Wellbeing for pennies a day

By Ravi Sahay

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

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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

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May You Be Healthy
Wellbeing for pennies a day

Hope you are wealthier now
Donate to Ekal Vidalaya

MY HEALTH IS YOUR WEALTH
Triumphs over chronic diseases
Ravi Sahay
Foreword by Dr. Haribhushan, MD