

Wellbeing for pennies a day

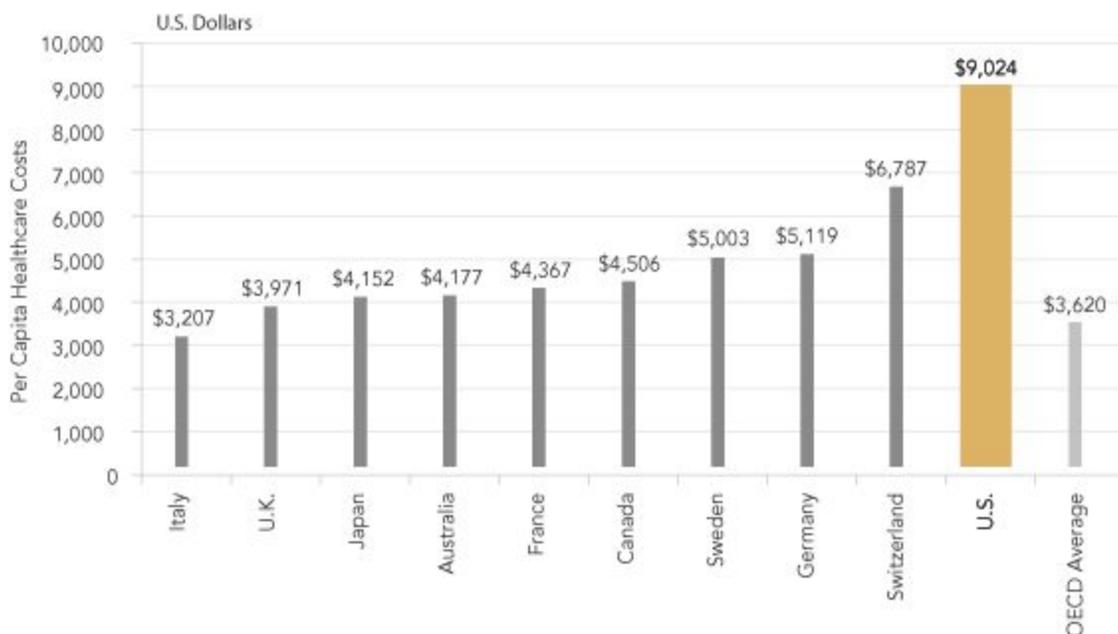
By Ravi Sahay

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America spends \$10,000 per year per capita on healthcare - the most expensive **sickcare** in the world

1 out of 2 suffer from chronic disease(s)

$\frac{2}{3}$ overweight,; $\frac{1}{3}$ obese



Prescription Drug: #3 Killer



Older adults are taking an awful lot of pills these days:

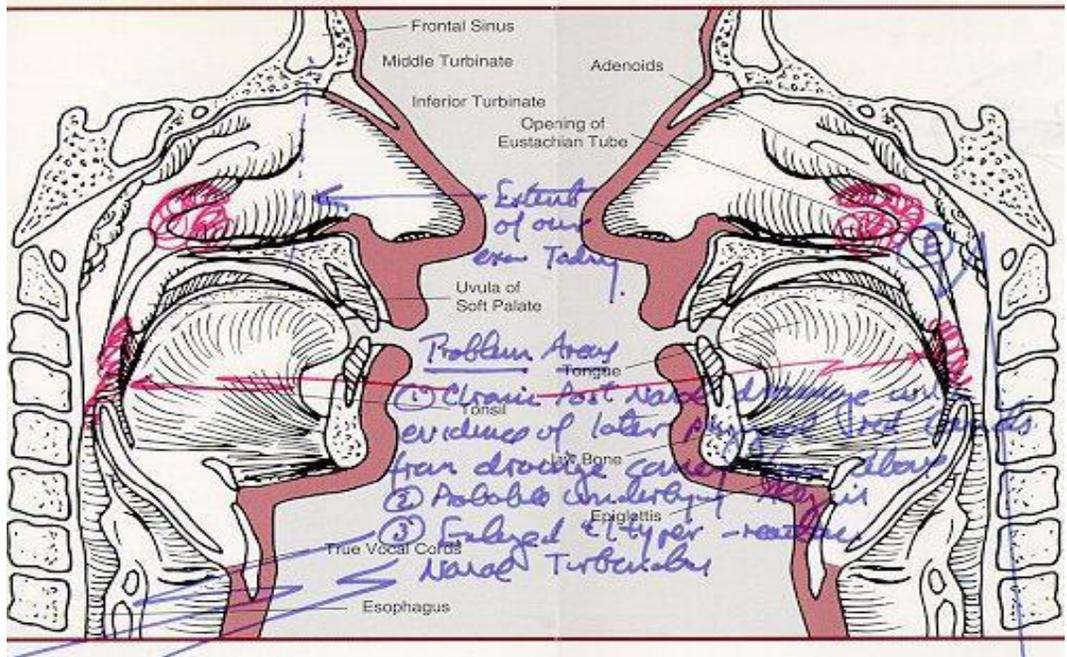
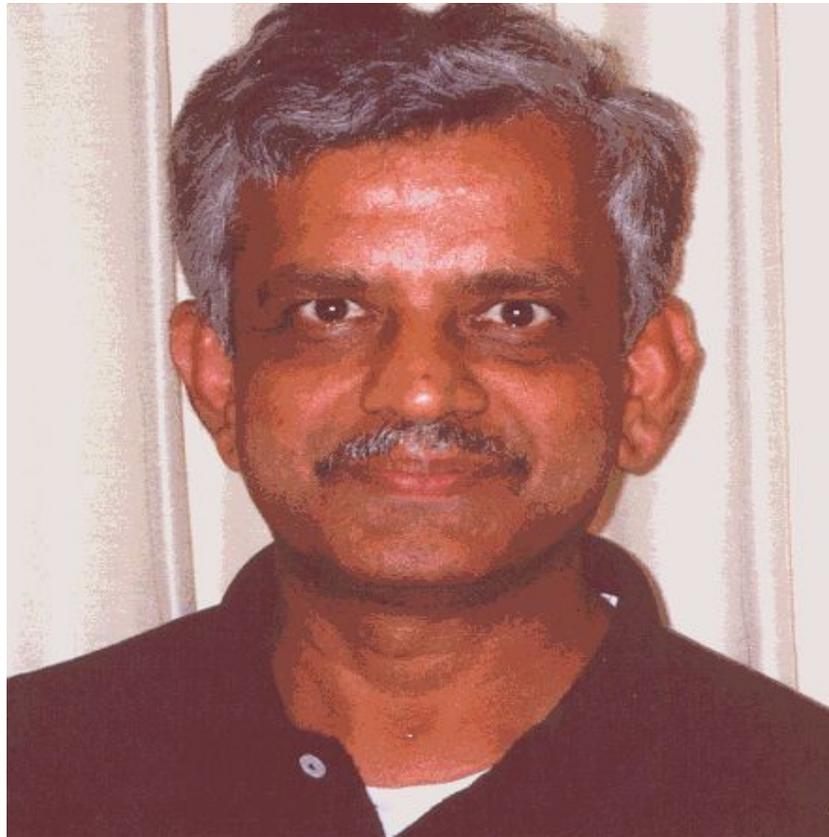
- 5 percent take 0 drug daily
- 95 percent take 1 drug daily
- 70 percent take 3 drugs daily
- 45 percent take 5 or more daily

Conventional Medicine Is
Not Effective for
Chronic Diseases

WHY?

**Inflammation is the
smoking gun**

1996 photo(age 48)



Heart Attack (2003)
Congestive Heart Failure (2007)
AICD Pacemaker (2012)

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My Health Update (2019)

- ✓ Heart Normal (now EF 63%)
- ✓ AICD Pacemaker Disabled
- ✓ Sinusitis & Post-nasal Drip
- ✓ Other inflammations -Eczema,
Dark circles under the eyes,
snoring, UTI cured
- ✓ Reduced Medications
-prescription drug cost is less
than \$15 per month *

Vedic Lifestyle and Integrative MD saved me

1. Erminia Guarneri , MD, Cardiologist, La Jolla
2. Ayurvedic lifestyle - Healthy balanced Microbiome
3. Daily detoxification routine - bowel movements, neti, nasya, oil pulling, massage and bath daily
4. 10K steps- walking, rope skipping, trampoline, gardening
5. 5 minutes of yogic postures daily
6. 30-60 minutes of meditation daily
7. 7-8 hours of sleep daily
8. Plant-based (alkaline) diet
9. No soft drinks and processed food
10. Small portions- 2 ½ meals daily
11. 12 hrs fast between supper and breakfast
12. Breakfast - home-made Kefir (Probiotic) with Omega-3 (Flaxseed/Pumpkin seeds) and nuts (almonds and walnuts); Sprouted Mung Beans (Prebiotics)

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Healthy Homemade Breakfast

*Don't Leave Home Without
IT!*

How to make Kefir- add Flaxseed/Pumpkin
seed and walnuts

A Demo

How to sprout Mung Beans

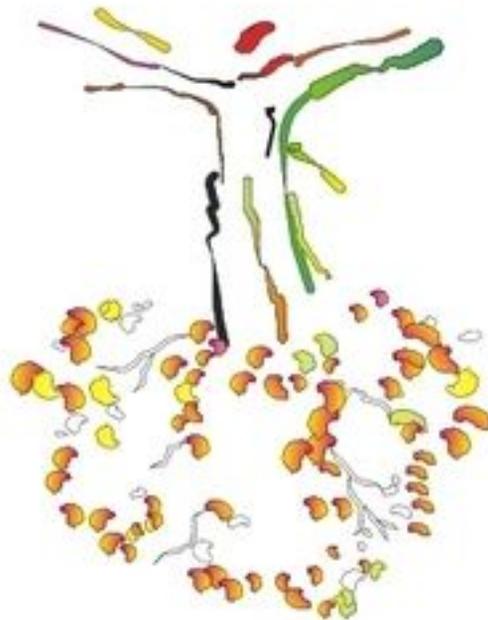
A Demo

May You Be Healthy

Wellbeing for pennies a day

Hope you are wealthier now
Donate to Ekal Vidyalaya

**MY HEALTH IS
YOUR WEALTH**



Triumphs over chronic diseases

Ravi Sahay

Foreword by Dr. Haribhushan, MD