



**YOUR KEY TO  
A HEALTHY LIVING  
& STRONG IMMUNITY SYSTEM**

By Inder Bagha  
Promoting Health and Wellness



What am I **PRESENTING** to you

Today is “**World Health day**”

I have been asked to make a short video presentation on subject - **Health**.

I am sharing my experience based on my 18 years of promoting and living a medicine free life, while trying to solve the puzzle of health that mysteriously evades us.

Through this presentation I would like to share some life transforming TIPS, that I have personally benefitted from.



# Understanding what is TRUE Health

## WHAT IS NOT HEALTH

Absence of disease and neither Lab Tests are true indicators of health, being on medications is not healthy and perception that only the bed ridden are sick and rest healthy is flawed individually or in combination as mentioned above is not correct and

**YOU WOULD BE IN GOOD HEALTH** when you are full of energy, have excellent digestion, a body free of symptoms of illness, pain free, flexible body, having calm and clear mind and can get a good sound sleep.



## The AWAKENING

**The current health crisis due to Corona has made us aware about the importance of**

**IMMUNITY in achieving perfect health.**



# IMMUNITY

**IMMUNITY gets compromised due to the following**  
Deficiency, Toxicity & Stress

## **TOXIC overload**

The human body is made up of trillions of cells which require nutrition in the form of minerals and vitamins to function properly. Use of pesticides, processing, storing, transporting and preparing results in foods that are nutritionally deficient.

Over 5000 approved chemicals are used by the food processing industry today as preservatives, taste enhancers, sugar substitutes and acidity regulators. Small toxic exposure each day incapacitates our body's ability to detoxify, causing these chemicals to accumulate to a level that make us sick.



# What does GOOD HEALTH require

## **Deficiency of fat-soluble vitamins**

Apart from Calcium, Magnesium and B12, we are severely deficient in Vitamin A, D, E and K due to reduced consumption of healthy fats like cold pressed oils and A2 Ghee. Eye, Teeth and Gum health is a true indicator of requirements of fat-soluble vitamins. Vitamin A, C, D and E are major anti-oxidants.

## **Ayurveda - Stomach is our second brain**

Gut health plays a major role in immunity. Due to the lack of digestive enzymes, stomach acid and probiotics, food is not properly digested, assimilated and absorbed.

## **Naturopathy – Pay attention to your Liver & Kidneys**

Healthy and fully functional Liver and Kidneys help in maintaining good healthy. Periodical detoxification of them in simple ways can ensure absorption of key ingredients and quality blood supply in the system



# Factors affecting IMMUNITY

## **Common factors that we are aware of:**

Chemicals in food, water and air that lower immunity

## **Factors you are not aware of:**

Harmful effects of the following items in your homes which have slowly and silently become a necessary evils of daily life – Eliminate them for perfect health

1. Anything starting with the word Refined Oil, Sugar or Salt
2. Aluminum or Non-Stick Cookware are highly toxic
3. Microwave.
4. Homogenized Milk
5. Chemical based toiletries.
6. Packaged and fast food.



# To BOOST Your HEALTH and INCREASE IMMUNITY

1. Use **AYURVEDA** to Determine Body Type and Dietary Habits.
2. Use **NATUROPATHY** for optimum organ functioning through Liver and Kidney cleansing f.
3. Use **YOGA** 30 minutes of “Pranayama” followed by stretching exercises for opening MERIDIANS
4. Use **NATURE** provided Cod liver oil and A2 Ghee for vitamin A, D, E and K & Sunlight for Vitamin D and heavy dose of Vitamin C, to boost IMMUNITY.
5. Use **COMBINATION** of good multivitamin FOOD from SOURCES to provide all nutrients and address deficiencies, consume them both in RAW and COOKED forms and ensure thorough CHEWING of what you eat.
6. **SUFFICIENT** intake of water and two sweet fruits before breakfast
7. Use a **PROBIOTIC SUPPLEMENT** containing 50 billion CFUs with at least 10 strains of beneficial bacteria for GUT health.



## The HARSH reality is that

- We are overfed but undernourished with Nutritionally deficient and chemically toxic food that promote diseases.
- Disease is nothing but wrong choice of diets and lifestyles.
  - If you suffer from Poor health or sickness it is not a matter of luck, but due poor and bad choices.

**IRONY is .....**

**We believe in the certainty of sickness more than we believe in the certainty of wellness.**

**TODAY on WORLD HEALTH DAY I join all who are working with a common GOAL of GOOD HEALTH for all,**

**I WISH EVERYONE, A LIFE FULL OF VIBRANT HEALTH AND HAPPINESS**