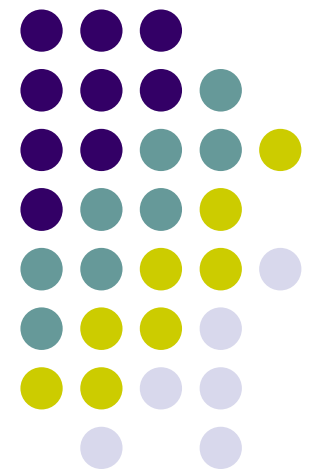


# Getting started

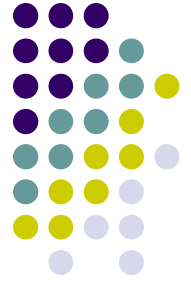
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## *Healthy Lifestyle For Professionals*



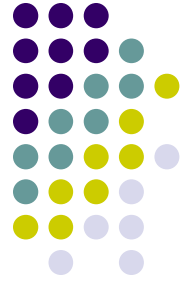
*By CA Deepak Nagpal*

# Seven Areas of life



1. Financial
2. Career
3. Recreation and free time
4. Physical fitness and Health
5. Relationship with family and friends
6. Personal goals (Learning, spiritual growth, personal achievements)
7. Community service, contribution, legacy

# Health or Illness Who is responsible...?



- take 100% responsibility for your Health

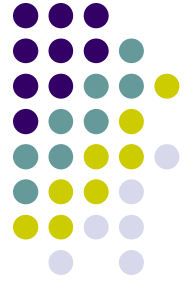
$$E+R= O$$

Where:

E= Event

R= Response

O= Outcome

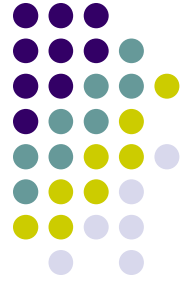


# Law of Nature - Human Body

- We are born for being healthy
- Survival is the law of Nature for living beings
- Our body struggles for being healthy and existence
- Nature has given us tremendous power of self healing
- Take the position that whatever you're experiencing in life & quality of health in your life is a result of how you are supporting the law of Nature for your body

# Why Illness...?

## Who is making us Ill...?



### WHY?

- Accumulation of reasons for illness

### WHO?

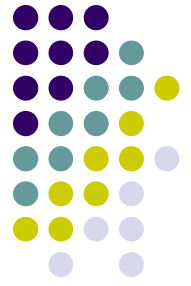
- Our ignorance
- Our contribution in accumulation of reasons
- Myself...



# What is Illness...?

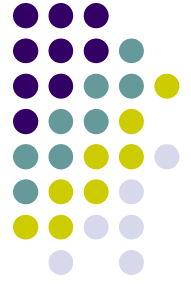
- It is manifestation / reflection of a structure created by accumulated blocks of reasons for illness.

# How to regain Health or Remove illness...?



- Remove the blocks of reasons.
- Structure will be dismantled.
- Shadow will disappear – because basic nature of body is being healthy, hence self healing power will come into action and illness will disappear.

# Reasons for illness



1. Hunger less eating
2. Wrong Combination of Food
3. Eating of wrong food – food not meant for human consumption





# Combination of Food

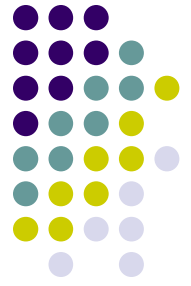
- Four type of food we eat

1. Non-Vegetarian
2. Cereals & Pulses
3. Fruits & Nuts
4. Milk Products

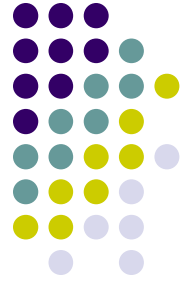
Salad & Vegetables

# Wrong Food

- Non Vegetarian
- Milk & Milk Products
- Cereals

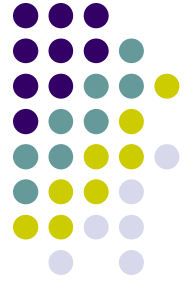


# Identification of food for human consumption



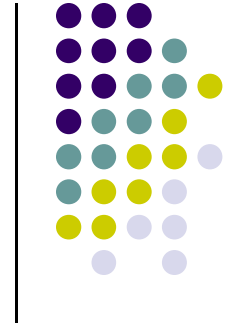
- Beautiful
- Fragrance
- Tasty

## Fruits & Nuts



# Conclusion.....!!!

- Eat More of  
Food that grows on Trees & Plants
  
- Eat Less of  
Food that is manufactured in plants



Thank you