

Nutritional Vedic science positive eating order for disorders of the head, heart and hand

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Nutrition is emerging as a major player in the high prevalence and incidence of mental and physical disorders, to suggest that Vedic inner nutrition formulae are health imperative. Research on positive eating orders with the fresh, unique blend of Vedic formula faces difficulties as it is not included in the existing pharmacological treatment and is particularly challenging due to our little knowledge of the deep connection between human physiology and consciousness, unawareness of the 10,000 years old Vedic biopsychic and mento-physical fields of nutrition. To validate this pilot study of 12 women to examine the inner human flow of food with 10 sense perceptions, karma- gyan indriyas and its relationship with human nutrition and emotion. Channeling consciousness nutrients for perfect balance, study how the right yogic posture affect nutrition absorption in a human body. Examine the foreplay of the intent/feelings of a person when he intakes food. Impacts of Vedic habits networking lunches and dinners effects of stress on nutrition, food assimilation and extraction. Nutrition Vedic formulae program initiates better hunger levels and food processing while awakening the metal feel good factor our sense perceptions decide how the processed in our system, output to a large extent, awareness of which could harness higher energy levels and maximize human potential. Role of vedic science in health, to wards off mental disorders, disease for a perfectly balanced life, in tandem with nature is environment is undeniable. How the Vedic science of nutrition leads to disease prevention needs to be tested with a larger cohort of population.

Biography

Asia's Black Swan 2018 Anu, a changemaker, is best known as supermodel identified as "Special Look" in Paris, turned iconic actor of blockbuster movie Aashiqui, is a self-made young achiever, who renounced the world when still a covergirl, to head to the Himalayas where she lived as a monk and studied vedic-yoga, mind-management, and now the karmayogi, for her love of the community, brings happiness and peace to the distraught, through Anu Aggarwal foundation, AAF, she is the founder director of and has researched extensively to brilliant results. Doctors call Anu a miracle for self-healing. Anu is now invited Nationally and Internationally where she is a speaker and a presenter for her successful research work in conferences worldwide.