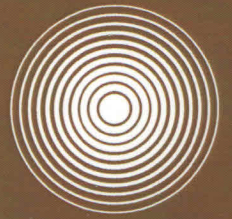
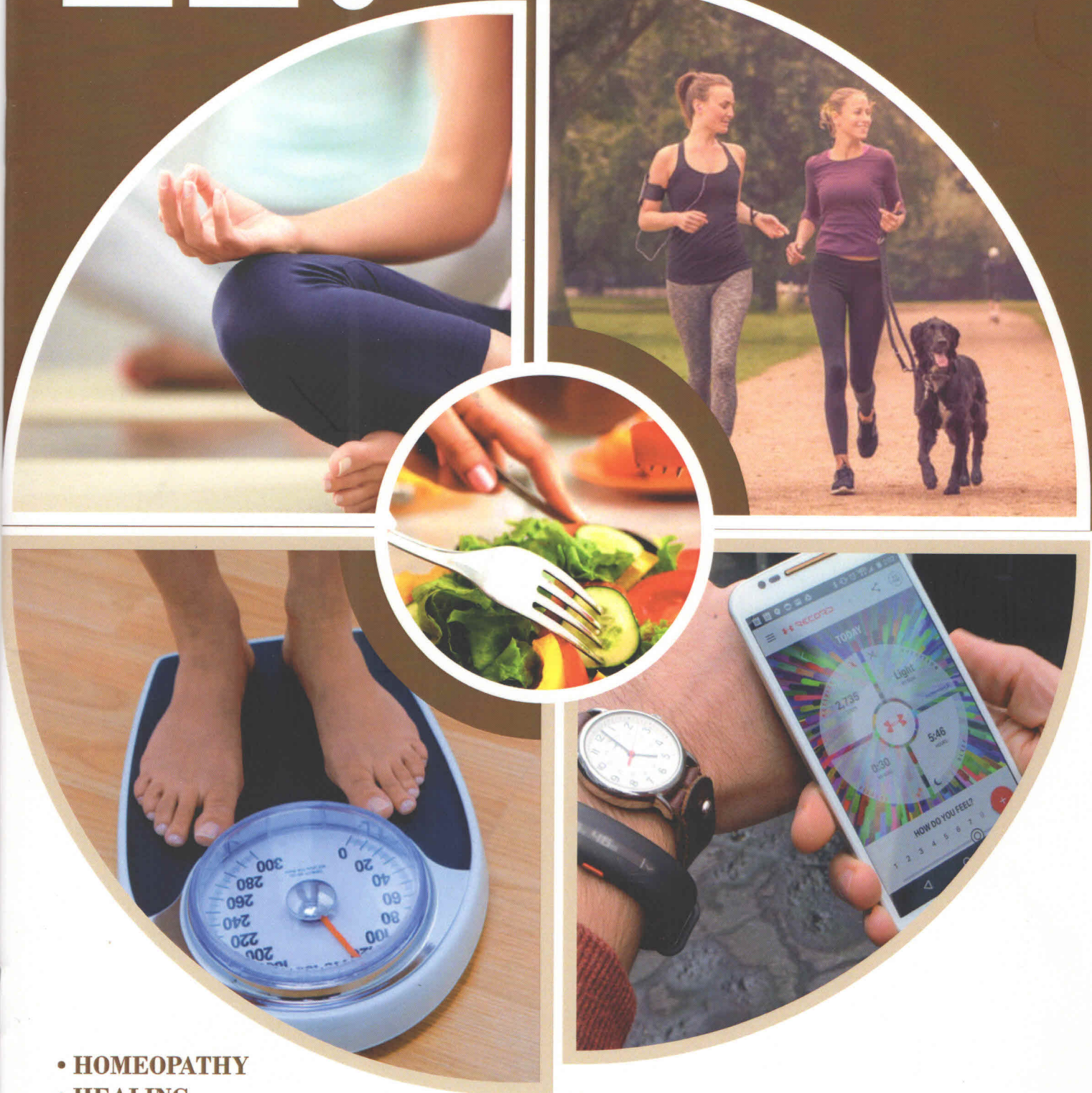


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International Academy of Advanced Homoeopathy



- HOMEOPATHY
- HEALING
- HEALTH
- HOLISM
- HARMONY

Health & Wellness in Modern Times

MODERN DAY TECHNOLOGY AND ITS EFFECTS ON HEALTH

In this 21st century, with so many technological advances taking place all over the world, it is no surprise that the same has also impacted the health of an individual to be specific and nation at a mass level. Technology has taken a 360-degree turn over this past 2 decades. Online and digital world have brought newer means of trade, communication and work pattern.

Modern technology no doubt has brought about a lot of comfort and advantages to man today but on the flip side it also holds some disadvantages.

On one side of things, modern technology has brought a lot of advancements in various fields like agricultural technology, producing better quality and hybrid crops; like medical technology, providing a better quality of life and longevity; or the internet and mobile phones have brought people close to each other, despite being in different parts of the world and also, they are able to access various tools like educational, medical, communication, transportation etc. All over the world people utilize and benefit from the latest technologies be it a young child who has just entered school or a retired person who is at home, technology has something for everyone!

However, on the other side of things, technology has given rise to many negative aspects. In our day-to-day life we generally tend to overlook these negative aspects. The advent of technology has changed life for worse in a number of ways. The major effects being on the environment and interpersonal relationships.

Family time has been taken over by television, laptops, smart phones and video games (to name a few) and the quality of the relationships between people has been diluted due to these gains in technology. In previous times, families would come together and talk or converse, but now each has their own work to manage. Some may feel that communication due to technology has become easier, however, most individuals nowadays are addicted to their phones. People prefer to chat and talk on the phone rather than to meet each other in-person.

The concept of a comfortable life has taken the limelight today. A major effect has been seen on health. The culture and tradition are gradually fading off on the darker side. In recent decades, life style as an important factor of health has become the most researched topic.

According to the World Health Organization (WHO), 60% of related factors to individual health and quality of life are correlated to lifestyle.

The addiction to modern technology has made us lazy and too comfortable. Everything is easily and readily available as per our individual needs. Services and goods are just a phone call away and are delivered straight to the comforts of your home, without you having to lift more than a finger...name it and you can have it! This comfort zone has made us forget what is healthy and unhealthy.

More and more people are eating fast food, which comes with its own share of negativities. Although it is a quick and easy way of eating, over long periods of time, this food depletes the body's nutritional status. We are now fat not fit! Weakness, lethargy, obesity, and lowered immunity are few of the many side-effects of consuming fast food.

The habit of walking has decreased over the years. Even for short distances we use vehicles, which reduces the effort and exertion but piles up the calories.

A sedentary life at work and at home has made things much worse. Sitting disease is one of the most recent developments in modern times. Increased use of gadgets such as desktops, laptops, tablets etc. is majorly responsible for a person being glued to one place for several hours at a time. Cervical spondylitis, obesity, and muscle fatigue are few other ailments found in people working for long hours.

Finally, the increased stress levels we have to overcome a superhuman workload leads to

chronic lifestyle diseases and impairment of a healthy state of mind and body. This in turn reduces an individual's productivity and development.

What is the solution for this?

The best way for reducing the effects of these modern patterns of living is by educating people of their harmful side effects.

To kickstart a change, one can implement the following:

- Make conscious decisions about the way you live
- Get handle over stress and on your life
- Develop healthy food patterns and sleeping patterns
- Make your own recipe book
- Use personal and face-to-face communication rather than long hours of phone communication
- Set a time limit for using your digital gadgets

- Stop smoking, stop alcohol and dependence on junk foods
- Homoeopathy + Yoga + Diet = Holistic health solution

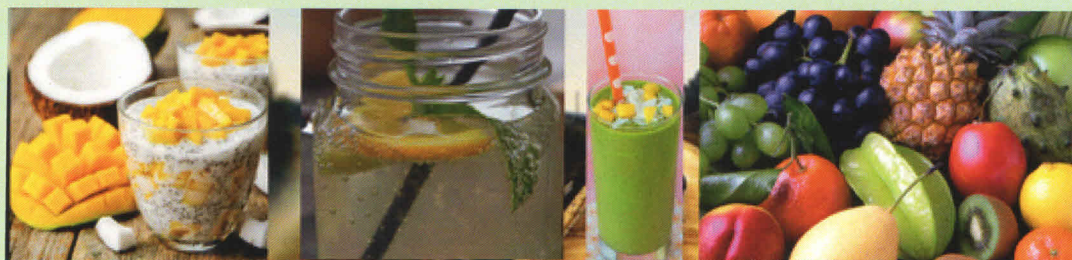
MAKE A HEALTHY CHOICE TODAY!!



Dr. Pankil Dhruv
(BHMS, CCAH, FCAH)
the other song

Dr. Pankil Dhruv is a dynamic Homeopathic consultant, graduated from CMP Homeopathic Medical College and completed his post-graduation studies (CCAH, FCAH) in Advanced Homeopathy. He holds his own private practice in Mumbai; he provides personal as well as online Homeopathic treatment for all kinds of acute, chronic physical and mental ailments. He is well known for his caring attitude and strong concept of Homeopathy with a blend of Feng Shui. He is actively associated with 'the other song - International Academy of Advanced

TIPS FOR A HEALTHY SUMMER



1. Consume plenty of water as the heat and sweat can cause dehydration. Best drinks to consume-coconut water, fresh fruit juices without sugar, lime water.

2. Use a sunscreen protection lotion over the exposed areas of the body to avoid skin tan and penetration of the harmful UV rays. Cover yourself well before you step out in the sun especially your head. Make use of a scarf or hat. Use sunglasses to protect your eyes

3. Avoid being in the heat for a long time as it can cause hyperthermia that can give rise to sunstroke.

4. Consume plenty of fresh fruits and vegetables. Avoid left over foods as they can get spoilt easily.

5. Exercise, as summer is not an excuse for not exercising. One can opt out for gym and indoor options too in order to avoid exposure to the rising heat externally.