

HOLISTIC HEALTH Series

Dear [NAME],

Health begins in the gut. The food we eat is the foundation for maintaining overall wellness. There is a world of wisdom on food, beyond its elementary function.

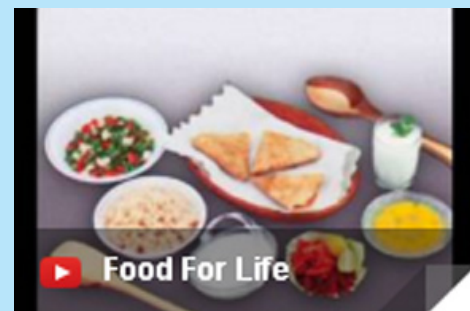
In this age of fast food and harried lifestyles, there is an urgent need to evaluate our consumption patterns and take corrective action.

The video review and research note unravel enlightening nuggets about food habits and how incorrect diets impede personal and professional progress.

Warmly,
[The Editorial Team](#)



[Video Case Study](#)
Food For Life: The yogic way



As is the food, so is the mind. As is the mind, so is the man. Smt. Hansaji Yogendra and Dr. Neelesh Korde tastefully explain the importance of body type and kind of food one has to consume for good health. Eating well is not only about the right food, but the environment, state of mind and, above all, thankfulness. [More](#).



Holistic Health Series
[The Role of Ahaara \(Diet & Nutrition\) in Health](#)

For every living creature, food is at the center of existence. But for the evolved human being, food goes beyond its basic function.

How food intersects with a person's physical, mental and spiritual health forms the crux of this note. Your perspective about food, eating and living will change completely, for the better.

You'll re-evaluate your consumption patterns and take corrective steps. [More](#)

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