**6 things to keep yourself healthy**

Health, This is the word that I pray from God, waking up early in the morning, and before sleeping that needs to be fit and fine always. And Yes, everyone has to because without it everything is zero.

With the help of this article, I am going to share 6 Basic but Magical things that can help to keep yourself healthy, these are not that much hard to follow but Incredibly effective.

Staring our list of 6 things to keep yourself healthy with

1. **Meditation**

About meditation whatever I say, It would be less because within itself it’s a whole Cosmos with different magical elements embedded.

Sharing you some basic benefits of it that you can grab it by doing 20 min daily in the early morning.

Waking up early and doing mediation, impact your body deeply, and with that, it performs the task of cleansing agents that can clean Unwanted and unnecessary kinds of stuff from your system.

**Ways to do meditation?**

There are different kinds of meditation like Seating quite with an empty mind, Chanting mantra with seating erect, and much more...

In this article, I am going to tell you about the chanting way of doing meditation because it is easy for beginners and with the same effect.

In this, you have to seat in a quiet place at any time of the day (morning would be much effective) and you have to cross your leg by putting your palm facing up on it.

After that, you have to chant a mantra the particular mantra, "Gayatri mantra",( It's known as the king of mantras and by doing this you can fight with any issue of your life.)

You have to do this for a minimum of 15 minutes continuously and without opening your eyes and deviating your focus.

Adding this in your routine will help you to know about yourself and will clean your unwanted thoughts that you being disturbed by.

1. **Drinking water just after wake**

Science says that most of the issues and diseases that people suffer from is due to stomach problem and due to indigestion.

So,

**How way of drinking water affects our body?**

Way and time of drinking water show a great impact on stomach issues, like in the case of drinking water while seating, It plays an important role in strain cause on Food pipe.

If a person Drinks water while seating then water travels easily through food pipes and it gets stored in its proper position where it had to be without any extra effect,

**What about Drinking water just after wake up?**

Having a glass of water immediately after the wake helps us in putting the collected overnight larva to the stomach which is beneficial in making the digestion system strong.

It also helps in the execration of undigested food, So by having a cup of water immediately after wake helps you in the cleaning of your stomach and the food pipe too.

1. **Doing PRANAYAM**

This is a part of yoga and known as the king's exercise of the respiratory system,

It works as a restart button for your respiration, As it filters the lungs.

Doing early in the morning before sunrise shows a great effect and you can feel the Activeness all over the clocks of the day.

1. **Daily bath**

In Indian Granth, it is written that “sudhikaran” (cleaning of the body), early and daily in the morning helps the body to fight from diseases and make the brain feel active.

It is also written that bathing daily makes you to overcome from negative energy and fill your cells with a boost of positivity.

1. **Sleeping early**

Our System is directly attached to nature and breaking it would harm our body.

There are certain rules of nature and if a person follows those rules, then he can able to use its maximum capacity of working, and hence he would succeed in life.

Sleeping before 9 is a good habit and in that natures support you.

If a person is sleeping before 9 and if he takes 8 hours of the nap which is recommended by doctors then he will wake up at 5 And that would be the time of sunrise,

So he can able to get the fresh rays of the sun, which will help him in waking up of his body.

1. **Adding green vegetables in food**

Green vegetables have living cells in it, which means alive part of the plant, and if a person is taking it in the same way whether in from salads or in fried vegetables( I prefer to say salads) then it can able to get the maximum percentage of the nutrition from it.

So he didn’t have to eat more for the same calorie need of the body. Thus there would be no problem of getting fat and it also helps in losing weight.

So these were some magical points that if a person can implement in its life then he can easily get his desirable goals.

That's all for the article.