



# THE NEWS DIGEST

The Official Newsletter of Lifestyle Engineer



## DR. CENTHIL KUMAR C,

ENTREPRENEUR,  
WELLNESS COACH AND TRAINER



Dr. Centhil Kumar hails from Kanyakumari (also known as Cape Comorin) in the state of Tamil Nadu, India. He holds his PhD in Electronics and Instrumentation and worked with reputed educational institution in various capacities.

Personality Development and Personal Growth are his passions, and as a result of pursuing them he has transformed lives of thousands of people through personal wellness counseling, Fitness Education Program and providing income opportunities.

He loves gathering knowledge about wellness, Personal Growth and Success, Surfing popular Personality Development websites, reading books on the subject are also his key interest. He run Wellness and Fitness centers and educate people on Health, Food & Nutrition, and also conduct Success Seminars. He loves helping the needy and strongly believes in changing people's life. The integrated wisdom from all these, along with his personal ideas and experiments, are his strengths.

Apart from being a successful entrepreneur, he is a guide, a mentor, a role model to many. He has also helped hundreds of people to reach financial independence and many are the making. Now as a Lifestyle Engineer TM, people love and adore him for his simple way of teaching complicated things and great mission of making everybody attain financial Independence.

Now with the Vision Empowering People, he is an Independent Associate with HERBALIFE NUTRITION since February 2011. He as a Director of Oxygen 24 Seven Pvt Ltd is helping people in Organic Farming, empowering rural women through education, motivation and providing them and the entire community a platform to thrive in all walks of life.

With warm regards

Dr.Centhil Kumar

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## WHAT'S INSIDE THIS

Health  
Wealth  
Happiness  
Achievements

# WOMEN'S DAY

Text and Photos by Dr.Centhil Kumar C.



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FOR A GREAT  
VISION TO  
BECOME REALITY,  
IT TAKES  
CONSISTENT  
EFFORTS, SWEAT  
AND TEARS!!!

by  
*centhilkumar*

Happy Women's day. A woman is the most beautiful creation of God, without her, our existence is impossible. You are an unexplored reservoir of Talent in this planet. Every positive initiative a woman has taken has made big difference in the society. With all my heart, I thank all the women who made our life meaningful & this Planet better place to live. I wish you all in abundance - prosperity, happiness, success, love, everything you deserve in this world because you are special. Once again I wish you Happy Women's Day! With Warm Regards: Dr.Centhil Kumar, LIFESTYLE ENGINEER.



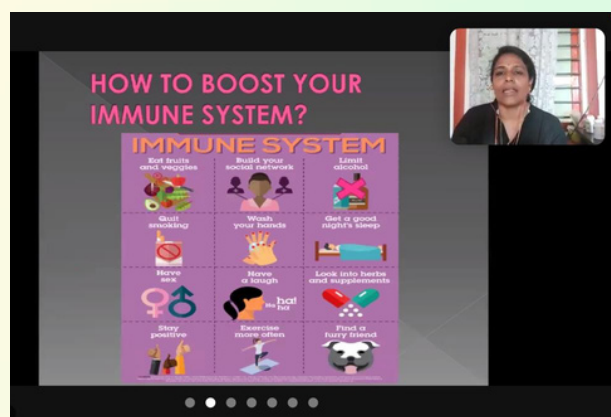
# BUILD YOUR IMMUNITY

By Mrs. Shylaja Mariam



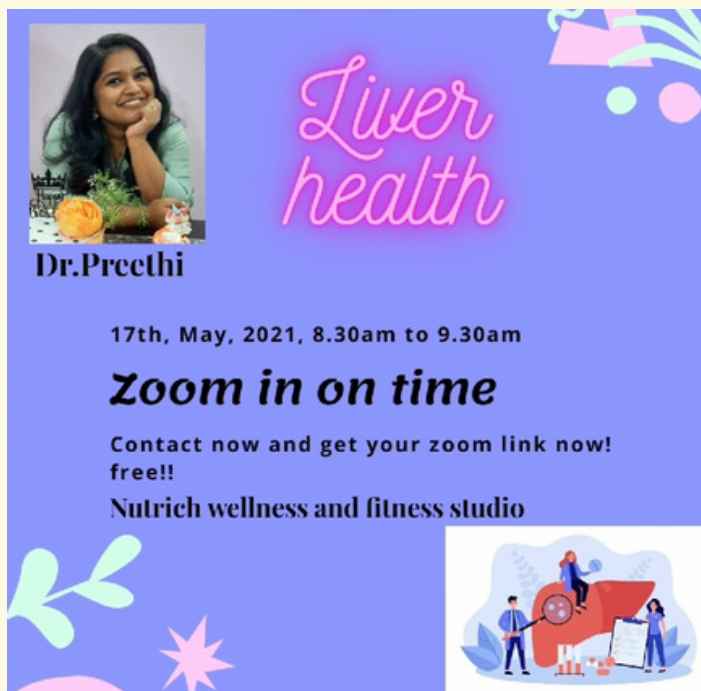
- Maintain a healthy diet: Vitamin B6, found in chicken, salmon, tuna, bananas, green vegetables and potatoes (with the skin)
- Vitamin C, found in citrus fruit, including oranges and strawberries, as well as tomatoes, broccoli and spinach
- Vitamin E, found in almonds, sunflower and safflower oil, sunflower seeds, peanut butter and spinach
- Exercise regularly: Physical activity isn't just for building muscles and helping yourself de-stress — it's also an important part of being healthy and supporting a healthy immune system.
- One way exercise may improve immune function is by boosting your overall circulation, making it easier for immune cells and other infection-fighting molecules to travel more easily throughout your body.
- In fact, studies have shown that engaging in as little as 30 minutes of moderate-to-vigorous exercise every day helps stimulate your immune system. This means it's important to focus on staying active and getting regular exercise
- **Hydrate, hydrate, hydrate:** Water plays many important roles in your body, including supporting your immune system. A fluid in your circulatory system called lymph, which carries important infection-fighting immune cells around your body, is largely made up of water. Being dehydrated slows down the movement of lymph, sometimes leading to an impaired immune system.
- Even if you're not exercising or sweating, you're constantly losing water through your breath, as well as through your urine and bowel movements.
- **Get plenty of sleep:** Studies have shown that people who don't get enough quality sleep are more prone to getting sick after exposure to viruses, such as those that cause the common cold. To give your immune system the best chance to fight off infection and illness, it's important to know how much sleep you should be getting every night, as well as the steps to take if your sleep is suffering.

- Minimize stress: Whether it comes on quick or builds over time, it's important to understand how stress affects your health — including the impact it has on your immune system. During a period of stress, particularly chronic stress that's frequent and long-lasting, your body responds by initiating a stress response. This stress response, in turn, suppresses your immune system — increasing your chance of infection or illness.
- Stress is different for everyone, and how we relieve it is, too. Given the effect it can have on your health, it's important to know how to identify stress. And, whether it's deep breathing, meditation, prayer or exercise, you should also get familiar with the activities that help you reduce stress.
- One last word on supplements: There's no shortage of supplements claiming they can stimulate your immune system — but be wary of these promises.
- First thing's first, there's no evidence that supplements actually help improve your immune system or your chances of fighting off an infection or illness. In addition, unlike medications, supplements aren't regulated or approved by the FDA. For instance, if you think a megadose of vitamin C can help you keep from getting sick, think again.
- If you're looking for ways to help boost your immune system, consider keeping up with the lifestyle habits above, rather than relying on claims on a label.
- Studies have shown that people who don't get enough quality sleep are more prone to getting sick after exposure to viruses, such as those that cause the common cold. To give your immune system the best chance to fight off infection and illness, it's important to know **how much sleep you should be getting every night**, as well as the steps to take if your sleep is sufferin



# LIVER HEALTH

By Dr. Preethi Ariyadarsini



The poster features a purple background with the text 'Liver health' in a pink cursive font. It includes a photo of Dr. Preethi, the event date and time (17th May, 2021, 8.30am to 9.30am), and the title 'Zoom in on time'. It also mentions 'Contact now and get your zoom link now! free!!' and 'Nutrich wellness and fitness studio'. There are decorative elements like a green leaf and a pink star.

## Care for Your Liver

Here are some ways to keep your liver healthy:

Don't drink a lot of alcohol. It can damage liver cells and lead to the swelling or scarring that becomes cirrhosis, which can be deadly.

Eat a healthy diet and get regular exercise. Your liver will thank you. You'll keep your weight under control, which helps prevent nonalcoholic fatty liver disease (NAFLD), a condition that leads to cirrhosis.

Watch out for certain medicines. Some cholesterol drugs can occasionally have a side effect that causes liver problems. The painkiller acetaminophen (Tylenol) can hurt your liver if you take too much.

You may be taking more acetaminophen than you realize. It's found in hundreds of drugs like cold medicines and prescription pain medicines.

Some medicines can hurt your liver if you drink alcohol when you take them. And some are harmful when combined with other drugs. Talk to your doctor or pharmacist about the safest way to take your medicines.

Learn how to prevent viral hepatitis. It's a serious disease that harms your liver. There are several types. You catch hepatitis A from eating or drinking water that's got the virus that causes the disease. You can get a vaccine if you're traveling to a part of the world where there are outbreaks.

Hepatitis B and C are spread through blood and body fluids. To cut your risk, don't share items like toothbrushes, razors, or needles. Limit the number of sex partners you have, and always use latex condoms.

There's no vaccine yet for hepatitis C, but there is one for hepatitis B.

Get tested for viral Hepatitis. Because it often doesn't cause symptoms, you can have it for years and not know it. If you think you've had contact with the virus, talk to your doctor to see if you need a blood test.

The CDC recommends you get tested for hepatitis C if you were born between 1945 – 1965. The baby boomer generation is more likely to have the disease.

Don't touch or breathe in toxins. Some cleaning products, aerosol products, and insecticides have chemicals that can damage your liver. Avoid direct contact with them. Additives in cigarettes can also damage your liver, so don't smoke.

Be careful with herbs and dietary supplements. Some can harm your liver. A few that have caused problems are cascara, chaparral, comfrey, kava, and ephedra.

In recent years, some herbs and supplements have hit the market that say they restore the liver, including milk thistle seed, borotutu bark, and chanca piedra. Be wary of those claims. "There's never been any high-quality evidence that any of these promotes liver health," Chung says. Some may even cause harm.

Drink coffee. Research shows that it can lower your risk of getting liver disease. No one knows why this is so, but it's worth keeping an eye on as more research is done.

To keep your liver healthy, follow a healthy lifestyle and keep a close eye on medicines, Chung says. "The liver can be a very forgiving organ, but it has its limits."

## FIT HOUR SESSION



**MONDAY TO FRIDAY**

**5.30 AM TO 6.30 AM**



**ZOOM IN ON TIME**



**NUTRICH WELLNESS AND FITNESS STUDIO**

# SHIRSHASANA



By Mr. Saravana SS

Shirshasana, Salamba Shirshasana, or Yoga Headstand is an inverted asana in modern yoga as exercise; it was described as both an asana and a mudra in classical hatha yoga, under different names. It has been called the king of all asanas. Sirsasana Is An Advanced Inversion That Exhibits Strength, Control And The Beauty Of Overcoming The Fear Of Falling Through Physical And Mental Balance. The Name Is Derived From The Sanskrit Sirsa, Meaning “Head,” And Asana Meaning “Pose” Or “Posture. In this asana, the head and forearms rest on the mat with the hands clasped. The legs are lifted and the body's weight is shifted until it is fully supported by the head and forearms. The torso is perpendicular to the mat in a straight line from the hips to the head.

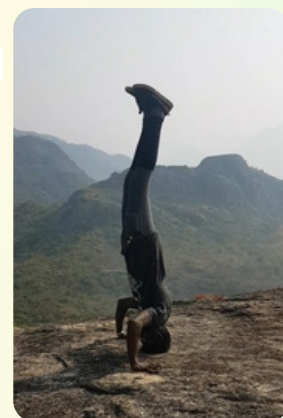
## Benefits

- Calms the brain and helps relieve stress and mild depression.
- Stimulates the pituitary and pineal glands.
- Strengthens the arms, legs, and spine.
- Strengthens the lungs.
- Tones the abdominal organs.
- Improves digestion.
- Helps relieve the symptoms of menopause.
- Therapeutic for asthma, infertility, insomnia, and sinusitis



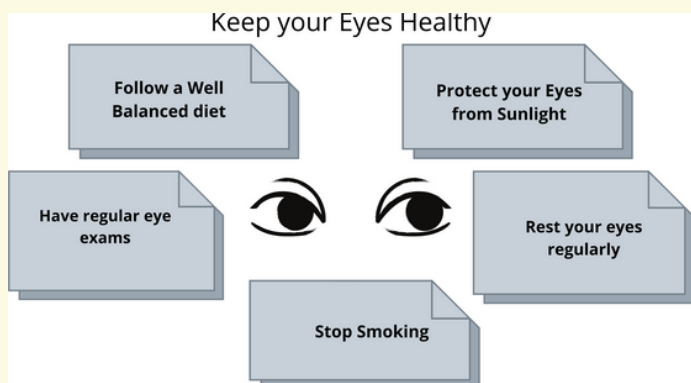
## RISK OF DOING SIRSHASANA :

- Spine and Eye Risks
- Blood Pressure Risks
- Menstruation and Pregnancy Risks



# INFORMATION ON EYE

By Mr. Abhilash B. S.



Your eyes too need rest like other parts of the body. Every 20 mins, take a break from Computer, Television and Mobile screen.

Remember to blink. Drink plenty of water and rest well at night.

Find a good Optometrist in your city and book an appointment. An Optometrist can detect eye related problems at starting stage and resolve them before it get worse.

Smoking is harmful for Eye health too.

Smoking can cause Optic nerve damage which leads to Blindness.

Diet rich in fruits & vegetables ensure your body gets daily dose of healthy nutrients.

Top 5 Foods for Healthy Eyes: Spinach, Sweet Potatoes, Nuts, Fish, Eggs

Always WEAR Sunglasses and wide brimmed hat when stepping out. Exposure to Sun's harmful UV rays can lead to Macular Degeneration and Cataract.

Buy Sunglasses which blocks UV rays



# FUN AND ENJOYMENTS

The thing that makes mountains so beautiful and fascinating, is not so much their height as their steepness. Mountains are created by deep-seated geological processes that raise the surface of the earth, but it is erosion that creates the scenery we love. We love the mountains because they are beautiful. So many beautiful animals live in the mountains and from a distance the mountains look like shapes or animals. Wildlife. Our mountains protect our elegant trees. Mountains remind us that the world is not entirely man-made, controlled, and predictable. They call to our attention that we need to be durable and prepared without rigidity and inflexibility. Mountains command humility with their sheer angles and beautiful faces.



Don't Miss Amazing ☑ Trekking Experience on Sunday... It's nothing short of Mind boggling 😊



## Valli chunai

This is located near Noorul Islam college. We have to take the closest road of the college for 1 km, then park the vehicle there. Then trek for around half km to the hills. There are no proper path but not very difficult too. While trekking you will see some mesmerizing view of the city. The falls is very small like just 50 - 60 long but it is worth to trek. The water fell between 2 big rocks and it very very cold. I took bath around 1 o'clock in the afternoon but the water chillness is like I'm taking bath in hills station like kodai or ooty. You can enjoy bathing around 1 hour. Mostly boys are roaming there and it is not that safe for ladies unless you are going as big gang. You can't expect bathroom there. There are a few statues of gods.

Amazing trekking experience @ VALLI CHUNAI...  
No words It was SIMPLY THE BEST.....

Mondaikadu is situated on the coast, northeast of Colachel port. It is connected with Nagercoil and Trivandrum by a motorable road. It is 22 km from Nagercoil, and 41 km from Kanniyakumari. This place is famous for its temple dedicated to Bhagavathy Amman that dates back to the 7th century B.C. The Amman is in the form of an anthill that is about 12 feet high and with five peaks and believed to be growing gradually. The annual festival called Mondaikadu Kodai is celebrated in March for 10 days and is the main attraction of this place. The temple, though small attracts a large number of people from all over the district, besides a regular flow of pilgrim from Kollam in Kerala State, about 160 kms., from Mondaikadu during the annual festival celebrated for 10 days. On the way to the Mondaikadu Beach, we will notice Anantha Victoria Marthanda Varma (AVM) canal.




Having Food together is always a great Experience

# RECOGNITION IN ASSOCIATE TRAINING



## FUNFILLED ZUMBA SESSION

Zumba is the largest branded fitness program in the world, created by Colombian dancer and choreographer Alberto "Beto" Pérez and founded in 2001. Zumba aims to help people achieve personal transformations. Zumba is a trademark owned by Zumba Fitness, LLC.

**MON  
WEDNES  
FRI** **DAY** 6.15 PM TO 7.00 PM  
 ZOOM IN ON TIME

