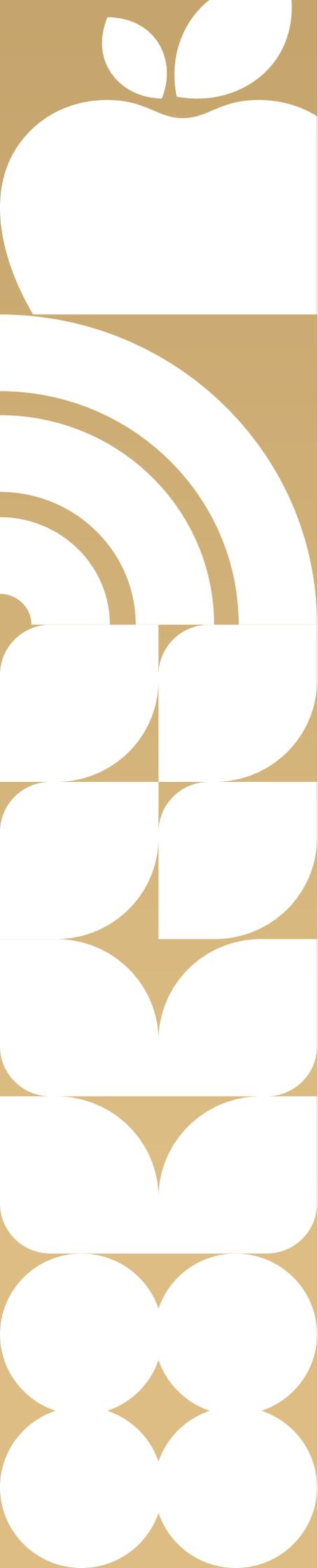




Newsletter
December 2022
Edition 7

A community wellbeing initiative.

LiveWell with
NAKHEEL



Ho Ho Ho Happy UAE National Day!

December kicks off in honoring and celebrating UAE's 51st National Day. This year the UAE theme has been the year of Distinction and Precedence; one of the objectives being education. In June of 2022 to support this mission, Nakheel in partnership with LiveWell Founder Irina Sharma launched "LiveWell with Nakheel" a health and wellness learning initiative and platform for the community.

Last month for the closing of Dubai 30x30 challenge we hosted Sports Scientist Michael Omann at District 1 where we fueled ourselves with energy at the Movement as Medicine event. Sports Scientist Michael Omann and Irina Sharma together stimulated the guests with a movement session and talk to learn more about the theory and application of exercise and health.

December calendar is always filled with lots of travel, parties, family, friends, delicious food, gifts, music and so much joy! Unlike many other holidays throughout the year, this month is not limited to one or 2 days, but last the whole month, and even leak into January. On December 10th LiveWell Founder Irina Sharma will be conducting an exclusive free virtual Master Class with Dr. William Li from 5:00 to 6:00 PM on 5 health defense systems and in January of 2023 we kick off the year with the first of many LiveWell with Nakheel wellness festival taking place on January 28th, 2023.

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

Take in all the wonderful things that come this time of year. Just be mindful of yourself and take some moments to focus on you. **"life is not to live merely, but to livewell – Irina Sharma**

Happy Holidays!
LiveWell with Nakheel Team

Recipe of the month: Community Happiness



This recipe is one of the pillars to healthy longevity that can be enjoyed with our neighbors, our colleagues and our families. Measure each ingredient equally and mix all 3 together

1. Participation
2. Relationships
3. Empathy

Participation provides direction

Relationships, like participation, are only measurable when they are active. With this many great communities feel “alive.” Relationships create a sense of belonging. By combining participation + relationships, people feel like they “belong” to the community.

Empathy is the hardest factor to “measure”, especially over time, since so much of it seems to happen silently. To observe and measure it, you need to learn to recognize the “halos” of community empathy in action – and how to encourage it. Empathy creates room for self-actualization. As a key ingredient for happiness, a sense of wellbeing and satisfaction of life.



Ingredient of the month

Gratitude

It's a secret wellbeing ingredient that makes everything taste & digest better.
Living in gratitude, has many health benefits:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

Positive and optimistic people tend to live overall healthier lifestyles, are more physically active, eat healthier foods, and don't smoke or drink in excess.

An ingredient which NEVER give any intolerance or allergies

This LiveWell with Nakheel recipe cannot be prepared alone so join us in making a happy and prosperous community.

A 12-Month I Am Strong Challenge Better Than Any New Year's Resolution



While New Year's resolutions are often well-intentioned, the sad truth is that they usually fall out of focus. Have you been there before? We certainly have. So what's a more actionable way to meet your goals every month? Mix it up and have a clear objective month by month, rather than for the year overall. A timeless mantra for us is "I am strong." You can mix up the months and customize your schedule and even fill in things that make YOU feel strong in particular.

January Challenge: Try a New Workout Pick a new style of workout, and commit to it all month long. February Challenge: Compliment Yourself More Make it a goal to give yourself five compliments a day for a month.

March Challenge: Set a Strength Goal You don't have to complete your goal in March, but you definitely have to set it and start working toward it.

April Challenge: Pack Your Fitness Schedule This month, plan five workouts each week for the whole month. Pick a way to move each day.

May Challenge: Gratitude Journal: Find a journal or notebook, and each day in May write down five to 10 things you're grateful for. You'll be mentally and emotionally equipped to handle anything!

June Challenge: Strong-Body Diet This is your month to learn about macronutrients. When you feed your body the right foods, you'll feel strong.

July Challenge: Kickass Combat Try boxing, Muay Thai, kickboxing, or a similar style of workout. Plan out your month and go at least four times.

August Challenge: The Buddy System In August, find an accountability partner. Go to healthy lunches together, plan workouts, and shower each other with empowering and meaningful words of affirmation.

September Challenge: Meditation and Affirmation This month, try a 10-minute meditation practice each morning right when you wake up, before the day gets away from you

October Challenge: Learn a New Skill By learning something new and challenging yourself, you'll feel so empowered. Dubai 30x30 challenge begins

November Challenge: Heat Things Up As the weather gets chilly, choose workouts that make you really, really sweaty.

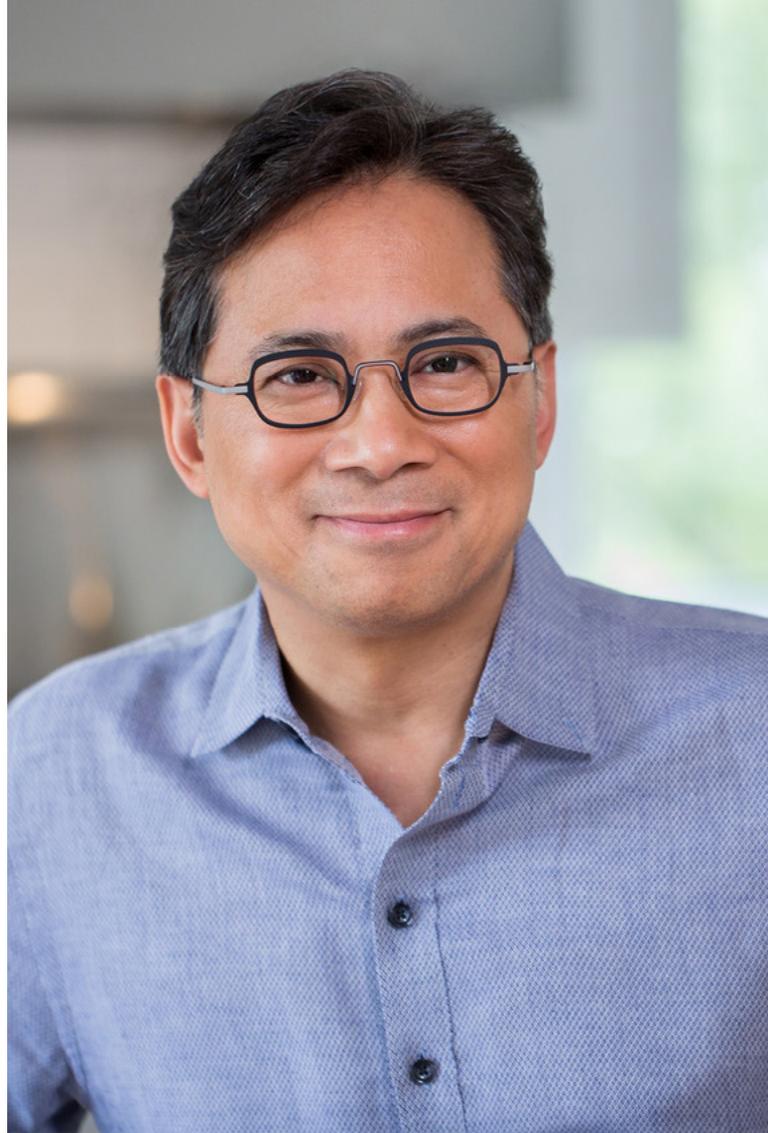
December Challenge: Give Back You can even commit to a random-act-of-kindness challenge. Adopting more charitable habits, giving more of yourself, and doing something to help others will help you feel strong — especially when you know someone else needs a little extra strength.

You did it!

In conversation with

Dr. William Li

Doctor, Scientist, Author of
the New York Times Bestseller
Eat To Beat Disease



1. What is angiogenesis? How does it support health

Angiogenesis is the process used by the body to grow blood vessels, which creates out circulation. There are 60,000 miles worth of blood vessels in a human body. These bring oxygen and nutrients to every cell in every organ in our body and are critical for good health. Angiogenesis is a health defense system, because it helps us maintain a perfect circulation.

2. In your book, you've identified five "defense systems" that help protect people from birth until old age. What are they and how do they

We are born with 5 health defense systems that are hardwired in our body. They are:

- #1 Angiogenesis – which grows and protects our circulation
- #2 Regeneration – this system uses stem cells to help repair any organs that are injured and to regenerate them as we age
- #3 Microbiome – this is our gut bacteria that makes our metabolism efficient, helps us heal wounds, lowers inflammation, and prompts our brain to release social hormones
- #4 DNA Protection – our DNA is our genetic code, and this must be carefully guarded so it is not changed (mutated) which could cause cancer. Our DNA prevents damage to itself, and it can also slow cellular aging.
- #5 Immunity – our immune system guards our health by protecting us from invaders such as bacteria and viruses, and it conducts surveillance to detect and eliminate cancer cells.

3. How can nutrients support in our life extension?

Many foods, especially plant-based foods — fruits and vegetables, legumes, nuts and seeds, whole grains — contain natural chemicals called bioactives that, when eaten, activate the body's health defenses. This raises our shields against disease.

4. What is Regeneration?

Regeneration is the process of renewing our body. This is accomplished by stem cells that are naturally present in our body, and which are called out to renew or repair any organs that are injured or that are aging. When you cut yourself, not only does the skin heal and close the wound, but stem cells are regenerating the tissue underneath the healed skin.

5. How the microbiome is a critical element in protecting against disease?

We have 39 trillion bacteria in our body that serve to aid our body by improving our metabolism by helping us reduce harmful lipids in our body and help our cells absorb energy from our food more efficiently. The bacteria also help us heal wounds, and they lower inflammation in our body. They also signal to our brain and prompt the release of social hormones such as oxytocin, so our microbiome actually can positively influence our mood.

6. The fourth defense system in your book eat to beat disease is DNA defense. How does this one work?

DNA defenses can fix areas of our genetic code that are damaged by exposures we have from our environment, for example, too much ultraviolet radiation from sun exposure; or toxic chemicals in our environment; or radiation that's naturally emitted from the ground, such as radon. Our DNA protection system also slows down the process of cellular aging which naturally occurs as genetic components in our cells called telomeres shrink over time. By controlling the speed of shrinking telomeres, our DNA defenses keep us from aging too quickly.

7. How can eating a healthful diet support our DNA and immunity?

Foods contain natural chemicals called bioactives that can amplify all of our health defenses. When it comes to DNA, foods contain antioxidant that can help neutralize the effects of damaging chemicals that might enter our body, for example. Other foods can cause epigenetic changes that uncloak parts of our DNA that protect health. Yet others can slow down the speed of telomere shrinkage.

When it comes to immunity, the bioactives in our food can increase the number and potency of our immune cells. For example, blueberries and broccoli (and broccoli sprouts) are just some foods that have immune-enhancing effects.

8. What are your top pointers to help people live a life of good health?

Here are some top tips:

1. Focus on eating foods that can activate your body's health defenses. Most of these are plant-based foods (fruits, vegetables, nuts and seeds, whole grain, olive oil) and seafoods.
2. Cut down or cut out eating ultraprocessed foods that contain artificial preservatives, coloring, and flavorings. These can damage your health defenses.
3. Don't overeat – excessive consumption of calories overwhelms your metabolism, leading to weakened health.
4. Stay physically active. Regular exercise conditions your health defenses so they stay strong and responsive

2022 In Review

