



HOLISTIC HEALING
MEDICAL CENTRE

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Holistic Food & Lifestyle — The Fast and Sustainable Root to Good Health





“Food is the life of living beings if eaten as per seasonal rules and if cooked according to rules. If eaten contrary to rules, it turns out to be poison like”

- Ayurvedic principle

Food and body are inseparable twins. All living beings seek for food as the source of energy to conduct their everyday activities. “Let food be thy medicine and medicine be thy food,” said Hippocrates. Complexion, clarity, good voice, long life, understanding, happiness, satisfaction, growth, strength, intelligence are all established through food.

Our body, from the day of inception till death, is constantly communicating with the environment it lives in, through the food we eat, water we drink and the air we breathe. The body has an innate capacity of self-healing and maintenance, but can easily be influenced by diet, lifestyle and emotions. The basis of good health is the maintenance of a dynamic relation between the internal and external environment.

The relationship between the thought process and the type of foods we eat have been identified many centuries ago in various medical traditions, such as Chinese medicine and Ayurveda. All the prescriptions of healing and maintenance are invariably coupled with food instructions. It has been also correlated as “Just as wrong emotion can upset our digestion, so wrong digestion can upset our emotions.”

Traditional Concepts of Healthy Life

Throughout history, diet and lifestyle have played an important role in protecting the health of civilizations. This is reflected in regional culture as food, special recipes and seasonal health practices. Traditional medicine advocates the necessity of maintaining a balanced body through proper food, rhythmic lifestyle, seasonal adjustments and periodic cleansing. According to Indian medicine, the three humors of body (vata, pitta and kapha) get aggravated or diminished due to improper practice of food and lifestyle, which in turn invite diseases. Similar theories of ying and yang are explained in Chinese medicine.

In Chinese medicine, when food causes disease, it is called a “food injury”!



Modern Nutrition

A new way of looking at health has emerged. This method considers human being as a whole, with interconnected mind and body, designed to be healthy if the circumstances are right. However, this is possible when the body is nurtured and protected carefully for its constant regeneration. Western nutrition as a science can be traced back to the father of chemistry, Antonie Lavoisier, a French chemist, who lived in seventeenth century. He maintained that life is a chemical process. Much to the chagrin of contemporary health practitioners, ancient civilizations had established nutritional and lifestyle practices, which protected them from malnutrition and diseases.

Healthy Life Starts from Your Kitchen!

Are you eating the same kind of food you ate last summer for this winter season too? No, this was not the practice in your grandma's kitchen! Food must be seasonal and suited to the weather outside! Remember, your grandmother had prepared a special variety of pudding for your pregnant aunt. There are numerous home recipes or traditional grandma recipes catering to various states such as pregnancy, constipation and indigestion, which were religiously followed at homes till recent past. Now these traditions have gone for a toss with centralized nutritional concepts!





Seasonal and Regular Natural Detox Practices!

The toxins that built up in internal organs due to various external and internal causes are eliminated traditionally in Ayurveda. Specific herbs and customized diets are used for detoxification. The body is assisted to cleanse toxins on its own through bowel enema or colon-therapy. Traditionally, this involves a periodic de-worm treatment for the whole family. Such an organized and thoughtful way of life reduced the frequency of the diseases and kept hospital visits at a minimum.

Ten Healthy Eating Habits

Numerous factors influence the digestion and assimilation of the food we take in every day. Time, appetite, fondness to food, state of digestive organs, status of health, emotions and exercise are all factors that affect the digestive process.

- 1. Have good breakfast and make your day more physically active for better digestion.**
- 2. Take your next meal after the previous meal is digested.**
- 3. Your meals should be in a regular interval of 2-3 hours. Do not leave your stomach empty for a long time.**
- 4. People on sedentary jobs, should prefer easily digestible food.**
- 5. Enjoy the aroma, taste; feel the food in your mouth (chew thoroughly to feel the juice of the food in your mouth).**
- 6. Always have food in a pleasant environment and in good company.**
- 7. Never rush through foods.**
- 8. Include more of local seasonal foods in your diet.**
- 9. Never take too much of sweet, salt or spices. All tastes should strike a fine balance.**
- 10. Avoid buying prepared food. Try to cook your own food.**

Holistic Healing's approach is thoroughly rooted on a holistic understanding of nutrition and lifestyle, both in illness and maintenance. The best and only way forward for a healthy life is to take command over your own food and lifestyle.

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Dr. Hafeel is licensed to practice Ayurveda in United Arab Emirates since 2003. At the Holistic Medical Centre, Dubai, Dr. Hafeel emphasises preventive care, healing and rejuvenation of individual health. With uncompromising clinical standards, he guides every health seeker to a customised diet, exercise and appropriate living regime, so as to restore balance of the body, mind and consciousness, thus preventing disease from gaining foothold in the system.

