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Transforming the Wellness Landscape of Chennai

DR. ISWARYA SUBRAMANIAM

BNYS, MD, Fellowship in Natural Lifestyle Medicine



A Wellness Initiative From
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EDITORIAL

Dear Readers,

Healing often begins with the small choices we make every day—how we eat, move, rest, and care for ourselves.

I believe the body has a natural ability to restore balance when we give it the right support. This month, take a moment to listen to your body, nourish it, and embrace simple, sustainable habits.

Every small step towards wellness is a step towards a healthier life.

Iswarya S



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WHY “HEALTHY FOOD” ALONE DOESN'T ALWAYS MAKE YOU HEALTHY

Eating healthy food is an important part of taking care of our health, but it is not the whole picture. Our body also depends on good sleep, regular movement, hydration, stress management, and enough time to recover.

A person may eat nutritious meals every day but still feel tired, stressed, or unhealthy because other parts of their lifestyle are being neglected. Long working hours, poor sleep, lack of physical activity, and constant stress can all influence how we feel.

Even healthy foods can affect people differently. Our individual needs, digestion, activity levels, portion sizes, and existing health conditions can influence how the body responds to food.

This is why health should not be reduced to a list of “good” and “bad” foods. What matters is the overall pattern of how we eat and live.

From a naturopathic perspective, nutrition is one part of a larger lifestyle approach. Food works alongside movement, sleep, stress management, hydration, and healthy daily routines.

Continue Reading

01/14



Another important factor is how we live around the food we eat. Eating nutritious meals while constantly sleeping poorly, staying inactive, or living under prolonged stress can still affect overall wellbeing. Health is not determined by food alone, but by how different aspects of our lifestyle work together.

This is why naturopathy looks at the whole person rather than a single habit. Food, sleep, movement, digestion, emotional wellbeing, hydration, and daily routines all have a role to play. Instead of searching for one perfect food or diet, the focus is on building a balanced lifestyle that can be maintained over time.

Knowing what to do is the first step. Turning that knowledge into everyday action is where real change begins.

WHY YOUR BODY WEIGHT IS NOT JUST ABOUT CALORIES

Body weight is often explained in a very simple way: eat fewer calories and burn more calories. While energy balance is important, body weight is influenced by much more than the numbers on a plate or a workout.

Sleep, stress, physical activity, genetics, hormones, medications, age, and metabolic health can all influence how the body regulates appetite, energy use, and weight. Two people can follow similar diets and still experience different changes in body weight.



GLIMPSE OF PULSE DIAGNOSIS WORKSHOP 2.0



Stress and poor sleep can also affect hunger, cravings, energy levels, and daily activity. When someone is constantly tired or stressed, maintaining healthy routines can become much harder.

This is why focusing only on calorie restriction may not always create a sustainable approach. The quality of food, regular movement, adequate sleep, stress management, and eating patterns also matter.

A naturopathic approach looks at weight as part of the bigger picture rather than focusing only on the weighing scale. Understanding lifestyle, digestion, sleep, activity, and individual needs can help create more sustainable habits.

Healthy weight management is not about finding one perfect diet. It is about understanding the body and building habits that can be maintained over time.

IS ACUPUNCTURE PAINFUL?



One of the first questions people ask before trying acupuncture is, “Will it hurt?” The idea of needles can naturally make people nervous, but acupuncture needles are much thinner than the needles commonly used for injections or blood tests.

During treatment, many people feel little or no pain when the needle is inserted. Some may notice a brief sensation such as tingling, warmth, heaviness, or mild pressure around the treatment area.

Everyone experiences acupuncture differently. Sensitivity, the treatment area, the technique

used, and individual comfort can influence what someone feels during a session.

The environment and technique also matter. Acupuncture should be performed by a properly trained practitioner using appropriate sterile, single-use needles and safe clinical practices.



Knee Pain Management Tips

Stay Active, Gently

- Choose low-impact activities like walking, swimming, cycling, or gentle yoga.

Strengthen the Muscles Around Your Knee

- Strong quadriceps, hamstrings, and hip muscles can help support knee movement.

Maintain a Healthy Weight

- If you are overweight, gradual weight reduction can reduce the load placed on your knees.

Don't Ignore Persistent Pain

- Avoid repeatedly pushing through pain. Modify activities and seek professional assessment when needed.

Acupuncture is often used as a complementary approach for certain conditions, particularly pain and some other symptoms, although the strength of evidence varies depending on the condition.

So, if the thought of needles has been stopping you from exploring acupuncture, understanding what actually happens during a session may make the experience feel much less intimidating.

WHY 15 MINUTES OF YOGA CAN BE BETTER THAN 0 MINUTES OF EXERCISE

Many people believe exercise only counts when they have enough time for a long workout. But waiting for the “perfect” one-hour window can sometimes mean not exercising at all.

Fifteen minutes of yoga may seem small, but it is still movement. Depending on the practice, yoga can involve stretching, balance, controlled movement, breathing, and mindful attention.

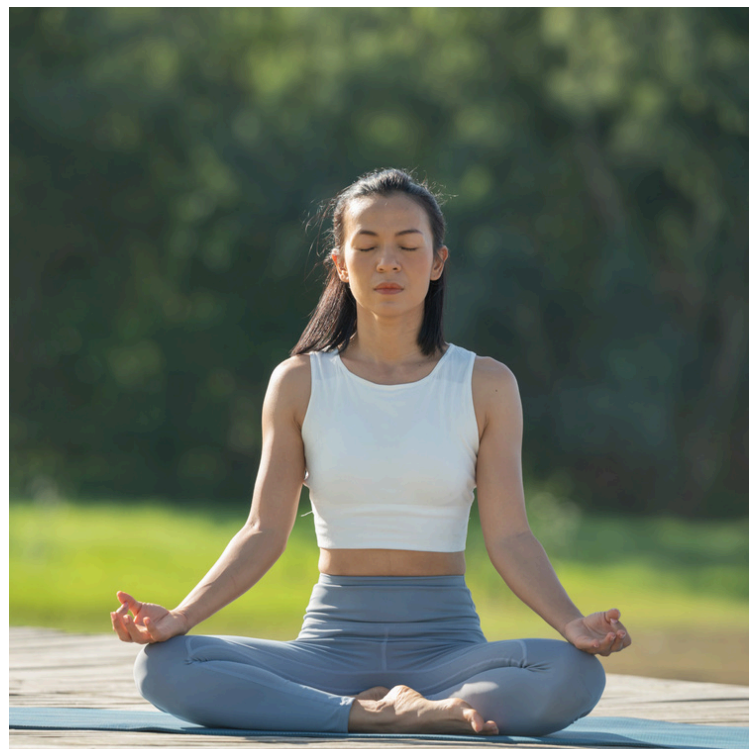
Short sessions can also be easier to fit into a busy routine. A few minutes in the morning, during a break, or in the evening may be more realistic than planning a long workout that keeps getting postponed.

The important factor is consistency. Fifteen minutes practiced regularly can become a sustainable habit, while an ambitious routine that happens only occasionally may be difficult to maintain.

Yoga also gives people an opportunity to slow down and pay attention to

how their body feels. This combination of movement and awareness can make it different from simply trying to “burn calories.”

You do not always need more time to start taking better care of your body. Sometimes, you simply need to start with the time you already have.



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YOGA FOR OFFICE WORKERS



For many office workers, sitting has become part of everyday life. Hours spent at a desk, looking at screens, attending meetings, and working in the same position can leave the neck, shoulders, back, wrists, and hips feeling stiff.

The problem is not necessarily one long period of sitting. It is often the accumulation of many hours with very little movement throughout the day.

Simple yoga movements can be incorporated into the workday without requiring a complete workout. Gentle neck movements, shoulder stretches, spinal mobility, breathing exercises, and short standing breaks can help introduce more movement into a sedentary routine.

Yoga can also encourage people to become more aware of posture and breathing. Instead of remaining in one position for hours, short movement breaks give the body an opportunity to change position and reset.

Of course, yoga is not a replacement for medical assessment when someone has persistent or severe pain. But for many people, regular movement can be an important part of maintaining physical wellbeing.

You do not necessarily need to wait until after work to move your body. Sometimes, a few minutes between meetings can be enough to break up a long period of sitting.



**Book Your
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WHY KNOWING WHAT TO DO DOESN'T MEAN YOU'LL ACTUALLY DO IT

Most people already know many of the basics of healthy living. We know that we should sleep well, eat nutritious food, exercise, drink enough water, and manage stress.

Yet knowing something and doing it consistently are two very different things.

Our daily behaviour is influenced by much more than knowledge. Stress, tiredness, work schedules, convenience, environment, habits, emotions, and even the people around us can influence the choices we make.

This is why simply telling someone what they should do does not always create lasting change. A healthy habit needs to fit into the person's actual life.

Instead of trying to change everything at once, it can be more practical to start with one small behaviour. Going for a short walk, sleeping 15 minutes earlier, drinking more water, or taking a few minutes to breathe can be easier to maintain than completely changing your lifestyle overnight.

Once a small habit becomes familiar, another habit can gradually be added. Over time, these small changes can become part of everyday life rather than something that requires constant motivation.

Good health is not only about knowing what is right. It is about creating an environment and routine that make healthy choices easier to repeat.

Another important factor is that habits are often connected to our surroundings. If healthy choices require too much effort, time, or planning,

we are less likely to follow through when life gets busy. Making the healthier choice easier and more convenient can therefore make a real difference.

It is also important to understand that motivation naturally changes. Some days we may feel energetic and motivated, while on other days we may simply want to rest.

Building routines that do not depend entirely on motivation can help us stay consistent even when we are not feeling our best.

Real change rarely happens overnight. It usually comes from repeating small actions until they become a natural part of everyday life. Instead of asking,

“How can I completely change my lifestyle?” a better starting point may be, “What is one small thing I can do differently today?”

Another part of lasting change is being realistic about setbacks. Missing a workout, having an unhealthy meal, or falling back into an old routine does not mean all progress is lost. What matters is being able to return to the habit without feeling discouraged or giving up completely.

Over time, healthy choices become less about willpower and more about routine. Small, consistent actions can gradually become lasting habits.

WHEN THE BODY HEALS, THE SOUL LISTENS

Naturopathy and Spirituality — The Science of Returning to Ourselves There comes a moment in life when a person has taken enough medicines, undergone enough investigations, visited enough hospitals—and yet something inside still feels unwell.

The blood reports may be normal. The scans may be reassuring. The pain may have no obvious explanation. Sleep becomes difficult, digestion becomes disturbed, the heart feels restless, and the mind refuses to be quiet.

At such moments, perhaps the question is not only, What disease do I have Perhaps it is also What happened to me?

Modern medicine has given humanity extraordinary tools to fight disease. But human health is more than a laboratory value. We are not merely a collection of organs working independently. The brain communicates with the gut. The heart responds to emotions. Hormones respond to stress. Immunity changes with sleep, nutrition and psychological state.

And this is where naturopathy and spirituality meet not as magic, but at the intersection of physiology, behaviour, consciousness and healing.

THE BODY REMEMBERS WHAT THE MIND EXPERIENCES

Imagine living with fear for months. The body does not simply “know” that you are worried. It responds biologically. The sympathetic nervous system becomes more active. The hypothalamic–pituitary–adrenal (HPA) axis



DR. MIRUNALINI
AMO

responds to perceived stress, influencing cortisol and other stress mediators. Heart rate, blood pressure, breathing pattern, digestion, sleep and immune regulation can all be affected.

A mind constantly living in survival mode can gradually create a body that behaves as though danger is always present.

This is why healing cannot always mean treating the painful organ alone. Sometimes, the nervous system needs to be taught that it is safe again.

This is one of the physiological spaces in which naturopathic practices such as therapeutic yoga, slow breathing, meditation, relaxation, appropriate exercise, nature exposure, healthy nutrition and sleep regulation may become meaningful components of holistic care.

SPIRITUALITY IS NOT ESCAPING LIFE

Spirituality is often misunderstood. It does not necessarily mean religion. It does not require rituals, a particular belief system or withdrawal from ordinary life.



At its deepest level, spirituality can mean connection—with oneself, with nature, with other people and with a sense of meaning beyond immediate suffering.

A person who begins to observe their breath during meditation is doing something deceptively simple. They are learning to observe instead of immediately reacting. That small shift can matter. Slow breathing can influence autonomic regulation and cardiovascular variability. Meditation and mindfulness practices have been associated with changes in stress perception and emotional regulation.

Yoga combines movement, breathing, attention and relaxation—bringing several regulatory systems into the same practice.

The body begins to move away from perpetual “fight or flight” and toward greater parasympathetic influence and recovery.

The spiritual experience may feel profound; the physiological process is equally fascinating.

THE GUT, THE BRAIN AND THE EMOTIONS

Our ancient traditions repeatedly spoke about the importance of digestion. Modern science is now uncovering the extraordinary communication between the gastrointestinal tract and the brain.

The gut and brain communicate through neural, endocrine, immune and microbial pathways. The vagus nerve is one important

communication route. The gut microbiome also interacts with host metabolism and immune signalling.

This is why prolonged stress may be accompanied by changes in appetite, bowel habits, abdominal discomfort or sleep.

And perhaps this is why naturopathy's emphasis on simple, appropriate food, mindful eating, adequate hydration, movement, sleep and stress regulation has relevance beyond the plate.

Food is not merely fuel. It becomes part of metabolism. Metabolism influences hormones. Hormones influence the brain.

The brain influences behaviour. Behaviour influences health. Healing is therefore not a straight line. It is a conversation between systems.

NATURE: THE ORIGINAL THERAPIST

Long before hospitals had walls, humanity had forests. Before there were artificial lights, there was sunlight. Before there were machines to regulate breathing, there was breath itself.

Naturopathy places importance on the body's relationship with natural elements—appropriate sunlight, fresh air, water, earth, movement, rest and wholesome food. This does not mean that nature should replace evidence-based medical treatment when medical treatment is necessary.

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It means that the human body should not be treated as though it exists separately from its environment.

Modern lifestyles have created an unusual paradox: we have become technologically connected while becoming biologically disconnected. We sit for hours. We sleep under artificial light.

We eat while distracted. We breathe shallowly. We rarely experience silence. We spend less time in nature. And then we wonder why the body is exhausted. Sometimes the first step toward healing is not adding something new. It is removing what continuously disturbs us.

WHEN HEALING BECOMES AN INNER JOURNEY

A naturopathic approach asks questions that may be forgotten in a hurried consultation: How do you sleep? How do you eat? How do you breathe? How much do you move? What are you carrying emotionally?

Do you have time for yourself? What gives your life meaning? These questions do not replace diagnosis. They complete the understanding of the person.

The goal is not to romanticise disease or suggest that every illness can be cured by positive thinking. Serious diseases require appropriate investigation, medical treatment and timely referral. But alongside treatment, a person may also need something medicine alone cannot prescribe: a reason to care for themselves again. That is where spirituality can quietly enter healthcare. Not as a promise. Not as superstition. But as an invitation to reconnect

This is where the role of a BNYS doctor—Bachelor of Naturopathy and Yogic Sciences — becomes distinctive.

A BNYS doctor is trained to look at health through a broader lens, integrating naturopathic principles with yoga, nutrition, lifestyle modification and therapeutic approaches, while understanding anatomy, physiology, pathology, diagnosis and clinical care. The BNYS doctor does not simply ask, .

“Where is your pain?” The deeper question is, “What is happening to the person who is experiencing this pain?” A BNYS doctor may sit beside a patient who has forgotten how to breathe deeply.

Teach a patient with a restless mind how to become still. Help someone understand that food is not punishment. Encourage movement in a body that has learned to fear movement.

Create a routine for someone whose sleep has disappeared. And sometimes, simply listen to someone who has been speaking to reports, machines and prescriptions for years—but has not felt truly heard.

That is not a replacement for modern medicine. It is compassionate healthcare. The future of healthcare need not be a battle between modern medicine and traditional systems. It can be collaboration. A patient may need surgery. Another may need medication.

Another may need physiotherapy. Another may need psychological support.

And many may need all of these, along with nutrition, movement, sleep restoration and lifestyle change.

The wisdom lies in knowing what the patient needs, when they need it, and when to refer.

PERHAPS HEALING IS NOT BECOMING SOMEONE ELSE

Perhaps healing is not about transforming ourselves into a perfect human being. Perhaps it is about returning to the person we were before exhaustion taught us to live mechanically.

Before stress stole our sleep. Before fear controlled our breathing. Before food became a source of guilt. Before our body became something we only noticed when it hurt.

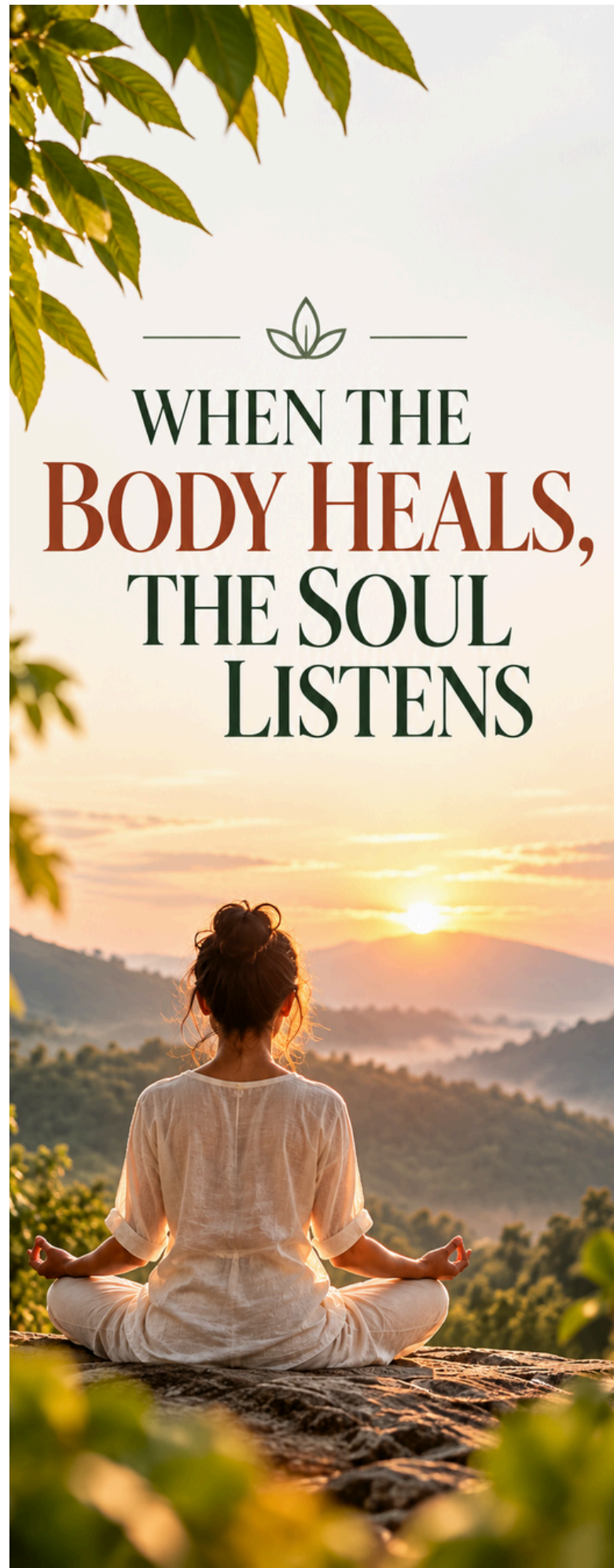
Naturopathy reminds us of the body's capacity for adaptation. Yoga reminds us to become aware. Spirituality reminds us that we are more than our symptoms. Science reminds us to remain grounded in evidence.

And the BNYS doctor stands at the meeting point of these ideas—with one responsibility above all: to see the human being behind the disease.

Because sometimes the most powerful medicine is not another tablet, another test or another machine. Sometimes healing begins when someone finally tells a tired human being: “Your body is not your enemy.

Your mind is not your burden. And you have not lost the ability to heal.” Perhaps that is where naturopathy truly begins.

Not with a treatment. But with a relationship—with the body, with nature, with the mind, and ultimately, with oneself.



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WHEN THE
BODY HEALS,
THE SOUL
LISTENS

FOCUSING THE MIND, QUIETING THE STORM: TRATAKA FOR ADOLESCENT ANXIETY & CONCENTRATION

Adolescence is a critical period of physical and mental growth, yet it frequently brings academic stress, social evaluation, and constant digital stimulation. As anxiety rates rise among teens, finding accessible techniques to regain focus and emotional stability is essential.

Trataka—an ancient Yogic practice of steady gazing—offers a simple, non-pharmacological pathway to soothe an overstimulated mind and sharpen daily concentration. What is Trataka? Trataka (meaning "to gaze") is a classic Hatha Yoga practice centered on sustained visual attention. It typically involves fixating the eyes steadily on a single focus point—such as a candle flame or a static symbol (*Bahir Trataka*)—without blinking until tears form.

The practitioner then closes their eyes to hold the internal visual afterimage (*Antar Trataka*).



DR.JEEVA .S
CRRI

Dual Benefits: Down-Regulating Anxiety and Enhancing Focus Calming the Amygdala & Rumination: Continuous visual focus disrupts repetitive anxious thoughts.

By steadying visual input, Trataka calms the brain's emotional threat center (amygdala), promoting an alpha-wave EEG state associated with calm alertness. Autonomic Nervous System Shift: The unbroken concentration required in Trataka stimulates parasympathetic nervous system tone, lowering baseline heart rate, easing physical restlessness, and reducing cortisol levels. Building Single-Pointed Attention (Ekagrata): In an era of rapid digital task-switching, Trataka trains the visual cortex and prefrontal attention networks, strengthening sustained attention span and visual processing efficiency.

Fostering Emotional Self-Regulation: By holding steady focus through mild visual fatigue or inner fidgetiness, adolescents develop top-down cognitive control, allowing them to respond to stress with composure rather than reactivity.

Practical 10-Minute Protocol for Adolescents

Sequence Step	Technique Guidelines	Duration
1. Preparation	Sit comfortably with a straight posture in a dimly lit room. Position a candle at eye level, 2–3 feet away.	1 min
2. External Gazing (*Bahir*)	Gaze steadily at the flame wick without straining or forcefully blinking until eyes naturally water.	1–2 mins
3. Internal Gazing (*Antar*)	Gently close eyes and hold the residual image of the flame at the eyebrow center (*Ajna Chakra*).	3–5 mins
4. Relaxation (*Palming*)	Rub palms together to generate soothing heat, cup gently over closed eyes, and open slowly.	1–2 mins



AUTOPHAGY: "THE CELLULAR BIOLOGY OF HUMAN BODY BEHIND THE PRINCIPLE THAT THE BODY HEALS ITSELF."

Introduction:

The 1st Naturopathy principle "the body heals itself" reflects the body's natural ability to repair damage, maintain balance, and recover from stress or illness. Scientifically, this process is connected to homeostasis, the mechanism through which the body regulates internal stability using the nervous, immune, endocrine, and cellular systems. One of the most important biological processes involved in self-healing is autophagy. Autophagy is a cellular recycling system that removes damaged proteins, toxins, and dysfunctional organelles to maintain cellular health. This process becomes highly active during stress conditions such as fasting, exercise, and nutrient deprivation. Research in modern medicine shows that autophagy plays a major role in immunity, metabolism, aging, and disease prevention. The work of Yoshinori Ohsumi, Nobel Prize winner in 2016, significantly advanced scientific understanding of autophagy and cellular Repair. Therefore, autophagy is considered one of the clearest biological explanations behind the concept that "the body heals itself."

The Body Heals Itself:

It refers to the body's intrinsic ability to repair and restore normal function through natural physiological mechanisms. Healing occurs through immune responses, tissue regeneration, inflammation control, and cellular Adaptation. Examples include wound healing, bone repair, immune Defence against infection, and recovery from physical stress. These functions are regulated through homeostasis,



-DR. HARI
CRRI

where the body continuously works to maintain internal balance. This concept does not reject medical treatment; rather, it emphasizes that healing fundamentally occurs through the body's own biological systems.

Autophagy:

It is a natural cellular process in which damaged cellular components are broken down and recycled. The term means "self-eating" in Greek. During autophagy, cells remove dysfunctional proteins, damaged mitochondria, and toxic waste using structures called autophagosomes and lysosomes. The recycled materials are reused for energy and cellular repair.

Autophagy helps in:

- Cellular cleaning
- Energy regulation
- Stress adaptation
- Immune support
- Prevention of cellular damage

This process is especially activated during fasting and metabolic stress.

Relationship Between Autophagy and Self-Healing:

Autophagy directly supports the idea that the body heals itself because it enables cells to repair and maintain themselves naturally. When cells experience stress, autophagy removes damaged structures and recycles nutrients to preserve cellular survival. This mechanism helps maintain homeostasis by preventing the accumulation of toxic materials inside cells.

It also reduces oxidative stress and supports immune balance. Research suggests that impaired autophagy is linked with aging, neurodegenerative disorders, metabolic disease, and chronic inflammation.

Healthy lifestyle practices such as fasting, exercise, sleep regulation, and stress management may enhance autophagy naturally. Thus, autophagy represents a scientific example of the body's innate self-repair system functioning at the cellular level.

Autophagy -Works During Fasting

During fasting, nutrient availability decreases, causing the body to activate survival pathways. Reduced activity of the mTOR pathway and increased AMPK activation stimulate autophagy. Cells begin forming autophagosomes that collect damaged proteins and dysfunctional organelles. These materials are transported to lysosomes, where they are broken down and recycled.

The recycled nutrients are used for:

- Energy production
- Cellular repair
- Stress resistance
- Metabolic balance

Fasting-induced autophagy helps remove cellular waste, reduce oxidative stress, and maintain cellular efficiency. This process demonstrates how the body naturally adapts and repairs itself during periods of metabolic stress.

Conclusion:

Autophagy is one of the most important biological mechanisms supporting the Naturopathy principle that "the body heals itself." Through cellular cleaning, recycling, and repair, autophagy maintains homeostasis and promotes survival under stress. Modern research increasingly recognizes autophagy as a key component of health, longevity, and natural physiological healing.

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