



Newsletter

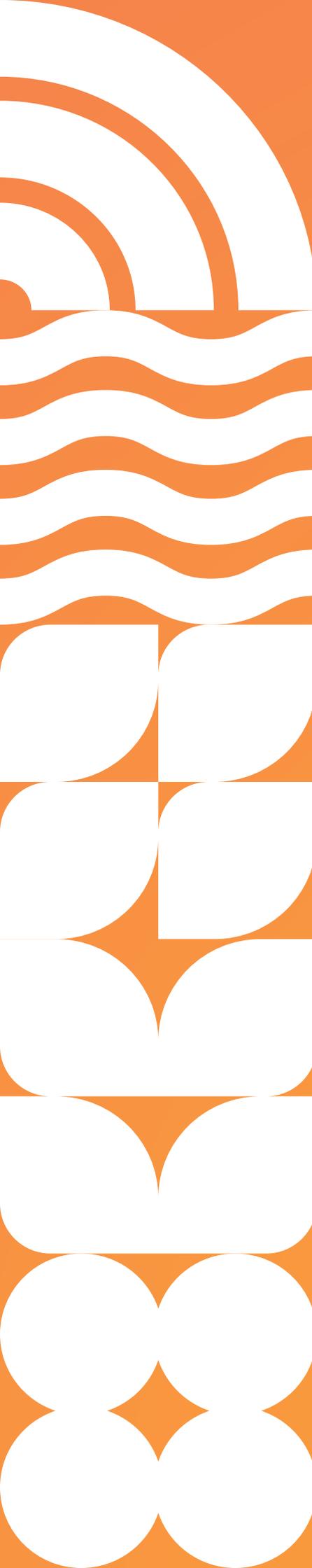
March 2023

Edition 9

A community wellbeing initiative.

LiveWell with

NAKHEEL



Hello everyone,

Spring is in the air! Thanks to everyone who contributed towards the national relief campaign Bridges of Giving.

Last month we celebrated a gathering of health conscious community at our LiveWell with Nakheel inaugural Wellness Festival highlighting the five wellbeing pillars; **Balance. Nourish. Move. Relax. Evolve.** Our expert panel gave visitors direct access to the vast health and wellness knowledge and for those who are ready to take responsibility for their health and upgrade their well-being to the next level.

The age-old term “Spring Cleaning” can apply to both your home and your mind. Warmer weather allows you to open windows and let fresh air into your home. A cleaner home is very effective for reducing stress and could also help relieve some allergy symptoms. One can also alleviate stress by using the revitalizing tone of Spring to renew your own mindset. Let go of negative thoughts, forgive hurts, and forget the past. Let Spring help move you forward into a new season for welcoming positive thoughts and happiness.

This month we will be talking about **Hormones** an essential part of the metabolic process of living. Hormones are important for the cells, organs, and metabolism. Our hormones decline through aging, menopause, disease, or trauma. Join us on **Match 18th** at Crystal Dome- Nakheel Mall The Palm where LiveWell with Nakheel Co- curator Irina Sharma will have an open conversation with both men and women on menopause and andropause and all things hormones.

Follow us [@NakheelCommunities](https://www.instagram.com/NakheelCommunities) or www.livewell.nakheelcommunities.com for more details.

#letsgethealthytogether #livewell

Much love,
LiveWell with Nakheel Team

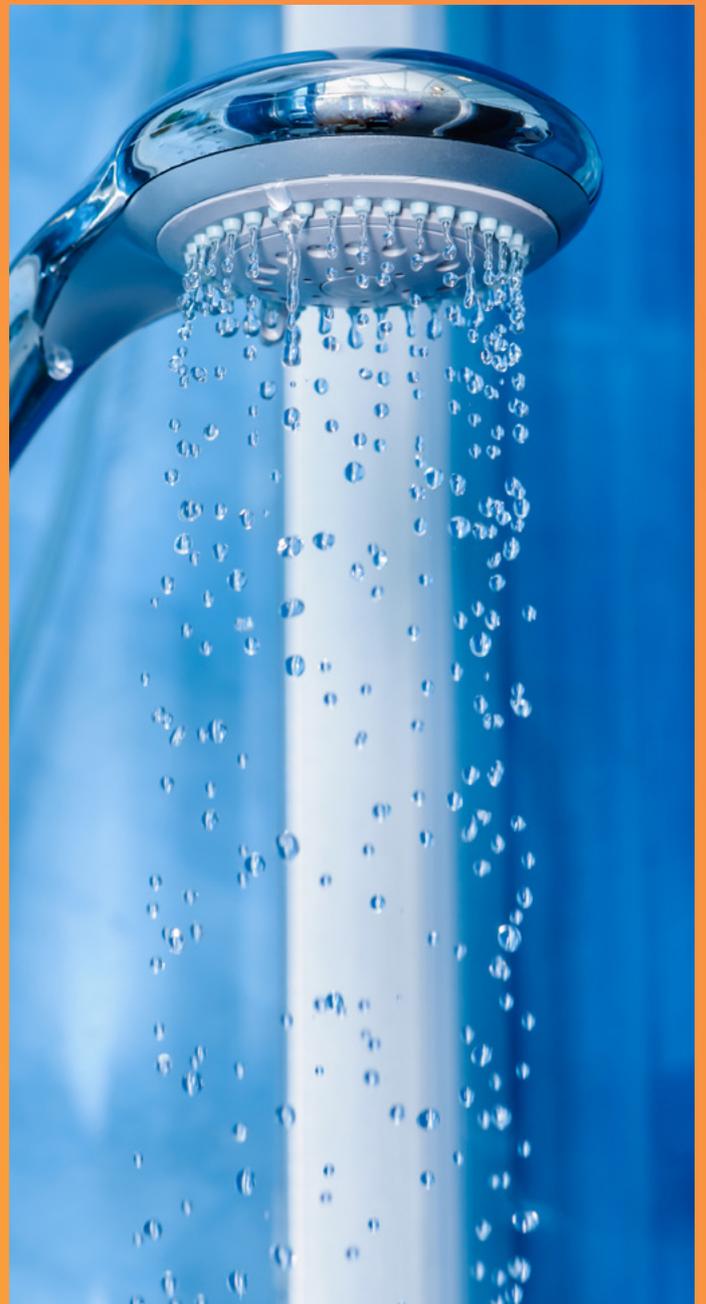
A cold shower a day keeps the doctor away

A growing amount of research suggests that cold showers or cold dips can have powerful effects on both mental and physical health. It's an ancient practice becoming increasingly trendy. Cold showers are any showers with a water temperature below 70°F. They may have health benefits. Water therapy (also called hydrotherapy) has been used for centuries to take advantage of our body's tendency to adapt to harsher conditions. As a result, our bodies become more resistant to stress.

Cold showers are not a main source of treatment for any condition, but they may help improve symptom relief and general well-being.

Increases endorphins

Depression affects millions globally. Many drugs treat depression, depending on the severity or duration of symptoms. One holistic method of treatment that's gaining popularity is hydrotherapy. Taking a cold shower for up to 5 minutes, 2 to 3 times per week helps in improving overall mood. They jolt your system to increase alertness, clarity, and energy levels. Endorphins, sometimes called happiness hormones, are also released. This effect leads to feelings of well-being and optimism.



Helps improve metabolism

White fat is the fat we associate with conditions such as obesity and heart disease, but we are all born with brown fat. Researchers have found that brown fat plays an important role in adult health. Healthy levels of brown fat also indicate that white fat will be at a healthy level. And brown fat is activated by exposure to cold temperature. People that are obese can't simply start taking cold showers to lose weight without changing other lifestyle habits. But taking a cold shower 2 or 3 times per week may contribute to increased metabolism. Cold water can even out certain hormone levels and heal the gastrointestinal system.

Improves circulation It can feel uncomfortable to immerse our bodies in cold water, but it can also be invigorating. That's because water that's colder than our natural body temperature causes the body to work slightly harder to maintain its core temperature. When taken regularly, cold showers can make our circulatory system more efficient. Some people also report that their skin looks better as a result of cold showers, probably because of better circulation.

Athletes have known this benefit for years, even if we have only recently seen data that supports cold water for healing after a sport injury. It's the same reason that ice brings down inflammation when we bruise or tear a muscle. By bringing the temperature of an area of the body down, we speed up the delivery of warmer, freshly oxygenated blood to that area. And that speeds up recovery time. Some people may benefit from cold showers as a way to help their blood move through their body more quickly. These include people with poor circulation, high blood pressure, and diabetes.

Cold showers are not a magical cure-all for any condition. They should be used as a supplement to traditional treatments, but not as a replacement.

Please remember that people taking medication for their mental health should not stop their drugs abruptly in favor of any alternative treatment. People with long-term clinical depression or a diagnosis of bipolar or borderline personality conditions should not use cold showers as a replacement for what their doctor has prescribed under any circumstances.

The ideal way to take a cold shower is to ease in to the habit. Start by slowly lowering the temperature at the end of a usual shower. Get the water cold enough that you start to feel uncomfortable. Then, stay underneath the water for 2 or 3 minutes. Breathing deeply will help decrease your discomfort in your mind. The next time you try this exercise, make the water slightly colder. Try to last for another minute or two in the colder water. After performing this activity 7 to 10 times, you'll find that you might even look forward to turning the hot water down and save on electricity.

Uttapam

Savory Lentil Cakes



Serves 4

Ingredients

- 1 ½ cups basmati rice
- ½ cup black gram split
- 2 tablespoons split chickpea lentils
- ½ teaspoon fenugreek seeds
- ½ teaspoon salt
- 1 teaspoon oil

Toppings:

- ½ cup diced onion
- ½ cup diced tomatoes
- ½ cup chopped cilantro
- 1 or 2 green chilis (such as jalapeños), chopped
- Coconut chutney, for serving

Preparation

1. To make the batter, rinse the rice, black gram split, chickpea lentil split, and fenugreek seeds in cold running water. Cover them with cold water and soak overnight.
2. Drain most of the water, and using a high-speed blender, blend the soaked ingredients with enough water to make a thick, smooth, pourable batter; the rice will make the batter slightly grainy, which is okay, but make sure to process it until the grains are very small.
3. Add the salt and set the batter aside in a warm place to ferment overnight, or until the batter rises.
4. To cook the uttapam, return the batter to a pourable consistency by adding additional water a little at a time—up to 1 cup—stirring after each addition until you reach desired consistency, adding more only if needed.
5. Heat the oil in a flat-bottomed skillet over medium-high heat. Pour or ladle about ½ cup of the batter into the skillet, and then tilt and turn the skillet to spread the batter out a bit to a circle about 6 inches in diameter.
6. Reduce the heat to medium and scatter half the toppings over the batter. Add a little oil around the edges if needed to prevent sticking, and cook over medium heat for about 2 minutes, until the top looks dry and has lots of little holes all over. Using a thin spatula, carefully flip the uttapam over and then cook it 1 to 2 minutes more, until the underside is cooked.
7. Repeat with the rest of the batter and toppings.
8. Transfer to a serving plate and serve with the coconut chutney.

Note: For faster fermenting, you can use the yogurt setting on an Instant Pot. Add the batter to the Instant Pot and cover loosely—do not seal the top—and set it on the yogurt preset for 8 hours. You can refrigerate the fermented batter for 2 or 3 days. Bring it to room temperature before cooking.

Enjoy!



Ingredient of the Month

Spring Onion

Spring onions are a type of onion that grows in the ground during the winter and starts to come up in the Spring. They look a bit like small, red onions, but are really different. In fact, they're even called "spring onions" because they get their name from the way they grow in the ground.

Onions are highly nutritious and have been associated with several benefits, including improved heart health, better blood sugar control, and increased bone density.

Onions are members of the Allium genus of flowering plants that contain various vitamins, minerals, and potent plant compounds that have been shown to promote health in many ways.

In fact, the medicinal properties of onions have been recognized since ancient times, when they were used to treat ailments like headaches, heart disease, and mouth sores.

Ann Marie McQueen

Editorial Director Livehealthy & Founder Hotflash Inc



What has surprised you about menopause?

I interviewed the famous makeup artist and businesswoman Bobbi Brown the year she was turning 50 (I was 37). I asked her how she felt about it, and although I was expecting dread or something, there was a long pause.

She asked how old I was. Then she said: “Ann Marie - you are going to love it.”

She told me everything gets easier. She said all the things she knew I was worrying about at that moment would go away. She told me it felt amazing.

I was shocked. This was completely different from everything I’d heard about getting older up until this point. I was terrified of it. But everything she has said about it has turned out to be true.

Why does menopause have such a bad rap?

There has also been a push to medicalise menopause ever since hormone therapy appeared on the scene almost 100 years ago. Whenever you hear the words “disease” or “deficiency” around menopause, you know someone is trying to make money. It’s simply not true: its nature’s planned end of fertility. That’s it.

Also, the fear of aging is steeped into our culture, no matter where you are. And the two are always linked. And so this has fed into the shame and stigma.

But this notion that somehow we become irrelevant is not true!

We even have an evolutionary theory for why women even go through menopause, and it’s called the Grandmother Theory. It’s seen in the animal kingdom, in whales and giraffes and probably a lot of other creatures, and it describes menopause as an evolutionary necessity, because women are so useful to their tribes

after they are done raising their kids. The good thing is, everything about this is changing. Older women are shaking off the stereotypes and I'll tell you something: once you decide you are okay with it, everything else gets better.

What has your menopause been like?

It's been going on for 10 years and I think it's almost over. At least I hope it is! It's never been the same for more than a couple of months: I've run the gamut from panic to sleeplessness to depression, weight gain, breast pain, body pain. Now I'm just tired and forgetful, but older women tell me this will pass.

What's perimenopause?

Well menopause is really only a moment in time: when you haven't had your period for one full year. Perimenopause is all the time before that, and it can start without you really knowing it because your periods are still regular. Sleep problems and mood issues can be the first signs, and they can start in your late 30s, because perimenopause can last for more than a decade. And no one really knows how many symptoms there are because hormones affect all our systems. There's lots of women on TikTok acting them out.

What's the best way to help yourself through perimenopause?

The best way to help yourself through menopause is to get a good team: that includes friends (online or in person, best combo is both) to lean on when things get hard. It's great to get a doctor you can trust, maybe a therapist, maybe a complementary practitioner who can do acupuncture or massage or something like that. Eating whole foods, making sure to walk and lift weights – walking has been shown to be one of the most effective exercises in study after study, and we need to lift weights to keep our bones strong – getting good sleep, managing stress, addressing any childhood trauma and working on those bad habits like drinking or smoking will help.

A lot of doctors don't know very much about this whole transition, believe it or not. Some of them never studied it in medical school, some only for a few hours. So we have learn to be the CEO, director, best friend and mama to our menopause experience. No one else is going to do this for us: it's the ultimate passage to adulthood.

What do you want women to know about menopause?

Menopause isn't scary. Menopause is simply a moment in time, when you haven't had your period for a year. No one can predict when it will happen - it's a little bit like getting your period for the first time. People sometimes call it second puberty. It's a natural process and it does sometimes require A LOT of changes to deal with. There's hormone therapy, supplements, nutritional overhauls, stress management techniques and much more. Once you know what's happening and make some of those changes, it's actually pretty manageable. You also want to make sure that you don't have any other issues: we can become really vulnerable in this transition and develop lots of issues, including insulin resistance and thyroid problems, all which exacerbate things. Always make sure you do your research, take the opinion of more than one trusted expert, do what feels right for you and remember: this doesn't last forever and it's going somewhere good. The rest of your life!

What should men do to support women?

Well first of all, men go through a hormonal shift too. It's called andropause, or manopause, or male menopause, or a term we've been hearing a lot lately, Low T. And there's a lot of shame and stigma, and a lot of people don't believe it exists, so although it's more gradual, in a lot of ways its similar.

As for men who want to support their wives, listen to her, ask her how she's doing, try not to irritate her or give her a hard time, and let her know you aren't going anywhere - you'll be here through this and on the other side.

2022 and 2023 In Review

