

Galileo A. Fernandes  
pro@incentgoa.com

### **Friday Health Talk on Ayurveda held at ICG**

Friday, 9<sup>th</sup> May, 2014

The International Centre Goa (ICG) in association with Sadhnalaya organised a talk on “Health is in your own hands : an Ayurvedic perspective” by Dr. Archana Gaonkar(BAMS), Ayurvedic Practitioner. This was held at ICG at 6.00pm on the 9<sup>th</sup> of May, 2014 as part of the regular Friday Health Talks.

Dr. Gaonkar explained how unhealthy lifestyles and food habits are leading to disorders like diabetes, cholesterol and obesity. She observed that the remedy to this is found in ayurveda. She stressed on an exercise routine, relaxation, meditation and healthy food habit. She also further stressed on avoiding bad habits like afternoon sleep, cold water at meals and fruits after meals.

She further added that the following combinations of food are considered as wrong food habits i.e. Curd and Milk, Curd and Fruit, Milk and Fruit, Milk/ Curd and Fish, Hot tea and Honey. She concluded by saying that ayurveda, if followed, is the key to a healthy life.

For further information about ICG programmes, log onto: [www.internationalcentregoa.com](http://www.internationalcentregoa.com)