

Are you AWARE of what's brewing on your health front - the signals from your body & lifestyle?

Study says 60% with abnormal BP level unaware they have hypertension

Priyanka Vora

MUMBAI: Sixty per cent of those having abnormal blood pressure levels are unaware that they are suffering from hypertension, according to the preliminary data from a study conducted by the Cardiology Society of India (CSI), ahead of World Heart Day (September 29). The findings are based on tests conducted on 74,520 people in the age group of 18 and 60 at public health centres in cities, including metropolitan centres such as Mumbai and Delhi, and

Most anti-depression apps don't work: Study

London: There is no proof that 85% of the depression apps currently approved in the UK for patients to manage their condition actually work, researchers say. Approval from the National Health Service (NHS) may falsely reassure patients, many of whom are opting to fund their own treatment in the associated lengthy waits, researchers said.

Until such time as evidence is forthcoming on the clinical effectiveness of these apps, and they have been properly evaluated, such apps should be removed from the NHS library, said Simon Leigh from the Management School at the University of Liverpool, and Steve Platt, from Liverpool Psychological Therapies Unit Community Interest Company. In health care, the growing use of smartphones, researchers said. These options need to be "scientifically credible, peer reviewed and evidence based" and should match a validated performance criteria.

Link to a shrink as the couch moves online

Stressed out professionals are signing up for e-therapy

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Sunil Gupta's heart-breaking essay 'A son never dies' has sparked a debate on rising stress levels in corporate America. His 22-year-old son, Saravhreshth, a Goldman Sachs employee, was found dead in a car park hours after complaining to his father about being overworked. Things are not much better back home. An Ansocham report published in April found that nearly 42.5% employees in India's private sector have depression or an anxiety disorder.

health Times - Life - 28/06/15

Hypertension, severe mental anxiety, acidity problems and insomnia - medical experts are ringing the alarm bells as youngsters in their 20s are being diagnosed with ailments that once affected people well into their 40s

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Are you a twenty-something? Are you a parent of a twenty-something? As a parent, are you spending all your time thinking too far into the future of your child's career and success? As a youngster, are you too engrossed fidgeting with your phone and residing in the virtual world, thinking your real life problems also have answers at the 'touch' of a button? Alas, the answer is NO.

Take the recent case of Saravhreshth Gupta, 22, a research analyst with Goldman Sachs, who, unable to deal with extreme pressure, with no time for himself, allegedly jumped to his death from a highrise. In a heartbreaking letter, his father Sunil Gupta wrote about the inability to see how grave his son's problem was when he used to say "It's very hard to cope". The desire (or pressure) to achieve too much, in too little time has far-reaching consequences.

The world over, doctors, psychologists, therapists, parents, are warning about serious health issues affecting the young and the restless. These are ailments that 40-year-olds and above had a few years ago. But these days, a doctor's waiting room is filled with people in the 20s and they are getting younger! This generation is having heart strokes, is high on antacids and anti-depressants, suffers from insomnia, hypertension (HT) and is in very, very poor health.

ALARM BELLS RINGING

Such is the rate of alarm the world over that medical professionals have started reaching out to youngsters on Facebook.

day with lifestyle maladies."

We keep hearing how '40s is the new 30s' and '60s is the new 40s'; but healthwise, it doesn't look all that peachy. Says Dr Prema Kohli, child psychologist, "Sadly, today's 20-year-olds live for instant gratification. They want perfect lives, abundant money and brilliant relationships. Virtual reality is the

20 is the new 40

real reality for them. And when this fails, they sink into a vicious web of frustration, anxiety and mental and physical breakdown."

A recent study showed that 54% of adolescents suffer from depression and 54% among them exhibited moderate to severe symptoms. It was also found that most common

ANYONE'S MINDS



Just THINK

- Is Ignorance really a Bliss OR is it Dangerous & Expensive

Are you not ACCOUNTABLE for your Health and Wellbeing?

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ANXIOUS MINDS

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If You **VALUE** it as your Primary & most Invaluable Asset, than
NEED a more **PROACTIVE** instead of **REACTIVE** approach

Some GYAN from Visionaries

The Way to Wellness is **simple & routine process** as per our ancient healing Masters & seconded by modern age visionaries quoted below -

“The Doctor of the future will give NO medicine but will interest one’s patient in the care of human frame, in diet & in the cause & prevention of disease”

..... Thomas Edison

“We must turn to Nature itself to the observations of the body in health & in disease to learn the truth” .

.... Hippocrates

“Health is a state of complete physical, mental and social well- being, and not merely the absence of disease & infirmity”

..... World Health Organisation

“Health is not only to be well but to use well every power we have”

..... Florence Nightingale

Focus on it, Build it, Strengthen it...



How much TIME do you INVEST for your Wellbeing?

Below table gives a general comparative chart of Time of our Life spent /invested on being well-informed, updated, re-orienting & re-inventing ourselves with respect to our -

TIME spent /Invested in TRACKING Signals from our	Daily	Weekly	Monthly
Social Circle : On Activity, choices, etc of our friends, relatives through Personal & Social Media - WhatsApp, Facebook	30 minutes minimum	250 – 300 minutes	900 – 1100 minutes
Professional Circle : Careers, our colleagues, our organisation happenings etc.	30 minutes minimum	250 – 300 minutes	900 – 1100 minutes
Personal : Choices, interests, buying decisions etc	30 minutes minimum	250 – 300 minutes	900 – 1100 minutes
Physical & Emotional Wellbeing : a) To be aware of your body's signals / cries / needs ?	10 minutes max – ONLY when there is some health issue	10/30 minutes max – ONLY when there is some health issue	20/60 minutes max – ONLY when there is some health issue
b) On how your Activity, choices affect your own health ?	NO Conscious Review efforts.	NO Conscious Review efforts. Possibly 10/15 minutes max on coming across a startling article.	NO Conscious Review efforts. Possibly 30/45 minutes max on coming across a startling article.

Wondering on the right & simple path –
“Why, What, How.....etc.”

Come Reboot with

Life Ko De Naya Andaz {LKDNA}

LKDNA initiative's focus is to **generate** simple Awareness & early warning (AEW) **metrics** from 2 basic parameters **unique** to every Individual –

1. Energy Signals from Individual's Organs & Body parts – By Insta Body Canvas on a German Biopulsar Reflexograph Device. It records our Body's daily warning cries as it responds to daily situations & routine.

2. Signals from Individual's daily routine, lifestyle & emotions management
– www.wellnessway4u.com

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Insta BodySpeak Canvas (IBSC)

Generated by a One minute scan of Individual's Palm on German BPR Device which records the biofeedback signals of 43 Organs of an Individual.

IBSC displays –

- Your **Body feedback signals** to know the effects of non-productive / detrimental factors in your Life.
- This scan can display changes in body long before pain and external symptoms surface, or even before changes on a cellular level can be seen on an x-ray machine or an MRI (magnetic resonance imaging).



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Email or Call us for detailed information on benefits to Corporates, Individuals, H & Wellness Coach/ Practitioners , process, system & features etc.

Your Behavioral Mirror – www.wellnessway4u.com

- Signals from Individual's daily routine, lifestyle & emotions management



MY FOOD TODAY

- Understand the resultant effects of your diet on your health. Daily inputs generate Great Utility reports
- For all the diet conscious ones, An excellent medium to help monitor your sincerity towards your diet plan.
- Have a record of your favorites, likes, dislikes & allergies to convince your mom /better half for more of your favorites



MY ACTIVITY TODAY

- Track your activities as well as the time allotted for each. Helpful to manage your time and activities better. To workout your schedules
- A great tool for gym goers to record their daily workout.



MY EMOTIONS TODAY

- My Workplace
- General stressors
- Sleep
- My Communication/Interaction
- My Relation/Socializing
- My Major Life events
- Addictions

Benefits from LKDNA Initiative

The metrics from the above comprehensive wellness tools will provide & boost -

- **Individual awareness & empowerment** on the state of your wellbeing & health –
 1. Indicating which are the non-productive / detrimental factors in your Life causing illness / discomfort / disturbed emotional states.
 2. Facilitating better treatment options to achieve optimum benefits with minimum medicine/therapy, quicker rejuvenation process & reduce healthcare costs.
 3. Tracking the progress of the above **repeatedly** (as required & anytime) as methods are non-invasive & simple.
- **Individual Real Time Inputs** for yourself as well as for your health / wellness practitioners for Mapping personalised programs, therapies, schedules etc & tracking the progress of the same **repeatedly** (as required & anytime) as methods are non-invasive & simple.

Confidentiality - Only the concerned Individual can view their Report on the website and **only** they can share it with their health / wellness practitioners .

Cheers for good health !!!

Thank You !



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