



## Atmasvasth – A Guide to Ageing Healthfully – Kindle Edition Available Worldwide Now

### 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 (Fig. 1) 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 is a dynamic guide that keeps changing based on new data and information and if you subscribe to www.atmasvasth.com with your email ID or to Dr. Bhavin Jankharia's WhatsApp Channel (Fig. 2), you can keep

### The Guide - Just the Points

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 and [assess frailty](#) - yearly
8. [Manage your senses](#) ([oral, vision, hearing](#)) - daily, yearly
9. [Address abnormal environmental exposures \(your exposome\)](#) and stressors at a personal level ([air pollution, noise pollution](#), extremes of [temperature, digital noise](#), accidents - [intended](#) and [unintended](#), management of incidental findings when asymptomatic) - daily, one time
10. [Be aware of your weight](#) - monthly and [log calories](#) for 4-5 days in a month - 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. [Take stock of the remaining 1500 weeks of your life](#) (between ages 60 and 90) - yearly

Fig.1

Bhavin Jankharia's WhatsApp Channel

For Radiology, Non-Radiology Medical including  
Atmasvasth Related and sometimes, non-Medical Posts



<https://bit.ly/bhavinwhatsapp>

Fig.2



abreast of new articles and developments.

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 physical 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 report and is available on Amazon India (Fig. 3).

The Kindle e-book version is also now available worldwide, including the India store (Fig. 4).

#### Atmasvath – A Guide to Ageing Healthfully

Physical Book on the Amazon Store



Link for the Physical Copy in India

Or just type "Atmasvath" at  
[www.amazon.in](http://www.amazon.in)

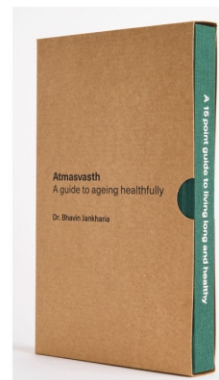


Fig.3

#### Atmasvath – A Guide to Ageing Healthfully

Kindle Version Available Worldwide



Link to the India Kindle Store

For other Kindle stores (USA, Canada, UK, Australia, etc.), just type "Atmasvath" to get to the Kindle page.

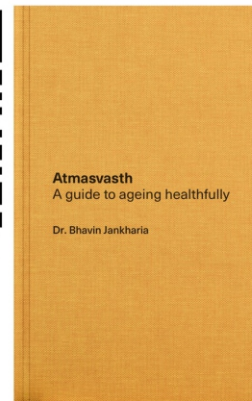


Fig.4

Subscribe to INNER SPACES : [info@jankharia.com](mailto:info@jankharia.com)

Online version : <https://www.picture-this.in/inner-spaces/>

#### Main Clinic

383 | Bhaveshwar Vihar | Sardar V. P. Road | Prarthana Samaj | Charni Road | Mumbai 400 004 | T: 022 66173333

#### Cardiac, Chest & Interventional Twin Beam CT

Nishat Business Centre | Arya Bhavan | 461 | Sardar V. P. Rd | Next to Marwari Vidyalaya | Mumbai 400 004 | T: 022 6848 6666

#### PET / CT, Organ Optimized 3T MRI

Gr. Floor | Piramal Tower Annexe | G. K. Marg | Lower Parel | Mumbai 400 013 | T: 022 6617 4444

Owner, Printer & Publisher: Dr. Bhavin Jankharia

Published at: Dr. Jankharia's Imaging Centre Bhaveshwar Vihar, 383, S.V.P. Road, Prarthana Samaj, Charni Road, Mumbai 400 004.

Printed at: India Printing House, First Floor, 42, G D Ambedkar Marg, Opp. Wadala Post Office, Wadala, Mumbai 400 031