

FOR A LIFE FULL OF <sup>TM</sup>

FREE EDITION 15

# GOODNESS

JAN - FEB 2024

FOOD - LIFE - WELLNESS - FITNESS - BEAUTY

*Happy  
New Year*

## PANTRY POTENTIALS

Unleashing a  
Healthier You in  
2024

## Sustainable Sizzle

COOKING WITH  
ENERGY EFFICIENCY

## +life:

## BEYOND THE BEND

WITH DR. STRETCH

NURTURING  
THE CORE  
The Magic  
of Belly Oil  
Pulling

MIND OVER  
MUNCH  
Resisting  
Food Noise

*Warmth  
in a bowl*

Comfort Cuisine for Winter

FOR A LIFE FULL OF \*

# GOODNESS

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# NEW YEAR EDITION

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# GAZZA


## CRISIS 2023



### CHILDREN, PREGNANT WOMEN, AND THE ELDERLY REMAIN THE MOST VULNERABLE IN GAZA

*Nearly one-third of the population of Palestine was food insecure before this conflict in Gaza. Today stocks in shops are nearly exhausted and bakeries are closing, while tens of thousands of people are displaced and unable to cook or safely purchase food. They need urgent help to survive the crisis.*

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新年快乐



HAPPY CHINESE  
NEW YEAR  
YEAR OF THE DRAGON



## Seitan Says

Seitan, often referred to as "wheat meat," is a versatile and protein-rich meat substitute derived from gluten. This has been a staple in vegetarian and vegan diets for centuries, originating from East Asian cuisine, particularly in China and Japan. To prepare seitan, wheat gluten is mixed with water to form a dough, which is then kneaded and rinsed to remove starch, leaving behind a stretchy, elastic mass. The resulting gluten structure gives seitan a meaty texture, making it a popular choice for those seeking meat alternatives.

Seitan's neutral taste allows it to absorb flavors effectively, so it can be seasoned, marinated, and cooked in a multitude of ways, such as grilling, sautéing, or simmering in soups and stews. While individuals with gluten sensitivity or celiac disease should avoid seitan; it is a substantial and satisfying option for those seeking cruelty-free and sustainable protein sources.

## All lit up

While butter candles are famous in the home decor realm, they are now taking over the culinary world too. Some food enthusiasts are experimenting with butter candles as a unique way to enhance dining. By infusing the melted butter with herbs, spices, or aromatics, these candles serve a dual purpose—providing ambient light while also adding flavorful nuances to dishes. The trend adds a touch of innovation to both home cooking and restaurant presentations.

Some you can try are:

1. **Herb-Infused Butter Candles:** \* Infused with fresh herbs like rosemary, thyme, or basil, these candles add a fragrant and savory note to dishes as they melt.
2. **Citrus-Flavored Butter Candles:** \* Infused with citrus zest or essential oils, these candles bring a refreshing and tangy twist to both sweet and savory recipes.
3. **Spiced Butter Candles:** \* Incorporating spices like cinnamon, cardamom, or ginger, these candles impart warm and aromatic flavors, perfect for desserts or holiday dishes.
4. **Chocolatey Butter Candles:** \* Infused with cocoa or chocolate, these candles add a rich and indulgent touch to desserts or drizzling over fruits.
5. **Vanilla Bean Butter Candles:** \* Infused with vanilla beans, these candles offer a subtle sweetness and a classic vanilla aroma, complementing various desserts.

Remember, the key is to use quality ingredients and ensure that the infused butter complements the dishes it's getting all gooey over. Enjoy!





## Pink of health

Ruby chocolate has swiftly become a sensation in the confectionery landscape. What sets it apart is its captivating rosy hue, naturally derived from specially processed ruby cocoa beans. This look offers a novel sensory experience, with a delicate pink color that evokes a sense of luxury.

Beyond its aesthetic appeal, ruby chocolate also boasts a distinct flavor profile. The taste is characterized by a subtle combination of berry-like sweetness with a hint of tanginess. This distinctive flavor has inspired chocolatiers and pastry chefs to explore its use in truffles and bars, in desserts and beverages.

This chocolate's popularity is not only due to its visual and taste appeal but also its status as a naturally colored and flavored option. Consumers seeking natural ingredients and unique experiences have embraced this innovation. Its rise aligns with the broader trend of consumers seeking diverse and unconventional options in the world of chocolate.

Melt it to dip fruits in for a unique dessert platter or use its chips in a fun cookie dough, or even use it as a fondue on valentine's day!

## Spice it up

Ever wonder what is that seasoning that Instagrammers and Tiktokers put on almost everything? Well, it's Tajín! Tajín, a Mexican seasoning blend, has transcended regional origins to become a globally appreciated culinary phenomenon. Known for its distinctive combination of chili peppers, lime, and salt, Tajín adds a burst of flavor that complements a wide array of dishes. The spice mix, that originated in Jalisco, Mexico, has evolved from a traditional condiment to a versatile ingredient embraced by food lovers worldwide.

The chili, lime, and salt — create a harmonious balance of heat, tanginess, and savory notes. This flavor profile enhances fruits, snacks, and even savory dishes. It's a common accompaniment for fresh fruit, and adds a zesty kick to watermelon, mango, and pineapple. Beyond fruits, Tajín finds its way into cocktails, grilled meats, and even desserts, showcasing its versatility.

Tajín's rise to international acclaim can be attributed to its ability to transcend cultural boundaries. Whether sprinkled on a snack or used as a seasoning for elaborate dishes, it has become the cure-all for many a bland dish. It has also been known to go over ice creams and sorbets.





## TASTE THE WORLD

# Catch of a Lifetime!

In the Maldives, tuna holds a special place in the hearts and palates of locals, as it plays a central role in their cuisine. The azure waters surrounding this tropical paradise teem with diverse marine life, and tuna, in particular, is a staple catch. Still sticking with their traditional ways of only line catching fish, Maldives ensure that their tuna harvest never runs out. Ipshta Sharma delves into this tuna heaven to tell us more.

**R**enowned for its succulent flesh and versatility, tuna is prepared in myriad ways, showcasing the culinary ingenuity of the Maldivian people. One of the most celebrated dishes is "Mas Huni," a traditional Maldivian breakfast that features shredded tuna mixed with finely chopped onions, coconut, chili, and lime. This delectable medley is often enjoyed with flatbreads known as "roshi" or "flatbreads." The dish reflects the simplicity of Maldivian gastronomy, allowing the natural flavors of the tuna to shine through while incorporating the zestiness of lime and the richness of coconut. Beyond Mas Huni, grilled tuna steaks are a popular choice, especially during beachside barbecues.

The Maldivian grilling method often involves marinating the tuna in a blend of local spices, enhancing its taste with a burst of aromatic flavors. This method not only preserves the natural tenderness of the fish but also imparts a delightful smokiness that captivates the senses. For those seeking a more intricate preparation, "Garudhiya" stands out as a flavorful fish soup. Made with tuna chunks, coconut, chili, garlic, ginger, and curry leaves, Garudhiya is a comforting and nourishing dish often accompanied by rice or flatbreads.

The slow simmering process allows the ingredients to meld, creating a broth that encapsulates the essence of Maldivian seafood cuisine. Tuna also finds its way into festive dishes, such as "Dhivehi Riha," a curry that marries tuna with a rich blend of spices, coconut milk, and curry leaves. This dish is a testament to the Maldives' culinary heritage, where spices are used not only for heat but to

weave a tapestry of nuanced flavors that complement the tuna's robust taste.

In the Maldives, "Shorties" take on a delightful twist as popular tea-time snacks that are eaten everyday. These bite-sized treats are crispy, savory, and often come in an array of flavors, with tuna playing a major role with many differing accompaniments like traditional coconut to spicy chili variations. Perfectly paired with a steaming cup of Maldivian tea, Shorties make for a delightful afternoon indulgence. Their compact size allows for easy snacking.

Epitomising the Maldivian way of sustainability and nose to tail eating is rihaakuru, a widely polarising and deeply umami dish, which is a thick fish paste made by simmering tuna for days and days. It is often cooked with salt and sometimes with additives like garlic or chilli till it becomes a molasses-style paste. Rihaakuru reflects the essence of the Maldivian culinary palate and finds versatile use in local dishes. It serves as a flavorful base for traditional curries, imparting depth and richness to the sauce.

Mixed with coconut, it becomes a key component in preparing Mas Huni. Additionally, Rihaakuru is often used as a dipping sauce, adding a savory kick to snacks like flatbreads or shorties. Its robust flavor makes it a culinary cornerstone, showcasing the Maldivian talent for transforming simple ingredients into complex, satisfying tastes that define the island nation's unique gastronomic identity.



**In the spirit of celebrating Maldivian culinary traditions, here's a simple recipe for a popular dish called "Tuna Curry with Coconut Rice"**

**Ingredients**

500g fresh tuna, cut into chunks  
2 cups jasmine rice  
1 cup coconut milk  
1 onion, finely chopped  
2 tomatoes, diced  
3 cloves garlic, minced  
1-inch ginger, grated

2 green chillies, sliced  
1 teaspoon turmeric powder  
1 teaspoon cumin powder  
1 teaspoon coriander powder  
Salt and pepper to taste  
Fresh coriander for garnish

**Instructions**

In a pan, sauté onions, garlic, and ginger until fragrant. Add turmeric, cumin, and coriander powder. Add tuna chunks and cook until browned on all sides. Stir in tomatoes and green chillies, cooking until tomatoes are softened. Pour in coconut milk, season with salt and pepper, and let it simmer for 15-20 minutes. Meanwhile, cook jasmine rice replacing water with coconut milk for added flavor. Serve the tuna curry over a bed of coconut rice, garnished with fresh coriander. This recipe captures the essence of Maldivian cuisine, where tuna takes center stage, harmonizing with a symphony of spices and coconut-infused goodness.

**Some ingredients**

Ecomil Coconut Milk  
Sugar Free



Fresh Tuna



Natco Premium  
Jasmine Rice



## Beyond Meat

# THE WONDERS OF JACKFRUIT

Introducing the jackfruit, the versatile powerhouse found in nature that is sweeping the culinary scene. This huge fruit from the tropics is more than simply a fruit; it's a culinary chameleon, with its meaty texture and mild sweetness. Take a trip with us into the fascinating world of jackfruit, where each mouthful offers a new perspective, and each meal celebrates the potential of a plant-based diet. Prepare to be astounded; jackfruit is a taste revolution as much as a fad.

**T**his green giant is a culinary marvel that's transforming the way we eat. What makes it truly remarkable is its unparalleled versatility. Often dubbed as the "meat of the plant kingdom," its fibrous, meat-like texture makes it a compelling substitute for meat in a variety of dishes. From tacos to curries, and even pulled "pork" sandwiches, jackfruit seamlessly adapts to a myriad of flavors and cooking styles.

Beyond its adaptability, jackfruit packs a nutritional punch. Low in calories and rich in dietary fiber, it satisfies hunger while promoting digestive health. Packed with essential vitamins and minerals, it's a plant-based powerhouse that's as good for your body as it is for the planet.

Jackfruit isn't just a boon for taste buds; it's also a champion of sustainability. With its minimal environmental impact and ability to thrive in diverse climates, it is emerging as a key player in the quest for more sustainable food sources. As we navigate the challenges of a changing planet, this resilient fruit offers a tasty solution.

Venturing into the world of jackfruit opens up a treasure trove of culinary possibilities. From sweet desserts to savory main courses, chefs and home cooks alike are experimenting with this tropical gem, pushing the boundaries of plant-based gastronomy.

We bring you a few interesting recipes to try:



## Jackfruit Pizza

### Ingredients

- 1 pre-made pizza crust (store-bought or homemade)
- 1 can young green jackfruit in brine or water, drained and shredded
- 1/2 cup barbecue sauce

### Instructions

1. Preheat your oven according to the pizza crust package instructions or your homemade crust specifications.
2. In a pan over medium heat, sauté the shredded jackfruit for a few minutes until it starts to brown. Season with a pinch of salt and pepper. Add the barbecue sauce and stir to coat the jackfruit evenly. Cook for an additional 5-7 minutes until the jackfruit is infused with the barbecue flavor and has a pulled pork-like consistency.
3. Place the pizza crust on a pizza stone or baking sheet. If using a pizza stone, make sure it's preheated in the oven.

- 1 cup vegan cheese (mozzarella or your favorite melty variety)
- 1/2 red onion, thinly sliced
- 1/4 cup fresh cilantro, chopped
- Olive oil for drizzling
- Salt and pepper to taste

4. Spread the barbecue jackfruit evenly over the pizza crust. Sprinkle vegan cheese on top, followed by the sliced red onions.
5. Place the pizza in the preheated oven and bake according to the crust instructions or until the cheese is melted and bubbly.
6. Once the pizza is out of the oven, drizzle with a bit of olive oil and sprinkle fresh cilantro over the top. Slice and serve immediately.
7. Feel free to customize the toppings based on your preferences—add some sliced bell peppers, cherry tomatoes, or even a drizzle of vegan ranch dressing for an extra flavor kick.

## Some ingredients

### Al Karamah Pizza Crusts



### Cilantro Leaves



### Natco Jackfruit



### Sweet Baby Ray's Barbecue Sauce



## Some ingredients

Goodness Foods  
Chili Powder



Pomi  
Tomato Paste



Rafael Salgado  
Extra Virgin Olive Oil



## Jackfruit Tacos

### Ingredients

- 1 can young green jackfruit in brine or water, drained and shredded
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoon chili powder

- 1/2 teaspoon dried oregano
- Salt and pepper to taste
- 1/4 cup tomato paste
- 1/2 cup vegetable broth
- Juice of 1 lime
- Corn or flour tortillas

Toppings: Shredded lettuce, diced tomatoes, avocado slices, fresh cilantro, lime wedges, and your favorite salsa

### Instructions

1. Rinse and drain the jackfruit, then shred it using your hands or a fork. Remove any seeds or hard pieces.
2. In a large skillet, heat olive oil over medium heat. Add chopped onions and garlic, sauté until softened and fragrant.
3. Add the shredded jackfruit to the skillet. Sprinkle with cumin, smoked paprika, chili powder, dried oregano, salt, and pepper. Mix well to evenly coat the jackfruit with the spices.
4. Stir in the tomato paste, ensuring that it's well distributed among the jackfruit.
5. Pour in the vegetable broth and lime juice. Cook over medium heat, stirring occasionally, until the jackfruit is tender and has absorbed the flavors—about 10-15 minutes. If needed, add more vegetable broth to prevent sticking.
6. While the jackfruit is cooking, warm the tortillas in a dry skillet or microwave them according to package instructions.
7. Spoon the seasoned jackfruit onto each tortilla. Top with shredded lettuce, diced tomatoes, avocado slices, fresh cilantro, and a squeeze of lime juice.
8. Feel free to customize your tacos with additional toppings such as vegan cheese, pickled onions, or hot sauce for an extra kick.



During the winter months, there's an innate desire for warmth that extends beyond just the temperature. It's a season that invites us to seek solace in hearty comforting foods. Beyond the functional act of nourishment, comforting winter meals serve as culinary companions, providing a sense of emotional well-being and coziness during the chilly months. These meals are about creating a comforting cocoon that shields us from the frosty exterior. Whether it's the steam rising from a bowl of hearty soup, the aroma of spices wafting through the kitchen, or the rich flavors of slow-cooked stews, winter foods become a source of comfort, reminding us of the simple joys of warmth and sustenance during the season's embrace. Join us on a journey as we bring you recipes that bring the simple pleasure of being snug against the cold.

# Cozy Bites

## Comforting Winter Foods

### PARSNIP SOUP

A steaming bowl of velvety parsnip soup, a comforting elixir that warms both body and soul.

#### Ingredients

- 4 cups parsnips, peeled and chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 medium potato, peeled and diced
- 4 cups vegetable broth
- 1 cup unsweetened almond milk (or any milk of your choice)
- 2 tablespoons olive oil
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

#### Instructions:

1. In a large pot, heat olive oil over medium heat. Add chopped onions and garlic. Sauté until onions are translucent.
2. Add the chopped parsnips and diced potato to the pot. Cook for 5-7 minutes, allowing the vegetables to slightly brown.

3. Pour in the vegetable broth. Bring the mixture to a boil, then reduce the heat to low and let it simmer until the vegetables are tender (about 15-20 minutes).
4. Once the vegetables are soft, use an immersion blender to puree the soup until smooth. If you don't have an immersion blender, carefully transfer the soup in batches to a blender.
5. Stir in the almond milk (or your preferred milk) to achieve the desired creaminess. Season with salt and pepper to taste. Let it simmer for an additional 5 minutes.
6. If the soup is too thick, you can add more vegetable broth or milk until you reach the desired consistency.
7. Ladle the creamy parsnip soup into bowls. Garnish with fresh parsley if desired.
8. Feel free to customize this recipe by adding a dash of nutmeg, a sprinkle of thyme, or a dollop of Greek yogurt for an extra layer of flavor.

### Some ingredients

Koita Organic Almond Milk



Parsnips



Potatoes





## Some ingredients

Fresh Thyme



Knorr Beef Broth Cubes



Lamb Stew Meat



## IRISH STEW

**A hearty and timeless classic, that creates a comforting symphony of flavors that warms the soul on any chilly day.**

### Ingredients

- 2 pounds lamb stew meat, cut into bite-sized pieces
- 3 tablespoons olive oil
- 4 large potatoes, peeled and diced
- 3 carrots, peeled and sliced
- 2 onions, chopped
- 3 cloves garlic, minced
- 4 cups beef or vegetable broth
- 1 cup water
- 2 tablespoons tomato paste
- 1 teaspoon thyme, dried or fresh
- 2 bay leaves
- Salt and pepper to taste
- Chopped fresh parsley for garnish

### Instructions:

1. In a large pot or Dutch oven, heat 2 tablespoons of olive oil over medium-high heat. Add the lamb stew meat and brown on all sides. Season with salt and pepper.
2. Add the remaining 1 tablespoon of olive oil to the pot. Add chopped onions and garlic, sautéing until softened.
3. Stir in the tomato paste, coating the meat and vegetables evenly.
4. Pour in the beef or vegetable broth and water, scraping the bottom of the pot to release any flavorful bits.
5. Add the diced potatoes, sliced carrots, thyme, and bay leaves to the pot. Stir well to combine.
6. Bring the stew to a boil, then reduce the heat to low, cover, and simmer for 1.5 to 2 hours, or until the lamb is tender and the flavors have melded.
7. Season the stew with additional salt and pepper to taste. Remove the bay leaves. Garnish with chopped fresh parsley.
8. Ladle the Irish stew into bowls and serve piping hot. Enjoy it with a slice of crusty bread or alongside your favorite Irish soda bread.

## CHINESE CONGEE

A soul-soothing rice porridge, embracing simplicity and versatility, offering comfort that transforms with each spoonful, whether with savory meats or delicate herbs.

### Ingredients

1 cup jasmine rice (or any long-grain rice)  
8 cups water or chicken broth for added flavor  
Salt, to taste  
Toppings: Choose from sliced green onions, chopped cilantro, shredded chicken, eggs, pickled vegetables, soy sauce, or sesame oil for serving.

### Instructions:

1. Rinse the rice under cold water until the water runs clear. This helps remove excess starch.
2. In a large pot, combine the rinsed rice and water (or chicken broth). Bring to a boil over high heat, then reduce the heat to low to maintain a gentle simmer.
3. Allow the rice to simmer uncovered, stirring occasionally to prevent sticking. Cook for 1 to 1.5 hours, or until the rice breaks down, and the congee reaches a smooth, porridge-like consistency.
4. Add salt to taste, stirring well. Keep in mind that the toppings you choose may also add additional flavor.
5. Ladle the congee into bowls. Top with your favorite toppings, such as sliced green onions, chopped cilantro, shredded chicken, century eggs, pickled vegetables, soy sauce, or a drizzle of sesame oil.
6. Feel free to customize the congee based on your preferences, adding different toppings or adjusting the consistency by adding more water or broth.

## Some ingredients

Cinlantro Leaves



Green Onions Leaves



Jenan Omega 3 Eggs





## Some ingredients

Earth Goods Organic White Quinoa



Spinach



Zucchini



### SAVOURY PORRIDGE

Bursting with savory flavors, this warm and nourishing porridge offers a canvas for creativity, accommodating a spectrum of ingredients. Whether enjoyed as a wholesome breakfast alternative or a satisfying meal at any time of the day, it stands as a testament to the delightful marriage of simplicity and culinary ingenuity.

#### Ingredients

- 1 cup steel-cut oats or quinoa (for a gluten-free option)
- 3 cups vegetable broth
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 carrot, diced
- 1 zucchini, diced
- 1 cup spinach, chopped
- 1 teaspoon dried thyme
- Salt and pepper to taste
- Optional toppings: Poached egg, sliced avocado, chopped herbs (parsley or chives)

#### Instructions:

1. In a medium-sized pot, combine the steel-cut oats or quinoa with vegetable broth. Bring to a boil, then reduce heat to low, cover, and simmer until the grains are cooked and have absorbed most of

the liquid (around 15-20 minutes for oats, or according to package instructions).

2. In a separate pan, heat olive oil over medium heat. Add chopped onions and garlic, sautéing until softened. Add diced carrots and zucchini, cooking until they begin to soften.
3. Add the sautéed vegetables to the pot with the cooked grains. Stir in chopped spinach, dried thyme, salt, and pepper. Simmer for an additional 5-10 minutes until the flavors meld.
4. If the porridge is too thick, you can add a bit more vegetable broth until it reaches your desired consistency.
5. Ladle the savory porridge into bowls. Top with a poached egg, sliced avocado, and a sprinkle of chopped herbs.
6. Feel free to get creative with your choice of vegetables and herbs.





**CLEAN LESS - LIVE MORE**



**scJohnson**

# Watt's Cooking?

## The Revolutionary World of Energy-Efficient Cooking

In today's dynamic world, our kitchens are becoming hubs of innovation, especially when it comes to energy-efficient cooking. With a growing awareness of sustainability, we find ourselves embracing a transformative approach to cooking—one that emphasizes efficiency and eco-consciousness. This feature takes a closer look at the evolving landscape of energy-efficient cooking, exploring the latest trends, practical tips, and mouthwatering recipes that not only satisfy our taste buds but also contribute to a greener, more sustainable lifestyle. Come with us on a journey into kitchens where every cooking choice matters, showcasing how we can cook with purpose, leaving a lighter footprint on our planet.

**C**hef Jamie Oliver launched One-Pan Wonders on Channel 4, with all the recipes cooked in one pot saving on energy, and on the hot water for washing up, paving the way for changing old habits in the kitchen and choosing the right appliances to save a lot each year!

Through conscious choices and innovative practices, we can turn our kitchens into spaces where the joy of cooking converges with a commitment to preserving our planet. It's not just about what's on the plate; it's about the impact our culinary choices make on the world around us.

### WHY ENERGY-EFFICIENT COOKING MATTERS

Traditional cooking methods often consume excessive energy, contributing to a larger carbon footprint. Energy-efficient cooking reduces resource consumption, helping to mitigate the environmental impact of daily culinary activities.

Beyond its ecological benefits, energy-efficient cooking can significantly reduce utility bills. Smart appliances, well-planned cooking strategies, and the utilization of renewable energy sources empower households to save both energy and money.

Incorporating energy-efficient practices aligns with the ethos of sustainable living. It is a conscientious choice to preserve resources for future generations, fostering a sense of responsibility for the environment.

### HOW TO EMBRACE ENERGY-EFFICIENT COOKING

Choose energy-efficient appliances with high Energy Star ratings. These appliances are designed to use less energy without compromising performance.

Optimize cooking times and temperatures. Using lids on pots, choosing the right-sized cookware, and using pressure cookers can all contribute to energy savings.

Explore options for integrating renewable energy sources into your kitchen, such as solar-powered appliances or induction cooktops that use magnetic fields for efficient cooking.

Plan meals in advance to minimize cooking time and maximize energy efficiency. Batch cooking allows you to prepare larger quantities and reheat smaller portions throughout the week.

Embrace local and seasonal ingredients, as they often require less energy to produce and transport. This not only supports sustainable agriculture but also adds a fresh, vibrant quality to your meals.

## No-Cook Recipes

In the pursuit of energy efficiency in the kitchen, no-cook recipes emerge as unsung heroes, offering a delightful array of options that bypass traditional cooking methods. These recipes not only streamline meal preparation but also contribute to significant energy savings. From refreshing chilled soups and vibrant salads to inventive wraps and flavorful salsas, these no-cook wonders exemplify the art of culinary efficiency. By embracing fresh, raw ingredients and minimizing the need for heat-intensive appliances, these recipes align with a sustainable, energy-conscious lifestyle, proving that a delicious and eco-friendly meal is just a few simple, uncooked steps away.

### NO-COOK SHRIMP SALAD RECIPE

#### Ingredients

- 1 pound cooked shrimp, peeled and deveined
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/2 red onion, finely sliced
- 1 avocado, diced
- 1/4 cup fresh cilantro, chopped
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lime juice
- Salt and pepper to taste
- Optional: Red chili flakes for a hint of spice

#### Instructions

1. Ensure the shrimp is cooked, peeled, and deveined. If using pre-cooked frozen shrimp, thaw and drain any excess water.
2. In a large mixing bowl, combine the cooked

- shrimp, cherry tomatoes, diced cucumber, sliced red onion, diced avocado, and chopped cilantro.
3. In a small bowl, whisk together the extra-virgin olive oil and lime juice. Season with salt and pepper to taste. If you like a bit of heat, add red chili flakes.
4. Pour the dressing over the shrimp and vegetable mixture. Gently toss the ingredients until evenly coated with the dressing.
5. While the salad is ready to eat immediately, you can chill it in the refrigerator for 30-15 minutes to let the flavors meld.
6. Feel free to customize the recipe by adding your favorite ingredients, such as diced mango, sliced radishes, or a sprinkle of crumbled feta cheese.



## Some ingredients

Cherry Tomatoes Holland



Cilantro Leaves



Cucumber



Large Shrimps



## Microwave Cooking

Microwaves use less energy compared to conventional ovens and stovetops, providing a quicker, more efficient alternative. With precise control over cooking times and minimal preheating, microwave cooking not only saves time but also conserves energy, making it a practical and sustainable choice for those seeking a greener culinary footprint.

### Some ingredients

Bush's Best  
Black Beans



Cantina Salsa



Old El Paso  
Flour Tortillas



## MICROWAVE ENCHILADAS

### Ingredients

4 large flour tortillas  
1 cup cooked and shredded chicken (rotisserie chicken works well)  
1 cup black beans, drained and rinsed  
1 cup shredded cheese (cheddar or Mexican blend)  
1/2 cup salsa  
1 teaspoon ground cumin  
1/2 teaspoon chili powder  
Salt and pepper to taste  
Optional toppings: Sour cream, diced tomatoes, sliced green onions, chopped cilantro

### Instructions

1. In a mixing bowl, combine the shredded chicken, black beans, half of the shredded cheese, salsa, ground cumin, chili powder, salt, and pepper. Mix well.
2. Lay out the flour tortillas on a clean surface. Spoon the filling evenly onto each tortilla, leaving a small border around the edges. Roll the tortillas tightly to form enchiladas.
3. Arrange the enchiladas seam side down in a microwave-safe dish.
4. Sprinkle the remaining shredded cheese over the top of the enchiladas.
5. Microwave on high for 6-5 minutes or until the cheese is melted, and the enchiladas are heated through.
6. For a crispy top, transfer the dish to an oven and broil for 2-1 minutes until the cheese is bubbly and slightly golden. Keep a close eye to prevent burning.
7. Serve the enchiladas hot, and garnish with your favorite toppings such as sour cream, diced tomatoes, sliced green onions, and chopped cilantro



## Air Fryer Cooking

Energy-efficient air fryer cooking revolutionizes meal preparation by harnessing rapid air circulation to achieve the same crispiness as traditional frying with significantly less energy consumption; an eco-conscious choice for those seeking a balance between flavor and energy efficiency.

### AIR FRYER SPICY CHICKEN MEATBALLS

#### Ingredients

1 pound ground chicken  
1/2 cup breadcrumbs  
1/4 cup grated Parmesan cheese  
1/4 cup finely chopped red onion  
2 cloves garlic, minced  
1 large egg  
2 tablespoons chopped fresh parsley  
1 teaspoon dried oregano  
1/2 teaspoon cayenne pepper (adjust to taste for spice)  
Salt and pepper to taste  
Cooking spray or olive oil for coating

#### Instructions

1. Preheat your air fryer to 375 °F (190 °C).  
2. In a large bowl, combine ground chicken, breadcrumbs, grated Parmesan, red onion, minced garlic, egg, chopped parsley, dried oregano, cayenne pepper, salt, and pepper. Mix until well combined.

3. Using your hands, shape the mixture into small meatballs, about 1 inch in diameter. Ensure they are evenly sized for consistent cooking.
4. Lightly coat the meatballs with cooking spray or brush them with a thin layer of olive oil. This helps achieve a crispy exterior.
5. Place the meatballs in a single layer in the air fryer basket, ensuring they do not touch. Cook in batches if necessary to avoid overcrowding.
6. Air fry the meatballs for 15-12 minutes, shaking the basket or flipping the meatballs halfway through to ensure even cooking. The internal temperature should reach 165 °F (74 °C).

#### Serve:

For an extra kick, toss the cooked meatballs in your favorite spicy sauce before serving.

## Some ingredients

Americana Minced Chicken



Kook A Krumb Gluten Free Breadcrumbs



Kraft Grated Parmesan Cheese



Natco Oregano



## Kettle Cooking

Energy-efficient kettle-cooked meals redefine convenience in the kitchen, utilizing the speed and efficiency of an electric kettle to prepare a range of delicious dishes with minimal energy consumption.

### Some ingredients

Goodness Foods  
Turmeric Powder



Mother's Recipe  
Madras Curry Powder



Panzani Couscous



### KETTLE-COOKED CURRIED COUSCOUS

#### Ingredients

- 1 cup couscous
- 1 cup vegetable broth
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon curry powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1/4 teaspoon cayenne pepper (adjust to taste for spice)
- Salt and pepper to taste
- 1/4 cup raisins or chopped dried apricots (optional)
- 1/4 cup chopped fresh cilantro or parsley for garnish

#### Instructions

1. Fill your electric kettle with 1 cup of water and bring it to a boil.
2. In a medium-sized pot or pan, heat olive oil

over medium heat. Add chopped onions and garlic, sautéing until softened.

3. Stir in the curry powder, ground cumin, turmeric, and cayenne pepper. Cook for an additional minute to allow the spices to become fragrant.
4. Add the couscous to the pot, stirring to coat it in the spiced onion mixture.
5. Pour the boiling vegetable broth over the couscous, ensuring it's fully submerged. Season with salt and pepper to taste. If using raisins or dried apricots, add them now.
6. Cover the pot with a lid and let it sit for about 5 minutes, allowing the couscous to absorb the broth.
7. Fluff the couscous with a fork. Taste and adjust the seasoning if needed. Garnish with chopped cilantro or parsley.
8. Serve.
9. Customize it with your favorite vegetables or protein for added variety.



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# Cook Smarter, Not Harder

## The Batch Cooking Breakthrough

Batch cooking emerges as a culinary superhero, bringing with it a host of benefits that elevate both convenience and well-being. Incorporating batch cooking into your routine can be a valuable strategy for those looking to save time, money, and energy while maintaining a healthy and varied diet. It offers a practical solution for modern lifestyles that demand efficiency and convenience.

This time-saving technique involves preparing large quantities of meals at once, fostering a kitchen rhythm that aligns seamlessly with today's fast-paced lifestyles. Batch cooking not only saves valuable time throughout the week but also promotes healthier eating habits, as it allows for thoughtful ingredient choices and portion control. Beyond the practicality, it minimizes kitchen waste, trims grocery costs, and offers a daily menu filled with homemade, flavorful delights. Batch cooking is indeed your culinary ally, providing a pathway to simplified, nourishing, and enjoyable meal experiences for the savvy home chef.

### Batch Cooking Chicken Tinga

#### Ingredients

3 pounds boneless, skinless chicken thighs  
2 large onions, thinly sliced  
4 cloves garlic, minced  
2 cans (14 ounces each) diced tomatoes  
3 chipotle peppers in adobo sauce, minced  
1 tablespoon adobo sauce  
2 teaspoons ground cumin  
2 teaspoons dried oregano  
1 teaspoon smoked paprika  
Salt and pepper to taste  
1/4 cup vegetable oil  
Fresh cilantro for garnish (optional)

3. Add diced tomatoes, minced chipotle peppers, adobo sauce, and any remaining seasoning to the skillet. Simmer for 5-7 minutes, allowing the flavors to meld.
4. Pour the tomato mixture over the seared chicken in the slow cooker.
5. Cook on low for 6-8 hours or on high for 3-4 hours until the chicken is tender and easily shredded.

#### Shred Chicken:

#### Instructions

1. Season chicken thighs with salt, pepper, cumin, oregano, and smoked paprika. In a large skillet, heat vegetable oil over medium-high heat. Sear chicken thighs until browned on both sides. Transfer them to the slow cooker.
2. In the same skillet, sauté sliced onions until softened. Add minced garlic and cook for an additional minute.
3. Allow the chicken tinga to cool before portioning it into meal-sized containers.
4. Store in the refrigerator for up to 4 days or freeze in airtight containers for future use.
5. Reheat as needed and serve the chicken tinga over rice, in tacos, on tostadas, or in any desired dish. Garnish with fresh cilantro if desired.

### Some ingredients

Al Khazna Skinless Chicken Thighs



Tomatoes UAE



Woolworths Cumin Ground





## Batch Cooking Fish Pie

### Ingredients

2 pounds mixed white fish fillets (such as cod, haddock, or pollock), cut into chunks  
1 pound salmon fillets, cut into chunks  
4 hard-boiled eggs, sliced  
1 cup frozen peas  
1 cup carrots, diced  
1 cup leeks, sliced  
1/2 cup unsalted butter  
1/2 cup all-purpose flour  
2 cups whole milk  
1 cup fish or vegetable broth  
2 tablespoons fresh parsley, chopped  
Salt and pepper to taste  
Mashed potatoes for topping

### Instructions

1. Preheat the oven to 375°F (190°C).
2. In a pot of boiling water, cook the diced carrots and sliced leeks for 5 minutes. Drain and set aside.
3. In a large saucepan, melt the butter over medium heat. Add the flour and stir

continuously to create a roux. Gradually whisk in the milk and fish or vegetable broth until the mixture thickens.

4. Stir in the chopped parsley and season the sauce with salt and pepper to taste.
5. In a large mixing bowl, combine the fish chunks, hard-boiled egg slices, peas, cooked carrots, and leeks. Pour the sauce over the mixture and gently fold everything together.
6. Transfer the fish and vegetable mixture to a large baking dish.
7. Spread mashed potatoes evenly over the top, creating a smooth layer.
8. Place the baking dish in the preheated oven and bake for 25-30 minutes or until the top is golden brown, and the filling is bubbling.
9. Allow the fish pie to cool slightly before portioning it into meal-sized containers.
10. Refrigerate for up to 3 days or freeze in airtight containers for longer storage.
11. Reheat portions as needed and enjoy the comforting flavors of fish pie for quick and satisfying meals.

## Some ingredients

Carrot Australia



Green Giant Green Peas



Salmon Fillets



## Some ingredients

Earth Goods  
Organic Gluten Free  
All Purpose Flour



Green's Active  
Dried Yeast



## Batch Cooking Calzones

### Ingredients

#### For the Dough:

- 4 cups all-purpose flour
- 1 tablespoon sugar
- 1 tablespoon active dry yeast
- 1 1/2 cups warm water
- 2 tablespoons olive oil
- 1 teaspoon salt

#### For the Filling:

- 2 cups marinara sauce
- 2 cups shredded mozzarella cheese
- 1 cup ricotta cheese
- 1 cup cooked and crumbled Italian sausage
- 1 cup sliced mushrooms
- 1/2 cup sliced black olives
- 1/4 cup chopped fresh basil
- Salt and pepper to taste

#### For Egg Wash:

- 1 egg, beaten
- 1 tablespoon water

### Instructions

1. In a bowl, dissolve sugar and yeast in warm water. Let it sit for 5 minutes until it becomes frothy. In a large mixing bowl, combine flour and salt. Add the yeast mixture and olive oil. Knead until a smooth

dough forms. Cover and let it rise in a warm place for 1-2 hours.

2. Preheat the oven to 425°F (220°C).
3. Punch down the risen dough and divide it into equal portions. On a floured surface, roll each portion into a circle, about 8-10 inches in diameter.
4. In a bowl, mix together marinara sauce, mozzarella cheese, ricotta cheese, Italian sausage, mushrooms, black olives, and chopped basil. Season with salt and pepper to taste.
5. Spoon the filling onto one half of each dough circle, leaving a border around the edges. Fold the other half over the filling, creating a half-moon shape. Press the edges to seal and use a fork to crimp.
6. In a small bowl, beat the egg with water. Brush the egg wash over the top of each calzone.
7. Place the calzones on a baking sheet and bake for 15-20 minutes or until golden brown.
8. Allow the calzones to cool before portioning them into meal-sized containers.
9. Refrigerate for up to 3 days or freeze in airtight containers for longer storage.
10. Reheat portions as needed for a quick, satisfying meal.



# KOREAN DUMPLING

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# Stock. Savor. Succeed

## TRANSFORMING YOUR PANTRY FOR 2024

The pantry is at the heart of a wellness journey, the nucleus where choices that shape our physical and mental well-being are made. It is more than a storage space for ingredients; it serves as a microcosm of our dietary habits, influencing the quality of nutrients we consume daily. Every wellness journey begins at the pantry. So let us begin with a new pantry in the new year and make small changes to achieve big results.

**A** well-organized and thoughtfully curated pantry is a cornerstone of overall well-being, influencing not only our dietary choices but also our mental and emotional relationship with food. It serves as a nutritional powerhouse, providing easy access to wholesome ingredients that form the foundation of balanced and nourishing meals.

A strategically stocked pantry promotes mindful eating, empowering individuals to make conscious decisions about what they consume, fostering a positive and intentional approach to nutrition. Beyond its role in meal preparation, a well-maintained pantry is a sanctuary of choice, offering a sense of control over one's wellness journey and

contributing to a more positive mindset. Individuals can cultivate sustainable eating habits, elevate their culinary experiences, and embark on a transformative journey toward holistic well-being.

**Nutritional Foundation:** A well-organized and thoughtfully curated pantry facilitates easy access to wholesome ingredients, making it more likely that we'll choose nourishing options over processed alternatives.

**Mindful Eating:** When our pantry is stocked with healthful choices, we are more inclined to make conscious decisions about what we eat, fostering a positive relationship with food.

**Meal Planning and Preparation:** Having a well-stocked pantry provides the foundation for creating balanced, flavorful meals, reducing the reliance on last-minute, less healthy choices.

**Culinary Creativity:** With a variety of spices, grains, and condiments readily available, individuals are more likely to experiment with diverse and flavorful dishes, enhancing the overall enjoyment of their wellness journey.

**Empowerment and Control:** Taking charge of what goes into the pantry is a powerful act of self-care. It empowers individuals to make conscious decisions about the foods they consume, fostering a sense of control over their wellness journey.

**Sustainable Habits:** By having staples and fresh ingredients at hand, individuals can reduce reliance on processed, packaged foods, contributing to both personal health and environmental sustainability.

**Emotional Well-Being:** The pantry can be a source of comfort and security, especially when stocked with ingredients that align with personal health goals. A well-organized pantry can reduce stress associated with meal preparation and contribute to a positive mindset.



## Pantry Add-Ons

Once you've stocked the basics, consider these flavor-packed additions. I keep these ingredients on hand to make healthy, satisfying meals in a flash:

- Oil-Packed Sun-Dried Tomatoes
- Basil Pesto
- Olives and Olive Tapenade
- Nut Butters
- Jarred Roasted Red Peppers
- Capers
- Sesame Oil
- Roasted Garlic

*Conduct regular checks to assess the contents of your pantry. Discard expired items and take note of what needs replenishing. Arrange your pantry items in a way that allows for easy visibility.*

**The trick to eating better? Don't try to change too much. Pre-load your fridge and pantry with a variety of delicious and nutritious foods, and those healthy options will lead to healthy choices!**

**Nuts:** Almonds, peanuts, walnuts and pecans make excellent snacks and keep you satisfied for hours. A sprinkling of nuts over your morning cereal or evening salad will add protein and keep you fuller, longer. Or eat a handful (not more) for a between-meal snack.

**Dried Fruit:** Try apricots, mango, papaya, raisins, dried plums – they're all terrific sources of fiber and very filling. Just keep portions to about 4/1 cup.

**Fresh Fruits and Vegetables:** Full of vitamins and minerals and the fiber (and water) will keep you going between meals.

**Strong Cheeses:** Intensely flavored cheeses like feta, goat cheese, sharp cheddar, fresh Parmesan, smoked mozzarella and smoked Gouda quickly satisfy you and because of the strength of their flavors, you'll likely eat less.

**Whole Grains:** The fiber in whole-grain breads, whole-wheat pasta and couscous, brown rice, quinoa and whole grain cereals keeps your energy up, your blood sugar steady and staves off hunger pangs.

**Beans and Lentils:** Choose grains, legumes, nuts, and seeds, and opt for healthier versions of staples like oils, sauces, and condiments. Just try being hungry after a warm bowl of lentil soup!

**Healthy Cooking Oils:** Opt for healthier cooking oils such as olive oil, coconut oil, or avocado oil instead of highly processed oils.

**Canned Goods with Caution:** While convenient, be mindful of the sodium content in canned goods. Choose low-sodium or no-salt-added options when possible.

**Mindful Sweeteners:** If using sweeteners, choose natural options like honey, maple syrup, or agave nectar in moderation instead of highly processed sugars.

**Replenish Wisely:** When restocking, follow the principle of "first in, first out." Place newer items at the back of the pantry, so you use older items first.

**Hydration Station:** Include a variety of beverages, such as herbal teas and sparkling water, to stay hydrated without relying solely on sugary drinks.

# Chef Speak

**Nick Alvis** of Folly at Madinat Jumeirah is a renowned British chef celebrated for his culinary expertise and innovation. With a career spanning prestigious kitchens globally, he's garnered acclaim for his commitment to sustainable, high-quality ingredients. Alvis has left an indelible mark on the culinary world, exemplifying skill, passion, and a dedication to excellence. Ipshita Sharma talks to him about what he sees as the future of restaurant dining in the coming years...



**His award-winning restaurant offers a gastronomic experience blending modern techniques with bold flavors. Folly is acclaimed for its innovative dishes, stylish ambiance, and stunning views, making it a sought-after dining destination in Dubai.**

**Restaurant menus and offerings are not what they used to be with more changes on the horizon. What do you see as the biggest differences?**

I think that we will see even more focus on the championing of particular ingredients for their health benefits replacing what we know as the norm, such as buckwheat for its protein

content and there is some noise being made about plant based "faux fish" after the boom of the vegan meats that we have seen become so popular on menus over the past few years.

**What are the most common substitutes do you see yourself making?**

With that happening around the world, there has been a much bigger focus on "real" plant-based alternatives which we will see a lot more of in 2024. I can see myself using nuts, pulses, and seeds to create many of my main dishes!

**Do you see big changes beyond food menus as well?**

The nonalcoholic beverage scene is continuing to grow with so many more options available and with the effort being put in to create these alternatives the producers are really managing to encourage the public to go to bars and restaurants and enjoy alcohol-free nights out.

**What is the trend you're most looking forward to?**

As far as new trends, I feel there will be a lot more offal included on menus. This will be helpful in showcasing the lesser cuts of an animal, obviously highlighting the reduction of food waste. This is a very important issue for me.

**How do you see these trends affecting how chefs think?**

Chefs are being ever more conscious of the ingredients they are using and the training of their teams to utilize every part of any ingredient they are preparing, showing full respect and understanding of their role within society. With the constant food waste debates, Chefs are in the spotlight and need to be seen using a whole fish or animal to using a whole vegetable or fruit. It's called nose to tail cooking and we're very serious about it.

**How are you using these trends in new concepts?**

I have been very lucky to have recently been working with the team at Mina's Kitchen at the Westin hotel, Mina Seyahi. We created two new evening concepts with the first being Mina's Market which is a busy bustling market vibe themed night, we have many different shopfront stations representing the British Borough market look and feel. The idea is to have a bit of fun with very British nostalgic food culture so of course we have a Pie shop, a Balti house, a Kebab shop along with a Butchery and Fish monger counter where you choose what you would like and its cooked for you there and then. This is a throwback to simpler times where local and sustainable food was at the forefront.

**What is the other concept?**

The other concept is a focus on British seaside culture, with a traditional Fish and chip shop, a smokehouse and oyster shack, but adding an outdoor seafood display on ice and a huge barbecue capturing the best of Dubai's evenings for everyone to enjoy. Once again you can choose which seafood you would like to be cooked, anything from whole local sea bream, yellow fin tuna, baby octopus and lobster tails all grilled over the open flames to your liking. Here again, the focus is on using good produce as well as possible.

## LOBSTER DUMPLINGS

10 servings of 3 per person – time 30 minutes

### Mousse filling

400g fresh shrimp meat  
20g cream  
25g lemon juice  
10g lemon zest  
12g salt

### Method

Blend all ingredients in a food processor to make a smooth paste/mousse.

### Dumpling mix 30grams each

450g prawn mousse  
600g cooked and diced lobster meat (1/2 cm pieces)  
50g chopped chives

### Method

Fold the lobster pieces into the prawn mousse then add the chives then roll the mix into 30 x 30g balls and chill.

### Dumpling dough

Time 20 minutes + 1 hour resting

550g "00" flour  
4 eggs  
6 yolks  
Olive oil  
Salt  
1 x egg extra for egg wash

### Method

1. In a food processor, blend all ingredients but gradually add the eggs being careful not to make the dough wet. Tip on to a work bench and knead for 10 minutes until smooth, chill and rest for 1 hour.
2. Using a pasta machine roll the dough into thin sheets and cut 35 x 10 cm discs (5 spare in case of ripping) and keep covered in cling film to prevent drying out.
3. Making no more than 4 at once, place the lobster dumpling mix onto the discs and brush around the edges lightly with egg wash. Fold one side of the pastry over the mix and seal with your fingers then wrap to make a ring shape and keep all chilled until needed.

### To serve

Steam the dumplings for 4 minutes and then serve with cabbage kimchi and lobster cream in a dish placed in a bamboo steamer.

Enjoy.

## Some ingredients

Green Onions  
Leaves



Fresh Prawns



Woolworths  
Lemon Juice



# HYGGE IN A CUP

## Winter Wellness Drinks

We invite you on a journey into the realm of Winter Wellness Drinks — a collection of comforting concoctions designed to soothe the soul and nourish the body during the colder months. From immune-boosting elixirs to steaming cups of herbal infusions, join us in exploring the curated blend of flavors, ingredients, and traditions that make each sip a celebration of health, vitality, and the simple joys found in a well-brewed mug.

### Some ingredients

Aquafina  
Water



Capilano  
Pure Honey



### SCHISANDRA TEA

Schisandra tea is a herbal infusion made from the dried berries of the *Schisandra chinensis* plant, a woody vine native to East Asia. Known for its unique combination of five distinct flavors—sweet, sour, salty, bitter, and pungent—schisandra berries have been used in traditional Chinese medicine for centuries. The tea brewed from these berries is revered for its potential health benefits and pleasant taste.

#### Ingredients

- 1 tablespoon dried schisandra berries
- 1 cup hot water
- Optional: honey or sweetener of choice

#### Instructions

1. Measure one tablespoon of dried schisandra berries.
2. Place the schisandra berries in a teapot or tea infuser. Pour hot water over the berries.
3. Allow the berries to steep in hot water for about 5 to 10 minutes, depending on your desired strength of flavor.
4. If using loose berries, strain the tea to remove the solid particles. If you used an infuser, simply remove it.
5. Add honey or another sweetener if desired.
6. Pour the schisandra tea into your favorite cup and enjoy.

Schisandra is considered an adaptogen, which may help the body adapt to stress and promote overall well-being. It is traditionally used to support liver function and detoxification and contains antioxidants that may help combat oxidative stress in the body. It is believed to have cognitive benefits, such as improved concentration and mental clarity.

**Note:** Before incorporating any new herbal tea into your routine, especially if you have underlying health conditions or take medications, it's advisable to consult with a healthcare professional to ensure it aligns with your individual needs.



## AZTEC HOT CHOCOLATE

**Aztec hot chocolate, also known as "xocolātl" in Nahuatl, is a rich and spiced beverage inspired by the ancient traditions of the Aztecs, who were among the first to cultivate and consume cacao. Unlike the sweet and creamy hot chocolate, we're familiar with today, Aztec hot chocolate is characterized by its bold flavors, incorporating various spices for a unique and aromatic experience.**

### Ingredients

2 cups whole milk  
2 ounces high-quality dark chocolate, finely chopped (70% cocoa or higher)  
2 tablespoons unsweetened cocoa powder  
2 tablespoons granulated sugar (adjust to taste)  
1/2 teaspoon ground cinnamon  
1/4 teaspoon chili powder or cayenne pepper (adjust to taste)  
Pinch of sea salt  
Whipped cream, for garnish (optional)

### Instructions

1. Finely chop the dark chocolate to ensure quick and even melting.
2. In a saucepan, heat the whole milk over medium heat until it's warm but not boiling.
3. In a bowl, whisk together the cocoa powder, sugar, ground cinnamon, chili powder (or cayenne pepper), and a pinch of sea salt.
4. Add a few tablespoons of the warm milk to the dry ingredient mixture to create a smooth paste. Whisk until well combined.

5. Gradually whisk the chocolate paste into the warm milk on the stove, ensuring it is fully incorporated.
6. Add the finely chopped dark chocolate to the milk mixture. Whisk continuously until the chocolate is completely melted and the mixture is smooth and velvety.
7. Allow the hot chocolate to simmer for a few minutes, stirring occasionally. Taste and adjust the sweetness or spiciness as needed.
8. For a smoother texture, you can strain the hot chocolate through a fine-mesh sieve to remove any lumps.
9. Pour the Aztec hot chocolate into mugs and, if desired, top with whipped cream.

This Aztec hot chocolate is a delightful departure from the ordinary, offering a harmonious blend of chocolate, spices, and a hint of heat for a truly unique and historical beverage experience.

## Some ingredients

Hershey's  
Dark Chocolate Bar



Koita  
Whole Milk



Natco  
Cinnamon Ground





## Some ingredients

Cinnamon Sticks



Society Green Tea



## KASHMIRI KAHWA

**Kashmiri Kahwa is a traditional aromatic green tea beverage originating from the Kashmir Valley in India. Known for its unique blend of flavors, Kahwa is infused with a combination of green tea leaves, spices, and saffron, creating a delightful and fragrant concoction. This tea is often enjoyed for its soothing properties and is an integral part of Kashmiri culture.**

### Ingredients

- 2 cups water
- 2 teaspoons green tea leaves
- 4-5 green cardamom pods, crushed
- 1-2 cinnamon sticks
- 4-5 cloves
- A pinch of saffron strands
- 1-2 tablespoons almonds, sliced
- 1-2 tablespoons honey or sugar (optional, to taste)

### Instructions

1. In a pot, bring 2 cups of water to a boil. Add green tea leaves and let it steep for about 2-3 minutes. Strain the tea and set aside.
2. In the same pot, add crushed cardamom pods, cinnamon sticks, cloves, and saffron strands to the strained green tea. Simmer on low heat for an additional 5-7 minutes to infuse the flavors.

3. Stir in sliced almonds and continue to simmer for another 2-3 minutes.
4. If desired, add honey or sugar to sweeten the Kahwa. Adjust the sweetness according to your preference.
5. Strain the Kashmiri Kahwa into cups or small bowls. The straining process helps remove the spices and tea leaves, leaving a clear and aromatic infusion.
6. Garnish with additional saffron strands or a few almond slices for a decorative touch.
7. Sip and savor the aromatic warmth of Kashmiri Kahwa.
8. Kashmiri Kahwa is cherished for its potential health benefits and the cultural significance it holds in the Kashmiri tradition. It makes for a comforting and rejuvenating drink, particularly during the colder months.



*Seoulful  
flavours of Korea*

# KOREAN FRIED CHICKEN





*The Nutritional Powerhouse:*

# EXPLORING THE WONDERS OF BUCKWHEAT

**In the realm of hearty and nutritious grains, buckwheat stands out as a robust contender. Originating from Russia, this ancient staple has found its way into modern kitchens, captivating palates with its unique qualities and health benefits. Contrary to its name, buckwheat is not a wheat derivative but is, in fact, is gluten free and a distant relative of rhubarb. Integrative Hormone Health Coach Sheetal Ramchandani delves into the rich history and myriad health benefits of this exceptional grain.**

## **A Storied Past**

Also commonly known as Kasha when buckwheat is toasted until it becomes a deep amber color and holds a special place in Russian culinary traditions, dating back centuries. It has weathered the test of time, gracing tables in various forms and preparations. The term “kasha” itself refers to any porridge made from grains, but when mentioned in a broader context, it usually implies the use of buckwheat. The toasting of buckwheat until it achieves a deep amber hue gives kasha its distinct flavor and character.

## **Nutritional Powerhouse**

Beyond its delightful taste, buckwheat boasts an impressive nutritional profile. It's renowned for having the longest transit time in the digestive tract among grains, making it exceptionally filling. This quality, coupled with its ability to stabilize blood sugar levels, positions buckwheat as an excellent choice for those seeking sustained energy throughout the day.

Furthermore, buckwheat is a gluten-free option, making it suitable for individuals with gluten sensitivities. Its benefits extend to blood health, as it contributes to building blood and neutralizing toxic acidic waste in the body. The grain is rich in Vitamin E and complex B-Vitamins, essential for various bodily functions.

Buckwheat's amino acid composition is noteworthy,

containing a high proportion of all eight essential amino acids, particularly lysine. This makes it a valuable protein source, supporting muscle health and overall well-being. Additionally, it is known for its positive impact on kidney function and blood circulation.

## **Cooking Buckwheat: A Culinary Journey**

The distinct, earthy flavor of toasted buckwheat/kasha lends itself well to diverse culinary applications. Whether served as a hot breakfast cereal, a hearty side dish, or a grain entrée mixed with vegetables, kasha adapts to various recipes with ease. The key to unlocking its full potential lies in the cooking process.

To prepare buckwheat, the grains must be added to boiling water. This not only ensures that the grains remain separate and less mushy but also expedites the cooking time. It's crucial not to rinse or add buckwheat to cold water, as this will compromise the desired texture and overall cooking success.

**Incorporating kasha into your culinary repertoire not only adds a burst of flavor to your meals but also introduces a nutritional powerhouse that aligns with a healthy and balanced lifestyle. Embrace the ancient wisdom of kasha, and let its rich history and benefits enrich your dining experience.**

## Delicious Super Healthy Recipes:

### Basic Buckwheat

#### Ingredients

- 1 cup kasha
- 2 cups boiling water
- Salt to taste

#### Instructions

1. In a pot, add kasha to boiling water.
2. Season with salt to taste.
3. Cover and simmer until water is absorbed and kasha is tender.



### Kasha Pilaf

#### Ingredients

- 1 cup kasha
- 2 cups vegetable broth
- 1 onion, diced
- 2 cloves garlic, minced
- 1 cup mixed vegetables (e.g., carrots, peas)
- Salt and pepper to taste
- Olive oil

#### Instructions

1. Sauté onions and garlic in olive oil until translucent.
2. Add kasha and cook for 2-3 minutes.
3. Pour in vegetable broth and bring to a boil.
4. Stir in mixed vegetables, reduce heat, cover, and simmer until kasha is cooked.



### Kasha and Jicama Salad

#### Ingredients

- 1 cup kasha, cooked and cooled
- 1 cup jicama, julienned
- 1 cucumber, diced
- Cherry tomatoes, halved
- Fresh parsley, chopped
- Lemon vinaigrette dressing

#### Instructions

1. In a bowl, combine kasha, jicama, cucumber, tomatoes, and parsley.
2. Toss with lemon vinaigrette dressing.
3. Refrigerate before serving a refreshing and nutritious salad.



## Some ingredients

Delight Mixed Vegetables



Sottolstelle Vegetable Broth



Rahma Extra Virgin Olive Oil



# Five Surprising Benefits of Daily Walking

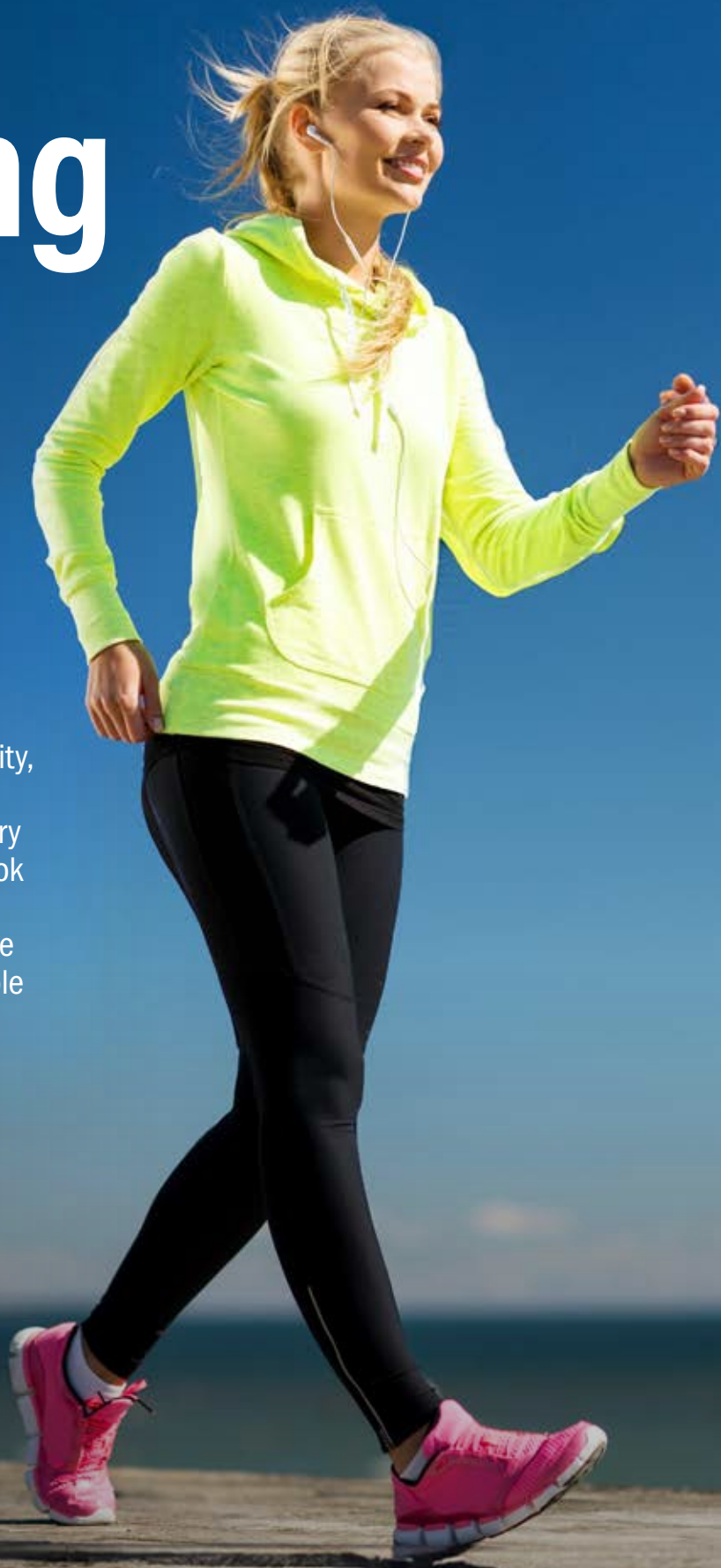
Walking might seem like a straightforward activity, but its health benefits are manifold. As Dr. Michelle Champlin, Chief of Podiatry at the Priory Wellbeing Centre, puts it: "Many people overlook walking as a form of exercise because it seems too simple. The truth is that walking might be the best type of exercise, and the fact that it's simple makes it achievable for almost everyone."

The correct walking technique is pivotal, Dr. Michelle Champlin notes, "You'd be surprised how many people don't realise they might be walking the 'wrong' way. Like any form of exercise, technique matters."

To harness the full benefits of walking, posture plays a crucial role. This means maintaining a straight posture with the core engaged, head held high, and shoulders relaxed. Arms should swing naturally with each step. The pace

should be brisk but still comfortable. To judge it right, one should be able to have a chat whilst walking but might find it slightly hard to sing.

Dr. Champlin suggests aiming for around 150 minutes of brisk walking weekly. This can be split into five 30-minute sessions. For those with packed schedules, the duration can be broken down further into smaller intervals throughout the day.



## Working closely with Dr. Michelle Champlin, Abu Dhabi 360 reveals five surprising benefits of incorporating daily walks into one's routine:

### 1 Heart Health Enhancement

Walking regularly can be a boon for cardiovascular health. For instance, covering around 9,500 steps daily might significantly cut health risks, with studies pointing to a near 35% reduction in all-cause mortality risk and a decrease in the chances of cardiovascular events by almost 40%.

### 2 Balanced Blood Sugar Levels

Walking plays a critical role in blood sugar regulation. Research supports Dr. Champlin's advice of walking post meals, particularly after dinner. Large studies have associated brisk walking with reduced rates of type 2 diabetes.

### 3 Improved Sleep Patterns:

Walking about 10,000 steps daily can improve sleep quality. Research in Japan underscores these findings, indicating quicker sleep onset and overall enhanced sleep quality for regular walkers.

### 4 Positive Impact on Mental Health

Walking isn't just about physical health; it also caters to the mind. A study in JAMA Psychiatry found that an hour of brisk walking could diminish the risk of major depressive disorder by 26%.

### 5 Protection Against Chronic Illnesses

Walking offers a shield against numerous ailments, including neurological conditions like dementia. It has also been found to fortify immunity and bolster bone mineral density, safeguarding against osteoporosis.

## 6 BEST WALKS IN THE UAE

With its natural landscapes and impressive cityscapes, the UAE offers a plethora of perfect walking spots to embrace during the cooler months and with every step, comes several health benefits too.

Dr. Michelle emphasises the multifaceted benefits of walking. "Walking is a simple yet powerful activity. As we walk, the heart and lungs work together to circulate oxygenated blood throughout the body, nourishing every organ. The more we walk, the more efficient this circulation becomes." She further elaborates, "With the onset of the cooler months in the UAE, now is the perfect time to reconnect with the outdoors, whilst working towards better health and effortlessly increasing our daily step count."

Abu Dhabi 360 embodies this health-focused ethos, believing that each step we take not only brings us closer to better health but also resonates with the idea that small, daily choices contribute to a more enriched and healthier life.

Taking this philosophy forward, Dr. Champlin recommends, "Although carving out time for walks can be tricky, it's the tiny, consistent steps in our routine that bring about substantial health advantages. The UAE is abundant with natural beauty and green spaces. Instead of a sit-down coffee chat, why not 'walk and talk'? You'll not only reach your daily step target but also immerse yourself in the true essence of wellness that Abu Dhabi 360 promotes."

These routes offer not only breathtaking views and a break from urban life but also promote physical wellbeing.

- **Abu Dhabi Corniche, Abu Dhabi:** This 8km beachfront path offers views of the Gulf and the Abu Dhabi skyline, translating to about 10,000 steps. For the adventurous, bike and e-scooter rentals await.
- **Jubail Mangrove Walk, Abu Dhabi:** A top attraction, this location boasts three paths, ranging from 1km to 2km, roughly 1,500 to 2,500 steps, winding through mangroves and natural landscapes.
- **Hudayriyat Island, Abu Dhabi:** An ideal spot for sports enthusiasts, this island also offers beautiful walking paths. Highlights include the marina walkway and the Hudayriyat Heritage Trail, adorned with educational pit-stops and modern sculptures.
- **Dubai Water Canal, Dubai:** The 6.4km waterfront track that approximates 8,000 steps, provides captivating views of the Downtown Dubai skyline. The canal's five pedestrian bridges, with their unique design, are an attraction in themselves.
- **Al Qudra and Love Lakes, Dubai:** Located a short drive from Dubai, Al Qudra offers a desert oasis experience. The nearby Love Lakes are family-friendly, and visitors might even spot foxes, birds, or oryx. For those inclined to cycle, the Al Qudra Cycling Track is worth considering.
- **Wadi Shawka, Ras Al Khaimah:** Situated in the Hajar mountains, this is a beginner-friendly hiking spot. Offering a range of routes, visitors can opt for a brief walk or extend it to include the Shawka pools. The well-marked trails, suitable for families and dog-friendly, promise panoramic views.

To kick-start your wellness journey, download the Abu Dhabi 360 app and find your 360 today.  
[www.MyAbuDhabi360.ae](http://www.MyAbuDhabi360.ae) | [@MyAbuDhabi360](https://www.instagram.com/MyAbuDhabi360) | [www.priorygroup.com/wellbeing-centres](http://www.priorygroup.com/wellbeing-centres)

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# Life

• Wellbeing • Health • Fitness • Sustainable living

## Valentine's day

*True love is putting someone else before yourself.*



# Fresh, Fair, and Fabulous

## THE LUSH APPROACH TO SUSTAINABLE GLAM

Lush Cosmetics stand out as a beacon of sustainability in the beauty and cosmetics industry. Committed to ethical practices and environmental responsibility, they have implemented various initiatives to minimize their ecological footprint. Ruth Andrade, Earth Care Strategy Lead for Lush Cosmetics tells us more.

The brand is renowned for its dedication to using fresh, natural ingredients sourced responsibly, supporting fair trade practices, and avoiding animal testing. No wonder some of us have felt the unexpected desire to nibble on our delicious smelling Lush face mask in the middle of a spa day!

Lush promotes a "naked" packaging initiative, reducing unnecessary waste by offering products without excess packaging. Additionally, they encourage customers to bring back empty containers for recycling, further emphasizing their commitment to reducing environmental impact. When you buy a Lush gift, you're having a positive impact on the world – you're saying no to excess single-use plastic; you're supporting communities and artisans who've made the Knot Wraps, ribbons, and natural papers; you're buying products with beautiful ingredients that regenerate social and eco-systems.

The company supports numerous charitable projects and campaigns, contributing to community development and environmental conservation. Lush's transparent approach to business and commitment to sustainability sets a commendable standard for the industry, inspiring both consumers and competitors to prioritize ethical and eco-friendly practices.



**"Lush embraces the concept of naked cosmetics, completely free of packaging. What's more, where packaging is required, it's: compostable, reusable, recyclable or refillable."**



**Can you share the core values and philosophy that drive your brand's commitment to ethical and sustainable practices?**

- Lush never conducts animal tests on their finished products and only purchase ingredients from companies that do not test on animals.
- Lush embraces the concept of naked cosmetics, completely free of packaging. What's more, where packaging is required, it's: compostable, reusable, recyclable or refillable.
- Regenerative supply chain practices are aimed at action positive change in a way that goes above and beyond.

**How does your brand ensure the ethical sourcing of ingredients for its beauty and skincare Products?**

Lush has a policy purchasing materials direct from producers: the farmers, growers, and processors, wherever possible, to learn the true story of each ingredient. The buying team travel the world visiting suppliers, to meet the people involved and see firsthand how the ingredient is grown, harvested, mined, processed, etc. This guarantees uninterrupted supply of good quality materials to make the products.

**Are there specific certifications or standards that guide your selection of raw materials?**

If you consider the whole of the Lush business, the supply chain has the biggest impact, but it is also where

it holds most opportunities for us to make a difference. So, it is very important to improve the sustainability and resilience of the supply chain, both in terms of what we call “leaving the world lushier than we found it”, that is, making a positive impact on the planet and communities through the way we do business and sustaining supply of materials into the future.

Most of our raw materials are directly sourced from producers, this gives us better traceability of materials and the chance to source from some incredible initiatives who are regenerating soil, protecting ecosystems, planting forests as well as producing quality materials. One such example is our cork pot, a re-usable packaging for our naked shampoo bars, which is sourced from Portugal in partnership with an initiative working to regenerate the Montado, replanting cork oak forests and increasing biodiversity, water retention and carbon sequestration in the Alentejo.

An example of the second part of why sustainability matters when it comes to supply of materials is that we are already seeing supply of products impacted by climate change, extreme weather like floods, droughts, cyclones, etc. make materials difficult to obtain, more expensive or altogether inaccessible, so by developing partnerships with communities, producers, as well as, supporting mitigation and adaptation to climate chaos, we can ensure long-term supply of these products. As an example, in Lebanon we have developed a regenerative neroli oil project on really degraded land, involving local farmers, using techniques to cover and improve the soil, retain water, and diversify the species in the area, as well as partnering with other farmers to set up no-hunting zones.

### **What steps has your brand taken to minimize its environmental impact through sustainable Packaging?**

This goes back a long way. Over time we have made many changes, some more successful than other. From the first Lush shop that opened, we were already using minimal or no packaging, starting a revolution in ‘naked’ cosmetics that is only now becoming as popular as we dreamt it would be. Then already in 2008, 13 years ago, we switched all our pots and bottles to 100% recycled plastic, in 2009 we started a closed loop scheme, where pots returned to us were turned into new pots. Also, from that time, all our gift wrap paper became 100% post-consumer recycled paper. 13 or 14 years ago, we also replaced the product bags in the stores for recycled paper bags, eliminated bubble wrap from our transit packaging and really moved towards making 100% of our packing recyclable, returnable, compostable, and made from recycled or regenerative materials. That’s our goal, we are almost there on this journey! We also developed super interesting paper projects using agricultural wastes like banana fibre or offcuts from cotton t-shirts and a fully traceable regenerative cotton project helping farmers transition from conventional to regenerative agriculture.

### **How are cruelty-free practices demonstrated in product development and testing?**

The Lush Prize is the largest prize fund in the non-animal testing sector, with a prize fund of £250,000 to support initiatives to end or replace animal testing.

There are five main prize categories: Science, Training, Public Awareness, Lobbying, and Young Researcher. In addition, there are three Recognition Awards, for Political Achievement, Health Charity Project and Major Science Collaboration. Our panel of judges will also award the Andrew Tyler Award for outstanding contribution towards ending animal testing.

See more information on the website: [lushprize.org](http://lushprize.org)

### **How does your brand engage with local communities or support fair trade practices in the regions where ingredients are sourced?**

#### **The LUSH Spring Prize**

A £200,000+ prize fund and other support activities, to build capacity for those repairing the earth’s damaged systems and leaving the world lushier than they found it.

Find out more about the Spring Prize on our website: [springprize.org](http://springprize.org)

### **How transparent is your brand about its sourcing and production processes, and what mechanisms are in place for consumers to access this information?**

We would love to see more businesses doing some of this work. We invented shampoo bars and bath bombs and didn’t renew the patents so others could use it and now so much packaging has been avoided because more and more businesses are launching plastic-free solid cosmetic products.



We also launched a prize in 2017 called Spring Prize to help promote and reward initiatives in the areas of permaculture, regenerative agriculture and agroecology and Lush Prize, which was 10 years in 2022, to promote and reward alternatives to animal testing.

The Green Hub is open for visits and Lush is hosting a local collaboration of businesses working on their net zero and zero waste strategies.

But indeed, I believe we can do much more to spread these practices!

### **What work do you and the LUSH Green Hub team do?**

I like to say I am an activist for the planet that happens to work in business. I help develop Lush's strategies to leave the world Lusher than we found it and am the lead for the Earth Care team, a collective of people embedded in different departments of the business that helps Lush to reduce our impact on the environment and indeed, drive us towards a positive impact. We work in the areas of waste, energy, water, materials, but also engaging staff and bringing people along this journey.

The Green Hub is all about leading the way in how we can keep materials in circulation, whilst educating our staff and the public and collaborating with other businesses and institutions.

The Green Hub carries out very hands-on work, collecting, sorting, and processing waste from our Poole sites and making sure we can recover as many materials as possible. They also process product waste usually repurposed as donations. We have a laundry area that washes towels from spas and shops, and we have also set up a circular water treatment to minimise our use of water. Besides this operational side, the team also hosts educational tours, networking events, workshops, and a shop of Lush's own pre-loved items.

### **Are there goals or targets in place to further minimize environmental impact?**

Biodiversity & insetting work that aims to help in protecting and enhancing biodiversity through its supply chains and how customers can make informed choices that benefit the planet. Green Hub v2 is also another ongoing goal.

### **How does your brand contribute to the well-being of the communities involved in the production process?**

There are a few things we have done in terms of looking after our staff. The Lush Group, which includes Portugal is part employee-owned. Employees own 10% of the shares of the business, get to elect their own representatives as



part of the Employee Benefit Trust and we are constantly improving the communications and our capacity to listen to employees. In the UK, we were also early adopters of the Living Wage programme, which we hope to extend to the rest of Europe as we grow the business. Different markets also have different types of staff support, in the UK and Germany, the markets I work with, there is mental health support and access to different types of benefits. We also have an Equity, Diversity and Inclusion group that are developing new strategies for how we can improve the diversity of our leadership. I think the pandemic made it also more obvious that we can be more flexible when it comes to working hours, workplace, etc. We also see our staff as key to help develop our sustainable and regenerative initiatives, we often employ activists, vegans like me, and highly passionate people who bring their ethics with them and makes the company stronger.

### **How does your brand educate consumers about the importance of ethical and sustainable choices in the beauty and skincare industry?**

Lush Prize  
Spring Prize  
Staff training  
Signage in Stores  
Lush Times  
We are Lush Website

**Visit [www.lush.com/mena/en\\_ae](http://www.lush.com/mena/en_ae) to know more.**

# The Healing Resonance of *Sound*

Sound therapy is an age-old modality in which auditory and vibratory inputs are used to influence a person's physiological and/or psychological state. It includes sound healing, vibroacoustic sound therapy, music, and music therapy. Practitioners typically use sound, music and specialist instruments played in therapeutic ways, combined with deep self-reflection techniques to improve health and wellbeing. Sound Engineer Marko Zigon tells us more.

**S**ound Engineer Marko Zigon has been connected to 'sound' since 1993. Trained in classical music, Marko has devoted his life to sound and experimenting with vibration phenomena. After more than 1050 private sessions in the UAE, he has mastered the art of sound entrainment on people. Now he offers custom tailored private sound therapy sessions, group sound meditations, internationally certified sound healing training programs and personally selected, tested and often self-improved sound therapy tools.

## **What are the real benefits of Sound Meditation and Vibrational Therapy?**

Sound therapy is an ancient system that now, more than ever is used to aid meditation, as a holistic healing tool, and to connect with the spiritual side of life. The benefits are multi-dimensional, ranging from physical to mental to emotional healing.

On the physical realm, you can experience - Cellular repair, Pain release, Strengthening of the immune system,



Hormonal balancing and Relief from chronic tiredness and headaches.

On the mental front, individuals have experienced quietening of the mind, dissipation of 'brain fog', sharpening of cognitive skills and attention span, and a boost in motivation and focus.

And emotionally, you can expect to be gently relieved from anxiety, depression, psychological insomnia, you can feel more relaxed, your mood is enhanced and you feel a beautiful dose of self-love. The benefits are immense.

#### **Tell us about your journey that led to this path?**

I was always connected to sound in one way or the other - especially since I was a student of music. In 2006, I got my hands on a tuning fork and that magically changed my life. Finally, 10 years later, I moved to Dubai my passion transformed into my profession.

#### **What changes and challenges have you seen in this space?**

For one, there is much more awareness now. As compared to ten years ago, today there are so many more people who have practice self-care, or do a "work-in" as I like to call it. This is a great thing for the community at large.

But on another hand, some people get into self-work as a result of following lifestyle trends. When we go unprepared into such work, it creates an empty desire in us. This in turn, creates unhappiness and unrest, which defeats the purpose of therapy of any sort. Only when 'awareness' is coupled with self-work, can we truly see a big shift.

#### **How do you envision creating a community of people who are seeing a shift in their lives?**

The best part of doing this work is getting people together and raising our levels of consciousness. I am blessed to have a good number of students who have been with me for long, and new ones coming in to learn.

It is eventually always an external trigger that creates a spark, which then creates a shift within you. If I can create that spark for a person or group of people through sound, this can lead to the growth of a beautiful community of inspired individuals. The power is really within each of us, we just need to be reminded to look inward. That's the main thing.

More and more people in the UAE are coming together through sound. As a sound practitioner, I conduct group and private sessions, but I also enjoy training students to become teachers and carry their light forward. I may have trained approximately 1,000 or more students so far, and it is extremely fulfilling to do so.

However, I always give a word of caution to new teachers: Dubai is welcoming to all levels and kinds of teachers, but remember, this work is sacred. Sound therapy is not about 'sound-performance'. I don't want to offend anyone, but always remember that as a sound practitioner we need to hold space for our students and create a wider community with awareness, knowledge and humility. That comes from within.

#### **What are the services offered at Sonic Temple?**

At Sonic Temple, we bring you an all-round sound journey, including *Group Sound Meditations* - with Himalayan, Crystal singing bowls, Gongs, Monochord, Pipes, Shamanic instruments and other electronic tools, *Individual Sound Therapy*, *Sound Massage Relaxation*, and *Cymatic Therapy* - which is known to be the optimal solution for treating physical pain and deeply nested mental conditions.

And for those who want to join our community of sound practitioners, we offer Certified Sound Therapy Course (Level 1,2,3), Singing Bowls Training, Tuning Fork Workshop, and Gong Sound Bath Training.

Find out more on [www.sonictemple.me](http://www.sonictemple.me) | Instagram: [@sonic.temple](https://www.instagram.com/sonic.temple) | Facebook: [facebook.com/zigon.marko](https://www.facebook.com/zigon.marko)



## Navigating the Depths

# UNDERSTANDING COLLECTIVE GRIEF

The emotional terrain of grief is immense, encompassing a range of human experience.

While grief is often associated with the death of a loved one, as a Counselling Psychologist, Dr Dana Jammal from Thrive Wellbeing Centre has seen grief emerge as a potent response to divorce, job loss, migration, and other significant life changes. Grief however takes on a distinctive and profound dimension when experienced collectively, she says. Read on to know more.

**A**isha (name changed upon request) grew up in a tight-knit neighbourhood, a place where families knew each other for generations. However, political unrest gradually crept into their lives, causing a ripple effect of collective grief. The loss of loved ones, displacement, and the disruption of daily life left an indelible mark on everyone including her. Aisha has now moved and is in a happy place, but instances of

unrest in the world make her uneasy. stressed and relive those moments of grief that she experienced earlier on in her life. Aisha's story illustrates how individuals like her, affected by both personal loss and socio-political unrest, navigate the complex interplay of emotions and challenges. It reflects the shared burden of grief within a community and the potential for resilience and unity to emerge in the face of adversity.





Collective grief occurs when groups of people who share something in common (e.g. a race, ethnicity, a country) experience significant loss, such as in the wake of wars or natural disasters that result in mass casualties and tragedies. It extends beyond individual losses into the shared consciousness of communities and nations worldwide. The collective experience of witnessing loss creates a convoluted array of emotions that calls for a compassionate and nuanced stance.

Research shows that you do not have to personally know people who have passed to feel grief. Collective grief can feel overwhelming and trigger feelings about your own experiences of grief such as losing someone you loved. In response to the current socio-political climate, Dr Dana Jammal has noticed that many clients have reported exacerbated psychological distress, increased thoughts of death and dying and some have even reported increased anxiety about their own health.

If a crisis continues, we can also experience anticipatory grief, if we anticipate that further loss and suffering will take place in the future. This can generate feelings of anxiety, helplessness and even despair. Many individuals wonder if what they are feeling is 'normal'. Grief can manifest in several ways including physically (e.g. sleep difficulties, weight change), cognitively (e.g. difficulty concentrating, confusion) and socially (e.g. withdrawal, lack of interest in seeing other people). Experiencing emotions such as anger, rage, guilt, numbness, irritability, and agitation are common responses to grief. It is important to give yourself permission to mourn, rather than to try to suppress how you are feeling. When you recognise and bring to awareness the emotions you are experiencing, you can begin to take the first steps to move through grief.

It can be difficult to limit our consumption of news, particularly social media, during critical times like these. However, exposing ourselves to traumatic events repetitively has been shown to bring about exhaustion,

hopelessness as well as symptoms of depression. It is important to be mindful of how much time you spend listening and reading news and allow yourself to take breaks and space. Engaging in tangible actions such as making donations or volunteering can empower individuals to transition from a sense of helplessness to a more proactive approach that aligns with their values.

One tactic that can be particularly helpful is to switch between loss and restoration-oriented coping. A loss orientation involves coping with issues directly related to the loss - for example acknowledging your sadness or allowing yourself to cry if you come across traumatic footage of people who have died. This form of coping can generate powerful emotions that are important to process grief. Restoration-oriented coping involves focusing on things in your life that are unrelated to the loss such as learning a new skill. It is important to balance a loss orientation with restoration as a healthy way to process collective grief without being consumed by it.

We encourage individuals to open up to others. Sharing in the experience of collective grief, whether in a therapeutic context or with supportive others, allows individuals to articulate their pain, creates space to validate how they are feeling and find common ground in their shared experiences. This can cultivate a sense of unity and resilience in response to witnessing tragedies and enduring acts of violence and honour our shared humanity.

**For additional information and resources, please visit [www.thrive.ae](http://www.thrive.ae)**



**Dr. Dana Jammal**  
Counselling Psychologist  
Thrive Wellbeing Centre



# When Wellness Meets Water

Since time immemorial, water has been recognized for its therapeutic qualities. Right from ancient cultures such as Egyptian, Greek, Roman as well as Asian traditions, water has been embraced as a source of healing, relaxation, and also in revered rituals, cleansing practices, medicinal treatments. People travel great distances to drink or bathe in the pure water from mountains, wells and springs that are said to give special energy. Many believe water has the ability to absorb prayers, cleanse unwanted energy and has medicinal qualities. Even today, in our own little ways, we draw inspiration from these ancient practices and incorporate the therapeutic benefits of water into our daily lives. And at the end of a long day, who doesn't enjoy a warm water soak – with Epsom salts?



One form of water therapy (also called hydrotherapy), is Watsu, and it involves stretches, massages, and acupressure in warm water. The term Watsu comes from the words “water” and “shiatsu” - a type of traditional Japanese massage using acupressure. Watsu was created by Harold Dull, who taught Zen Shiatsu, in 1980, after observing that it was easier for his clients’ muscles and tissues to relax in water.

Taking elements of Watsu, Dubai-based Water Therapy Practitioner & Women’s Health Coach Liberty Gelderloos and internationally renowned therapist Pranshu, designed their own unique water-therapy sequence, nuanced with the experience of under-water-journeying. Liberty’s gentle, nurturing presence not only holds space for women, but even men, through her unique style of water therapy, that she calls ‘BEcome WATER’, while with Pranshu, the water therapy sessions are more dynamic, focusing more on deep tissue work, spinal adjustment, joint release, stretching and letting go – and it is called ‘WaterFlow’. Both have their own space and time on a person’s healing journey, and both offer an equally spectacular experience.

‘BEcome WATER’ is a three-dimensional underwater journey, that takes you spiraling out of your mental chatter, and deep-dives you into the vast abundance and immensity of the ocean or water body; giving you a chance to experience something of a time-space distortion. A real-time lesson in using your natural abilities to flow and change as needed, to trust, and to surrender.

As you surrender and ‘allow’ the process to unfold, the body relaxes. And so, the mind relaxes, and the emotions calm down. The warm waters mimic the feeling of being in the womb, offering a sense of complete security, and making way for you to feel the greatest of all feelings – of surrender, trust and flow.

With synchronized breaths, you float and then sink in, breathe in and then breathe out, repeating over and over again, creating a breath and heart resonance, which is carried into all the stretches and movements, like a dance of flow and stillness throughout the session.

Thanks to the absence of gravitational pressure, water therapy provides a unique opportunity for deep relaxation and a sense of letting go. It enables you to feel and accept yourself as one with nature, and ultimately, facilitating a profound connection between the body and mind.

By Delna Mistry Anand, Wellbeing and Meditation Coach and Columnist | Instagram: @delnaanand

### What to expect in a water therapy session with Liberty:

- ✓ All sessions are done in nature’s vast wide seas (weather and ambience permitting), or in a warm spa pool.
- ✓ A 60-minute Water Therapy session involves holding and gentle stretching, both on the surface and underwater while wearing a nose clip. You don’t need to know how to swim, as floats will be used on the lower limbs to support you. Liberty takes you through the breathing cues and patterns prior to the session and it is easy to follow. At all times, you are held and guided by Liberty and throughout the session you are just a couple of feet off ground level.

#### Benefits include:

- Release of Muscular tension
- Breath harmonization
- Reduced anxiety and stress
- Release of muscular tension
- Decrease in joint and muscular pain
- Improvement of joint range
- Improvement of circulatory and lymphatic circulation
- Learning to be in the present moment
- Overcoming fears .. or the water maybe, or of losing control..

Take the opportunity to closely experience this beautiful element of nature. For a few moments, allow yourself to delve into this realm and explore water’s immense beauty, nurturing and healing powers. After all, we are 70% water, which is vital for every cell in our body to exist, just like the Earth’s surface is 70% water, vital for all known forms of life. No wonder it’s so comforting to be in water.

So, the next time you immerse yourself into a warm bath or relax by a tranquil pool, remember the profound connection humans have had with water throughout history. Let the therapeutic powers of water wash away your worries and restore balance to your mind, body, and soul.

To know more or to book a session with Liberty or Pranshu on Instagram: @sheisliberty, @be.come.water, @pranshu\_spinal\_adjustment



# STRETCHING REVOLUTION

## A New Approach to Flexibility

Dr. stretch operates over 220 studios with more than 3,000 expert stretch trainers across five countries in Asia. Now, the 'King of Stretch' has landed in the UAE and is on a mission to introduce the nation to the extraordinary benefits of regular and personalized assisted stretching.

A global pioneer in one-on-one assisted stretching and a dedicated wellness champion, Dr. stretch, which has studios in 230 locations across Japan, as well as in Malaysia, Singapore, China and Taiwan, opened a studio in Abu Dhabi last week, marking its first foray outside East Asia.

Stretching is a fundamental aspect of maintaining physical well-being and fostering overall health. Beyond the common association with flexibility, stretching plays a pivotal role in enhancing joint mobility, reducing muscle stiffness, and improving posture. Incorporating regular stretching into one's routine not only aids in preventing injuries by promoting better range of motion but also contributes to increased blood circulation, promoting nutrient delivery to muscles and tissues. Moreover, stretching serves as a dynamic bridge between sedentary activities and physical exertion, preparing the body for movement and preventing muscular imbalances.

Committed to helping people live pain-free, happy, and

fulfilling lives, Dr. stretch utilizes unique techniques, which were originally created for and applied to elite professional athletes at leading sports clubs. Shown to improve flexibility and mobility, correct posture, relieve pain, reduce injury risk, and improve blood circulation, the brand's approach has transformed millions of lives through expert assisted stretching since its launch in 2010.

Driven by a desire to encourage clients to adopt healthy habits, each stretching session is carefully personalised and adapted to suit every client's needs based on feedback gathered by the expert trainers during the assessment phase of the client's journey. Designed to unlock the body's full potential and lead every individual towards a new level of wellness, the assisted stretching sessions are complemented with detailed post-session stretching instructions to try at home with the aim of improving muscle memory for the long term.

Dr. stretch's unique and transformative Core Balance Stretch method achieves deep muscle stretching and



**Whether you play sports, love going to the gym or simply feel stiff from sitting at your office desk all day, consistent stretching can transform your life and bring a whole range of benefits.**

optimal mobility through an effective fusion of dynamic movements, rhythmic vibrations, and targeted Range of Motion (ROM) techniques. With the promise of increased balance, strength, and vitality across the body, customers depart with a sense of renewed energy. Masahiro Kurokawa, Founder and CEO of Dr.stretch, says: “Whether you play sports, love going to the gym or simply feel stiff from sitting at your office desk all day, consistent stretching can transform your life and bring a whole range of benefits. Far more than just learning to touch your toes, stretching is a valuable way to invest in your body, and a pathway to a healthier lifestyle. Our assisted stretching sessions enable you to live a life free from pain, soreness, tightness, and muscle tension. They will let you discover new levels of flexibility and motion, and unlock a new, confident, and improved posture. “Dr.stretch’s unique stretching techniques have already transformed the lives of millions of clients across Asia. We are now excited to open our doors in Abu Dhabi and help everyone in the UAE live healthier for longer.” Venelin Tsonev, Master Franchise Owner of Dr.stretch UAE, added saying: ‘We are excited to bring the proven

stretching techniques of Dr.stretch to the people of the UAE in our quest to make this country the healthiest on the planet. Our goal is to help our clients realise the endless benefits that can be felt from assisted stretching in reducing everyday aches and pains, and encourage new, healthy habits. Together, let’s reach new heights of flexibility and spread the joy of a rejuvenated body and mind across the nation!’

**Dr.stretch studio in the UAE is located at Shams Boutik Mall on Reem Island in Abu Dhabi.**

Website: [www.drstretch.ae](http://www.drstretch.ae)

Telephone: +971 2 643 5300/+971 50 882 4341

Email: [hello@drstretch.ae](mailto:hello@drstretch.ae)

Instagram: [@drstretch.ae](https://www.instagram.com/drstretch.ae)



# UNVEILING THE ANCIENT SECRET

## Belly Oil Pulling for Holistic Wellness

TikTok is known for creating viral health trends, some have been beneficial while some are well, just trends! Belly Oil Pulling is a recent trend that has gained popularity, mainly due to its alleged benefits in weight loss and management of polycystic ovary syndrome, among other health benefits. Let's delve in deeper to know more.

“Nabhi is a very important part of the body, as per the principles of Ayurveda and Yogshastra. The naval area is the Pitta Sthana – the seat of the body’s metabolism, digestion, and formation. Hence, the practice of naval oil pulling has been a vital function since ancient times, to keep the body functioning well,” says Dr. Supriya Kulkarni-Sudhalker, Ayurveda Doctor & Master in Yogshastra; Managing Director of Trust Medical Laboratory Dubai.

According to Ayurveda, the navel is considered a vital energy point in the body and is the location of ‘agni’ or fire. It has the thinnest layer of muscle between the inner vagus nerve and the outer layer of skin. Skin is extremely thin here, meaning any stimulation directly reaches the brain. In many healing practices, the navel is referred to as the ‘power hub’ of nerves with over 72,000 nerve endings which makes it vital to look after it.

Since the belly button is well established as the seat of control for digestion, urination, and formation processes, therapy for the navel is vital to regulate these bodily functions. Belly Oil Pulling has its roots in the ancient Indian practice of Ayurveda. Called “Nabhi Chikitsa,” or “Nabhi Pariksha,” the term literally translates to treatment of the navel or navel therapy. Nabhi Chikitsa involves specific techniques and practices aimed at balancing and harmonizing the energy flow in the body through the manipulation or treatment of the navel area.

Dr. Chandy George, Ayurvedic Lifestyle Consultant emphasizes the immense benefits of practicing Belly Oil Pulling on a daily basis. He says, “This therapy is believed to have a holistic impact on various aspects of our health, including physical, mental, and emotional well-being. The vast benefits include improved digestion and absorption, lowered menstrual cramps, improved fertility, reduction in under eye darkness, face pimples, lip dryness, joint pains, hair fall, improved texture of skin and hair, and it even works as a laxative.”

“The therapy works best when applied overnight on a regular basis, and the ideal oils to use are castor, neem or coconut oil”, he adds.

Parallel practices, such as Chinese navel therapy, involve applying herbal pastes to the belly button. Research indicates potential benefits for conditions like abdominal fluid swelling, although scientific consensus remains limited.

### Care for the Navel:

Irrespective of the trends on social media, we all know and understand the importance of self-care, and hence looking after the body and the navel area can only result in better health.

### Here's a simple routine you can try at home:

Wash your belly button thoroughly with mild soap and water daily when you shower.

Since the nabhi is the point of the solar plexus, regular yoga, pranayama can help increase the size of the solar plexus which in turns promotes better health.

Gently massaging the belly button is another great way to stimulate all the nerves in the region. Using your thumb, apply a little pressure on the nabhi, hold for 5 seconds and release. Breathe slowly as you do this. Repeat this a few times every day.

**“The Ayurvedic Dinacharya (daily behavioral regime) should be practiced regularly, and can be done in any season or time of the year”, says Dr Supriya.**

### Oiling the Navel:

Applying a few drops of oil and massaging it into and around the navel every night before you sleep is a great way to attain great results. Depending on the results you wish to see, you can use different oils. This is a natural way to heal the body without any side effects. However, it is essential to be consistent and patient in order to see results.

Here are a few more oils to choose from:

**Almond oil** – helps attain glowing skin

**Mustard oil** – helps cure chapped lips, relieves headaches and improves vision

**Ghee/ Butter** – helps to make skin soft, supple and well hydrated

**Neem oil** – helps cure acne and rashes from the skin

**Olive oil** – helps relieve back aches, stomach aches and improves digestion

In summary, while navel oiling has gained traction on social media, it has its roots in ancient wellbeing practices. However, it is best to consult a professional if you wish to heal your body holistically or treat any form of ailment.

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**Dr. Supriya:** [Supriyauday21@gmail.com](mailto:Supriyauday21@gmail.com), [punarnava75.wordpress.com](https://punarnava75.wordpress.com)

# Worried about gaining weight?

## 6 TIPS TO HELP NAVIGATE THE FOOD NOISE

Anne-Gaelle Courouble, Allurion's Expert Psychologist, tells you why you could never say no to treats occasionally!

**T**hey say you feast with your eyes, but Allurion research revealed most of us are getting an ear full thanks to the 'Food Noise' phenomenon. It is not your fault if you can't resist the biscuit tin! This intrusive barrage of thoughts nudging you towards eating even when you're full often has a detrimental effect on people's work, family, social lives, and weight loss efforts.

Food noise is fueled by different factors, including unhelpful thought patterns about your eating habits and choices that make you feel like you need to restrict your eating or feel guilty and increased emotional triggers, such as stress. This can prompt you to overeat and make unhealthy food choices driven by what's around you but also to think obsessively about your next snack or meal, even when you feel satiated.





Interestingly, food noise volume has been shown to get louder while you're dieting, particularly in the early days, making it harder to limit food intake. It forces people to eat when they aren't physically hungry, with many blaming themselves for doing so. Changes in your environment, like being surrounded by food all the time or having situations that often trigger you to eat, also causes Food Noise.

All these can add to food noise that doesn't give you a break, even when you're trying your best to lose weight and get healthier. But we need to put an end to self-blame, as it can have a negative impact on both our emotional and physical well-being.

But don't worry; there are multiple ways to turn down the Food Noise volume, many of which can be incorporated into your daily lives.

1. First, let's start with the premise that you can eat anything. Nothing is off-limits. So, when thoughts of food flood your mind, stop telling yourself you can't have it because prohibition automatically increases desire. We only need to consider when and how much we can eat. To explain this idea, I often use a practical example. Have you tried typing "I do not want a pink car" into Google? What is the result? Exactly, pink cars. Similarly, our brains respond when we constantly repeat phrases like "I can't eat," "I can't be hungry," and "Chocolate is off limits." It works as a constant reminder. Other examples are seen in restrictions during pregnancy or before a surgical procedure, which always increases the desire to consume those foods. Prohibition will work as an enhancer for the desire to eat.

2. My main advice to control when and how much we eat is to ask when it is worth eating what you desire. So, you have accepted that you CAN eat it, but you plan for when that moment will be. If you start to think this way, the focus shifts from the food to the plan itself. For example, if I want to eat chocolate in the morning, I could postpone it to coffee or snack time, within a suitable setting with colleagues or family, in an appropriate portion. Delaying it reduces anxiety and allows for controlled consumption.

3. Another handy hack is to change the Food Noise dialogue. Instead of allowing it to talk at you and continually hijack your trail of thought, try opening up a conversation to create a series of healthier and more compassionate mantras.

4. It's also important to stop feeling guilty. Understand that many factors are involved in weight gain (lack of sleep, emotions, sedentary lifestyle, etc.) and that not everything happens on the plate. Understanding that food meets physiological and emotional needs allows us to eat everything in the right quantities without feeling guilty. The result is a calmer mind and less Food Noise.

5. Engaging in mindfulness practices can also help turn down the volume. You can do this by focusing on the present



moment and acknowledging thoughts and sensations without judgment. This can help identify emotional triggers, accept the moment's emotion, stop "eating" it, and then put you back in control.

6. Finally, planning meals and snacks can help prevent excessive physical hunger and sudden cravings that can increase food noise. It also lets you feel more in control of your eating, reducing the stress and guilt associated with spontaneous food choices.

Additionally, research shows that the Allurion Program effectively quietens food noise by helping reduce grazing, emotional eating, and sugar cravings. It achieves this through the procedure gastric balloon, which takes up over half of your stomach space, helping you to feel fuller for longer. It also reduces your portion sizes and appetite and enables you to control cravings that often come with traditional dieting.

The balloon stays in your stomach for approximately four months. During this time, your well-being team - consisting of medics, nutritionists, and psychologists - works with you to re-engineer your eating habits, learn to recognize triggers, and develop strategies to deal with them. Its new 24/7 AI-powered weight loss coach helps create a bespoke strategy that will help keep food noise at bay.

The Allurion Program helps people to reduce physical hunger, acting on hunger and satiety pathways in three different and complementary ways:

- Delays food emptying from the stomach by around two hours, meaning once you've eaten, you'll feel full for longer.
- Takes up space: With more than half a liter of fluid in the stomach at all times, the volume available to fill with food is decreased, so you eat smaller portions and feel full quicker.
- Stimulates the vagus nerve: Stomach distension stimulates gastric receptors, which results in vagal nerve stimulation that communicates to receptors in the brain to tell your body that you are feeling full.

By helping to ease both the physical and mental barriers of weight loss, the Allurion Program turns down the food noise dial. Patients are likely to eat less and are empowered to dedicate their brain space to other things, meaning they can take back control of their lives for good.

**For more information, please visit [allurion.com](https://allurion.com).**

# HARMONY IN 2024

## EMBRACING NEW BEGINNINGS WITH FENG SHUI

It's the beginning of a brand-new year and it is time to redecorate and rejuvenate your living space and your life. Following some of the steps below will set the stage for a renewed year ahead, says Feng Shui Consultant Shivani Adalja.



## Energise your entrance

Remove the clutter and rearrange the shoe rack. Buy a shoe rack that allows you to store your shoes behind closed doors rather than leaving them scattered in the living room. If you have shortage of space, then place a small rack outside your main door or create some kind of wall storage for your shoes. Throw away the old shoes which are not worn within a year and keep the ones which are used often.

## Rearrange your living room

You have spent one whole year living in the space with same furniture and decor. It is time to jazz things up. Change the wall colour to something more vibrant. As per feng shui, the living room colours can be bright. Pick a shade that resonates with you and let your creative juices flow. You can paint the walls yourself if you are up to it.

## Change the paintings and photographs

By changing what you see every day, you will create a new experience for yourself. Display different family photos or photos of holidays gone by. Stow away the pictures that were there and replace them with some new ones. Replace the old wall paintings with something else. The idea is to create a new environment to welcome the new year. The only thing to remember is to display paintings of happy moments or beautiful scenery. Avoid displaying paintings of knives, conflict or war. The idea is to surround your living room walls with positivity that will inspire you.

## Rearrange the bedroom

As per feng shui, bedrooms should have calming colours to keep the energy passive. Use light shades to repaint the walls. Use softer fabrics for the bedding. Keep the lighting mellow. Avoid placing a TV in the bedroom so that the focus remains on the relationship.

## Energise the children's room

Use vibrant colours and display artifacts that bring them happiness. Avoid clutter in their room as it will hamper their growth and shift the focus away from the studies. Display plants around the house.

Open windows for fresh air and energy to circulate. Give away old books and clothes if not needed. Surround yourself with people you love and let go of anyone who pulls you down.

## And most important, it is time to look back on how far we have come

We all have checklists of things we want to achieve. Some of us want weight loss while others want a better job. Many look for better relationships and some want peace of mind. Everyone's goals, ambition and aspirations are different. And yet some of us remain hopeful while others have given up.

# The New year is for new beginnings. Let your home and mind have new energy to welcome the new year!

As the year passes and life takes over, our goals are forgotten. But the beauty of being at the beginning of a new year is that it is time to create a vision board for 2024 and list all your goals. It's time to relook at what you want to accomplish once again and work on an action plan.

Start by relisting all your goals. Write clear, concise, and achievable goals. Add a realistic timeline for each goal. For example, if your aim is to lose 50 pounds this year than an ideal timeline would be 8 to 10 months. Don't have unrealistic expectations. Setting realistic goals helps you in achieving them.

Use visualization to boost your imagination and confidence. See yourself achieving your goals and breathe life into that visual. In your mind, make that image vivid and colourful. By practicing this simple technique, you will be anchoring your mind into believing that you can achieve your goals and remain focused on them.

Take constructive steps to acquire the required skills to accomplish your goals. If you want to lose weight, then you must learn to work out. If you want to write a book, then enroll in a writing class. If you wish to learn to reduce stress levels, then master the art of meditation. Whatever may be your goal, learn the skill set needed.

Surround yourself with like-minded people. It makes a huge difference when you are supported by people who believe in you and have your back. Cut out toxic and negative people out of your life.

Energy follows thought. Choose positive thoughts over negative ones. Keep your mind focused by constantly feeding positive reaffirmations and thoughts. Moving forward with dedication will eventually help you achieve all your goals in this coming year.

The New year is for new beginnings. Let your home and mind have new energy to welcome the new year!

**Shivani Adalja is a Bangkok based feng shui and wellbeing practitioner, author of several papers and columns on the subject, motivational speaker, Intuitive Counselor and Coach.**  
Visit [www.shivaniadalja.com](http://www.shivaniadalja.com) to know more.

# Star Speak

HOROSCOPE IS THE BEST WAY TO KNOW WHAT YOUR STARS FORETELL, LET US SEE WHAT'S IN STORE FOR YOU THIS MONTH. BASED ON YOUR ZODIAC SIGN BY BHAVNAA. S

Bhavnaa is a practising Consultant Psychologist, Author, and a Certified Astrologer with over 23+ years of experience in the field. For personal consultations, you could write in at [ask.bhavnaa@gmail.com](mailto:ask.bhavnaa@gmail.com)



## Aries | Mar 21-Apr 19

Jupiter's just-finished retrograde is done. It's now sitting firmly in your 2nd house of wealth and fortune. It's a saving grace if you've been experiencing a severely rough time financially. With Saturn in your 12th house of separation and isolation, but also foreign journeying, there could be a potential job offer on the table that could involve migration or intermittent short trips outside of your current location. If it's a professional contact who brings you the offer, consider it, but fact-check a bit if it comes from a relative.



## Taurus | Apr 20-May 20

Jupiter, the planet of family, wealth, abundance, food and celebration has turned direct in your sign, and is sitting solid in your 1st house. Expect double-door fortuitous pathways to open up for you. Since the last 6 months, something seemed blocked and immovable in your surroundings. You may have put your money in something very confidential. For some, this could have been a new relationship or marriage – which was moving extremely slow – giving you a feeling of someone pulling you back. The power of prayer is what will enhance your tangible luck this month.



## Gemini | May 21-Jun 20

You've likely been undercover for the last 1 to 2 months, and this need for extra space and privacy is coming after Jupiter's exit from the 11th house of social network and PR demands. Everyday may have seemed fun for you last year, but there could have been instances where you were unemotional about it. This could have also meant you've just resigned from a job where meeting and communicating beyond the description was a part. For the next 7 months, you're better off with a behind-the-scenes task, a research role, or a sabbatical – to root yourself.



## Cancer | Jun 21-Jul 22

Your dharma, karma and life-path have all been tested during the past 6 months with Saturn's entry into your 9th house of belief systems and ideologies. Saturn's transit in the 9th house could bring up stored karmic issues to the surface. This is also where the most unintended or ego-related blunders could happen that could have a long-term impact later, so think before speaking or acting. Some health concerns could take over your mind, so it's a good time to be connecting with holistic healers, doctors, doing those blood tests, connecting with psychologists etc.



## Libra | Sep 23-Oct 22

If you are prone to seeing un-pretty as pretty, or not calling a spade a spade – Saturn's transit in your 6th house of 'getting real' since the early part of last year has been hard on you. This year starts off with Saturn finding firm-foot here, and your physical health, mental health, relationship longevity, budgets and capping them, have all become a hard reality. For some, deciding to get a divorce or marital therapy could be ongoing. With the ecliptic node Rahu transiting your 7th house of relationships could suggest office romances or extramarital liaisons. Tread slow.



## Scorpio | Oct 23-Nov 21

This could be a beneficial period for you in matters of romance. For those waiting to tie the knot, it could happen now. During the past few months, you may have encountered some strange things such as stalking or having an ex turn up. If you're prone to oversharing, this could have been a lesson learnt to be discreet, especially on social media. This period could be more positive and progressive in terms of future plans. Those who owe you financially could show up and this could help clear old loans.



## Leo | Jul 23-Aug 22

You've been dealing with Saturn transiting in your 8th house, the most intimate area of your life, which rules sexuality and personal hygiene. You could have also been dealing with a gynaecological or prostate health matter. For some trying to hold on to an age-old relationship would have come into question. Letting go is hard for you and Jupiter has made this transition a bit easier as its hovering around in your 10th house of fame and career and is keeping you distracted and focused on your personal development. Go with the flow during this phase.



## Sagittarius | Nov 22-Dec 21

There's something brewing on the cousins and relatives' front. For some this could mean involving an extended family member in the business, and for others it could mean a marriage proposal. With Saturn transiting your 4th house of home and family, some wise advice could come in from an elderly maternal-like figure – and this could be an aged domestic caretaker looking after your granny, so don't close your ears to those wise words transmitting inward from any quarter. A property sale or an ancestral estate and associated documents could be a talked-about matter.



## Capricorn | Dec 21-Jan 20

You're feeling like a hermit, and with Rahu, transiting your 4th house of the mind and personal space, there's very little someone can say or do to pull you from your shell. Saturn transiting your 3rd house of speech and interactions has made you extra mindful of what you're saying or how you're reacting, in the recent 6 months, where a Freudian slip could have messed things up. This period could see you try your hand at freelance activities such as dubbing, translation, podcasting, storytelling, or even drama and theatre. Go ahead and put yourself out there.



## Virgo | Aug 23-Sep 22

Saturn is in your 7th house of partnerships. For the past 6 months, its retrograde motion here has made you reassess your dynamics with certain people that could have included your life partner, your business partner, perhaps your agent, or PRO! This month could see you gradually move on with your decisions made even if it could collide with what your near and dear ones think. For some, this period could see you rise to popularity. Don't topple over yourself by being too extravagant or arrogant. Saturn's rise is sure, but its journey is slow.



## Aquarius | Jan 21-Feb 18

Saturn in your 2nd house of wealth since the past 8 months has given you the impetus to take money seriously. With Jupiter, the planet of 'many' and 'more' in your 4th house, it can make you think of real estate investment and ROI. There could be some inter-family dispute on rents, shareholding, and housing loans, but if you're able hire arbitrators who are able to address these issues fairly, you're going to be safe. This is a bad time to loan out money or to take on more loans. Try to complete your pending payments.



## Pisces | Feb 19-Mar 20

Pluto has re-entered your 12th house of behind-the-scenes activities and privacy. Another side to the 12th house is isolation, asylums, mental health issues, self-study, and secrets. With Saturn, the planet of authority and hard work, in your 1st house of the self, the way you relate and deal with people becomes important. If you've always stayed away from dealing with relatives, neighbours, or siblings, this could be a slightly frustrating time for you as you'll be feeling the weight of Saturn's restrictions. It's a good time to keep your achievements aside and be relatable.



**END HUNGER WITH GOODNESS**

**YEAR OF THE MILLET**

Both under the auspices of India hosting G20, with Indore M.P. being the Centrepiece and CIF UK dissemination for the year of the Millet, awakening awareness of the climate frugal magic millet grain.

**OPERATION EYESIGHT UNIVERSAL (OEU)**

More than 75% of the patients have undergone surgical procedures to restore vision after screening at OEU and Choithram Netralaya-run Vision Center. These centers offer primary eye care to rural and semi-urban communities, generating local employment and proving highly effective in combating preventable blindness.

**CHOITHRAM NETRALAYA**

Annual Mega international g campaign assiste restoring vision, Additionally, central jail, received fr surgery v Court ap

**DUBAI CARES**

In its second year, our 'Double Blessings' Ramadan campaign, in partnership with Mohammed Bin Rashid Al Maktoum Global Initiatives members, Dubai Cares & UAE Food Bank, helped towards serving vulnerable in society locally and internationally.

**ODOCS**

Choithram Netralaya with Dubai Expo 2020 Innovation grant winner oDocs, and leading researchers from Australia & New Zealand co-authored research paper on the efficacy low-cost handheld camera providing affordable and game-changing eye-screening, by only detection near-sightedness & other eye problems.

**CHOITHRAM MEMORIAL HOSPITAL**

In partnership w Association, C workshop on surgery, with fre Plastic surgery. by our regu surgical team



**Ramadan brings Double Blessings**  
Help food those in need



**MAWAHEB**

We welcomed New York University Abu Dhabi for a J-term knowledge exchange program, building on the success of the January 2023 class at Mawaheb. An invaluable collaboration is in raising awareness and support for talented People of Determination.

23

HRAM  
ALAYA

Camp hosted  
guests. 100 day  
and 30000 patients  
improving lives.  
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n since 2010.

**SDG2  
CHEF MANIFESTO -  
BEANS IS HOW**

Facilitated game changing zeitgeist with 50 luminaries to set the goal of doubling the consumption of beans by 2028.

**WORLD FOOD  
PROGRAMME (WFP)**

Since 2015, our partnership with UN WFP has transformed lives in Middle East and West Africa providing more than 9 million school meals through our strategic partner, the UN WFP, recipient of the 2020 Nobel Peace Prize. The programs help keep thousands of children in school, while empowering local communities economically.

**COLLEGE OF DIGITAL  
EXCELLENCE (CODE)**

In Partnership with University of Manipal, India, the youth of Sierra Leone benefit from the professional courses in ICT and management provided by CODE playing a key role in shaping developing capacity and fostering innovative skills.

**INTERBURNS**

Interburns and Choithram International Foundation are teaming up improve burn care and prevention training in Madhya Pradesh. Over the next months, more than 3800 volunteers, healthcare workers, doctors and nurses will be trained to bring relief to thousands of patients, helping reduce suffering of burn-related injuries.

## SPREADING GOODNESS ALL YEAR ROUND



**MÉDECINS SANS  
FRONTIÈRES (MSF)**

CIF's support to MSF further extended helping timely interventions in the war-affected areas of Globe, delivering medical and humanitarian assistance.





2024

Happy New Year