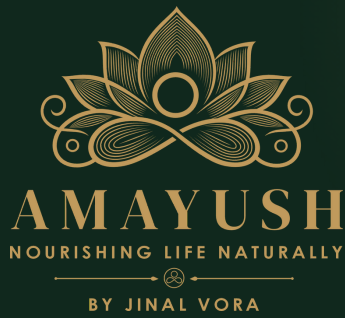




A FREE GUIDE FROM AMAYUSH

Lifestyle *Guidance*

A holistic approach to healthier living



This guide sets out a holistic approach to healthier living: daily routines, mindful eating, physical activity, sleep, hydration and stress. None of the six works well alone. Together they are what a healthy life is actually made of.

Jinal Vora

CERTIFIED CLINICAL NUTRITIONIST

THE SIX PILLARS

None of them works alone.

Each pillar holds up the others. Poor sleep undoes good food, and a body under constant stress will not respond to either. Read them in order, then pick the one that is weakest for you and start there.

01 **Daily Routines**
Cultivating habits for well-being

02 **Mindful Eating**
Savouring the moment, nourishing the body

03 **Physical Activity**
Gentle movement for a vibrant life

04 **Sleep Hygiene**
Prioritising rest and restoration

05 **Hydration**
Quenching your body's needs

06 **Stress Management**
Finding balance and calm



01

Daily Routines

Cultivating habits for well-being

Start your day with intention. A morning routine sets the tone for the day ahead. Rise early, allowing yourself time for mindful activities like stretching, journaling or meditation. Incorporate a nourishing breakfast, as it fuels your body and mind for the tasks ahead. Optimise your meal timing to maintain balanced energy through the day, avoiding late night meals to support healthy digestion and sleep.

End your day with a wind down routine. Dedicate time to relaxation and to activities that promote sleep, such as a warm bath, reading a book or listening to calming music. Minimise screen time before bed to allow your brain to wind down. A consistent sleep schedule, going to bed and waking around the same time each day, improves sleep quality further.

IN PRACTICE

- Rise early enough to have ten unhurried minutes before the day starts.
- Eat a nourishing breakfast rather than skipping it.
- Keep meals earlier, and leave the late night eating alone.

02

Mindful Eating

Savouring the moment, nourishing the body

Engage all your senses when you eat. Pay attention to the colours, textures, aromas and flavours of your food. Savour each bite, taking the time to chew thoroughly. This fosters a deeper connection with your food and promotes better digestion and satisfaction. Eat in a calm, relaxed setting, free from distractions like television or work.

Practise portion control. Pay attention to your body's signals of fullness and stop eating when you feel comfortably satisfied. Avoid overeating, which leads to digestive discomfort and weight gain. Choose a variety of nutrient rich foods, including fruits, vegetables, whole grains and good protein. Listen to your body's cues and be mindful of any food sensitivities.

IN PRACTICE

- Eat away from the television and the laptop.
- Chew properly and stop at comfortably satisfied, not full.
- Vary what is on the plate across the week rather than eating the same four things.

03

Physical Activity

Gentle movement for a vibrant life

Incorporate gentle movement into your daily routine. Find activities you enjoy, whether that is a brisk walk outdoors, dancing to your favourite music or practising yoga. Aim for at least thirty minutes of moderate intensity exercise on most days of the week. Regular activity lifts energy, improves mood, strengthens muscle and bone, and reduces the risk of chronic disease.

Focus on functional movement. These are the exercises that mimic everyday activities and improve your mobility and coordination: squats, lunges, planks and core work. Add stretching to improve flexibility and range of motion. Stretching releases muscle tension and helps prevent injury.

IN PRACTICE

- Thirty minutes on most days, of something you do not dread.
- Include functional movement, not only walking.
- Stretch after activity, especially hips and upper back.

04

Sleep Hygiene

Prioritising rest and restoration

Create an environment that supports sleep. Keep the bedroom dark, quiet and cool, and invest in a comfortable bed and pillows. Avoid electronics in bed, as the blue light they emit disrupts sleep. Establish a consistent schedule, going to bed and waking around the same time each day, to regulate your natural sleep and wake cycle.

Practise relaxation before bed. Engage in calming activities that signal to your body that it is time to wind down: a warm bath, a book, quiet music or slow breathing. Avoid caffeine and alcohol in the evening. Caffeine stimulates the nervous system, and alcohol disrupts sleep in the second half of the night.

IN PRACTICE

- Dark, quiet and cool. Screens out of the bed.
- Same bedtime and waking time, including at weekends.
- No caffeine after the afternoon, and alcohol well before bed.

05

Hydration

Quenching your body's needs

Water is essential. It regulates body temperature, transports nutrients, supports the organs that clear waste, and keeps your joints lubricated. Aim for around eight glasses a day, adjusting for your activity level and the climate you live in. Carry a bottle with you and sip through the day rather than drinking a large amount at once.

Vary what you drink. Lemon water, cucumber water, ginger tea and green tea all add to your intake and are pleasant enough to keep up. Limit sugary drinks such as soda, packaged juice and energy drinks, which add a great deal of sugar for very little else.

IN PRACTICE

- Sip through the day rather than drinking a lot at once.
- Adjust upward in heat and on days you are active.
- Cut the sugary drinks first. They are the easiest win.

06

Stress Management

Finding balance and calm

Practise mindfulness and meditation. These cultivate awareness and calm, reduce stress and support emotional well-being. Spend a few minutes each day following your breath and observing your thoughts without judgement. Make room for activities that bring you joy: time outdoors, music, a hobby, the people you love. Laughter is a genuine stress reliever.

Identify your triggers. Once you understand which situations reliably cause you stress, you can plan for them. That might mean setting boundaries, learning to say no, or asking for support. Protect your sleep, your food and your movement while you do it. A rested and well nourished body copes with far more than a depleted one.

IN PRACTICE

- A few minutes of breathing daily, at the same time each day.
- Name your two biggest triggers and plan for them.
- Protect sleep first when things get busy, not last.



IN CLOSING

Progress, not perfection.

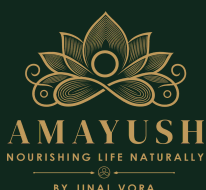
Integrating these six pillars creates a holistic approach to well-being. This is not about perfection, it is about progress. Choose a few habits to focus on at a time and let them become ordinary before adding more. Celebrate what is working and be kind to yourself when you slip.

The journey is ongoing. Be patient and consistent, and the rewards reach further than the physical: your mood, your clarity and your energy all move with it.

If you have worked at these and the tiredness, the weight or the reports have not moved, that is worth taking seriously rather than trying harder. It usually means the cause sits somewhere a lifestyle change cannot reach, and finding it takes a conversation and your blood work.

Bring your reports and your questions.

amayushbyjinal.com/book-consultation



Nourishing Life Naturally

This guide is general wellbeing education, not a diagnosis or a prescription. Nothing here replaces your treating doctor, and no medication should be changed without them.