

The physical self

THE human being is a rather intricate creation. To function in a balanced way and in an optimum level, we need to be physically fit, mentally strong, emotionally stable and spiritually aligned. These are the four aspects (or bodies) within us that need to be regularly addressed and aligned.

Although these four aspects are essentially interconnected, it is also important that we independently examine the individual aspect.

In the first part of this series on "Balance", we will explore the physical self. First, let us examine the inner workings of the human body.

THE PHYSICAL BODY

Whenever we discuss the physical body, the first thing that comes to mind is "exercise" or "healthy eating". However, there is more to the human body.

Our body is primarily comprised of atoms. The movement (vibration) of atoms is at the core of our physical makeup, as it is in everything around us. This constant movement within us produces energy which is what some refer to as "chi", "qi" or life force.

Therefore when we look at our physical body, perhaps we should consider it from this angle so we may be more aware of its complexities and magnificence. It may also provide insights on the required care for the physical self.

To create a balanced physical body, there are five basic elements to consider - movement, hygiene, nourishment and rest.

"Take care of your body. It is the only place you have to live"

Jim Rohn, American entrepreneur, author and motivational speaker

MOVEMENT

It is important to incorporate movement in our daily lives because it keeps us fit, strong and limber. However, often when we think of movement, we only consider exercise.

We have this notion to join the gym, the easiest and most convenient avenue to get us fit. Then there are those who cringe at the mere mention of "exercise".

What we need to understand is this, for the body to be fit, it requires movement. Walking, dancing, taking up a physical art form like tai chi, silat or even just breathing deeply are all methods that promotes movement.

We need to balance running on a treadmill with doing the hula-hoop movement. So if we can replace the term exercise with movement, maybe it would help us in keeping track on how much movement we have completed in a day. The results will surprise you.

Remember the key is to balance, some of us may be working out but yet we feel tired. So balance the intense physical workout with



an activity that allows you to be more flexible as well. A balance of both will keep us strong and flexible.

With our current lifestyle, many of us are inclined to sedentary habits i.e. in front of computer, driving through traffic or on our mobile devices. There are many ways to incorporate movement in our daily lives without stepping into a gym.

TO GET MOVING:

1. Take the stairs.
2. Go out for lunch. The walk still counts for movement.
3. Take short breaks at your work station to breathe and stretch (put a reminder on your phone for two to three intervals).
4. Dance just for five minutes to your favourite song in the morning.
5. Do little activities to ensure your body is moving.
6. Keep a journal to track your movements and create new ways.
7. All one needs to start with is at least 15 minutes each day.

HYGIENE

Having good hygiene practices will make us feel better, healthier and more vibrant. The practice of good hygiene is not only related to our physical bodies but also to our surrounding.

Pampering the external aspect of us is an important part of having a good physical body. To keep ourselves "clean & refreshed" for example, hydrate your bodies with lotions or moisturisers, wash our hands regularly (something many of us forget to do before eating), practice good oral health (prevention of bad breath) and use organic deodorant (prevention of body odour).

Certain illnesses or ailments we suffer from could be a direct influence of external factors, like body odour could be a result of unwashed clothes, certain infections could be due to unclean toilets, washing our kitchen utensils are also important to good hygiene practice.

Keeping our bodies clean and also our surroundings will make us feel better. Hygiene is an important aspect of being physically well.

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Chia seeds for heart health

WHEN it comes to safeguarding the health of your heart, there is no nutritional source more potent than Omega-3 fatty acids. Unlike enzymes and amino acids, our body is unable to produce its own supply of Omega-3s, making it crucial that we obtain the required intake of this heart-healthy fat through food.

While salmon, tuna, halibut and other deepwater fish rank among the world's richest sources of Omega-3, this tends to leave vegetarians and vegans in the lurch. But fret not as chia seeds are one of the world's richest source of plant-based Omega-3s, and it is known to deliver the Omega-3 which is equivalent to 275g of wild salmon in just two tablespoons.

While its high Omega-3 content normalises blood pressure, chia seeds also reduces cholesterol, lessens inflammation and boosts overall cardiac health. It also has more exceptional benefits to offer on the health front which include:

▶ Supporting healthy weight loss

The satiety-inducing fibre-rich content of chia seeds is amplified by its ability to absorb up to 12 times their weight in water. Just consume two spoonfuls of chia seeds when hunger strikes and drink a glass of water immediately after, to curb your appetite the healthy way.

▶ Regulating blood sugar

Chia seeds' exceptionally high fibre content mediates glucose production in the body, preventing sudden spikes in insulin and accompanying mood swings



and hunger. Its glucose-protective quality makes it the ideal choice for individuals with type 2 diabetes.

▶ Reducing acid reflux and heart burn

Chia seeds are abundant in soluble fibre and mucilage which protect the gastrointestinal tract and prevent the backflow of gastric acid up the oesophageal tract. Just a spoonful is enough to quell the burning sensation characteristic of heartburn.

▶ Improving memory and concentration

In addition to being rich in neural-strengthening Omega-3, chia seeds are also rich in iron which helps keep the mind sharp and moods in balance.

Extremely high in the essential fatty acid, omega-3, chia seeds are also loaded with antioxidants (more than blueberries), vitamins, minerals (including more calcium than milk), fibre (more than most bran products) and protein, and may deliver additional functional food benefits.

As a nutritional powerhouse, chia seeds have a world of health benefits to offer the whole family. Whether you choose to start your day with chia seeds sprinkled on your cereal, blended into your smoothie or relished on its own, there is no excuse not to include nature's healthiest bounty in your daily menu.

Country Farm Organic Virgin Chia Seeds is available at all major supermarkets and selected organic stores.

Life is as Valuable as Gold

Get Omega-3 & Omega-6 at Minimal Calories for Heart Health!

Why choose CFO Certified Organic Chia Seeds?

- Organically grown in Mexico and South America by specially trained farmers without the use of pesticides and using sustainable growing practices
- Gluten Free

Concentrated energy

100g of chia seeds contains:

As much omega-3 fatty acids as about 1kg salmon	SALMON
As much antioxidants as about 900g oranges	ORANGES
As much calcium as about 500ml of milk	MILK
As much iron as about 400g of spinach	SPINACH
As much dietary fibre as about 400g of flax	FLAX

Also chia contains no cholesterol or gluten and has many vitamins and minerals.

This translate into many benefits:

- Help in reducing the rate of cardiovascular diseases
- Helps to normalize high blood pressure
- Help to protect the heart from damages caused by heart attacks
- Enhances the immune and nervous system
- Improves brain function
- Help to reduce blood glucose
- Prevents premature aging of cells

Certified Organic by:



www.countryfarmorganics.com

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