



Atmasvasth – A Guide to Ageing Healthfully

A 15-point guide to living long, healthy

-by Dr. Bhavin Jankharia

Why...Atmasvasth?

...because, being healthy is much much more than mere absence of sickness.

...because there is much more to health than healthcare (Welch)

...because, your health is your responsibility and no one else's.

...because, no one but you, yourself, can ensure that you live a long life, healthy, with a long healthspan within that long lifespan.

Healthful ageing needs work, most of which has to be done by you...hence atmasvasth..."atma" (myself) and "svasth" (health).

www.atmasvasth.com started in Dec 2020. The book was born in early 2023.

The book explains the 15-point guide in detail, with specific instructions on what should be done and not be done in our "atmasvasth" quest to live long, healthy. This information and guide is based on the most current data and research available to us.

The book has the following:

1. A short 15-point guide
2. A detailed 15-point guide
3. A place to enter personal information





4. A place to log activity – daily, weekly, monthly, yearly, etc.
5. A detailed explanation of the various issues involved in the 15-point guide

The book has a linen cloth hardcover in 4 colors. It also has a pen/pencil holder and flap on the back-page for wills and reports.

The book is currently available from the publisher directly.

You can go to

www.atmasvasth.com/book/

or use this QR code to purchase the book.



You can subscribe to www.atmasvasth.com to stay updated with weekly / fortnightly articles that discuss the current data and research to help us live long, healthy.

The 15 point guide

1. **Move — be physically active** daily
2. **Eat less, eat smart — eat sensibly** daily
3. **Sleep well** daily
4. **Calm your mind and build cognitive reserves** daily (meditation, downtime, learning, reading)
5. **Manage your medications, supplements, vaccines** daily, once in six months, yearly, one time
6. **Moderate your addictions and stimulants (smoking, alcohol, caffeine, marijuana)** daily
7. **Do not fall (improve balance, take care not to fall)** daily
8. **Manage your senses (oral, vision, hearing)** daily, yearly
9. **Address abnormal environmental exposures at a personal level (air pollution, noise pollution, extremes of temperature, digital noise)** daily
10. **Be aware of your weight** monthly
11. **Manage your cardiovascular risk yourself** quarterly, yearly
12. **Screen for cancers and diseases, where screening actually makes a difference** yearly, biennially, every 5 years
13. **Get / renew good health insurance** yearly
14. **Identify doctors and health systems around you and work out the associated health and disease logistics in advance** one time
15. **Set up your wills (regular will, living will)** one time

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