

TIPS TO A HEALTHY WINTER AHEAD

Three factors can facilitate good health during winters. One is having nutritive diet, another is adhering to regular light exercise. Use of Far Infrared Sauna can also keep you keep warm, stress free and full of energy, thereby contributing to your health during winters



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What we eat every day is very important for keeping us fit throughout our life. No matter how much we exercise or do other means to keep fit but if we are not taking a balanced diet as per season and our body requirements, our fitness will remain incomplete and our immune system will be adversely affected, which may invite disease or diseases eventually.

Some of the essential healthy winter food products are honey, basil and ginger tea, ghee (should be consumed in small amounts), dry fruits, and hot soups. Apart from keeping these things in your winter diet, you must go for preventive regular health check up so that you can stay safe and away from the clutches of cold and flu.



TO BEST COMBAT WEIGHT GAIN DURING WINTERS, MAKE A CONSCIOUS EFFORT TO GET AT LEAST 30 MINUTES OF LIGHT EXERCISE AT HOME TO OUTSMART THE ELEMENTS

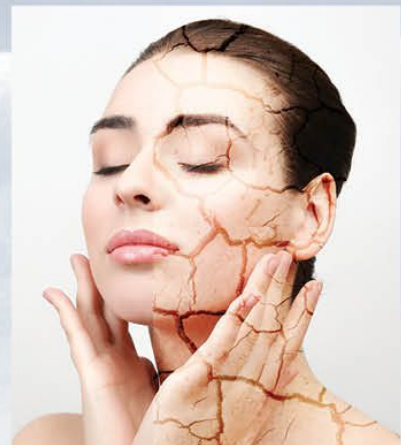
In our busy schedules, finding time to visit a gym can often be challenging any time of the year. This is especially true during the winters, when you are often tempted to stay in the house than face chill outside. But exercising in winters is very important as in winters people tend to become a little depressed. Regular exercise can cheer up the spirits along with keeping the body fit. Moreover, heart attacks are more common in winter. This may be because cold weather increases blood pressure and puts more strain on the heart. Your heart also has to work harder to maintain body heat when it is cold.

But go ahead and give into your inherent nesting instincts this winter... you can still stay fit and active! Creating a home workout routine can be just as beneficial as visiting a gym. Plus it is stress-free, inexpensive, and is more customisable to your needs.



My favourite home work out by far is yoga. By creating a home exercise routine, you can move at your own pace and practice any of the poses you want but might have felt uncomfortable or intimidated doing in a group setting. Plus, you can have control over the music! All you need is a little self-motivation and you will have your home exercise routine down in no time.

To best combat weight gain during winters, make a conscious effort to get at least 30 minutes of light exercise at home





to outsmart the elements. Do it at least several times per week. Also be sure to not binge on the holiday sweets that may be around; leave the cookies for Santa. Also complement the nutritive diet and light exercise with sauna services. You had been reading my articles on FAR InfraRED Sauna and its big list of benefits. Now I am not going to repeat them in this article.

But I would say something about Himalayan salt, which is known for being the purest salt on earth. It is rich in minerals and is a natural detoxifier of the body and surrounding air. The unique beauty and wellness benefits of Himalayan pink

FAR INFRARED SAUNA IS IDEAL SOLUTION TO ALL THESE ISSUES DURING THE WINTER TIME & ALSO KEEPS YOUR BODY WARM & FLEXIBLE

salt are truly unbeatable. Each brick of Himalayan pink salt is unique in itself, with different hues of pink and white that swirl together to give off the appearance of stained glass.

This unique colouring of Himalayan pink salt comes from a high concentration of minerals and trace elements. When gently heated by the warmth of sauna, the salt crystals release these minerals, enriching the quality of the surrounding air, which, in turn, is breathed in and absorbed into the body.

It is also thought that heating the Himalayan salt crystals activates the hygroscopic (moisture absorbing) properties of the salt. This process releases negatively charged ions that attach themselves to bacteria, dust, and other pollutants, thereby cleansing and purifying the air.

Because it is naturally antibacterial and anti-inflammatory, halo therapy (salt therapy) is becoming increasingly popular for its therapeutic properties. Himalayan salt has been used as a way to combat respiratory discomfort, reduce seasonal allergy symptoms, and to draw out toxins from the body and skin. In addition to the benefits of the Infrared Sauna, the Himalayan Salt Sauna releases negatively charged ions, which serve to purify the



circulating air as well as to enable our bodies to reap health benefits including stress reduction, energy increases, and mood boosts at a biochemical level.

It is believed that there may be detoxifying benefits from just setting your feet or hands on a heated brick of Himalayan salt which can be done while enjoying your sauna. Enjoying sauna services with Himalayan salt assumes more importance with the spectre of pollution hanging over us during the smoggy winters. ●

(www.royalesauna.com)

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