

Prolong Aging with Ayurveda Lifestyle

Keep an active lifestyle and you can keep the same lifestyle for several decades. In addition, watch your diet and daily routines according to Ayurvedic principles. You have a recipe for healthy living.

Watch Your Diet

Include in your diet a good mix of various fruits, vegetables, dried fruits, nuts, etc. Vegetarian food is the best. If non-vegetarian is your staple food, make sure you minimize the intake of meat products. Maybe, at first reduce meat intake to once a week, then to once a month. That is a good point to start. Vegetarians have fewer health risks than the non-vegetarians. This is because, the vegetarians have a daily supply of a good mix of vitamins and minerals, which the meat-eaters might be missing. Protein is the biggest nutrient of meat. However, meat generally lacks vitamins and minerals. More have been said about vegetarian and non-vegetarian diets discussing Ayurveda diet.

Eat moderately and eat healthy food items. This is the first key to prolonging aging.

Keep an Active Lifestyle

Make your days active and lively. Spend time with people you love. In addition, exercise for at least 30 minutes every morning. Walking, running, etc are good exercises that will keep the ill-effects of aging away. If you lead a sedentary life, age will attack you faster than you expect. Read motivational books, listen to music and generally keep your body and mind active with positive tasks, experiences and thoughts. This is how you will lead an active lifestyle.

Avoid Bad Habits

Avoid all kinds of indulgences – smoking, drinking, games, or whatever that is taking so much of your energy and resources. Keep a good balance of all your activities. Smoking is very bad, as it brings to your lungs several dozens of chemicals, which are not only useless, but also harmful to your body. Alcoholism also leads to various health problems including fast deterioration of your liver and other internal organs.

And, modify your life according to the dinacharya and rithucharya. This will keep your body and mind healthy and active. That is the way to keep the bad effects of aging away.