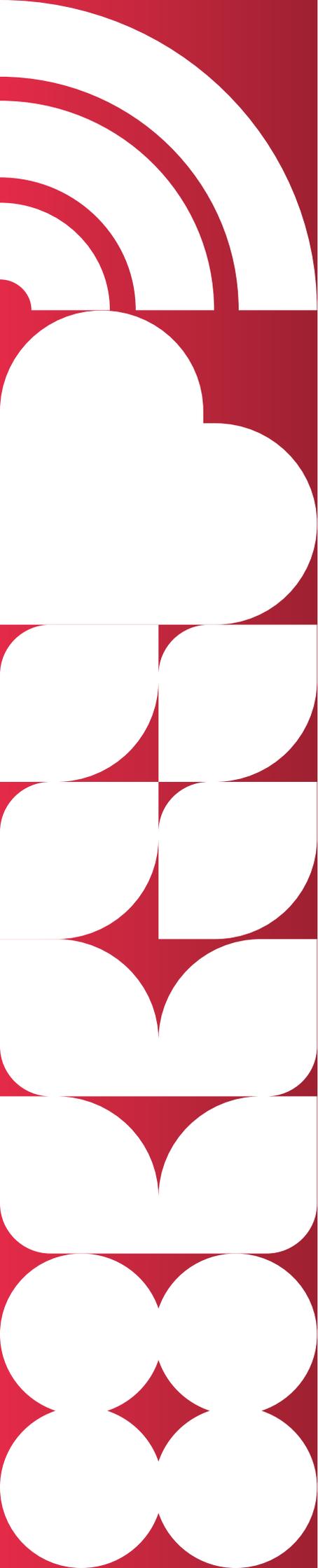




**Newsletter**  
November 2022  
Edition 6

A community wellbeing initiative.

**LiveWell** with  
**NAKHEEL**



# Hello everyone,

Welcome to November, the November month! The month where men worldwide grow their hair for the entire month to mark awareness on Men's Health.

Prof. Dr. Harald Stossier launched LiveWell with Nakheel in June 2022 with Men's Health and he gifted us with more Good Health during his talk last month at Myrra restaurant in Palm Jumeirah. The guests enjoyed sunrise yoga, relished breakfast and listened to how taking preventive measures and harmonizing our daily rhythm is the key to improving our physical, emotional, and mental wellbeing.

Irina Sharma & Max Fardan talked about how Breast Cancer is increasing in men and younger people. We as a community with a 'sustainable mindset' can help reduce societal problems. Let us take proactive steps to reduce diabetes in UAE by saying NO to fad diets, eating fresher plant-based foods and increasing good fats on the long run.

Join us on the finish line of 30x30 challenge with a Big Bang as Sports Scientist Michael Omann will take the lead at LiveWell with Nakheel - Movement as Medicine on November 27th at District One. Let us all move together and make good health contagious!

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

#moveitorloseit #useitorloseit

Much Love,  
**LiveWell with Nakheel Team**



# Emirati style Batheeth Recipe

## Ingredients

- 250g dates with seeds removed or ½ cup date paste
- ¼ cup water
- ¼ cup wheat flour
- 2 tbsp melted butter
- ¼ tsp cardamom powder
- ¼ tsp ginger powder

## Instructions

### *preparation of the date paste*

1. Add deseeded dates and water to a heavy bottom pan.
2. Heat over low heat and press the dates with a spatula.
3. Mix and press till you get a paste.
4. Allow the paste to cool a bit.

## Preparation of Batheeth

1. Add wheat flour in a heavy bottomed pan and place it over low heat.
2. Roast the wheat flour and keep stirring until it turns golden brown.
3. Once you get a nutty aroma, it will be time for you remove the pan from the heat.
4. Add the date paste and place the pan back on low heat.
5. Mix and heat the mixture for 2-3 minutes, until you get a soft mixture.
6. Add ginger & cardamom powder and mix well for a minute.
7. Add melted butter and mix well.
8. Remove the pan from the heat and allow the mixture to cool down, just enough that you can roll the mixture into balls.
9. Take about a tablespoon of the mixture and roll it into a ball.
10. Coat it with sesame seeds, coarse nut powder or coconut.

## For coating

- some roasted sesame seeds
- coarse nut powder
- dessicated coconut

## Notes

- The best way to serve is with qahwa or black coffee.
- For vegan version, you may replace butter with vegan ghee
- You may use almonds, walnuts, cashew nuts or a mixture of nuts.
- If you want to shape the mixture into balls, make sure you do so while the mixture is still warm.



# Ingredient of the month: Water

The human body comprises of around 60% water. Here are 6 evidence-based health benefits of drinking plenty of water as even mild dehydration can affect you mentally and physically.

1. Helps maximize physical performance
2. Significantly affects energy levels and brain function
3. Helps prevent and treat headaches
4. Helps relieve constipation
5. Helps treat kidney stones
6. Can aid weight loss

Make sure that you **#getenoughwatereachday**, whether your personal goal is 1.9 liters or a different amount.



# Shield your body

Many of us have proper workspaces set up in our homes. This is great in many ways but comes with a lot of challenges. Setting up a home office means adding a bunch of new electromagnetic field (EMF)-emitting devices to your home.

EMF pollution from gadgets, appliances, home wiring and other sources already surrounds our homes, and the office setup only adds to the radiation. Long-term exposure to EMF emissions can cause several health problems ranging from minor sleep disorders to chronic diseases.

If homeworking is here to stay for you, it's unlikely to get rid of your home office. So, what can you do about EMF pollution

Let's take a moment to understand the types of EMFs present in your home office; electric fields, magnetic fields, radiofrequency (RF), and dirty electricity.

### **Magnetic Fields**

Electric currents produce magnetic fields and you can usually find them coming from overhead or buried power lines.

### **Radio Frequency**

Radiofrequency (RF) is the most common type of EMF in the modern world. Our devices like cell phones, Wi-Fi routers, laptops, and tablets emit RF to either communicate with the network source or connect to other devices.

### **Dirty Electricity**

When you use something that causes a disturbance in the flow of electricity, it creates dirty electricity. Things like CFL & LED light bulbs, fluorescent lights, solar panels, computer chargers and energy-saving devices to name.

### **Static Electricity and Blue Light**

A weaker form of energy that is generated when two objects rub together such as your computer, TV, cell phone.

When you look at gadgets or any EMF source in your home office, you don't immediately associate it with something that can cause you harm. Part of the reason this happens is that EMF is invisible and odorless; you can't touch, taste, or smell it.

There are strong links between prolonged EMF exposure and a range of health problems that include:

- Immune system function
- Improper functioning of the endocrine system
- Infertility and miscarriage
- Mental health problems like anxiety and depression
- Brain tumors, and even cancer into balls, make sure you do so while the mixture is still warm.

### **Here are some of the things you can do to protect yourself from EMF-induced health problems:**

1. Hardwire the internet connection at homes
2. Unplug your devices when not in use
3. Replace LED and CFL light bulbs with old school incandescent light bulbs
4. Put your cell phone on airplane mode whenever possible
5. Use a corded phone if you use a landline
6. Replace your wireless computer accessories (like keyboard and mouse) with their wired alternatives
7. DO NOT place your laptop on your lap
8. Usage of blue light filter glasses
9. Opt for natural materials over synthetic ones

Work from home is here to stay, which means you have control on where and how you work. It also means that mitigating EMF emissions isn't just about you. Things may become serious if you have kids at home, because their bodies aren't as resilient to EMF- induced health risks.

# THE TOP 10 FASCIA EXERCISES

Our sedentary and inactive daily lives limit our mobility. Lack of mobility is the main cause of many chronic symptoms such as back pain, hip, knee and shoulder problems. With this little guide, we will show you how to bring active breaks and more mobility into your everyday life.

The fascia ball is a particularly valuable and efficient tool for releasing tension and improving the quality of life even in the case of long-term physical problems. Here are the 3 most important tips:

1. Make sure your breathing is relaxed and calm. Breathe in deeply through your nose, and breathe out for a long time.
2. Achieve a maximum of 7 out of 10 on your personal intensity scale.
3. Do all exercises slowly and in a controlled manner for at least 1 minute - until the tension decreases by about 50%.

## Mobi Mouse-Hand



Mouse-Hand? Yes, even the small muscles around the wrist can be overworked. Look for the intense points around your wrist and relax the tense areas around the wrist with gentle pressure and small left/ right movements.

## Neck Stretch



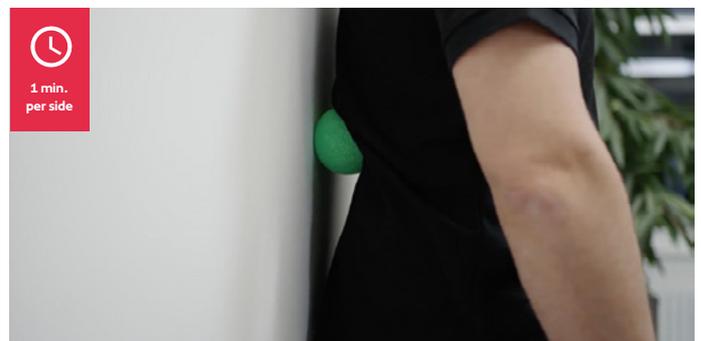
Tilt the head to the side (ear towards the shoulder) and bend the head slightly forward. The opposite shoulder pulls downwards. Remain in a gentle stretch for 30 seconds per side.

## Mobi Scapula



The fascia ball also helps with tension in the upper back. Place the ball between the scapula and the spine. Stay on one spot and slowly start drawing small circles with your arm. It becomes gradually easier and the circles can become larger.

## Mobi Lower Back



The fascia ball is also suitable for relaxing tense points in the lower back. Find an intense point and stay on it with light left/right movements until it gradually becomes easier and the tension dissolves.

## Mobi Back-Bend



The backbend is a very important compensation for the sedentary everyday life and for all workloads that happen in front of the body. Start with short intervals and go 3 times for 5 deep breaths into the backbend. It is easier when sitting, but more challenging when standing against the wall.

## Hip-Opener-Stretch



The hip opener stretch is an excellent stretching exercise for the back, hips and knees. Make sure the front leg is at a 90 degree angle and bend forwards in a controlled manner. Breathe in a relaxed manner and do it slowly.

## Mobi Hip Smash



The outside of the hip is particularly prone to tension and is always involved in back pain. The exercise works best in the lateral position. Find the point just below the hip bone and slowly move back and forth. If it's too intense, feel free to do it while standing against the wall.

## Mobi Glutes



Tension in the glutes often leads to back problems. Place the fascia ball in the ischial tuberosity area and slowly roll the region. If you find a sweet spot, stay on it and bring the knee out and back. The exercise works on the floor but also while sitting in a chair.

## Mobi Upper Thighs



Around the knee you will find many tense trigger points - in the middle of the thigh, on the inside and on the outside. This exercise is especially valuable for knee problems.

## Mobi Plantar Fascia



Take off your shoes and place your foot on the fascia ball. Roll very slowly from the heel to the toes, looking for tense areas. You can also roll across the arch of the foot.

In conversation  
with

## Michael Omann: Sports Scientist



### 1. Can the signs of poor health really be seen in one's posture?

If so, please offer some examples of how ill health registers on one's posture, and why that health condition or problem affects the posture as it does.

Absolutely. Dr. Franz Xaver Mayr, an Austrian physician from the early 20th century discovered that there is a strong relation between body types, posture, and certain diseases. The whole topic must be seen in a holistic perspective. For example, Mayr defined the "big drummer" type. The big belly is obvious but sometimes it is not just fat which is making the belly big. Indigestion in the intestine is also producing a lot of gas. The body's center of gravity is moving forward, the lower back muscles must work enormously hard to keep the upper body upright. The person with such a body type doesn't like to move, every step feels tough. A consequence of that will be a sedentary life, the hip flexor muscle will get stiff because of sitting too much. The lower back muscles are working even harder until they give up and sending alarm signals. Stiffness caused by the hip flexor, the pelvis is tilted forward, and the intestine is pulling forward as well, causing even more myofascial stress in the lower back.

Additionally, the bloated stomach pushes the diaphragm up, breathing becomes tougher alkaline diet, start doing the right exercises based on the individual needs and inspiring to an active lifestyle. Considering this multifactor approach, posture will change and back pain will be reduced.

## **2. Does it work the other way around too?**

**Can one's posture affect one's physiological well-being? If so, how? And what are the common health problems that surface as a result of poor posture?**

It is a bit like the chicken or the egg question. Which one came first? It is definitely interacting, and many physiological health issues are caused by dysfunctional movement patterns, which are quite common in our modern society. A great example how our lifestyle affects our health issues is the use of smartphones. For millions of years the human being was not using smartphones, we started to use them since around 20 years. 20 years are not enough to cause an adaptation, evolution is much slower than our modern technologies. How do we use the phone? The back is round, and we pull the head forward. We spend hours in that position or in front of a screen. The myofascial system is used in a way it is not designed for. Muscles start tensing and are getting stiff. Round shoulders, neck tension is common consequence. That can also result in migraines and shoulder impingement. I am not suggesting living a caveman's life again, but one should be aware of the consequences of lack of balance in our lifestyle and overuse of technology.

## **3. What postural exercises can, then, guard against common ailments (Leiden)? How often should these be done to be effective?**

As you see the use of smartphone is not unique, we are all using that. Dysfunctional movement patterns are paving our modern life. The human body is not designed for sitting 8-12 hours in a chair. We evolved as hunters and gatherers searching for food. We were running, climbing, jumping, crawling, and walking. Today we mainly sit, in the car, at work, at home – the whole day and food is available on every corner 24/7. This lifestyle causes maladaptation. First of all we have to reduce our sitting time and increase the activity level again. For focusing on posture, we should do exactly the opposite from what you are doing most of your day. If you sit for 8 hours in a forward bend position, think about backwards bending. If you just work with arms in front of you, think about lifting them overhead and hang on a bar like a monkey. Wake up the chimpanzee in you again! So, we have to incorporate basic human movement patterns in our life and in our exercising routine again.

The question of duration? If you spend every day in a sitting position for 12 hours, do you think it is enough to spend half an hour on mobility or in a physiotherapy once a week?

Definitely not, do you take shower also just once a week? Make a routine of it, taking care of your myofascial system as often as brushing the teeth

## **4. Aside from health, can posture also affect one's mood? Can you share how, and how to recognize whether your mood is the result of your posture? If you do identify that this is something that is affecting you, what can you do to fix it?**

Again, it is chicken or egg. My experience shows and science confirms a strong relation between posture and mental wellbeing. An energized and inspiring person will not walk around with the head fallen forward, round shoulders and making himself small. The person will invite the world and set his surrounding on fire, inspiring other people to feel trust in the own abilities. Sports & exercise can be one key factor to develop the trust in own abilities and develop self-confidence.

Science confirms the positive effects of exercising and spending time in nature in case of depression and burn out. In some countries it is already a prescribed therapy for mental wellbeing. It is always better to prevent, so start immediately to be more active

**5. How does posture affect breathing? And what can be the effect of poor breathing on one's health? What then is the ideal standing posture, and sitting posture, and walking posture, so that your lungs work at an optimal level?**

The posture is affecting our breathing enormously. If we spend hours per day sitting in a forward bend position this will result in a stiff rib cage. Although it is really called a cage we should be able to move our upper spine and use our intermediate rib muscles to let the oxygen flow. If that is not the case our lungs are compressed, they can't extend and we do not bring enough oxygen in our heart, muscles, organs and in our brains. Our elixir of life is diminished, we lose in energy and vitality. We are breathless and become acidic sooner! And acidity is considered to be one major factor for chronic and inflammatory diseases like arthritis, coronary heart diseases, osteoporosis and many more. We have to work on our perspective, it is all connected and interacting. Keeping the rib cage mobile is one major task to reduce the negative consequences from a sedentary life! The thing is we cannot think the whole day about our posture. We have to do other things as well in life. Start with little changes and incorporate them in your daily life. At some point it will be normal to stand up after one hour of sitting and doing some compensating movements. You will miss it if you do not do it. Focus on autoelongation and repeat it several times a day. The concept of autoelongation is based in the theory of spiral dynamics. Stand upright, pull the sacrum down which leads to slight pelvic tilt. Pull your chin back and bring your forehead down – make a long neck. Basically, you make your spine long, practice it while standing, sitting and walking and your oxygen flow will improve automatically.

**6. Can tension headaches also be the result of poor posture? How does that work, and what can people do to tackle the problem?**

As I already mentioned headache is often caused by muscular tension. If you sit in a forward bend position with round shoulders and you want to look straight you have to lift your head, means your neck muscles get overworked. No Problem if you do that once, but if you increase muscular tension every day headache and migraines are a common result. Additionally mental stress is playing an important role in that topic. Mental stress is causing high body tension. Muscles are contracted the whole time and that results in less oxygen exchange in the tissue and high acidity levels again. Often the neck and shoulder muscles are hard as a rock just because of stress or better said the way how we cope with it. And the body is an intelligent system, it sends us alarming signals to calm down. And headache is definitely a signal to reduce the speed in your life and take time to rest, sleep and recover.

**7. How does bad posture contribute to sleep problems? How do you guard against this? And, what is the ideal posture to assume when sleeping, to prevent against maladies?**

Sleeping is our most valuable source of recovery. The parasympathetic nerve is activated and major cell renewing processes are happening during our sleep. A good sleep is the base of vitality and energy during the day. Although a soft mattress for example is feeling cozy at the first moment, a little harder one is the better choice considering our spine. If we consider our sleeping position and we observe that we are always sleeping sideways with legs bend it is in fact just another form of sitting. The hip flexor is bend and engaged again, so try to sleep with straight legs. You can determine your position for the whole night, you will move and turn around several times, but that is alright. It's good to shut down the brain at nighttime.

**8. How can one change one's old habits and sleep, sit and walk in the ideal posture? Please suggest some means through which one can recognize when one's posture is shifting from the ideal one to the old habit.**

Every change in behaviour needs time, and structural adaptation needs time as well. Science shows that it takes approximately 6 weeks to change behaviour if you repeat things on a daily basis. Incorporate little hacks in your daily routines. Stand up and bend backwards after one hour of sitting. Maybe you must set an alarm every hour to remind yourself at the beginning. Structural adaptations take a longer time. Although the muscle is renewing itself within 6 weeks also, fascial tissues and tendons renew within 3-6 months. Consistency is the key to success and change. You may write down the step and follow them daily to make a difference! Remind yourself of auto elongation. Incorporate these during your walking and while sitting or standing.

**9. And, finally, are there any ways to check (by oneself) whether one has postural problems/is adopting harmful posture?**

It is about awareness as well. Start with your feet as they are our foundation. If that is not stable, the building on top can never be stable and every storm will bring it out of balance. A stable arch guarantees a solid base. Flat feet are also just a consequence of dysfunctional movement patterns. Are you able to do the pelvic tilt? If you are in constant hyper lordosis, it is just a question of time until you will develop lower back pain. What about your shoulders and upper back? In fact, it is the auto elongation again, what we are talking about. Are they round, do they fall forward? Are you able to lift the straight arms overhead? These are simple movements but we often we need somebody who tells us the hard facts. Talk to your trainer, ask an honest friend or do it in front of a mirror. Be aware of your posture during your workouts, bad positions will enhance your dysfunctional patterns. It's more about quality, than about adding weight or increasing speed.

**10. What are the top 5 things one can follow daily to improve their posture?**

All talk is worthless if there is no call to action. As experts, we can give you just the right input, then it is about you to change and increase your quality of life. Be consistent in what you are doing. You have only one body, so take care of it!

Firstly, reduce your sitting time whenever possible, that is the global message! We break that up in 5 details.

1. Interrupt the sitting every hour, stand up and do exactly the opposite: stretch the hip flexor, bend backwards, and bring your arms overhead!
2. Work on a standing desk. Get a desk where you can easily change from sitting to standing. So you should not start standing for 8 hours that will also cause troubles. Vary positions instead of staying in one for hours but reduce your sitting time in the long run.
3. Walk around while you do long phone calls. Organize walking meetings which will be helpful in the long run.
4. Strengthen your glutes. The bottom muscle is meant to be our strongest muscle. Nowadays it has lost its function of extending the hip because we sit on it for hours. It gets wobbly causing health issues like lower back and knee pain.
5. Treat your digestive system healthy: chewing; stopping when satisfied; drinking

# November 2022 Event **LiveWell with Nakheel at District One**



\*The information provided in our LiveWell newsletter is for general informational purposes only.