

Empowering Individuals To Heal Naturally



3 Holistic Practices For Mental Calmness

Health is a balanced state of body, mind and soul.

Here are 3 tips I recommend to include in the lifestyle for mental calmness no matter what stage or age you are.

Tip 1 - Eat cooked and warm meals. Raw foods are difficult on digestion. It is important to assist digestion. Digestive discomfort is very common. Stress and poor food choices affect digestion and nutrient absorption. Cooked foods are easy of digestion and prevent gases, bloating and even acid reflux.

Tip 2 - Emotional health is important for mental calmness. 1 tsp of lukewarm coconut oil applied to bottom of feet is deeply healing. Even 2-3 times in week application may bring instant shift feeling calmer. Additionally it promotes restful sleep.

Tip 3 - 1/2 cup of warm milk or almond milk before bedtime This remedy helps on many levels such as mental, emotional struggles. Adding pinch of turmeric, a proven therapeutic spice is very soothing. It is nourishing and nurturing to body, mind and soul.

These practices are simple, non expensive and can be applied immediately. You may experience positive shift with improving energy, feeling calmer and relief from depressed mindset.

I look forward assisting you in your holistic healing journey.

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