



## Newsletter

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Edition 3

A community wellbeing initiative.

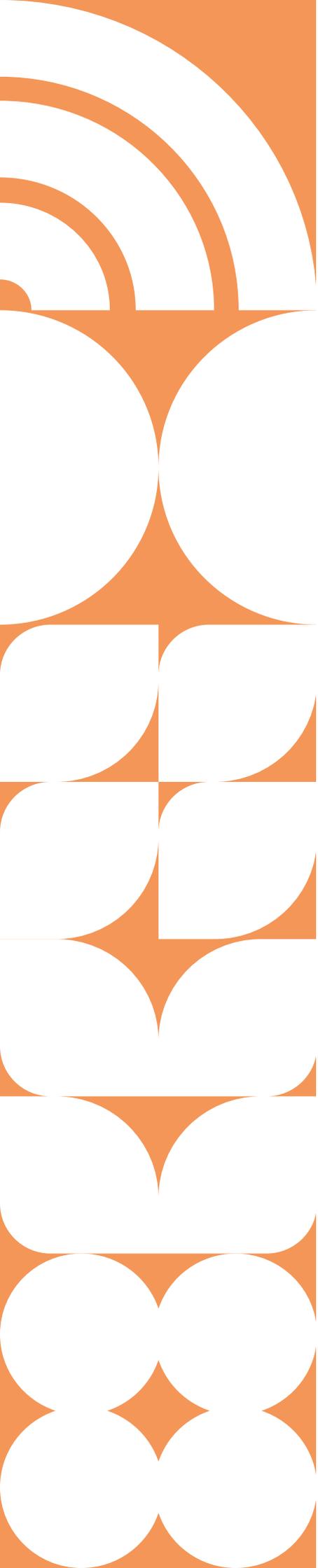
# LiveWell with Nakheel



NAKHEEL

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COMMUNITY MANAGEMENT



# Hello everyone,

Those of you who joined us for the Gut Health talk last month, you're probably experiencing better digestion, sleep & energy. We thoroughly enjoyed everyone's company and made new friends on friendship day "wellness style". Thank you.

1. **Fasting** – Helps your system to rest & reboot. Eating less is also considered fasting.
2. **Hydrate** – Cut the cocktails & increase your water intake and vegetable tea (recipe below)
3. **Movement** – Take slow walks if you're feeling restless after being on the go and unpack and clean your house. It can help you feel like you're back in a familiar environment

In July we said goodbye to plastic bags, On September 29<sup>th</sup> is the International Day of Awareness for Food Shortage & Wastage. To help lessen global wastage, each one of us can contribute, it all starts from home. Read all about the "Compleating" process to LiveWell with Zero Wastage.

On September 24<sup>th</sup>, LiveWell Founder Irina Sharma will be talking "Mental Well-being" with Health Psychologist Dr. Melanie Schlatter. Follow [@NakheelCommunities](https://www.instagram.com/NakheelCommunities) or [www.livewell.nakheelcommunities.com](http://www.livewell.nakheelcommunities.com) for more details. See you soon!

Much Love,  
**LiveWell with Nakheel Team**



## LiveWell Founder Irina Sharma's Typical Day

Irina is a busy woman with many varied responsibilities, so no day is exactly like another. But she does build healthy choices into her life every day.

### **What is your daily Rhythm?**

My daily rhythm is the 4-part harmony; no matter where I am in the world sleep, wake up, eat & exercise the same time every day. This keeps me in harmony and well balanced.

### **How does your day begin?**

I nearly always get up when the sky begins to get light. I don't use an alarm, I just automatically wake up then. It's usually between 4:30 am – 5:00 am. I don't know how that works, but it works.

I brush my teeth, then my mouth pulling, drink a glass of water & straight away start with the most important movement "Bowl Movement". After that it's time for my gratitude dance, I make my coffee and enjoy the birds and gazelles who roam around freely in what I call my backyard. That is my own form of meditation and best way to have my coffee. I don't try to stop thoughts, I try to note them, just witness them. Then I'm off to my morning walk, sometime cycling and sometime to the beach for sunrise and yoga. My body is the boss and tells me what it wants to do. And then I eat my breakfast.

### **Which is?**

Breakfast is at 7:00 am, this morning, I had millet porridge with dates and all-night soaked almonds and walnuts with some cold pressed linseed oil. I take at least 20-25 minutes to eat each meal in peace. I then start reading my emails and the day begins. Every 15 minutes I get up and stretch or take a walk from room to room. I have my exercise ball to stretch or use my resistance band. This is one reason I don't put my camera on when I am on Zoom calls!

### **So we are up to the middle of the day.**

If time permits I go to the gym for 20 minutes for weights if I can't leave the office, sometimes that's home, I do it at home.

Lunch- if I'm home I cook or if I'm out for meetings I will stop by one of my regular restaurants and enjoy a meal in peace by around 2:00 PM. This is my final meal of the day. Next meal is breakfast. No snacking at any time.

### **What time do you call it a day at work?**

By 5:00 PM latest I begin to unwind, no meetings after that. I also do my best not to answer any calls or emails unless its family. I start unwinding, reflect on the great day with gratitude, spend time with my partner Hani. We go for a walk, watch a bit of TV together and I'm off to bed by latest 9:30 PM.

### **What are the self-care practices you observe?**

Good thoughts, long doses of NATURE, breathing exercise, gratitude, learn at least 2 things new every day, say hello to anyone I see. And I dislike using the word hate and sitting in air conditioning. Making decisions is my freedom. No room to procrastinate. My daily practice of EGS – Empathy, Gratitude & Surrender helps me to evolve.

### **And what about days when you travel?**

On the road, I stick to my rhythm of 4- part harmony.

### **What was the most positive thing that came out of your 20 years as a Health & Wellness Cultivator?**

I have learned that each and every being comes with its own intrinsic healing capability. We can activate the power of self-healing through natural means. Virtually every culture in the world has developed medicine thousands of years ago. That was and is real medicine. It's unfortunate that we systematically neglect that approach to prevention and our well-being. So many questions need to be answered about health and our approach towards fortune and disaster that we invite ourselves. I believe that success rests on a naturalistic philosophy of health and medicine that focuses on treating the person, rather than solely the disease. The patient should be given a chance to be a stakeholder in the health care system.

### **What was the best piece of advice you received?**

Don't let fear drive your decisions and something I read written by William Ernest, the last two sentences of his poem Invictus: I am the captain of my fate. I am the captain of my soul.

# LiveWell with Zero Waste

Ever heard of 'compleating'? It is eating all the edible parts of fruit, veg and herbs. Going beyond what we may currently assume is the only bit of a plant that's good to eat, this easy approach to zero-waste cooking is tasty, better for the planet and what's more it can also save you money.

The cost-of-living crisis is stretching food budgets to the limit. Getting creative with how we cook can help hugely. If you [compleat], you're making your ingredients go further without much more outlay, with just some minimal ingredients to add to it.

If you're using the leafy green radish tops for another meal, then you're not having to pay out for the spinach or whatever would have been in that otherwise. The tops of radishes can be used as a spinach replacement. Knowledge and confidence are key; the kind of skills your grandparents would have taken for granted like pickling, fermenting, or preserving may seem daunting, if explained in clear style they feel very doable.

Older generations compleating was more commonplace, not just out of necessity, but because they grew more, and knew their ingredients better. As with a lot of sustainability things, it's not anything new, it's just the things that we've lost or are not taught anymore. Finding time to compleat may feel like one too many things to add to a busy modern-day schedule, but the secret seems to be just integrating some simple tips for our your day-to-day routines.

**Simmer to make stock** Put things in there like onion skins, garlic skins, a random end of a parsnip in the freezer. You can simmer that all up once a month, and then have free ready-made stock in the fridge for basically no effort and no cost. A great way to explore a much wider range of textures and flavours, you also keep many of the vitamins that would otherwise be lost.

**Crisp it up** Rather than throwing away the peel, you could make crisps from it, or incorporate veg

tops or seeds into a recipe. And then you're getting the most taste and goodness for your money. Veg trimmings can be baked to make crisps.

**Banana skins**, anyone? yes, you can eat them! Nutrient rich, they can be simmered, blended and added to a fruit loaf, or used in savoury dishes.

**Tip:** Turn banana skins into vegan 'bacon'. Even with this approach, though, not everything



is completely edible. Rhubarb leaves and large amounts of apple seeds are poisonous for example, which is why getting to know our food all over again and using a good guide really helps.

Food is a shared joy, but not everyone immediately sees the point in eating root to shoot, and you may raise a few eyebrows. The feelgood factor of small everyday acts that make a difference can't be underestimated. Food ultimately is very empowering. To know that you're stopping food from just going to landfill; you're making the most of the whole thing. When you've got the information to know what to do, it's quite rewarding.

## Ingredient Tip Pumpkin Seed:

- Plant based source of Omega 3
- Source of Magnesium & Zinc
- Source of Fiber
- Rich in Vitamin E
- Great for skin health

# Tea Time

## Vegetable Tea full of minerals



- 4 liters cold water
- 300g celeriac
- 150g celery
- 300g carrots
- 100g yellow carrots
- 300g parsley root
- 100g parsnips
- 5 stalks lemongrass
- 2 lime leaves
- 5-star anise
- Rock salt
- Chopped herbs (e.g. parsley, fresh cilantro, ...)
- Spices (e.g. bay leaves, caraway, nutmeg, coriander seeds, ...)

## Instructions

Pour cold water into a large pot. Wash and clean vegetables (do not peel) and dice them into 2x2 cm pieces. Add vegetables, herbs, and spices along with a little bit of rock salt to the pot. Bring all ingredients to a gentle boil and cook for 1 hour over low heat. Strain broth through a sieve. Season to taste with rock salt and nutmeg. The broth will keep 1 to 2 days in the refrigerator.

# July 30<sup>th</sup> Event - LiveWell with Nakheel Gut Health

