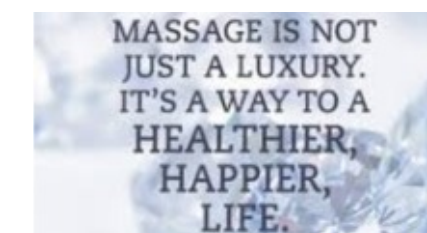
6. Good looking skin.
7. Aches and pain like migraine, fatigue and other joint pains will disappear.

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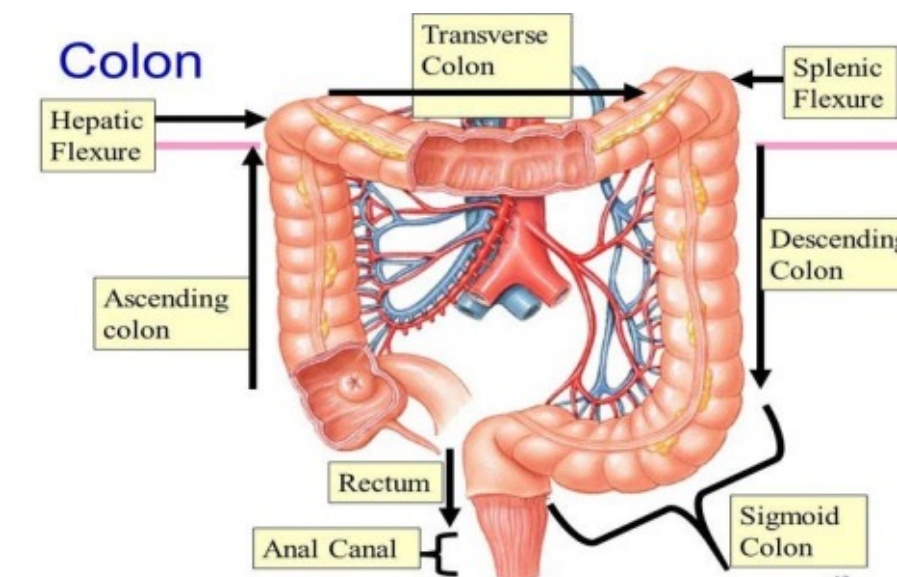
Depending on your case history, either of the two may be recommended for you. In less severe cases or for generally healthy people enemas are sufficient. But for more chronic cases hydrocolonic therapy is advisable. Enemas are simple, effective and can easily be done at home once the technique has been explained.

### 2. Massage

Full body massages are great to supplement your healing process as they increase circulation, relieve tension, reduce stress, relieve anxiety, improve sleep, and promote relaxation. There are several to choose from:



Acupressure massage is a natural holistic technique to address blockages that may be causing additional health problems. It is based on the Traditional Chinese Medicine system and the therapist will use their hands to press certain points along meridians in our body where energy or "qi" is likely to get stuck.



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Ayurvedic massages - shirodhara, abhyangametc

Foot Reflexology - The soles of the feet are the blueprints of the whole human body. Application of pressure to these specific points releases stress from all organs and helps the body heal and regenerate.

(At Prisim, Acupressure massage and Foot Reflexology is done by the magic hands of blind therapists who understand touch better than anyone.)

### 3. Yoga

Yoga has immense benefits for the mind body and soul, and eating a light diet while following a regular yoga practice is important. Yoga as an as massage the abdomen promoting better digestion, simulate the parasympathetic nervous system easing stress, twist the spine to create space and flexibility.



### 4. Aura Scan and Cleanse

An aura scan measures the electro-magnetic energy imprints in and around our physical body and the chakras. Analysis of these colors in the aura gives an understanding of a person's character, strengths and weaknesses that manifest as a problem in the body.



Once we realize where exactly the problem lies - in our physical

body, mental / emotional body or our astral body, we can deal with it before it becomes a permanent damage in our physical body. An Aura Cleanse helps to clear these problems and all other blocks from the chakras and strengthen the aura.

There are several aspects to good health, physical, mental, emotional and energy based. We believe that to heal yourself you need a holistic approach - just targeting one aspect of the problem and dealing with that is not enough. At Prisim we have a wide range of therapies and workshops that can help you to tackle all of these. We hope to help you understand and build these healthy habits so that you can live happy, healthy and whole :)

**Prisim Healing Institute** is an alternative health center that believes in healing one individual at a time.

We have various complementary therapies that help an individual to reach to their optimal health.

- 10 Day Detox Programme
- Brahma Satya Energy Healing
- Aura Scan & Analysis
- Aura Cleanse & Chakra Alignment
- Crystal Healing Workshops & Crystal Grid
- Yoga & Zumba

- Sujok & Acupuncture
- Sound Therapy
- Art Therapy & Zentangle
- Emotional Catharsis
- Fairy / Angel Card Reading
- Healing Meditations - Chakra Meditation, Naadabrahma etc.
- Numerology
- Hypnotherapy / Past Life Regression
- Clearing of Spaces
- Reconnective Healing & The Reconnection
- Heartlight Ascension
- Raw & Vegan Foods by Prana Kitchen

**Malvika** is a certified Yoga teacher from Yoga Darshanam Mysore (200 hr), ICYHC Kaivalyadhama Mumbai (post graduate diploma in yogic sciences) and Vipassana meditator teaching at Prisim Healing Institute. She also runs the raw vegan kitchen at Prisim with her best friend creating awareness about the impact of our dietary choices.