



## Newsletter

June 2023

Edition 12

A community wellbeing initiative.

LiveWell with

# NAKHEEL



# Hello Everyone,

LiveWell with Nakheel is **ONE**.

It's the one-year anniversary of LiveWell with Nakheel community wellbeing initiative! We started the newsletter as a place for us to explore ideas, refine our messaging to see what generates interest.

And that's been so helpful. We've listened to your responses, heard your feedback, and evolved. The exercise of simply writing the newsletter has been deeply informative to our thinking of elevating your wellbeing. This newsletter has become foundational to how we think and what we're building with the residents of Nakheel communities.

**Thank YOU for taking this journey with us.** So, as we enter our second year, we want to say thank you. Thank you for joining us, for reading this and attending our events, for supporting us as we grow. We wouldn't have made it this far without you, and we know you're instrumental in us sticking around for another year (and hopefully many more after that, but we'll take them one at a time). Truly, thank you.

We ended our first year with a day retreat on May 27th at The Retreat Palm Dubai MGallery by Sofitel in an intimate and supportive community setting to explore and implement lifestyle changes. Co-curator of LiveWell with Nakheel Irina Sharma hosted a multidisciplinary mix of education, dialogue, food exploration, demonstrations, movement and mindfulness practices where everyone went home in Rapha state.

We want to invite you to our first-year celebration on June 17th. Celebrating together helps to stimulate dopamine release in the brain, a feel-good chemical that reinforces the learning experience and strengthens our sense of connection. Celebration is an experience, it doesn't need to be grand or extravagant, it just needs to be meaningful which is what we do at our LiveWell with Nakheel Community Wellbeing get togethers. Having the opportunity to share and enjoy our successes is an essential way to nurture our inner wellbeing.

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

Much Love  
Irina Sharma  
**LiveWell with Nakheel**

# Good Health is a Community Effort



The word community is, without question, central to human experience. Being part of an engaging community gives us a sense of belonging. It enables us to share personal relatedness and support perpetual growth of each other, ourselves, and our environment.

There are so many positive aspects to being part of a group or community. Providing unique opportunities for people to learn from each other and give support and encouragement are an invaluable part of joining forces with our peers:

- ▶ **Support:** Being part of a community enables us to give support to other members. Being supportive of others will help them to feel good and better about themselves. While giving support we also learn and enhance our own wellbeing.
- ▶ **Influence:** With community participation comes empowerment. When people feel empowered, they feel a sense of control enabling them to influence positive change.
- ▶ **Sharing:** stimulates innovation and growth. Ideas breed new ideas. Apart from having personal benefits of gaining knowledge and insight, sharing also contributes to the community's greater worth.
- ▶ **Reinforcement:** can be an effective learning tool to encourage desirable behaviours and provide motivation. A strong community will go beyond the immediate, basic needs and ensure that fulfillment is a positive experience. By doing so, it builds positive rewards and reinforcement for an enjoyable sense of togetherness.
- ▶ **Connection:** An open bond with new connections is what builds valuable relationships, and gives us a deeper sense of belonging. It helps us to reach our goals, and brings a sense of security.

- ▶ **Learning/Resources:** Communities are rich in resources. Having knowledge is a unique resource and through its use, it increases in value.
- ▶ **Passion:** Having an outlet for passions gives people the opportunity to share a subject they're passionate about. This helps to spread confidence and encouragement to create new things that they can share with others.

People who become a part of a community are the ones that agree passionately with its values and with these shared beliefs, trust and togetherness, there's no limit to what they can do for their community. Bringing together like-minded people who are headed for the same goal undoubtedly, nurtures a rewarding and engaging community.

LiveWell with Nakheel community helps to shine a spotlight on the importance of good lifestyle habits across all generations and social groups raising awareness and offering choices for healthy longevity. Our Wellbeing Community is a space for people that want to achieve the same goal: to live their best life and live well. Our engaging community is where members come together to continue and progress their wellbeing journey to achieve optimal mental, physical and emotional wellbeing in this forever changing fast-paced world. Building healthier communities can lower health care costs, improve productivity, and improve quality of life for all residents.

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# Planetary Health Diet – Our Saviour

By Irina Sharma



The planet is remarkably resilient and can heal if humanity becomes a partner rather than foe. All human health and well-being stems from Earth, from the oxygen we inhale to the nutrients we consume to the water we drink to the medicines we ingest. And all of us have a role to play in championing the vision of planetary health.

The World Health Organization recently reported that 99% of humans breathe dangerous levels of polluted air. That means that the breath you're taking right now could be harming your body, damaging cells, accumulating in your organs, shaving time off your life.

**“Underneath the ecological crisis we have created and the global health crisis that it is precipitating, is a spiritual crisis.”**

We will need to weave a new fabric, with threads from indigenous knowledge, the world's faith traditions, literature, and the arts, that reasserts our spiritual connection to the natural world. Our story of human exceptionalism, of extraction, domination, and scarcity, and ultimately extinction, will need to give way to new stories and values of interdependence, equity, abundance, regeneration and renaissance.

The eco-friendly kitchen begins with eating green, but it doesn't end there. Energy-efficient food preparation and cleaning habits, using equipment made from sustainable materials, and dodging toxic chemicals are also important if you want to have a truly healthy kitchen. Fortunately, making the right choices for your well-being is also good for the pocket and the planet.

When it comes to kitchens, size and equipment don't count nearly as much as devotion, passion, common sense and, of course, experience. To pretend otherwise—to spend tens of thousands of dollars or more on a kitchen before learning how to cook, as is sadly common. As runners run and writers write, cooks cook, under pretty much any circumstance.

**1. Invest in Long-Lasting Cookware:** Choose cookware and utensils that stand the test of time and won't have to be thrown away with your leftover casserole. That means you gotta ditch the Teflon. While the debate about the health hazards of non-stick surfaces continues, there is no doubt that it has a limited useful life. Go for stainless steel or cast iron instead. Likewise, choose sturdy utensils rather than cheap ones; low-quality wooden spoons, for example, can rot, and plastic will melt if you leave it on the stove too long. Buy high-quality knives that you can sharpen by hand, and use long-lasting cloth towels instead of paper.

**2. Choose an Energy-Efficient Stove:** When it comes to the stove top, it can be a tough choice between gas and electric; natural gas is a fossil fuel, but most of the electricity e.g. in the US comes from coal-burning power plants.

**Gas Stoves** - From a straight-up cooking perspective, many cooks prefer gas because it's easier to control temperatures; it also offers instant-on heat, and doesn't waste much heat when the cooking is done. If you're a gas devotee shopping for a new stove, know that the lower the BTU output, the more energy-efficient your stove will be. However, remember that gas stoves are generally healthier than electric stoves, as they can add between 25 and 39 percent more NO<sub>2</sub> and CO to the air in the house.

**Induction Cooktops** - With electricity, the most efficient stoves are those that use induction elements, which transfer electromagnetic energy directly to the pan, leaving the cook-top itself relatively cool and using less than half the energy of standard coil elements. One drawback is that induction-element cook-tops require the use of metal cookware such as stainless steel, cast iron, or enameled iron—aluminum and glass pots won't work—and since they're generally only found in higher-priced models.

**Ceramic-Glass Cooktops** - The same goes for units with ceramic-glass surfaces, which use halogen elements as the heat source, making them the next best choice from an efficiency standpoint. These deliver heat instantly and respond quickly to changes in temperature settings. (They're also very easy to clean, which is a bonus). But they only work efficiently when there is good contact between the pan and the hot glass surface; energy will go to waste if pan bottoms are even slightly rounded.

**Electric Coils- Standard electric coils** - those spiral types we're all used to seeing—by the way, are at the bottom of the barrel when it comes to energy efficiency. If you go for an electric stove, no matter which you choose, opt for the most efficiency-efficient model possible, then purchase green power to support electricity from clean, renewable sources.

**3. Consider Your Appliances** - Energy-efficiency upgrades are coming fast and furious to many new appliances. An efficient dishwasher, for instance, can use a lot less water than washing the dishes by hand in the sink. If the time has indeed come to get rid of an old appliance, note that many companies have take-back programs, helping you to properly dispose of these things, which likely contain hazardous chemicals and materials.

If you're getting a new fridge, think small. A lot of food would last longer if it wasn't placed in the fridge in the first place. Fruit, for example goes rotten much faster in the fridge because the ethylene gas it lets off as it ripens gets trapped in the fridge. Buying a smaller fridge and putting less in it saves you lots of energy and saves your food too!

**4. Practice Energy - Efficient Cooking** Many popular cooking techniques use energy that isn't needed. A few simple adaptations to your cooking methods can be a major step to a greener kitchen overall.

**Stop Preheating** - Preheating is almost prehistoric. Many newer ovens come to temperature so rapidly, they make preheating almost obsolete (except perhaps for soufflés and other delicate dishes). If you're roasting or baking something that's a little flexible when it comes to cooking time, you can put it in right away, then turn the oven off five or ten minutes early, and let dishes finish cooking in the residual heat. Ditto for anything cooked on an electric stove top.

**Limit Oven Use** - Make best use of the oven as possible—cooking more than one thing at once, for instance—is also wise. For small dishes, using a toaster oven will also save energy; Energy Star estimates that you can reduce cooking energy by as much as 80% when using the microwave instead of the oven, but using a microwave is another health hazardous debate!

**Use Stoves Efficiently** - When cooking on the stove, using a properly sized pot for each of the stove burners also makes a difference; on an electric stove, for example, a 6-inch pot used on an 8-inch burner wastes more than 40% of the burner's heat. Make sure all of your pots and pans have close-fitting lids, then use them whenever possible—including when you're bringing boiled water up to temperature—which helps reducing cooking time and keeps heat where it belongs, in the pan.

**Try a Pressure Cooker** - Pressure cookers are another great way to save energy, reducing cooking time by up to 70%.

**Eat Raw** - Of course, the most energy-efficient cooking means leaving heat out of the equation altogether—don't forget about salads, chilled soups, and other dishes that require little prep and can be eaten cold. There's a large niche culture growing around the idea of raw food; don't be afraid to try something new! Eat RAW food before 4:00 PM for good digestion and gut.

If you have the space, take it a step further and grow your own fruits, vegetables, using your composted kitchen waste as fertilizer.

Don't stop the DIY train there, though: you can clean your counters and hand-wash dishes with white vinegar and baking soda. Instead of shelling out for bottled water, get a filter pitcher or tap filter.

**5. Don't Waste:** On average, the kitchen generates the most waste of any room in your house.

**Step One:** Refuse excessive packaging by taking your own bags, buying fresh, unwrapped produce, and thinking carefully about how the purchases you're making are wrapped up.

**Step Two:** Avoid over-sized portions; if you are regularly throwing food away then you are buying, and cooking, too much.

**Step Three:** Reuse what you can, like old glass jars or bottles, grocery bags, and packaging you can't avoid.

**Step Four:** Compost any uncooked organic waste (including cardboard and paper), and don't fret if you don't have a garden on which to spread your yummy hummus. Even in big cities, many local farmers markets and organizations will gladly accept your compost. After all this, if there's anything left over, be sure to swing by the recycle bin before tossing anything in the trash.

## 6. Recycle When You Remodel

Of course, making your old kitchen work for you is the greenest option of them all, but there comes a time when even the greenest folks need to upgrade or replace. If you are in the market for a new kitchen, turn first to salvage and antiques. Look for kitchen fittings, floors, paneling, and cabinets that have had a previous life, are unique and have already stood the test of time.

If reclaimed materials won't do the job for you, there are plenty of green options for new materials too. Green countertops made of recycled paper and yoghurt pots, to bamboo and cork flooring - be sure to do your homework about the options available and their environmental impact (remember, all bamboo is not created equal) and stay tuned to the Green Guides for more remodeling suggestions!

# Ingredient of the Month Salt

An adult human body contains about 250g of salt and any excess is naturally excreted by the body.

There is often confusion between the terms salt and sodium. The chemical name for salt is Sodium Chloride (NaCl). The actual make-up is 60% chloride and 40% sodium (39.3% to be precise). This means that 10 grams of salt would contain approximately 4 grams of sodium.

In baked products, salt controls fermentation by retarding the growth of bacteria, yeast and moulds, preventing wild fermentation. This is important in making a uniform product and reducing the opportunity for harmful bacteria.

**Salt rooms and salt caves therapy:** Dry salt particles balance skin PH and auto flora, as well as reducing harmful bacteria and inflammation. In addition to assisting with respiratory and skin conditions, salt therapy is also said to help improve mental wellness, including stress and anxiety.

**Did you know?** Himalayan Salt is said to have 84 trace minerals that are bioidentical to the human body.





# Scrambled Egg Leftover Ideas

If you were trying to convince someone about the merits of cooking with scraps and leftovers, you'd likely talk about how it's a more organized and efficient way to approach the food you buy, how it saves both time and money, and how it's better for the environment than automatically dumping food into the garbage, where it will go on to sit in a landfill and produce vast amounts of methane while it slowly decomposes.

- ▶ Egg Salad: The recipe is chopped scrambled eggs, mayo, some dry mustard powder, green onion, salt and pepper and a little celery seed. It is actually pretty tasty.
- ▶ Add it to fried rice
- ▶ Put them on an English muffin and top with crabmeat and hollandaise sauce
- ▶ Mix them with sautéed onions and peppers and put it on a crusty roll
- ▶ Breakfast burrito - Stir in some salsa and shredded cheese and reheat. Roll it up in a tortilla.
- ▶ Make breakfast sandwiches on English muffins with cheese and veggies, then you can wrap and freeze for quick breakfast
- ▶ Make Scrambled Egg Tacos or Burritos. Use the eggs in place of meat, and top with your favorite toppings.
- ▶ Breakfast Pizzas or Calzones-nice with cheddar and cooked onion, meat of your choice and anything else you have.

## Tips:

- ▶ Share the leftovers with the workers around your home
- ▶ You can freeze most leftovers within 48 hours of preparing to avoid food wastage.
- ▶ Be aware of the amount you cook



# In Conversation with Adil Hussain

Founder of BrotherhoodDXB



## What is a men's group?

A men's group is a gathering of men who come together to explore and discuss various aspects of their lives, personal growth, and challenges they may face. The group is a safe and supportive space for men to connect, share experiences, and seek guidance from one another. It's non-judgemental and encourages openness and vulnerability. We also run various events, workshops, activations, boot camps and activities spanning every man's wellness area.

## What can one expect when joining such a group?

By joining a men's group, men can expect a non-judgmental environment where they can openly express themselves, share their stories, and engage in meaningful conversations. The group discussions may cover a range of topics such as relationships, work-life balance, personal development, emotions, and self-awareness. Participation typically involves active listening, offering support, and respecting others' perspectives. The men's circles also include meditations to promote stillness and inward reflection whilst the other events and activations may focus on other areas of their lives.

## What is the reason that guys join men's groups?

- ▶ Seeking connection and a sense of belonging with other men who can relate to their experiences.
- ▶ Exploring and understanding their own masculinity, identity, and personal growth.
- ▶ Sharing challenges and seeking guidance on relationships, career, mental health, and other life aspects.
- ▶ Gaining different perspectives and insights from diverse backgrounds and life experiences.
- ▶ Developing emotional intelligence, communication skills, and self-awareness.
- ▶ Finding a supportive and confidential space to express their thoughts and feelings without judgment.
- ▶ Finally, feeling as if they're not alone.

## What are the benefits?

- ▶ Increased self-awareness and personal growth through reflective discussions and feedback from other group members.
- ▶ Enhanced emotional intelligence, communication skills, and empathy by learning from diverse experiences and perspectives.
- ▶ Improved mental health and well-being through the opportunity to share and address personal challenges.
- ▶ Strengthened relationships and connections with other men who understand and empathize with their experiences = brotherhood
- ▶ Support and accountability in setting and achieving personal goals.
- ▶ Development of healthy coping mechanisms and strategies for dealing with stress, anxiety, and other life challenges.
- ▶ Reduced feelings of isolation and a sense of belonging within a supportive community of men.

## How do you assure everything shared stays confidential?

- ▶ Establishing clear group agreements or guidelines that emphasize the importance of confidentiality.
- ▶ Reiterating the expectation of confidentiality at the beginning of each session and reminding participants regularly.
- ▶ Building a culture of trust and respect within the group, where members understand and honor each other's privacy.
- ▶ Encouraging an open and non-judgmental atmosphere where individuals feel comfortable sharing without fear of their information being disclosed outside the group.
- ▶ Emphasizing that personal stories and discussions should not be shared with others, even outside the group setting.
- ▶ Having a designated facilitator or group leader who ensures confidentiality is maintained and addresses any breaches if they occur.

It's essential for participants to feel confident that their personal stories and experiences shared within the men's group will remain confidential, fostering a safe and supportive space for all members involved.

Whilst we cannot guarantee 100% that everything is confidential, we do our best to create a safe environment.

# 2022 and 2023 In Review

