



WAYS TO
GOOD
HEALTH





1 Live close to nature.

Even better, live within and as a part of nature. Breathe fresh air and breathe deep to let your body access oxygen in ample measures. In days of yore, environment was pollution free with pure oxygen, no pesticides, no vehicular pollution no carcinogenic substances. Choose communities that have farming & afforestation at their core. Taking long walks in the greenery, breathing clean air, drinking pure water, eating safe food are 3 keys to longevity and holistic wellness.



2 Know the origin of your food.

Grow your vegetables and fruits in the backyard. Let it not come from sources unknown to you. Keep it local. Keep it simple. At least as far as possible. If you've no choice, buy them from local farmer's market, preferably organic. Eat home cooked food. There were no patisseries, no alcohol stores, no tobacco or cigarettes kiosks, no fast food outlets, which surely are responsible to snatch away health from our lives.



3 Move, Move, Move.

Movement is life. Even if you've a desk job, it is possible to stretch at regular intervals & move your body, if you want to. Human beings had to move to procure food whether through farming, hunting or collecting eatables from the woods. Survival was possible only when they were on the move.



4 Walk regularly.

More walkable areas allow people to walk and bike for transportation and recreational purposes, which has the dual effect of helping them save money and increase the amount of exercise they get. Previous studies have found that people who live in communities with more walkable areas and parks have lower BMI values and a 30% greater rate of physical activity.



5 Be flexible.

Don't be rigid in your thinking or dogmatic in your beliefs. There is no point in winning an argument by losing your peace. The stiffest tree is most easily cracked while the bamboo survives by bending with the wind. Flexibility is also the key to stability. Nature has all the examples we need to live an easy life.



6 Get enough sleep.

Turn your phone on silent mode or even better turn it off when it's bedtime. Gadgets make our life easier but our lifestyle more complicated. Use them to your advantage. Sleep deprivation adds physical stress on your body and lowers your immune system. It also makes you more vulnerable to stress. If you have trouble focussing or if you're snapping at the slightest reason, lack of sleep is probably to blame.



7 Focus on your health.

Make it your priority. Stay young and vibrant by enjoying a diet with diverse fruits, nuts, vegetables & exercise. Smart exercise is a combination of cardio + strength training. Manage your weight, build muscle, and reduce stress. In total, it builds your immunity and keeps all viruses at bay.



8 Eat home cooked meals.

A 2012 study published in Health & Nutrition found that people who cook at home up to five times a week were 47 percent more likely to still be alive 10 years later than those who didn't.



9 Be aware of your family history.

If you have a genetic predisposition to some diseases, get screened regularly. In addition, you can ask your doctor if there are any preventative measures you should do to minimize your chances of developing the disease. These days, having a well-managed chronic health problem is not likely to prevent you from living to be at least 100.



10 Don't pop pills for every minor ache or infection.

The body's natural ability to fight declines if you do this. Therefore, your immunity gets compromised that leads to frequent bouts of discomfort. Instead, head to your kitchen. That's the most accessible and healthiest solution. Spices, condiments and herbs have healing powers that work brilliantly with zero side effects. The elders in your family especially women have natural remedies for practically every ailment. All you need to do is ask.



11 Limit your exposure to toxic substances.

In high doses, some substances can put you at risk for developing severe health problems which could lead to an early death. Pesticides in high doses are not healthy. Pollution and chemical fumes are damaging when you are exposed over a long period of time. If you live in a high pollution area, such as near a Industrial areas, you may want to avoid being outside during times when pollution is highest.



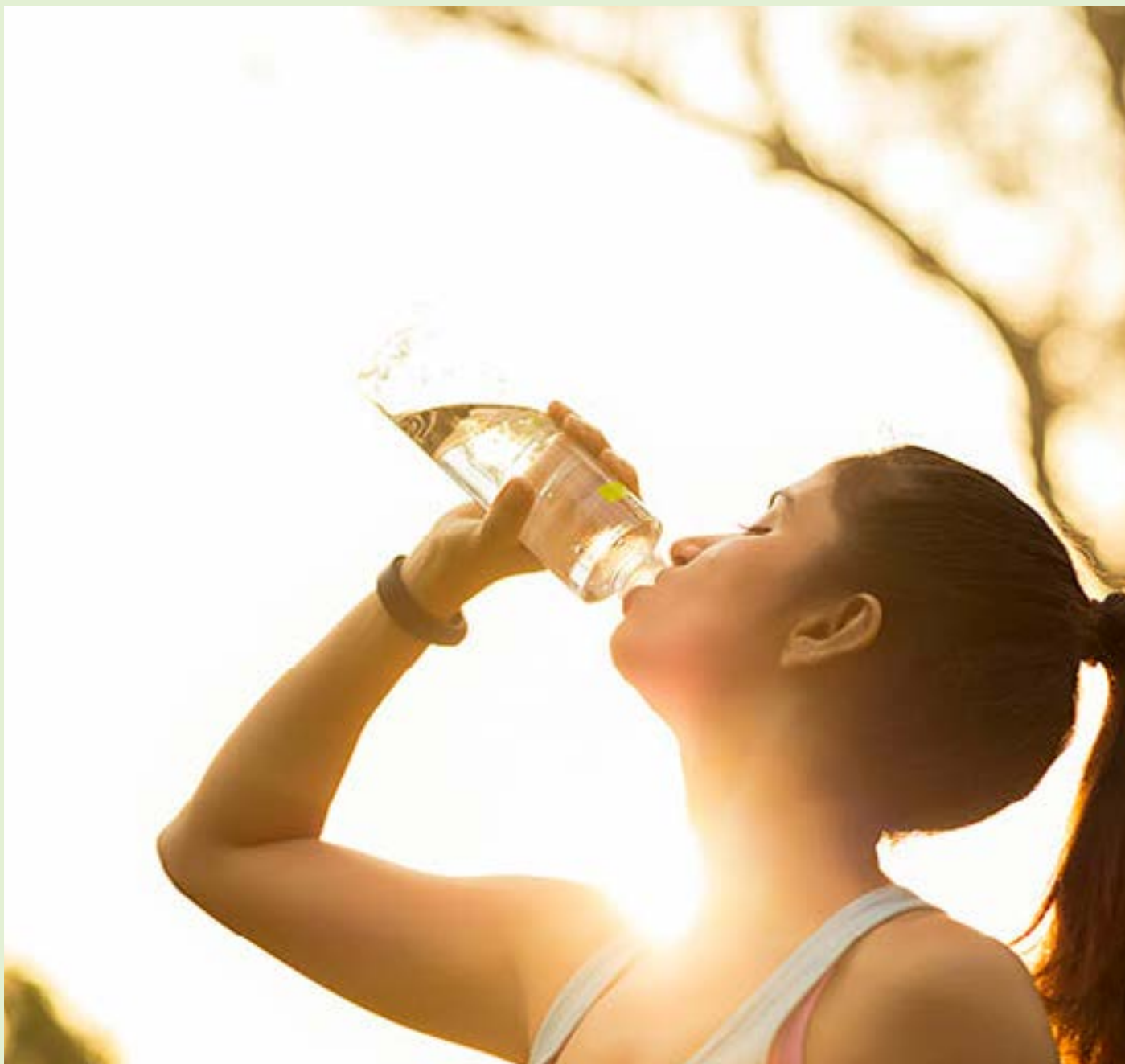
12 Stay resilient by getting sufficient protein.

Protein is necessary for your body to repair and rebuild cells after sustaining damage. Cell turnover is a natural part of life and maintaining a healthy body. The average adult requires two to three servings of protein per day. Milk is a rich source of protein, with just one cup containing 8 grams. Protein is necessary for many vital functions in your body, including growth and development, cellular repair and immune system regulation. Make sure you know where the milk comes from. Your neighbourhood Goshala is the best and safest source.



13 Supply your body with complex carbohydrates.

Eat beans, corn, peas, lentils, peanuts, and whole-grain breads. Many breads will say on the packaging if they are whole grain. Substitute complex carbohydrates for simple sugars like cakes, candy, cookies, and processed sweets. In order to have enough energy to maintain an active lifestyle, you should be getting about half of your calories from complex carbohydrates like beans, corn, peas, lentils, peanuts, and whole grains.



14 Stay hydrated by drinking sufficient water.

Drinking enough water will dilute and help you pass toxins and keep your kidneys and urinary tract healthy. While drinking eight glasses of water a day is a good start, there is new science suggesting you may need more fluids than that. Taking into account the water contained in drinks like milk and tea and in foods like watermelon, your daily intake of fluids can be determined by dividing your weight in half. The resulting number is the number of ounces of fluids you need each day.



15 Protect your heart with a low-sodium diet.

Too much sodium may lead to high blood pressure which raises your risks for heart disease and stroke. While some salt is necessary to maintain proper nerve and muscle functions, most people acquire plenty of salt naturally through their diet without adding it to their food. Adults should consume no more than about a teaspoon of salt per day. Avoid fast food. Not only is it high in fat, but it is also usually very high in salt.



16 Stay mentally young and fit with hobbies you enjoy.

No matter how old you are, you can still engage in hobbies you look forward to doing. Activities where you learn and grow mentally will help keep you psychologically young and mentally active. Painting, sketching, pottery, cooking, outdoor games, chess, carrom, reading, writing, singing & listening to music keep your faculties sharp and reflexes strong besides being therapeutic.



17 Keep in touch with those you love.

Maintaining your social network of friends and family will protect your psychological health. Friends and family will help buffer you against loneliness, depression, stress, and anxiety, all of which frequently occur as people age. Be a part of a community that congregates for special occasions, festivals, events or potluck meals.



18 Relax.

Stress causes physiological changes in your body which lower your immune system and makes you more vulnerable to infections. By learning to manage stress you can improve your overall health. Meditation, Visualization, Deep breathing, Massage, Yoga, Tai chi, Music or Art Therapy are all effective ways to destress and calm your mind, body and spirit.



19 Not only is laughing fun, but it's also good for you!

A 2016 study published in *Psychosomatic Medicine*, a reputed journal found that people with a strong sense of humour had a 73 percent lower risk of death from heart disease, an 81 percent lower risk of death from infection, and a 48 percent lower risk of death from all causes.



20 Look at the brighter side of life.

Pay attention to what you feel grateful rather than feeling sad about what you don't or can't have. A 2012 study published in the journal *Ageing* found a correlation between optimism and longer lifespans. That's right: A positive attitude towards life can turn things around in most unexpected ways.



21 Be responsible and live consciously.

In their book "The Longevity Project", authors Howard S. Friedman and Leslie R. Martin wrote that being conscientious was one of the best predictors of a long life. They observed that people who are diligent and responsible are more likely to adopt healthy behaviours, less prone to disease, and find more success in relationships and in the workplace than those who are careless and irresponsible.



22 Welcome ageing.

Turns out, embracing your age could help you live longer. One 2002 study published in the *Journal of Personality and Social Psychology* found that adults who accepted growing older lived more than those who had negative feelings about it.



23 Ditch that idiot box.

According to 2012 research published in British Journal of Sports Medicine, every hour of TV you watch after you cross age 25, cuts your lifespan by about 22 minutes. Researchers also found that people who spent an average of six hours a day watching TV died nearly five years earlier than people who didn't watch any TV at all.



24 Don't go to bed with unresolved issues.

Try to sort out problems before you hit the bed. Agreeing to disagree is a perfect formula for couples who're radically different from each other. In a 2010 study of 1,700 married adults, researchers from Brigham Young University found that the more arguing there was in a relationship, the worse the partners' health.



25 Brush your teeth regularly and make sure to floss.

You've got more than cavities to worry about if you don't brush and floss as often as your dentist recommends. Poor oral hygiene has been associated with shortened life expectancy, according to the findings of a 2013 study published in the *Journal of Dental Sciences*. Maintaining a healthy mouth can lower your risk of heart disease, dementia, and stroke.



26 Coffee lovers can jump up with glee

Because a cup of the brew is high in antioxidants, it can actually lower your risk for diabetes, liver damage, several cancers, and depression, according to a 2018 study conducted by Cardiovascular association of Italy. But the good news comes with a warning. Not more than 4 cups a day.



27 Dress well.

Make an effort to turn out well. It doesn't mean expensive clothes or accessories, not even make-up by women. What is important is to feel good when you look at the reflection in the mirror. How we feel about ourselves has a direct impact on our self-esteem, social interactions, confidence at work and translates into self-respect.



28 Learn something new.

Every time the brain is exposed to a new skill, newer neuron pathways are wired and rewired. The brain starts opening up more to access understanding and memory. Any new language, new musical instrument, new skill, is conducive for better mental health and a longer life span.



29 Live in a Rurban community to get the best of unpolluted rural advantages and urban conveniences and comforts

You don't have to miss out on a high speed WIFI while you're on a nature walk. You will always have someone to talk to when you need company. You can choose solitude near the pond when you need space for introspection.



30 Opt to live in communities that have designated workspaces outside your home.

Work from home may be the new reality but you don't have to turn your home into a permanent work zone. You don't have to sit on your bed or dining table or the study room or the living room at home and work or make those phone calls; you don't have to disturb other family members' routine; you can just head to the home office in the vicinity and keep the two spaces sacrosanct.



31

Dont compare yourself to other.

Everybody is unique. Two fingers don't look alike, there is asymmetry even in your own body. There is no comparison between the sun and the moon. They shine when it's their time. Live every moment, time is your only treasure.



32 Don't live in the past.

You can't drive while looking only at the rear view mirror. Look at painful experiences as teachers and learn the lessons they were meant to teach you. Thank them for making you who you are and move on to fresher pastures. Life is the way it is meant to be. Everything is the way it should be.



33 Be grateful.

Make a list of 10 things every night and feel gratitude. Maintain a 'Thank you' journal and let it overflow with the abundance and magic of life. People, places, comforts, technology, the list is endless. Look at all the things you're surrounded with; all the beautiful relationships you have cultivated. Whatever you focus on, increases. So choose wisely.



34 Start organic farming.

The more connected you're to Mother earth, the better your health will be. The second best option would be to live in a farm and watch farmers cultivating crops. Pluck your vegetables and cook them straight or pluck those fruits and eat them up after a quick rinse. Refrigeration kills nutrition. Farm to plate is the sure-fire way to rev up your energy levels and put the zest in your life.



35 Make cycling a part of your routine.

Live in a community with well-defined tracks that will let you zip around freely, whenever you want to feel the breeze caressing your cheeks. Besides increased cardiovascular fitness, increased muscle strength and flexibility, improved joint mobility, decreased body fat, cycling lowers your stress. A study presented at the European Society of Cardiology Congress in 2013 showed that French cyclists in the Tour de France generally live longer than their non-cycling peers. The study included data from 786 French cyclists who participated in the race at least once between 1947 and 2012.



36 Take a dip every day

Swimming is an excellent way to work your entire body and cardiovascular system. An hour of swimming burns almost as many calories as running, without all the impact on your bones and joints. A 2003 study published in the *International Journal of Aquatic Education and Research* showed that regular swimming cut death risk for men by 50 percent—compared with running, walking, or being sedentary.



37 Cook regularly.

Being creative for a little while each day makes people feel like they are “flourishing”—a psychological term that describes the feeling of personal growth. And when you cook with others, share recipes and make it a happy community event, your bonds are deeper and stronger. Not just that. Therapists are now recommending cooking classes as a way to treat fatigue, depression and anxiety, as well.



38 Find your core passion.

What is it that you would love to do even if you don't get paid for it? What is it that makes you forget the whole world and when you're engrossed in it, you lose sense of time and space. Nothing else matters. What is that one thing which you don't 'do' but just 'be' when you're engaged with it. Ask yourself and honour the answer. People with a passion live long healthy lives.



39 Find your purpose.

What makes you feel most fulfilled? Is it living a meaningful life? Is it enriching the planet? Is it compassionate living? Is it empathy for all beings? Is it making pots of money? Finding your life purpose creates a sense of meaning in your life. You know what you love to do, what you are good at, and how you can contribute to the world. People with a purpose feel good about life and life, in turn, stays in them and with them for a long, long time.



40 Take power naps.

A regular short nap dramatically cuts the risk of dying from coronary heart disease, especially for working people. A massive 2007 study of nearly 24,000 people over six years published in *JAMA Internal Medicine* found that occasional nappers had 12 percent lower coronary mortality, while those who napped at least three times a week for at least 30 minutes had 37 percent lower mortality.



41 Eat less.

Smaller portions and less frequent overeating are just two of the reasons that the population of Okinawa, Japan, has a large concentration of centenarians, according to Dan Buettner, author of "The Blue Zones: Places on Earth Where People Live Longer, Healthier Lives."



42 Cut the sugar in your diet.

The link between increased sugar and diabetes risk is right up there with “smoking causes lung cancer.” But 2015 research from the Mayo Clinic has found that added dietary fructose—either as table sugar or the main component of high-fructose corn syrup—may be the top cause of diabetes. So cutting sugar alone could slash deaths from the condition.



43 Get your Omega - 3s.

A 2013 study published in the journal *Annals of Internal Medicine* showed that older people with the highest levels of omega-3s in their blood lived 2.2 years longer (on average) than those with low omega-3 blood levels. You can find abundant omega-3 fatty acids in fish, as well as some vegetables and seeds.



44 Volunteer for a cause.

Caring for others in a very karmic way comes back to you in the form of a longer life span according a 2012 study published in 'Health Psychology'. People who give back are rewarded with lower blood pressure and longer life span.



45 Lower your heart rate.

A 2018 study published in the journal *Heart* discovered that a key predictor of long life in otherwise-healthy middle-aged and elderly men was resting heart rate—regardless of fitness level or other healthy behaviours. According to Harvard Health, you can reduce yours by exercising more, reducing stress, avoiding tobacco products, and maintaining a healthy weight.



46 Mull over mortality.

Several studies (2018 research analysis published in *Current Directions in Psychological Science*) have shown that when we're reminded of our own mortality, we're more likely to make better decisions about our own health, like using sunscreen, smoking less, and exercising more.



47 Eat leafy greens.

Along with decreasing your risk of stroke and osteoporosis, leaves like spinach are also a rich source of plant-based omega-3s and folate, which help reduce the risk of heart disease, according to a 2015 study published in the journal *Clinical Nutrition Research*. Aim for one cup or fresh spinach or 1/2 cup cooked per day.



48 Walk up the stairs.

A 2010 study published in the *European Journal of Cardiovascular Prevention & Rehabilitation* calculated that among people with a sedentary lifestyle, simply taking the stairs was enough physical activity to burn body fat and lower blood pressure—so much so that it cut their risk of early death by 15 percent.



49 Make friends at work.

Whoever said don't carry your work home, was hopefully not talking about your colleagues. A 2011 study published in the journal *Health Psychology* followed 820 adults for 20 years and found that those with the most friendly support from co-workers lived the longest. It's always heartening to have a shoulder you can lean on, in times of distress and if that happens to be a colleague's, why ever not?



50 Smile from the heart.

Let it one those that spreads to your eyes and lightens up your heart. People who smile are always received well everywhere and when that smile is genuine, it becomes contagious. Wouldn't we rather infect people with the upward curve than the malevolent virus? Of course, you can still maintain the physical distance and still make people feel touched. Studies have shown that people who smile more and often have higher immunity levels. Isn't that amazing?



51 Wash your feet when you return home from somewhere.

Wash your foot wear too. You don't know what your shoes have collected on the streets or from spaces that you've stepped into. You also have no clue what you're bringing home and from where! Makes perfect sense to cleanse thoroughly for better health and immunity.



52 Wash your hands thoroughly and regularly.

Your health is quite literally in your hands. From opening doors, to pressing elevator buttons, from touching surfaces to people, hands go everywhere. Wash your hands thoroughly and regularly. The simple act of handwashing could save us more than any vaccine or other interventions.



53 Run for your life

According to a 2012 analysis of data presented at the European Association for Cardiovascular Prevention and Rehabilitation, a moderate jogging habit can add between five and six years to your life. But before you lace up for ultramarathon training, consider 2015 research published in the journal *Mayo Clinic Proceedings*. It found that people who run more than 20 miles a week, faster than seven miles an hour or more than five times a week, seem to lose that longevity boost.



54 Eat cabbage, cauliflower, tomatoes & broccoli.

According to a 2011 study published in the American Journal of Clinical Nutrition, people who ate cruciferous vegetables have the ability to live to 100. Researchers suggest that this may be linked to the Vitamin C and nutrient count in them.



55 Find a reason to live.

A 2012 study of 1,400 senior citizens published in JAMA Psychiatry found that those who believed they were living for a reason had a 30 percent lower rate of cognitive decline than those who didn't. The belief may protect your brain from the effects of Alzheimer's disease.



56 Be financially secure.

Having more money in the bank and investing for the future means having a better chance of living to 100, according to a 2019 study published in the JAMA journal. That's because the one-percenters among us have better access to education, health care, and a lower risk of violent crime.



57 Bring a pet home.

Research shows that both cat and dog owners tend to live longer than their petless peers. A 2009 study published in the *Journal of Vascular and Interventional Neurology* found that having a dog or a cat could cut your risk of heart attack by nearly one-third. Not only that, but a similar 2017 study published in the journal *Scientific Reports* found that people who owned other pets reduced their risk of death by 11 percent.



58 Have at least one non-judgemental friend.

The kind you can share anything with and know that you'll not lose them. The kind who don't throw your words back at you, come what may. People who have close relationships that foster confidentiality and implicit trust feel more safe and secure, which in turn improves heart health, which in turn increases lifespan.



59 Make healthy changes.

A 2013 study in *Lancet Oncology* demonstrated that making healthy life changes is associated with longer telomeres, the “caps” at the ends of chromosomes. Shorter telomeres have been linked in past research to cell aging, as well as higher risks of age-related diseases. Adjusting your daily habits so that you eat whole foods, exercise, meditate, and lean on your support system may add years to your life.



60 Get away more often.

Well, we're not sure yet how much of travel we can indulge in with the new normal setting in but it helps to take more holidays. Taking a break from routine and going to a different place is believed to do wonders for your overall well-being. A 2014 analysis of the famed Framingham Heart Study published in *The Lancet* showed that the more frequently men took vacations, the longer they lived.



61 Hang out and hang in with kids.

Doesn't matter if they're your own or someone else's, kids have a way of bringing out the kid in us. Being around kids, playing with them, caring for them can increase longevity by decreasing your risk of cancer and heart disorder, according to a 2016 study published in the *Journal of Epidemiology & Community Health*. Even becoming a parent brings about these benefits but not beyond 2 children.



62 Get up and dance.

What can be better than having a complete ball and being rewarded for it? Especially, when you don't have to care about the form or no form? So, let's just shake a leg or two and live happily ever after. Forever. Research published in 2013 in the journal *Anthropology & Aging* found that people (in particular, older people) can dance their way toward improved health and happiness because of the activity's social, mental, and physical benefits.



63 Don't retire from active contribution to society.

You may want to opt out of the rat race if the stress of work is getting the worse part of you out. But studies advise that the longer you feel productive, the better are your chances of hitting the boundary. The Longevity Project found that most men who made it to extreme old age had successful, satisfying careers and continued to work for a cause or a society—at least on a part-time basis—into their 70s.



64 Don't go overboard with health supplements.

Are you one of those who swears by the xyz supplement? Think again because although many health professionals advocate taking vitamins and other supplements to help prevent deficiencies in vital nutrients, a 2007 Copenhagen University review of 815 clinical trials published in JAMA found that taking supplements had a detrimental effect on lifespan.



65 Active mind in an active body.

Another secret of the long-life people of Okinawa, Japan, is to keep your brain actively engaged with games and intellectual stimulation. A 2008 WebMD survey found that 89 percent of centenarians keep their minds active.



66 Unleash your creativity.

Get that canvas out of the attic, the one you hid away because your hectic work didn't permit you the luxury of sketching or painting, and splash the choicest colours of your liking. A 2012 study on U.S. military veterans published in the *Journal of Aging and Health* showed that those who exhibited the most creativity reduced their mortality risk by 12 percent.



67 Socialize more.

Let there be more ticks on your social calendar and we don't mean the ones that are overflowing with alcohol or deep fried snacks. We mean events that have room for conversations and laughter. Frequent social engagements may add as much to your lifespan as cutting cholesterol or lowering blood pressure. That's the finding of Thomas Glass, associate professor at the Johns Hopkins Bloomberg School of Public Health, who tracked the activities of nearly 3,000 people aged 65 and older over 13 years.



68 Explore a new work or territory.

According to a 2012 study published by the Cochrane Library, changing up your routine and frequently engaging in challenging and intellectually stimulating activities can reduce your risk of Alzheimer's later in life.



69 Slow down but work hard.

There comes a time in life when the most ambitious of us feel like taking a back seat and letting life take the driver's seat. That's absolutely fine if you're feeling burnt out and your work is taking its toll on your health. But if you're one of those who enjoys work, experts suggest you hang in there for a bit more before you think of hanging your boots. Here's why - A hardworking personality trait extends life by an average of two to three years, according to research cited in The Longevity Project.



70 Eat tomatoes

Foods high in antioxidants, particularly deep-coloured fruits and vegetables, can help fight the oxidizing effect of UV rays. One 2011 study in the *British Journal of Dermatology* found participants who ate five tablespoons of tomato paste (a highly concentrated form of fresh tomatoes) daily showed 33 percent more protection against sunburn than a control group.



71 Meditate.

Studies show that meditation helps improve many different types of conditions, including depression, anxiety, chronic pain, diabetes, and high blood pressure, as well as improving concentration, memory, and reasoning skills, according to the EOC Institute.



72 Don't work for a bully.

According to Gary Namie, Ph.D., founder of the Workplace Bullying Institute, more and more research indicates that being bullied and unduly stressed at work can lead to serious health consequences. Seek support from your family and counsel from a doctor as to when it's time to throw in the towel. "Nobody deserves cardiovascular disease for a paycheck," says Namie. "No matter how big the paycheck is."



73 Eat only when you're hungry.

Dietitian Zoe Nicholson, co-founder of the moderation eating movement, advocates "intuitive eating," or eschewing regularly scheduled meals and mindless snacking to only eat when we're hungry. "When we eat intuitively, our bodies crave a variety of nourishing food, we are much less likely to overeat or comfort eat and it becomes easier to maintain a stable healthier weight," she says.



74 Drink alcohol in moderation.

Ever notice that more than a few centenarians in the news attribute their long life to drinking good whiskey? It's not just chatter: In 2010's Dietary Guidelines for Americans, the Department of Health and Human Services said there was "strong evidence" that moderate drinking prevented heart disease, and "moderate evidence" that it helped prevent dementia.



75 Go green in the cup.

Researchers from the Norwich BioScience Institutes recently discovered that the polyphenols, a type of micronutrient in green tea, blocks something called VEGF, a signalling molecule in the body that triggers plaque build-up in the arteries that can lead to heart attacks, stroke, and vascular disease. The life-extending brew may also ward off wrinkles by fighting inflammation and improving the skin's elasticity, keeping you young both inside and out.



76 Fight that fat

Visceral fat—the blubber that wraps itself around your internal organs, AKA belly fat, makes you twice as likely to die of any cause as actually being obese, according to a 2008 study published in *The New England Journal of Medicine*. That's because it spews toxins and causes diabetes, heart disease, liver failure, and all sorts of other problems.



77 Take precautions against the C word.

As it stands now, colon cancer is the third-leading cause of cancer death among men. But when precancerous polyps are removed from the colon before they turn malignant, colon cancer is almost completely preventable. That's why it's essential to get a preventative colonoscopy as often as your doctor recommends, which is usually once every 10 years.



78 Get real.

While optimism is a quality that'll vastly improve your quality of life, being pragmatic can also lengthen your life. According to Leslie R. Martin, one of the authors of *The Longevity Project*, blind optimism can make you less able to deal with life's setbacks and overcome them.



79 Eat organic curd.

The health benefits of this 2,000-year-old food are not disputed: Fermentation spawns hundreds of millions of probiotic organisms that serve as reinforcements to the battalions of beneficial bacteria in your body. That helps boost your immune system and provides protection against cancer, according to several studies. Not every curd is probiotic, though, so make sure it's from a desi grass fed cow, preferably from a source you know. Aim for one cup daily.



80 Prevention is better than cure.

Why get to a stage where you'll have no choice but live on prescription medication when we have the choice of preventing disease? With everyday dietary discipline and an active lifestyle, most issues don't get to the disorder stage. One 2007 study published in the *Scandinavian Journal of Public Health* followed 2,000 30- to 49-year-olds over a period of 15 years. The researchers discovered that those who followed regular preventative care experienced a "significantly greater" lifespan than those who didn't.



81 Soak in the sun at sun.

Live in a space that allows you access to sunlight. It's of utmost importance to bask in the sunlight in the early hours after sunrise. When exposed to sunlight, the skin absorbs vitamin D, a critical nutrient that prevents bone loss and reduces the risk of heart disease, weight gain, and various cancers. It also wards off seasonal depression, improves sleep, reduces health risks of fluorescent lighting, ensures longevity



82 Go to bed one hour earlier.

Research published in 2014 in the *Journal of Sleep Research* found that people who normally slept for seven hours or less a night and went to bed only one hour earlier experienced a measurable drop in blood pressure. That lowers your risk of having a heart attack or stroke.



83

Analyze your family tree.

Take a look back at your family tree to make note of what diseases you're likely predisposed to thanks to family history. If a certain disease occurred in more than one close relative or occurred in a relative at an earlier age than expected, you could be at a greater risk for that disease than the average person, according to Understanding Genetics.



84 Say no to aerated drinks.

Research says that they may shorten your life. A 2014 study published in the *American Journal of Public Health* followed 5,300 healthy people who regularly drank aerated drinks especially soda and found that they experienced advanced cell aging by up to four years—potentially trimming their lifespan by that much. And even diet soda is bad news: The high levels of phosphorus in dark colas weakens bones.



85 Eat salmon.

Fatty fish, such as tuna, wild salmon, mackerel, and sardines, contain high levels of omega-3 fatty acids, nutrients that have been proven to lower overall mortality risk by up to 27 percent and decrease the odds of dying from heart disease by about 35 percent. They also offer many anti-aging benefits. Eating a few servings of fatty fish each week has been shown to help guard against Alzheimer's disease and help reduce joint pain and stiffness by suppressing the production of enzymes that erode cartilage, according to Harvard's School of Public Health.



86 Up your vitamin K.

Thanks to their high vitamin K content, adding leafy vegetables like kale, collards, and mustard greens in your daily diet can slow cognitive decline, according to a 2017 study published in the journal *Neurology*. In fact, the researchers discovered that people who ate one to two servings of the greens daily had the cognitive ability of a person 11 years younger than those who consumed none.



87 Be open to change.

Researchers at the 2010 Georgia Centenarian Study interviewed 244 people age 100 or older over an eight-year period. Their results, published in the journal *Current Gerontology and Geriatrics Research*, found that adapting to and coping with stressful situations was crucial for successful aging. Those who meditated on stressful situations were healthier than those who made quick emotional reactions.



88

Regulate your cholesterol.

A 2015 study published in BMJ followed a group of men for 50 years and found that the men who lived to be 100 had three things in common: They didn't smoke, they drank no more than four cups of coffee a day, and they had healthy cholesterol levels, which greatly reduces the risk of heart attack and stroke.



89 Outer world is a reflection of your inner world.

Life is a reflection of our perceptions. We can't control everything that happens to us but what we can master is our mind. If you understand this one fundamental essential, it can help you let go of wanting to be on top of things. Get a grip on your emotional health and

According to a 2014 study published in *The Lancet*, people who felt the most control over their lives and felt that it was worthwhile had a 30 percent lower chance of dying than those who felt the least in control.



90 Listen to Indian classical music.

Like scales in Western music, classical Indian ragas help set the mood for a piece of music—but in much greater detail. Traditionally in Indian music, each raga was itself associated with a very specific emotion. For instance, Bilahari, a joy-producing raga in Hindustani classical music, helps to alleviate melancholic mood and Sama raga can reduce anxiety. Music has a calming effect on listener's mind and healing effects in various psychiatric ailments. It has been used to relieve depression as a therapy by itself and also in combination with guided imagery. Listening to them regularly can prolong life span, according to health experts.



91 Eat sweet potatoes and turmeric.

This one's another tip from the centenarian-dense Okinawa, Japan. About 60 percent of these folks' diet involves sweet potatoes, which are high in flavonoids, fibre, and good carbs. Also a dietary staple: Turmeric, a spice with antioxidants that help prevent cancer and heart disease, according to 2018 research published in the journal *Advanced Biomedical Research*.



92 Kick the butt.

This one really is a no-brainer. But if you insist on seeing a study that shows smoking cigarettes is like playing Russian Roulette, here you are: 2012 research published in the journal *The Lancet* followed 1.3 million people between 1996 and 2001. The study showed that giving up cigarettes helped subjects live 10 years longer than if they'd continued smoking.



93 Small changes make a big difference.

The authors of *The Longevity Project* emphasize that you can make positive changes, even small ones, and see a measurable effect. Just don't be intimidated and get down on it. "Thinking of making changes as taking 'steps' is a great strategy," the authors advise. "You can't change major things about yourself overnight. But making small changes, and repeating those steps, can eventually create that path to a longer life."



94 Feel good.

Life is beautiful if we learn to appreciate things we get free. It is these things that add to your lifespan. We don't pay for the oxygen we breathe, the sunshine we are blessed with, the four seasons; the gifts of fresh vegetables and fruits if we grow them on our own; yet we will have to literally pay through our noses if we don't live consciously and responsibly towards nature and all her inhabitants. Feel good about everything in life that includes you.

Ultimately, the Longevity Project researchers isolated one trait common to centenarians that's the strongest predictor of survival: how they feel about their health, well-being, and support systems. If you don't feel good about where you are today, take stock of where you're, how you got here and where you want to go. You maybe on the wrong road and all you need is to take a U-turn or change lanes to head to your desired destination.



95 Believe in fair share.

In the end, the king and the soldier go back in the same box. The king rules and the soldier obeys. But one is non-existent without the other. Nobody is big, nothing is small. Everybody and everything has their place and importance. If we learn to respect every human being, every aspect of nature and live in accordance with natural laws, we'll live a far more enriched life. As humans, it's our duty to not trample on other beings and grab everything even when we know that it belongs to other species.



**SAY NO
TO PLASTIC**

96 Reduce plastic waste.

Isn't it enough what we have done to the planet in the pursuit of convenience? Besides, the toxicity of plastic has long lasting effect on human health too. Exposure to harmful chemicals during manufacturing, leaching in the stored food items while using plastic packages or chewing of plastic teethers and toys by children are linked with severe adverse health outcomes such as cancers, birth defects, impaired immunity, endocrine disruption, developmental and reproductive disorders. Give up plastic bags, Skip straws, Pass up plastic bottles, Avoid plastic packaging, Recycle what you can, Don't litter. Not too difficult, isn't it?



97 Recycle.

Recycling reduces the need for extracting (mining, quarrying and logging), refining and processing raw materials. All of these create substantial air and water pollution. As recycling saves energy it also reduces greenhouse gas emissions, which helps to tackle climate change. If you don't want to suffer with breathing and gastro-intestinal disorders, you know what to do. Do it and do it NOW. It will ensure not only your longevity but also the conservation of the planet we inhabit.

Top Ten Ways to Recycle

- Buy recycled paper and print on both sides. ...
- Make recycling bins readily available. ...
- Recycle your empty ink and toner cartridges. ...
- Buy remanufactured ink and toner cartridges. ...
- Recycle old newspapers laying around the office. ...
- Look for the recycled option in all the products you buy. ...
- Buy rechargeable batteries



98 Follow the 3 Rs in your spaces.

Waste can be classified into five types of waste which is all commonly found around the house. These include liquid waste, solid rubbish, organic waste, recyclable rubbish and hazardous waste. Proper waste disposal and management can be done by applying the 3R - Reduce, Reuse and Recycle. Reducing means lessening the amount of trash/garbage produced. Reusing refers to using materials more than once while recycling means creating new material or product out of trash/garbage. When we feel responsible for ourselves and every aspect of environment that we live in, a sense of self worth develops, which has proven to increase life span and above all, good health.



99 Generate green energy at home.

The easiest way for most homeowners to reduce their utility bills is by cutting back on energy consumption through self-discipline and increased efficiency. But for those who have some time and money to invest, installing one or more green energy systems can yield bigger, longer-term savings while doing more to protect the environment. If you feel it's too much individual effort and may not be sustainable in the long run, choose to live in a net zero community that is self-sufficient.



100 Understand that everything is connected.

Vasudhaiva Kutumbakam is a Sanskrit phrase found in Hindu texts such as the Maha Upanishad, which means 'the world is one family'. Also found in the Rig Veda, it is considered the most important moral value in the Indian society. It's not an altruistic notion but purely a self-centred thinking. Consider this scenario: if the honey bees become extinct, we may lose all the plants that bees pollinate, all of the animals that eat those plants and so on up the food chain. Which means a world without bees could struggle to sustain the global human population of 7 billion. Get the drift? If we, the human race, aspires to survive, we must not dare to tamper with any other being or natural resources or take them for granted. Let's live consciously and passionately. Let's choose to live in eco-habitats.



Inspired by Villages

Organo Eco Habitats Pvt. Ltd.

HEAD OFFICE

Plot No. 15, 8-3, 684/3-15,
Lane Number 3, Sri Nagar Colony,
LIC Colony, Hyderabad - 500 073,
Telangana, India.

BRANCH OFFICE

Plot No. 2, SY No. 146, 4th Floor,
Himayat Nagar, Moinabad Mandal,
RR Dist., Hyderabad - 500 075,
Telangana, India.

Contact: **+91 90711 23446** | mounika.puli@organo.co.in
www.organo.co.in