



STICK TO YOUR RESOLUTIONS THIS YEAR

Lifestyle and wellness expert, Padma Coram, talks exclusively to *Masala!* about healing your mind and body to attain your goals

DIRECT YOUR MIND

- » Steal a 30-minute timeout from your day.
 - » Create a mental movie of all that you dream of achieving and eliminate those that are impractical or unrealistic. Your single most important resolution should jump out at you.
 - » Word of advice: The fewer people you discuss your resolution with, the better. Learn to trust yourself.
- Did you know?* Hand-written commitments instead of those typed out on a computer have a 50 per cent higher survival rate? The muscle coordination between your hands, fingers and brain makes you committed.

DIRECT YOUR BODY

- » **Fact:** Every individual is unique. In Ayurveda this is called Prakriti. We respond to nature differently so ensure your environment is in harmony with you.
 - » Always eat with positivity around you. Eating in stressful places will result in weight gain and ulcers.
 - » Focus on body parts that you like instead of those that you don't – this will breed positivity.
- Did you know?* Food eaten with the hand hits more happy hormones in our body than eating with a fork and knife. Whenever you have the opportunity, eat with your hands even if it is biting into an apple.

Padma Coram, a lifestyle and wellness expert, focuses on the integration of mind, body and soul and provides bespoke treatment sessions as well as group workshops through her company Omnilotus. Contact: padmacoram@live.com