

STAY WELL THIS MONSOON SEASON

***Demonstration by Sudha Nair, Naturopath and
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SMOOTHIES THAT BENEFIT

BERRY AND BANANA SMOOTHIE

Ingredients

1 cup almond milk
1 medium frozen banana
1/2 cup frozen/fresh berries
3/4 cup plain low-fat milk yogurt / coconut yogurt
coconut sugar or honey, if desired

Method

In a food processor or blender, blend banana until smooth. Add berries and yogurt. Process until well blended and serve immediately, garnished with a cherry.

Nutritional value: Due to its anti-inflammatory properties, berries are a good for body aches, common in monsoon. It's also a good source of melatonin, which regulates sleep patterns.

ANTI-BLOATING SMOOTHIE

Ingredients

120g papaya
100g pineapple
1/4 cucumber
1/2 handfuls basil
1/2 handful fresh mint leaves,
1 handfuls spinach or greens
120ml water

Method

Chop the fruits and vegetables, and blend till smooth.

Nutritional value: Packed with digestive enzymes, this smoothie works well to reduce acidity, indigestion, bloating and also mopping up harmful free radicals.



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HAIR AND SKIN MASK FOR YOUR CARE

HAIR MASK

YOGURT AND HONEY HAIR MASK

Ingredients

1/2 cup plain yogurt (full fat)

3-4 tablespoons honey

Method

Stir all the ingredients together until well mixed. Apply the mask to your hair and scalp (you can use it on dry or damp hair). Put on your shower cap or wrap your head in muslin cloth or a towel. Leave this on for 20-30 minutes. Wash as normal and let your hair dry naturally. Do this mask once or twice a month to restore and maintain your hair.

Benefits: Yogurt contains essential nutrients. It protects us from the negative effect of the acidic rain water and humidity. Honey, the liquid gold as some may call, contains antioxidants that help in providing nutrition to the scalp and hair. Honey also stimulates growth of hair.

OLIVE OIL WITH CINNAMON HAIR MASK

Ingredients

2 tbsp olive oil

1 tsp cinnamon powder

Method

Mix the ingredients and massage it into your scalp. Let it sit for next half an hour. Then, wash off with a mild shampoo.

Benefits: Olive oil is a great source of essential nutrients that retains the moisture in our scalp, and also adds shine to our hair. Cinnamon helps to stimulate the scalp and prevent hair loss.



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FACE MASK

TURMERIC, LEMON AND YOGURT

Ingredients

2 tbsp sugar-free yoghurt
1 tsp lemon juice
1/2 tsp turmeric powder

Method

Mix all the ingredients and apply on your face and keep for 5-10 minutes. Turmeric will cause a tingling sensation – wash off with cold water if you are unable to handle the sensation. For sensitive skin, use once a week, otherwise can be used twice a week.

Benefits. Turmeric is an anti-inflammatory ingredient and can be used to brighten skin. Together with honey and yoghurt, it has anti-acne benefits since yogurt contains probiotics and honey is a natural anti-bacterial. Honey and lemon juice also has anti-oxidants that help fight cell damage.

PAPAYA, HONEY AND LEMON

Ingredients

1/2 cup ripe papaya
1 tsp honey
1 tsp lemon juice

Procedure:

Cut the papaya into small pieces and mash it. Add honey, lemon juice and apply this face pack evenly on your face and neck. Leave the mask on your face for at least 15 minutes. The longer you let the mask dry and harden, the better. Rinse it off with cold water, and repeat this home remedy once in three or four days.

Benefits. Papaya, honey, and lemon contain anti-bacterial properties that will reduce acne-causing bacteria from the skin. Papaya also has a deep-cleansing action that can help clear clogged pores. In addition, it hydrates and softens the skin.



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