

AWAKEND LIVING AND WELLBEING

DO YOU CONSIDER
SNORING TO BE
TYPICAL OR SIMPLY
AN INDICATION OF
EXHAUSTION?



The newest
FOODS TO
HEAL YOU

Understanding the space
factor in a relationship

*'Most couples could be liked minds,
others could be calk and cheese'*

DR. SHEETAL SHAPARIA

SCAN ME



SOUL FOOD

ACHIEVING SLEEP

MOODS OF MEDITATION

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*"Take care of your body,
mind, and soul - they are
your greatest treasures."*

Meet Sheetal Shaparia

I was born to a well-known businessman in a plush South Mumbai abode. As a child I often witnessed dreams of me being an ardent Shaivite, who resided in the capital city of Delhi. As years passed the details of my dreams became more pronounced. On the other hand I was gripped by Deja vu leaving me confused and listless in the prime of my girlhood years. I was able to foresee events before they even took place, sometimes inclusive of unmatched clarity of date and time of the event. This in turn would worry me and left me sleepless for several nights in a row. My worried parents left no stones unturned to ensure that I could avail of a peaceful nights rest. A little later, when I hit my teens, I was taken to a very learned Jain sage to seek his blessing on my thirteenth birthday. On recounting my experiences with the saint I discovered the boons of karma. I learnt that her good karma blessed her with the good fortune in her present life. The saint advised her to channel her energies by meditating on a regular basis and take to the path of helping others by using this gift mindfully. As time flew by, my interest in the occult sciences grew, and I was sent to some of the best universities to master the art and tap into her psychic self.

Transitioning from astrology to becoming a wellness coach is a transformative journey that combines cosmic insights with a holistic approach to personal well-being. As an astrology enthusiast, I have always believed in the profound connection between the stars and our overall health. However, I now seek to expand my impact by guiding individuals on a more practical and tangible level. By transitioning into a wellness coach, I can empower others to achieve balance and fulfilment in their lives through personalized strategies encompassing nutrition, exercise, mindfulness, and emotional well-being. By integrating my astrological knowledge with evidence-based wellness practices, I aim to help individuals navigate their unique life paths with clarity, purpose, and vitality.

SUFFERING FROM STRESS AND ANXIETY?

THESE 10 FOODS MAY HELP YOU RELAX

Sheetal Shaparia, Life Coach, shares how adding certain foods to your diet can help relax your stress and anxiety.

- Stress and anxiety are issues that can have a significant impact on a person's overall well-being
- Food can also play a crucial role in reducing stress and anxiety levels
- Expert shares how adding certain foods in diet can help reduce anxiety and stress

Stress and anxiety are two common issues that can have a significant impact on a person's mental health and overall well-being. While there are several treatments available to manage these conditions, food can also play a crucial role in reducing stress and anxiety levels.

Stress and anxiety are two common issues that can have a significant impact on a person's mental health and overall well-being.



The foods we eat can affect our brain chemistry and mood, and consuming a healthy and balanced diet can help regulate our emotions and promote a sense of calm.

Certain nutrients in food can help reduce stress and anxiety levels. Consuming a healthy and balanced diet, rich in whole, unprocessed foods, can help manage stress and anxiety levels. By incorporating foods that contain specific nutrients, you can help regulate your emotions and promote a sense of calm, ultimately leading to improved mental health and overall well-being.

Some people may find relief from their anxiety symptoms by switching to a better diet that is rich in nutrients.

In addition to counseling and medication, a person's overall dietary consumption can assist them control their anxiety. You may feel ill as a result of anxiety symptoms. Making modifications to one's way of life is frequently necessary for successfully coping with anxiety.

Sheetal Shaparia, Life Coach, shares the list of foods that can really help you relax your stress and anxiety.

1. Blueberries

Blueberries are regarded as a superfood since they're loaded with nutrients and antioxidants. Mangieri remarked, "There is a war going on inside of you when you are under stress.

"The phytonutrients and antioxidants set up in berries fight for your defense, helping to ameliorate your body's response to stress. The consumption of blueberries has been linked to an increase in natural killer cells, which Sass described as "a type of white blood cell that plays a vital part in impunity, critical for fighting stress," Shaparia said.

2. Oranges

Over half of the diurnal allowance for vitamin C recommended by the National Institutes of Health (NIH) can be set up in one medium-sized nexus orange.

According to a 2020 study published in the Journal of Thoracic Complaint, scientists have realized that vitamin C contributes to the body's stress response.

This essential nutrient helps lower situations of the stress hormone cortisol, which can wreck annihilation on the body, in addition to supporting immunological function, which can be bloodied by stress, according to Sass. "Fatigue, brain fog, increased appetite, and weight gain, particularly belly fat, can be goods of a prolonged high cortisol position."

3. Dark Chocolate

Shaparia shares that stress can be reduced in two different ways by consuming dark chocolate: chemically and emotionally. According to Meyerowitz, because chocolate seems so indulgent, simply enjoying a piece of it may be a great treat and help lower stress. A study that covered actors who consumed roughly 1.5 ounces(oz) of dark chocolate per day for two weeks stated that it may also help reduce stress by lowering situations of stress hormones in the body. Decorating dark chocolate is also pivotal. You may have heard of the "bean- to- bar" movement, which emphasizes ultra-expensive constituents and internal control over every step of the product of chocolate.

4. Sweet Potatoes

Shaparia explains, consuming full, nutrient-rich carbohydrates like sweet potatoes may help reduce cortisol situations. Indeed, though cortisol situations are tightly controlled, dragged stress can beget cortisol dysfunction, which can have negative goods like pain, inflammation, and other discomforts.

In an 8-week study of fat or fat women, those who had a diet high in whole, nutrient-thick carbohydrates had vastly lower salivary cortisol situations than those who consumed a conventional American diet heavy in refined carbohydrates.

Sweet potatoes are a portion of healthy whole food and a great source of carbohydrates. They're loaded with minerals, like vitamin C and potassium, that are pivotal for the body's capability to respond to stress.



5. Eggs

Shaparia shares that, as a result of their amazing nutrient profile, eggs are constantly regarded as nature's multivitamin. The vitamins, minerals, amino acids, and antioxidants included in whole eggs are essential for a balanced stress response.

Choline, a vitamin that's present in great amounts in only select many reflections, is especially abundant in whole eggs. Choline has been demonstrated to be pivotal for maintaining brain health and may offer protection from stress.

Choline supplements may help with stress response and mood enhancement, according to animal research.

6. Shellfish

Mussels, clams, and oysters are examples of shellfish that are rich in taurine, an amino acid that has been investigated for its ability to improve mood.

To make neurotransmitters like dopamine, which are crucial for controlling the stress response, taurine and other amino acids are required. In fact, research suggests taurine may have antidepressant properties.

Additionally, rich in selenium, zinc, copper, manganese, and vitamin B12, shellfish may also improve mood. Insufficient intakes of zinc, copper, and manganese were linked to feelings of depression and anxiety in research including 2,089 Japanese individuals.

7. Oysters

In addition to being known as aphrodisiacs, oysters are also a favorite food due to their high zinc concentration. The NIH reports that oysters provide the highest amount of zinc per serving of any other food. Six raw oysters will provide you with 32 milligrams (mg), or 400% of the recommended daily limit, of zinc.

According to dietitian Keri Gans, RD, zinc may reduce the body's reaction to stress. It's an antioxidant that may help to bolster the immune system, has anti-inflammatory qualities, and, in the case of zinc in particular, may lessen how the body reacts to stress and anxiety.



8. Milk

Milk that has been fortified is a great source of vitamin D, which is known to increase happiness. In 2013, the UCL Institute of Child Health in London reported a 50-year research that linked low vitamin D levels to a higher incidence of panic attacks and depression among 5,966 men and women.

Comparing patients with the highest and lowest amounts of vitamin D, those with adequate levels had a lower incidence of panic disorders. Salmon, egg yolks, and fortified cereal are some additional foods that are high in vitamin D.

9. Cashews

According to the USDA, this buttery nut has 1.6 milligrams (mg) of zinc per ounce. That amounts to roughly 13 percent of the daily recommended zinc intake for women, as recommended by the National Institutes of Health (NIH). Essential mineral zinc has the potential to ease anxiety.

Anxiety in young adults between the ages of 18 and 24 may be reduced by regularly taking multivitamin-mineral supplements, according to a 2019 study published in *Current Developments in Nutrition*.

CONSIDER SNORING TO BE TYPICAL OR

SIMPLY AN INDICATION OF EXHAUSTION?

How to get a good night's sleep: Sleep is just as important to your health as eating right and exercising. Numerous studies have demonstrated how your life can be significantly impacted by the quality of your sleep.

The boss has been waiting for that office PPT for more than a week. Late-night parties, hanging out with pals, binge-watching that new series on OTT. If you can find some time away from all of this. You've pretty well established your priorities: work hard and play even harder.

What about your sleep pattern, though? Nobody ever told you that getting a good night's sleep every night is just as important as eating well and exercising. No, drinking won't make you sleepy. No, taking short naps throughout the day won't make up for not getting 6-7 hours of restful, unbroken sleep. These are myths, and they screw with your life just like all myths do.

'However, be warned that loud snoring is a literal call out to health issues.'



Sleeping in installments is not healthy and doesn't make up for completing the ideal 7 to 9 hours of sleep in the night

Myths about sleeping well

Myth 1: Alcohol can help you sleep better:

On the face of it, it appears that alcohol helps you sleep. But drinking to induce sleep is not advisable as it worsens sleep apnea. It will interfere with your REM (Rapid Eye Movement) sleep, much needed by our bodies, and even leave you with incomplete sleep.

Myth 2: Snoring is normal

Many people think snoring is nothing but a sign of extreme exhaustion. However, be warned that loud snoring is a literal call out to health issues. First up, loud snorers most likely have obstructive sleep apnea. Experts and multiple suggest warn that they tend to be more prone to cardiac problems.

Myth 3: Relaxing by using your phone in bed before sleeping is okay

Many believe that binge-watching or scrolling through those addictive Instagram reels right before sleeping is 'relaxing'. Stop it immediately. It does nothing but delays sleep.

The light emitted by our devices interrupts the release of melatonin, which helps us sleep more soundly. Avoid using electronic devices just before going to sleep. Instead, read a book or go for a light stroll to truly relax.



Myth 4: Your body gets used to a lack of sleep

No, it doesn't. Sleep deprivation is the worst thing you can do to your body. In the initial days, you might be able to cope with lack of sleep, but continued lack of sleep leaves you disoriented and hampers your ability to concentrate. If it is prolonged, it comes with a string of health complications.

Myth 5: Taking a nap compensates for lack of nighttime sleep

Sleeping in instalments is not healthy and doesn't make up for completing the ideal 7 to 9 hours of sleep in the night. Irregular sleeping can have health repercussions and is to be avoided strictly. It throws off your sleep schedule and makes you feel groggy or sluggish after waking up.

Myth 6: You can catch up on sleep over the weekend

Many believe they can catch up on sleep over the weekend after a week of sleep deprivation. However, research shows that "catching up" on sleep is not an effective strategy for restoring optimal sleep patterns. Irregular sleep patterns can disrupt your body's natural sleep-wake cycle and make it more difficult to fall asleep and stay asleep.

Myth 7: The brain shuts down during sleep

Contrary to popular belief, the brain is active during sleep. It is during sleep that the brain consolidates memories, processes emotions, and repairs itself. Different stages of sleep involve different brain activities, and each stage is essential for our physical and mental health. Rapid Eye Movement (REM) sleep, for example, is essential for cognitive function and emotional well-being.

Myth 8: Sleep disorders only affect older people

Sleep disorders can affect anybody, irrespective of the age. In fact, sleep disorders such as insomnia, sleep apnea, and restless leg syndrome are becoming increasingly common in younger populations. It is important to prioritise good sleep habits early in life and seek medical attention if you are experiencing sleep disturbances.



In conclusion, achieving good sleep is essential for our overall well-being and quality of life. It is a vital component of maintaining physical, mental, and emotional health. Here are some key points to remember for promoting good sleep:

1. Stick to a consistent sleep schedule: Establish a regular sleep routine by going to bed and waking up at the same time each day, even on weekends.
2. Create a sleep-friendly environment: Make sure your bedroom is cool, dark, quiet, and comfortable. Consider using earplugs, eye masks, or white noise machines if needed.
3. Establish a relaxing bedtime routine: Engage in calming activities before bed, such as reading a book, taking a warm bath, practicing relaxation techniques, or listening to soothing music.
4. Limit exposure to electronic devices: Avoid using electronic devices, such as smartphones, tablets, or computers, for at least an hour before bedtime.
5. Avoid stimulating substances: Limit or avoid consuming caffeine, nicotine, and alcohol, especially close to bedtime, as they can disrupt sleep patterns.
6. Maintain a healthy lifestyle: Eating a balanced diet, maintaining a healthy weight, and managing any underlying health conditions can contribute to better sleep quality.

Remember, good sleep is a holistic process that involves creating healthy habits and prioritising self-care. By following these guidelines, you can improve your sleep quality, enhance your overall well-being, and wake up feeling refreshed and energised to tackle the day ahead.

A stone for “new beginnings”, Moonstone is a stone of inner growth and strength. It soothes emotional instability and stress, and stabilises the emotions, providing calmness. Moonstone enhances intuition, promotes inspiration, success and good fortune in love and business matters.



Moonstone

How is the Moonstone charged ?

After your moonstones are freshly cleaned, the best way to recharge their energy is by the light of the moon. Set your gems by the window overnight to let the moon empower it with fresh energy (a full moon is best).

Who should wear moonstone?

It is considered as the master healer for women. Mainly it is the symbol of fertility. It also helps to retrieve self and wear off all the negativity that clouds the productivity of a person. It works towards enhancing the quality of Cancer zodiac who is loyal and attached to the family.



Should moonstone be worn in silver or gold?

Can moonstone be worn in gold or Silver ?

Well, the answer is, **silver**.

Moonstone is most often worn in a silver setting.

Moonstone and silver reinforce each other and look very harmonious together.

Taking into consideration the different factors stated above, the below-mentioned metals best complement the moonstone.

Platinum

This precious metal needs no introduction. It is famed for its silvery-white hue and soft shine.

1. Platinum is one of the strongest metals available today due to its denseness. It is typically scratch-resistant and when teamed with the right setting, it can certainly protect the moonstone in the long run.
2. Platinum is five times rarer than gold, which makes it a highly valuable metal.
3. This precious metal has a soft sheen that naturally enhances the color and glow of the moonstone.

WHAT ARE THE BENEFITS OF MEDITATION

FOR YOUR HEALTH, MOOD, AND MIND ?

Everyday mental focus exercises can help you cope with stress, pain, sadness, and other issues.

Stress has no physical form, but you can still feel its effects on your body and mind. Stress shortens your breath, quickens your heartbeat, and raises your blood pressure.

Your adrenal glands overproduce the hormone cortisol while you're under persistent stress. The immune system, brain, and other organs may all suffer if you are overexposed to this hormone. Headaches, anxiety, depression, heart disease, and even early mortality can be caused by chronic stress.

Although the practice of meditation is thousands of years old, research on its health benefits is relatively new, but promising.



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Types of meditation

Meditation comes in many forms, including the following:

- Concentration meditation teaches you how to focus your mind. It's the foundation for other forms of meditation.
- Heart-centered meditation involves quieting the mind and bringing the awareness to the heart, an energy center in the middle of the chest.
- Mindfulness meditation encourages you to focus objectively on negative thoughts as they move through your mind, so you can achieve a state of calm.

- Tai chi and qigong are moving forms of meditation that combine physical exercise with breathing and focus.
- Transcendental Meditation is a well-known technique in which you repeat a mantra—a word, phrase, or sound—to quiet your thoughts and achieve greater awareness.
- Walking meditation turns your focus to both body and mind as you breathe in time with your footsteps.

Lennihan suggests trying different types of meditation classes to see which technique best suits you. "Meditating with a group of people is a much more powerful experience, and having a teacher talk you through the technique will make it much easier at first," she says. Many meditation classes are free or inexpensive, which is a sign that the teacher is truly devoted to the practice.



The specifics of your practice will depend on which type of meditation you choose, but here are some general guidelines to get you started:

Set aside a place to meditate. "You'll build up a special feeling there, making it easier to get into a meditative state more quickly," Lennihan says. Surround your meditation spot with candles, fresh flowers, incense, or any objects you can use to focus your practice (such as a photo, crystal, or religious symbol).

Sit comfortably in a chair or on the floor with your back straight.

Close your eyes, or focus your gaze on the object you've chosen.

Breathe slowly, deeply, and gently.

Keep your mind focused inward or on the object. If it wanders, gently steer it back to center.

Breathe peace and quiet into your heart and mind. "While you're breathing out, imagine your breath as a river or a tide that's carrying your thoughts away," Lennihan says.

You can also chant out loud. Many people use the Sanskrit word "shanti," which means "peace." Or choose a word from your own religious tradition. "Chanting out loud can help drown out thoughts,".

COLORS: HEALING TIPS

Colors have a powerful effect on your happiness and wellbeing

Stress has no physical form, but you can still feel it. When it comes to using color to change your mood, different colors have distinct effects on our emotions and can be utilized intentionally. Here are some tips on which colors to wear for various moods:

1. Energize and uplift: If you want to feel energized and uplifted, go for vibrant and warm colors like red, orange, and yellow. These colors are known for their stimulating properties and can help increase vitality and enthusiasm.



2. Calm and relax: When seeking relaxation and tranquility, opt for cool and soothing colors such as blue, green, and lavender. These colors have a calming effect on the mind and body, promoting a sense of serenity and peace.

3. Boost confidence and positivity: If you're looking to boost your confidence and mood, choose bold and empowering colors like purple and magenta. These colors are associated with creativity, self-assurance, and a positive outlook.



4. Enhance focus and productivity: When you need to enhance focus and productivity, consider wearing shades of green. Green is known to promote concentration and harmony, making it ideal for work or study-related tasks.

5. Increase happiness and optimism: To enhance feelings of happiness and optimism, opt for cheerful and sunny colors such as yellow and bright shades of orange. These colors are known to stimulate joy and positivity.



6. Soothe and comfort: When you're seeking comfort and emotional support, earthy tones such as brown and beige can provide a grounding and nurturing effect. These colors can create a sense of stability and security.

Remember, personal preferences and cultural associations can also influence the impact of colors on individuals. It's essential to experiment with different colors and observe how they make you feel personally. Additionally, using colors in your environment, such as in home décor or through visualizations, can also have a profound effect on your mood.

By being mindful of the colors you wear and incorporating them intentionally into your surroundings, you can harness their mood-altering properties and create a more positive and harmonious environment for yourself. on your body and mind. Stress shortens your breath, quickens your heartbeat, and raises your blood pressure.

Monthly Predictions for the Month of August 2023:



Aries (March 21 - April 19): August is a month of opportunity for Aries. You may experience a surge of energy and motivation to pursue your goals. Take advantage of this momentum and focus on personal and professional growth. Relationships may require some attention, so communicate openly and honestly to maintain harmony.



Taurus (April 20 - May 20): August brings stability and progress for Taurus. Financial matters are favorable, and you may see an increase in income or new opportunities for financial growth. Use this time to nurture your relationships and prioritize self-care. Embrace new experiences and embrace change with an open mind.



Gemini (May 21 - June 20): August may present some challenges for Gemini. Focus on self-reflection and introspection to gain clarity and navigate through any obstacles. Take care of your physical and mental well-being, as stress levels may be heightened. Seek support from loved ones and trust that better days are ahead.



Cancer (June 21 - July 22): August is a month of social connections and personal growth for Cancer. Your communication skills are heightened, making it an ideal time for networking and expanding your social circle. Focus on your personal goals and invest time in activities that bring you joy. Take time for self-care and relaxation.



Leo (July 23 - August 22): August is a month of celebration and recognition for Leo. Your confidence and charisma are at their peak, attracting positive attention from others. This is an opportune time to set ambitious goals and take the necessary steps towards achieving them. Take care to balance your personal and professional life.



Virgo (August 23 - September 22): August brings opportunities for personal and emotional growth for Virgo. Focus on self-care and nurturing your relationships. Your intuition is strong this month, so trust your instincts when making important decisions. Take time for reflection and self-discovery to gain clarity on your path forward.



Libra (September 23 - October 22): August is a month of productivity and progress for Libra. Your organizational skills are heightened, allowing you to tackle tasks with efficiency. Take care of your physical well-being through exercise and a balanced diet. Embrace opportunities for creativity and self-expression.



Scorpio (October 23 - November 21): August may bring some challenges for Scorpio. Focus on maintaining a positive mindset and managing stress levels. Seek support from loved ones and practice self-care. This is a good time for introspection and personal growth. Embrace opportunities for learning and expanding your knowledge.



Sagittarius (November 22 - December 21): August is a month of adventure and growth for Sagittarius. You may feel a strong desire for new experiences and personal expansion. Embrace opportunities for travel or exploring different cultures. Focus on your goals and be open to new perspectives. Nurture your relationships and seek harmony in your personal life.



Capricorn (December 22 - January 19): August brings stability and progress for Capricorn. Your hard work and dedication will pay off, leading to success in your endeavors. Focus on building strong foundations in your personal and professional life. Take time for self-care and relaxation to maintain balance.



Aquarius (January 20 - February 18): August is a month of self-reflection and emotional growth for Aquarius. Take time to recharge and focus on your well-being. Listen to your intuition when making decisions. Nurture your relationships and seek support from loved ones. Embrace opportunities for personal transformation and self-discovery.



Pisces (February 19 - March 20): August is a month of creativity and inspiration for Pisces. Your imagination is heightened, allowing you to explore new artistic or expressive endeavors. Focus on nurturing your relationships and maintaining balance in your personal life. Trust your instincts and embrace opportunities for personal growth.

PLEASE CLICK BELOW TO FOLLOW DR. SHEETAL SHAPARIA

