

GOODNESS

FOOD - LIFE - WELLNESS - FITNESS - BEAUTY



Benefits of Barley Grass

CREATE AN UNFORGETTABLE

Eid Feast

Family friendly

Easter Delights

+life:

Find Mindfulness with Calligraphy

Intentional Cooking and why it works!

The Science behind Body Tapping

Try a Dating Detox

Benefits of Fasting

FOR A LIFE FULL OF *
GOODNESS

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AND EID-UL-FITR IS AVAILABLE
AT CHOITHRAMS.



RAMADAN LANTERN DECORATIONS



**NATCO
ROSE SYRUP**



**LEONE
BLACK TEA**



GOODNESSFOODS



TUBE ICE



SALT



WATER



DATES



**AL RAWABI
FULL CREAM MILK**



**AL RAWABI
FRESH YOGHURT**

الروابي
AL RAWABI

The Nation's Health

Al Rawabi Blessings



رمضان كريم
Ramadan Kareem

Food talk

Cheerio to health!

While there are healthy alternatives to almost everything out there, why has the humble morning bowl of cereal always had terrible makeovers? Why does a healthy morning meal have to be bland oatmeal or muesli, while the unhealthy options are so colourful and tasty (because of the overwhelming amount of sugar and sodium) Now companies are looking to compete with the big cereal industry and take them on taste and look while staying super healthy and even keto- friendly!

These healthy cereals have 12g-14g complete protein, 4g-5g net carbs in every bowl and 0.5-1.5g saturated fats. They are perfect for anyone on a ketogenic or low-carb diet.

The new cereals come in various flavours like coco puffs, cinnamon, fruit etc. and they mostly contain milk protein blend (casein and whey protein concentrate), monk fruit, allulose, a blend of high oleic sunflower oil and avocado oil, tapioca starch, chicory root fiber, salt, and natural flavors. Allulose is a naturally occurring rare sugar found in certain plants and fruits. It tastes just like the sugar we're used to but has almost no glycemic impact and almost zero calories (less than 0.4 Cal/g). So why wouldn't you want to choose this healthy and super fun way to start your day?



Too pretty to eat

Focaccia bread art is a new trend that's taken over Instagram and food blogs around the world. This is where home bakers make their own focaccia bread and before baking it, decorate it with fresh vegetables and herbs to make beautiful edible art.

Making focaccia bread art is not only fun but delicious! These edible works of art are fun for the whole family to make. Focaccia is one of the simplest breads to make with quite a few recipes not even needing to be kneaded. Very simple pantry and fridge staples can then be used to give birth to your artistic creations.

Red onions *thinly sliced to look like flowers*
Mini bell
Peppers *sliced vertically (so they stay round) to look like small flowers or sliced horizontally (in strips) to make big sunflowers!*
Chives *Make great flower stems*

Green Onions *Also make great flower stems or seaweed*
Parsley *Perfect for leaves*
Basil *great for leaves or seaweed*
Cherry
Tomatoes *Sliced in half lengthwise and dried with a paper towel. Makes great flower centers.*

Olives *Rocks or centers of flowers*
Capers *Seed pods*
Rosemary *Small plants*
Thyme *Small plants*
Pepperoni *can be shaped as needed*
Sausage *Flower centers or seed pods*

Shredded Parmesan *Sand or dirt*
Tomatoes *Use a sharp knife to make tomato roses!*

Specialty Salts is Bae

The gourmet salt market is slowly becoming what everyone gravitates towards at get-togethers and community tables. Various meat rubs have now graduated to becoming dish toppings to add that little bit of extra oomph to a dish, especially if it can give a hint of the meatiness while staying vegan/vegetarian.

Fancy salt is quoted to have become the “star of the show” in many restaurant menu items. Three salts in particular: pink peppercorn, matcha, and black lava salt have garnered the most support and interest worldwide. Pink peppercorn salt is made up of the world-famous Himalayan pink salt and light pepper. It is mildly peppery with a lot of umami flavour. Black lava salt is an especially distinct salt because of its unique color and while traditional black lava salt is harvested from lava in Hawaii or Cyprus; today, most of this salt is regular sea salt mixed with activated charcoal. Matcha salt is exactly that – a blend of sea salt with culinary grade matcha green tea powder. Matcha Salt is one of several traditional condiments for deep-fried tempura, adding a burst of flavor and color to the otherwise unseasoned batter.

Home cooks are loving this trend, too, because of the perceived health benefits associated with unrefined salts that retain all their minerals like potassium, iron, magnesium, and others. New salts to watch out for? Black truffle salt and steak salt!



Leap for Lupini

Consumers are turning to lupini pasta as an alternative to wheat noodles. Lupini beans are most frequently eaten as a pickled snack in Mediterranean countries. But now their popularity is growing, in part, because they offer a sustainable and great vegan source of protein. Each serving contains more protein than a serving of chicken breast. Also compared to other plant-based proteins, they offer complete protein which means they also offer the nine essential amino acids your body needs. Lupin is also high in dietary fibre, an essential part of a healthy diet. Lupin is a nutrient-dense food, consisting of high amounts of B group vitamins, magnesium, potassium, calcium, iron, zinc, phosphorous, and other nutrients.

Lupin flour has a neutral and somewhat starchy taste with a texture like wheat flour, which makes it a great substitute for baking. It is also fluffy, airy, and far less dense than most keto-friendly flours; does not have a bitter aftertaste and is easy to mix it with either regular wheat flour, almond flour or coconut flour.

Most conventional pasta contains 7 grams of protein per 100-gram serving, while legume-based pastas are significantly higher. Lupini bean pasta has 21 grams of protein and 11 grams of fiber per 100-gram serving. Slightly chewier than white flour pasta; that extra chew brings with it a world of goodness!



some ingredients



President
Unsalted Butter



Supervalu
White Chocolate Chips



Pure & Sure
Organic Brown Sugar



Earth Goods
Oat Flour



From my kitchen



BHAVANA SULE IS A DUBAI BASED MOM OF TWO KIDS. THE DEMAND OF HER KIDS TO HAVE A **HEALTHY BAKERY SNACK** INSPIRED HER TO BAKE AT HOME. HER TECHNICAL EDUCATION IN SCIENCE, KNOWLEDGE OF FLAVOR COMBINATIONS, SPICES AND COOKING TECHNIQUES HELPED HER IN THE EARLY DAYS OF BEING A BAKER. **SHE SPECIALIZES NOW IN LOW SUGAR, GLUTEN FREE AND OTHER HEALTHY COOKIES, AND CAKES OPTIONS.** ALL HER PRODUCTS ARE PALM OIL FREE AND DO NOT CONTAIN ANY PRESERVATIVES OR CHEMICALS.

White Chocolate Chip Oatmeal Cookies with Berries

Ingredients

1 cup Oats Powder
1 cup Rolled Oats
1/3 cup Melted Unsalted Butter
1/2 cup Brown Sugar
3/4 tsp Baking Powder
1/4 tsp Salt
3/4 tsp Raspberry Essence
3 tbs Milk
50 gms White Chocolate Chip
40 gms Dried Cranberries
40 gms Dried Cherries

Preparation

1. Preheat the oven to 180 degrees Celsius for 10 minutes and make your oven tray ready with butter paper. **2.** Add some rolled oats and powder them in a mixer jar. **3.** In a bowl, mix oat powder, rolled oats, brown sugar, baking powder and salt. Mix it nicely with a spatula. **4.** Add raspberry essence, milk and melted butter in it. Mix it with a spatula or hand. **5.** Now add berries and white chocolate chips. **6.** Make balls and press them with both palms. **7.** Bake the cookies in preheated oven for 20 minutes. **8.** Allow to cool completely before serving and enjoy your healthy cookies.



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3 ways with dates

This chewy fruit is perfect for naturally sweet treats and is packed with energy for those fasting days. In addition to their great taste, dates contain protein, vitamins, and minerals. When consumed in moderation, dates can also contribute essential nutrients, such as potassium, magnesium, iron, and manganese. They are also high in polyphenols, which are antioxidant compounds that protect the body from inflammation.

some ingredients



Hayatna Organic Eggs



Natco Vanilla Extract



Arm & Hammer Baking Soda



Dr. Oetker Baking Powder

Date Cake

Jammed with dates, this cake will be a delight to bake.

Ingredients

1 cup Dates (I used 18 - 19 dates)
6 Dates Roughly Chopped
1 cup Water
6 tbsp Butter
1 cup Sugar
2 Eggs
½ cup All-Purpose Flour
½ tsp Baking Soda
2 tsp Baking Powder
1 tsp Vanilla Essence

Method

1. Boil 1 cup of dates with 1 cup water till the dates are soft and pulpy. Blend into a smooth paste. Set aside to cool down. **2.** Beat butter and sugar till light and fluffy. Add the eggs and

beat till creamy. **3.** Add in the dates paste and mix well. **4.** Sift together baking powder, baking soda with all-purpose flour. **5.** Add this flour to the dates batter little by little. Gently fold in with a spatula. **6.** Mix in the vanilla essence and the chopped dates. Transfer this batter to a greased cake pan. **7.** Bake in a preheated oven of 180 C for about 40 to 50 minutes till a toothpick inserted comes out clean.

For the Glaze:

Ingredients

5 tablespoons melted butter
2 1/2 cups powdered sugar
2 tablespoons heavy cream

Method

1. Combine ingredients, beat on medium until smooth. **2.** Warm in microwave 30 seconds to make it a pourable glaze for easy topping. **3.** Serve warm.





Date Scones

Fluffy, light, and packed full of dates, these scones can be served with butter and honey.

Ingredients

2 cups Dates, Chopped (250g)
 ½ cup Water
 2 ½ cups All-purpose Flour
 2 tbsp Baking Powder
 ¼ tsp Salt
 1 tbsp Sugar
 1 tsp Cinnamon
 ⅓ cup Butter
 1 ¼ Cups Milk

Method

1. Preheat the oven to 220°C and line a baking tray with baking paper. **2.** Chop the dates and place them in a saucepan with water on medium heat. **3.** Simmer until tender then drain the excess water and set aside. **4.** Place the flour, baking powder, salt, sugar, and cinnamon into a bowl. Rub in the butter with your fingertips until the mixture resembles fine breadcrumbs. **5.** Add in the dates and mix well. **6.** Add the milk and keep mixing until combined well. The mixture will be soft and sticky. **7.** Place in blobs on the baking tray and bake for 10-15 minutes. The outside will be golden brown. **8.** Place on a wire rack to cool and serve warm with butter and runny honey!



some ingredients



Goodness Foods
Natural Dates



Natco
Cinnamon Ground



Gold Medal
All Purpose Flour



Aquafina
Water

some ingredients



Red Apples



Woolworths
Lemon Juice



Al Rawabi
Apple Juice



Goodness Foods
Macadamia Nuts

Date Pie

Ingredients

For the crust

200g macadamia nuts
150g pecans or walnuts
50g mejdool dates
Pinch of sea salt

For the filling

150g apples, roughly chopped
400 ml apple juice
3 or 4 more apples
1 tbsp lemon juice
8 dates, soaked well
½ tsp cinnamon
Large pinch of nutmeg
1 tsp vanilla extract
1 tbsp maple syrup
Small pinch of sea salt

For the topping

Few pecans or walnuts, finely
chopped
2 dates, finely chopped
Star anise
Large pinch of ground cinnamon

Method

1. Soak the chopped apples in the apple juice for an hour. **2.** To make the crust, pulse all the ingredients in a blender until a rough, sticky crumble is formed. **3.** Gently press the crust down into a shallow pie dish or plate roughly 23cm in diameter. Pop it into the fridge for 1 hour to firm up. **4.** Drain the apples, which should now be soft and plump. Core and chop the fresh apples, leaving the peel on, and put them in the lemon juice. **5.** Put half the fresh apples into a blender with the dates, cinnamon, nutmeg, vanilla extract, maple syrup and salt, and pulse until well combined. Pour in a little of the apple juice from the soft apples if the filling is too thick. Add the rest of the apples, then spoon on to the pie crust and smooth out. **6.** To make the topping, mix the pecans and dates in a bowl and spread over the top of the pie to form a crust. Sprinkle with the cinnamon and decorate with star anise. **7.** Cover and place in the fridge for an hour to chill. Serve at room temperature.



Ramadan Kareem

THIS RAMADAN,
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OF YOUR HEART.



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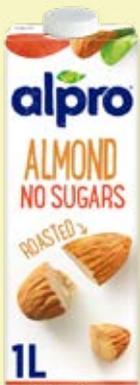
some ingredients



Honeydew Melon



Foster Clark's Almond Essence



Alpro Almond Milk Unsweetened



Goodness Foods Sugar

Iftar recipes

SOUP IS A FAVORITE DISH FOR BREAKING THE FAST DURING RAMADAN. WE BRING YOU TWO DELICIOUS SOUP RECIPES TO ADD VARIETY TO THE TABLE FOR IFTAR.



Cantaloupe in Honeydew Almond Soup

Ingredients

200 g honeydew melon cut into chunks
200 g cantaloupe
1 ½ tbsp sugar
1 ¼ tsp almond extract
1 cup unsweetened almond milk

Method

1. In a blender, combine the honeydew, sugar, almond extract, and almond milk and blend until very smooth. Chill until cold. **2.** Use a melon baller to scoop out balls of cantaloupe, or simply cut into small bite-size cubes. Keep chilled until ready to serve. **3.** To serve, pour ½ cup of the honeydew almond soup into a shallow bowl and top with pieces of cantaloupe.

Sayur Lodeh - Vegetable Soup with Pressed Rice Cakes

Ingredients

Banana leaves
3 cloves garlic, peeled
80 g shallots, peeled and roughly chopped
½ tbsp peeled and roughly chopped
fresh ginger
1 tsp ground coriander
1 small turnip, peeled and cut into cubes
2 medium carrots, peeled and cut into
thin slivers.
100 g green chopped beans
100 g firm tofu cut into cubes
1 plump stalk lemongrass, trimmed
and crushed
150 g kale or any other green vegetable,
finely chopped
Fried shallots, for garnish
1 cup uncooked basmati or jasmine rice
2 long red chilies cayenne
2 tbsp vegetable oil
1-piece fresh galangal, cut into
roundels (*Optional*)
½ tsp granulated sugar
2 cups unsweetened coconut milk
2 cups water
1 tsp fine sea salt or pink salt
½ tsp freshly ground pepper
250 g chayote, peeled, seeded, and
cut into slivers

Method

1. To make the Spice Paste, place the chilies, garlic, shallots, ginger, and ground coriander in a mini food processor and make a rough paste.
2. Add the oil to a heavy-bottomed pot and set over medium heat until simmering hot.

Fry the Spice Paste until it darkens and is aromatic. **3.** Pour in the coconut milk followed by the water and stir to mix. Add the chayote, turnips, carrots, green beans, and tofu and bring to a boil. Add more water to cover the vegetables if necessary. Drop in the galangal and lemongrass. Reduce the heat until the soup bubbles gently, cover and simmer until the chayote and turnips are almost cooked through. **4.** Uncover, and stir in the kale, salt, pepper, and sugar. Simmer until the kale is just tender, 2 to 4 minutes. Taste and adjust seasoning as needed. Let the soup sit for 1 to 2 hours for the flavors to blend. **5.** To serve, divide the rice cakes among 4 to 6 large, shallow bowls and pour about 1/2 to 3/4 cup curry soup into each bowl. Sprinkle with fried shallots and serve. **6. Pressed Rice Cakes** Rinse your rice 2 to 3 times until the water runs clear. Cook in your rice cooker or on the stove top with 2 cups of water. **7.** To prepare the banana leaves, gently unfold them and run one leaf under hot running water to soften. Trim off the tough outer edge with scissors. Cut a length of banana leaf—line a loaf pan and have it overhang. **8.** Line the loaf pan with the banana leaf, the side with the ridges down. If it tears, just patch it with another leaf. **9.** While the rice is still hot, pack it into the pan, pressing down to compress the rice. Fold over the two ends of the leaf so they overlap in the middle. Tuck in the edges. If the leaf isn't long enough, cover the gap with another leaf. **10.** Leave for at least 2 hours until it is completely cool. You can also refrigerate it to speed up the process. If you leave it in the pan overnight, the rice will be imbued with the banana leaf's delicate, flavor and fragrance. **11.** Unmold carefully and peel off the banana leaves. Slice crosswise like a bread loaf and cut into smaller rectangles or squares.



some ingredients



Banana Leaves



China
Garlic



Organic Shallots



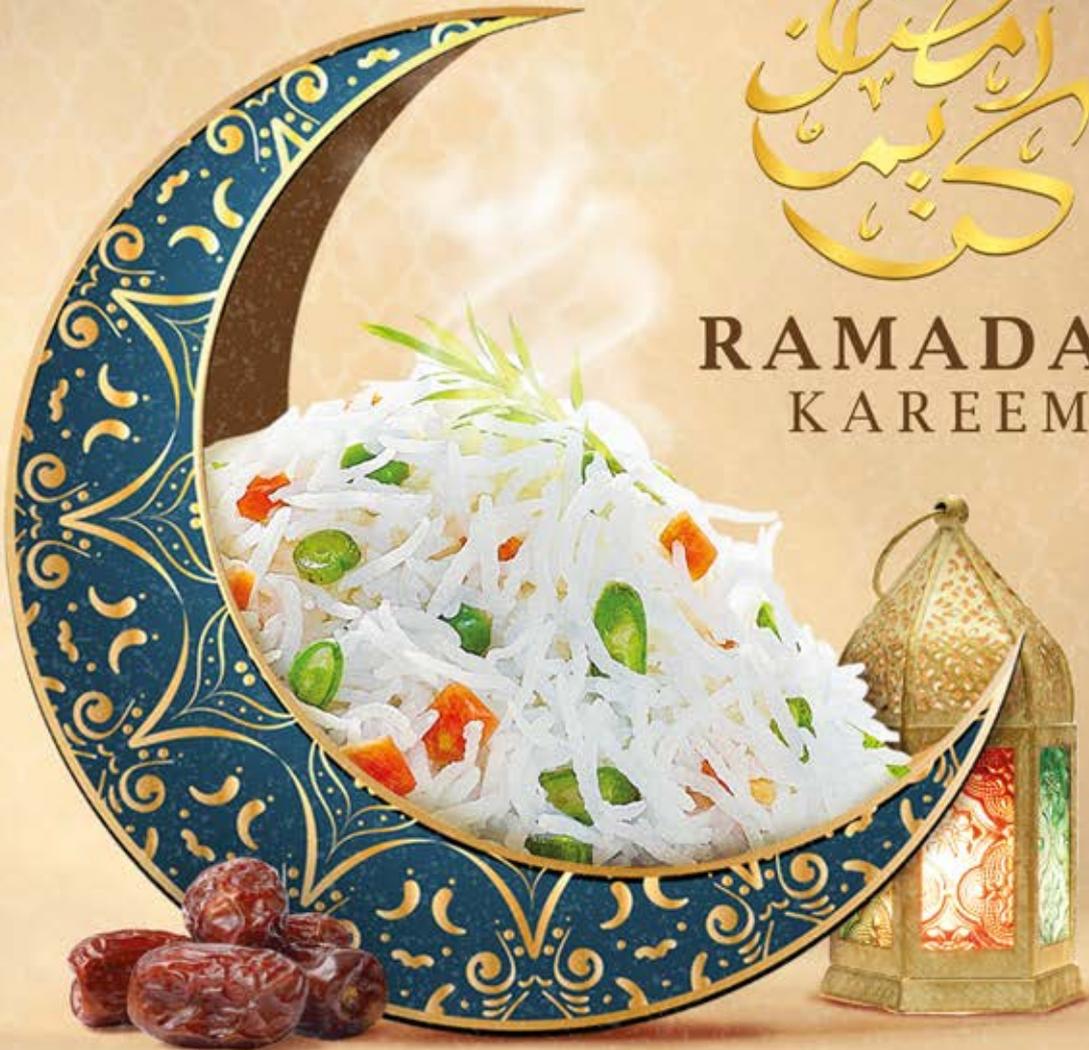
China
Ginger Fresh



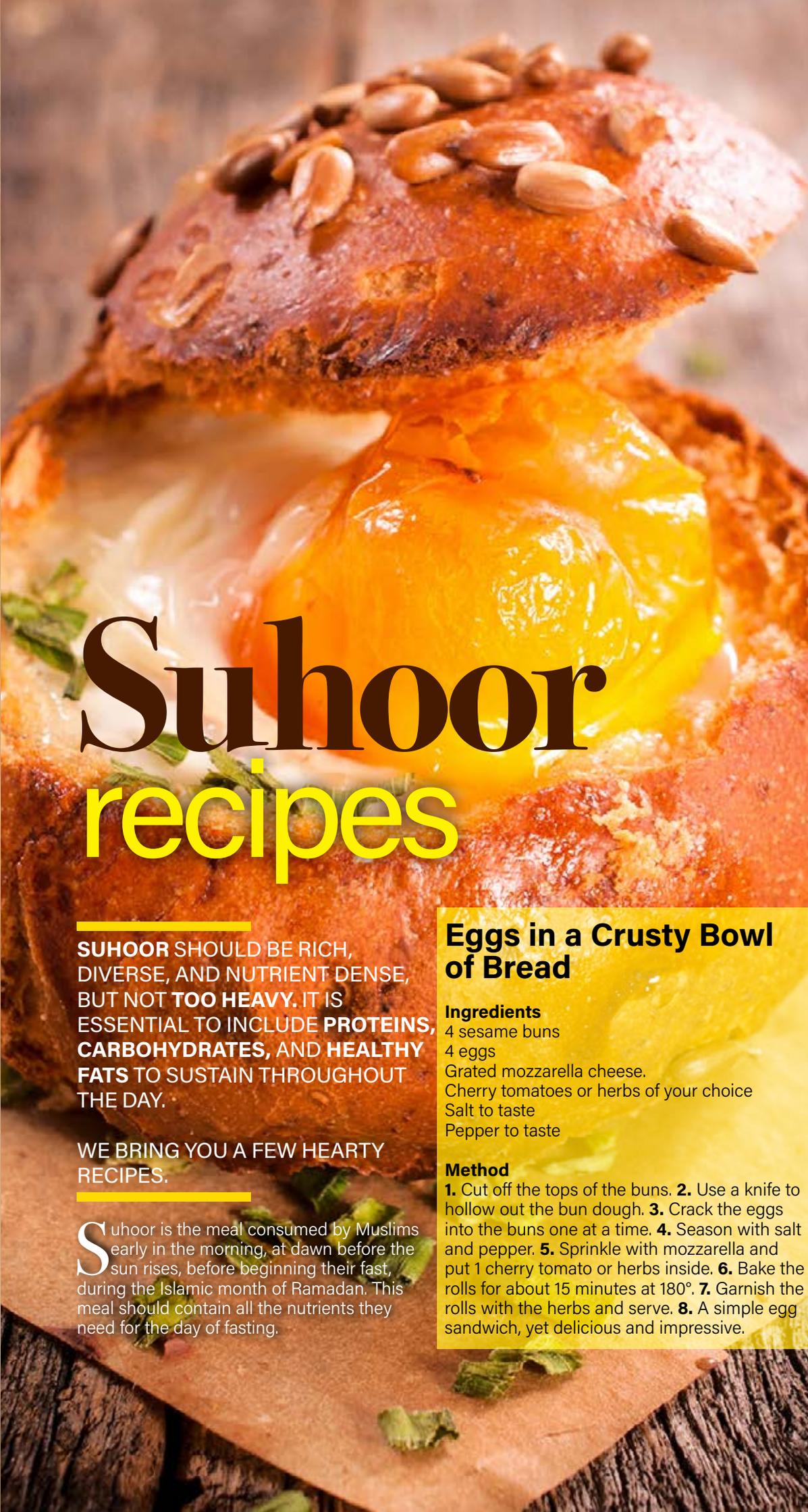
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Suhoor recipes

SUHOOR SHOULD BE RICH, DIVERSE, AND NUTRIENT DENSE, BUT NOT TOO HEAVY. IT IS ESSENTIAL TO INCLUDE **PROTEINS, CARBOHYDRATES, AND HEALTHY FATS** TO SUSTAIN THROUGHOUT THE DAY.

WE BRING YOU A FEW HEARTY RECIPES.

Suhoor is the meal consumed by Muslims early in the morning, at dawn before the sun rises, before beginning their fast, during the Islamic month of Ramadan. This meal should contain all the nutrients they need for the day of fasting.

Eggs in a Crusty Bowl of Bread

Ingredients
4 sesame buns
4 eggs
Grated mozzarella cheese.
Cherry tomatoes or herbs of your choice
Salt to taste
Pepper to taste

Method
1. Cut off the tops of the buns. **2.** Use a knife to hollow out the bun dough. **3.** Crack the eggs into the buns one at a time. **4.** Season with salt and pepper. **5.** Sprinkle with mozzarella and put 1 cherry tomato or herbs inside. **6.** Bake the rolls for about 15 minutes at 180°. **7.** Garnish the rolls with the herbs and serve. **8.** A simple egg sandwich, yet delicious and impressive.

some ingredients



Holland Cherry Tomatoes



Sesame Buns



Supervalu Whole Black Pepper Grinder



Violife Grated Mozzarella Cheese

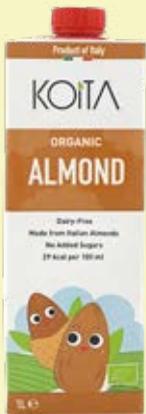
some ingredients



Philippines
Banana



Goodness Foods
Dates



Koita Organic
Almond Milk



Bob's Red Mill
Rolled Oats

Banana Date Smoothie

Ingredients

8 medjool dates, pitted and chopped
2 cups almond milk
2 bananas
½ cup rolled oats

Method

1. Place the dates and almond milk into a blender or food processor. Puree until the dates are the size of specs. **2.** Add the bananas to the blender and puree until smooth. **3.** Add the oats, wait 2-3 minutes for the oats to soak into the date almond milk mixture and puree. **4.** Pour into a glass and serve.



Tuna Quiche

Ingredients

8 eggs
1 ½ cups milk
¾ cup shredded mozzarella cheese.
¾ cup shredded cheddar cheese.
2 - 5 ounce canned tuna, drained
¾ teaspoon salt or seasoning salt

Method

1. Preheat oven to 350 degrees. **2.** Grease a deep-dish pie plate. **3.** In a large bowl combine eggs and milk. **4.** Whisk until well combined. **5.** Stir in cheeses, tuna, and seasoning salt. **6.** Pour into prepared pie plate. **7.** Bake for 45 - 50 minutes or until center is set. **8.** Let it rest for 5 minutes before cutting.



some ingredients



John West
Tuna Chunks



Nezo
Iodized Pure Salt



Almarai
Full Fat Milk



President
Shredded Cheddar Cheese

some ingredients



Italy
Wild Rocket



Philippines
Pineapple



Senora
Chicken Breast



Tabasco
Pepper Sauce Original

Grilled Chicken and Pineapple Salad

Ingredients

1 cup Chicken breasts, sliced
2 cups pineapple, cut into cubes
1 cup Arugula leaves
2 Thai Red chilli (Birds Eye Chilli), finely chopped (optional)
2 teaspoons Extra Virgin Olive Oil
For the dressing
1 teaspoon Extra Virgin Olive Oil
2 cloves garlic, crushed.
1 teaspoon Honey
¼ teaspoon Tabasco Original - Hot Sauce
Salt and Pepper, to taste

Method

1. Heat oil in a grill pan on medium

heat. Add a teaspoon of olive oil and roast the chicken on medium heat. Sprinkle some salt and cook until the chicken is done. **2.** Once the chicken is cooked, transfer it to a bowl and set aside. **3.** Alternatively, if you do not have a grill pan, you can pan roast the chicken in a skillet. **4.** In the same grill pan, heat another teaspoon of olive oil on high heat, and roast the pineapple pieces for a bit, until lightly browned and the grill marks appear (optional). **5.** Once done, transfer it to the same bowl as the chicken. **6.** Into this bowl of chicken and pineapple, add the bird's eye chillies and mix well. **7. For the Dressing** In a small mixing bowl, combine olive oil, garlic, honey, tabasco sauce, salt and pepper. Whisk them all together and pour it over the chicken and pineapple. Allow the chicken and pineapple to marinate in the dressing for half an hour. **8.** When you are ready to serve, toss in the Arugula leaves along with the Grilled Pineapple and Chicken. **9.** Serve.





IN CELEBRATION OF EID AL-FITR, HERE ARE SOME OF THE TRADITIONAL DISHES MADE FOR THIS SPECIAL TIME OF THE YEAR BY DIFFERENT CULTURES.

Eid feast



Shinwari Chicken Karahi

Ingredients

- 1 kg Chicken
- 4 med size Tomatoes halved
- 3/4 cup Oil
- Green chillies, fresh coriander & ginger juliennes for garnishing

Chicken Marination (4-5 hours)

- 1 ½ tbsp Ginger garlic paste
- 3 tbsp Yoghurt
- 1 tsp Salt
- ½ tbsp Coriander powder
- 2 tbsp Chicken tandoori masala
- ½ tsp Chilli flakes (optional)
- 1 tsp Garam masala (All spice powder)
- 1 tsp Turmeric
- 1 tsp Roasted cumin powder
- 1 tbsp Lemon juice
- 1 tsp Chaat masala

Method

1. Marinate the chicken
2. Heat oil, add and roast marinated chicken till it changes color. Add tomatoes and keep roasting.
3. Once tomatoes are tender, remove skin and keep mashing as you continue to roast till chicken is tender and leaves oil on sides.
4. Cover and let it cook till everything looks blended.
5. Adjust seasoning & garnish with green chillies & ginger and fresh coriander leaves
6. Serve with Roghni naan.

some ingredients



Coriander Leaves



Green Chillies



Alyoum
Fresh Chicken
Drumsticks



Mother's Recipe
Ginger Garlic Paste

some ingredients



Balade
Lacto Free Yogurt



Pure & Sure
Organic Desi Ghee



Mother's Recipe
Garlic Paste



Goodness Foods
Raisins Golden

Keema Biryani

Ingredients

½ kg lamb keema (Mince)
500 gram rice soaked for an hour
¼ cup cashews
5-6 raisins
1 cup yogurt
2 tbsp desi ghee
1 cups sliced onions
1 tbsp garlic paste
½ tsp ginger paste
2 tsp coriander powder
1 tsp red chilli powder
2-3 sliced fresh red chillies
¼ cup frozen green peas
1 cup milk
50 gram butter
1 tbsp rose water
5-6 mint leaves
1 piece ginger, sliced
1 tsp garam masala
Salt to taste
Brown onions & mint for garnish

Method

1. Heat desi ghee in a pan and add sliced onions. Cook on low heat. **2.** Whisk yoghurt, fresh red chillies, garlic paste, ginger paste, coriander powder, black cardamom and red chilli powder and add it to the onions. Cook for two minutes. **3.** Add lamb keema and saute. Add peas, salt and garam masala ad saute for 2-3 mins. **4.** Add half cup of water and allow it to simmer till tender. Transfer the keema to another pan. Add milk, butter, cashews and raisins. **5.** Boil the rice with rose water and salt. Drain **6.** Layer the Biryani with adding rice first in a heavy bottom pan. Add keema mix evenly on top and add a layer of rice again and then keema. Add some mint leaves and ginger. **7.** Cover it and allow it to steam cook. **8.** Garnish with brown onions and serve hot.





Beef Rendang

Ingredients

Spice Paste

- 10 large fresh chillies
- 1 small onion, finely chopped
- 4 to 5 minced garlic cloves
- 3 lemongrass stalks, white part only, sliced
- 1 ½ tbsp fresh galangal, finely chopped (*optional*)
- ½ tbsp fresh ginger, minced
- 2 tbsp oil

Curry

- 1 kg slow cooking beef, cut into cubes
- 1 tbsp oil
- 1 cinnamon stick
- ¼ tsp clove powder
- 3 star anise
- ½ tsp cardamon powder
- 1 lemongrass stick, bottom half of the stick only and smashed
- 400ml coconut milk
- 2 tsp tamarind puree / paste, or tamarind pulp soaked in 1 tbsp of hot water, seeds removed
- 4 large kaffir lime very finely sliced
- ⅓ cup desiccated coconut
- 1 tbsp brown sugar
- 1 ½ tsp salt

Method

- 1.** Place Spice Paste ingredients in a small food processor and blend until done into a powder. **2.** Heat 1 tbsp oil in a large pot over high heat. Add half the beef and brown, then remove onto plate. Repeat with remaining beef. **3.** Lower heat to medium low. Add Spice Paste and cook for 2 - 3 minutes until the paste darkens. **4.** Add remaining Curry ingredients and beef. Stir to combine. **5.** Bring to simmer, then immediately turn down the heat to low or medium low so the sauce is bubbling very gently. **6.** Put the lid on the pot and leave it to simmer for 1 hour. **7.** Remove lid and check the beef to see how tender it is. **8.** Turn up heat to medium and reduce sauce for 30 - 40 minutes, stirring every now and then at first, then frequently towards the end until the beef browns and the sauce reduces to a paste that coats the beef. **9.** The beef should now be very tender, falling apart at a touch. If not, add a splash of water and keep cooking. Remove from heat and serve with plain or Coconut Rice.



some ingredients



Australia Beef



Lemongrass Stalks



Fresh Galangal



Cinnamon Stick

some ingredients



President
Cream Cheese



M.Y. San Grahams
Crackers



Puck
Thick Cream



Mayver's
Tahini

Tahini Cheesecake

Ingredients

For Graham Cracker Crust

1 ½ cups graham cracker crumbs
4 tbsps unsalted butter, melted
1 tbsps brown sugar

For Cheesecake Filling

1 cup heavy cream
16 ounces cream cheese,
room temperature
1 cup granulated sugar
1 tsp vanilla extract
1 tbsps lemon juice
¼ tsp salt
½ cup tahini
4 ounces 60% dark chocolate,
melted (*optional*)
Caramel sauce (*optional*)

Method

1. Mix the graham cracker crust ingredients together. **2.** Place

ingredients into an 8- or 9-inch springform pan. Using the bottom of a measuring cup, press mixture into the bottom of pan and up the sides. Freeze for 15 minutes. **3.** Pour heavy cream into the bowl of a large stand mixer. Using the whisk attachment, beat for several minutes on high speed until stiff peaks form. Set aside. **4.** Using a hand mixer, mix the cream cheese, sugar, vanilla, lemon juice, salt, and tahini and beat on medium-high until smooth. **5.** Gently fold in the whipped cream. **6.** Pour cheesecake filling into the chilled graham cracker crust. Cover with plastic wrap and refrigerate for at least 8 hours or overnight. **7.** To remove cheesecake, run a knife around the edge to loosen, and slowly open latch to remove sides of pan. **8.** Using spoon or butter knife, drizzle melted chocolate or caramel sauce over top of cheesecake (*optional*). **9.** Serve immediately or cover and store in refrigerator for up to 4 days.





Easter delights

Cheese Monkey Bread

Ingredients

2 cans refrigerated biscuit dough or pizza dough
1 cup melted butter
A bundt pan

Assorted herbs/toppings: Mozzarella cheese, mixed Italian herbs, garlic.

Other options: cheddar cheese, parmesan cheese, dill, etc...

Method

1. Separate dough into pieces, and roll each into a ball. **2.** Dip each ball into melted butter, then into topping of your choice. **3.** Drop into greased bundt pan at random. **4.** Bake at 350 F for 30-35 minutes. At the 25-minute mark, if you feel like the top is getting over cooked, cover with aluminum foil for the remaining cooking time. **5.** Remove from pan and serve.

BRING OUT THE EASTER FUN WITH THESE LOVELY, DELICIOUS RECIPES.



some ingredients



UAE Dill Leaves



Golden Loaf Pizza Dough



Al Rawabi Mozzarella Cheese



Schwartz Italian Herb Seasoning

some ingredients



Lemon



Jenan
Omega 3 Eggs



President
Sour Cream



Mc Kenzie's
Coconut Flakes



Cheesecake Nests

Ingredients

1 cup grated sweetened coconut, or toasted coconut flakes
8 sheets of graham crackers
½ cup + 2 tbs granulated sugar, separated.
A pinch of salt
3 tbs butter, melted.
2 packages softened cream cheese.
⅓ cup sour cream
1 ½ tsp vanilla extract
3 eggs
1 ½ tbs lemon zest
juice of 1 lemon
egg candies

Method

1. Preheat oven to 325° F. **2.** Spread out shredded sweetened coconut on a baking sheet. Bake for 15 minutes, stirring and checking for golden color every

5 minutes. Remove from oven and set aside to cool. **3.** Line a muffin tin with cupcake liners. Set it aside. **4.** Place graham crackers in a food processor or crush in a plastic bag by hand. Transfer to a medium bowl. Add 2 tablespoons sugar, salt and butter and stir until well combined. **5.** Place crumb mixture, about 1 ½ to 2 tablespoons in each cupcake liner, pressing down with the back of the measuring spoon and letting some of the crumbs go up the sides. **6.** Place cream cheese, sour cream, vanilla, and sugar in a large mixing bowl. Add eggs, one at a time and mix until smooth. Stir in lemon zest and lemon juice. Divide cream cheese mixture between muffin cups, filling to the top. Bake for 30-35 minutes or until tested with a toothpick, it comes out clean. Cool completely and refrigerate for at least 2 hours. **7.** Place ½ to 1 tablespoon of toasted coconut on each mini cheesecake. Using spoon, distribute evenly making a "nest" shape. Decorate with candy eggs and serve.

Polish Easter Cake Mazurek

Ingredients

For crust:

- 2 cups flour
- 2/3 cup butter, chilled
- 1/2 cup sugar
- 1 large egg
- 2 - 4 tbsp milk

For filling:

- 1/2 cup cherry or strawberry jam or marmalade
- 240 gm of your favorite chocolate
- 1/3 cup heavy cream
- 2 tbsp butter
- 1 tbsp honey

For decorations:

- Choose some of the following or use your own imagination*
- Candied cherries
- Almonds, whole, sliced or slivered
- Dates
- Dried apricots
- Pine nuts
- Raisins
- Ganache for piping
- Candies

Method

1. Preheat the oven to 180° C. **2.** Cut the butter into the flour using a pastry blender, a food processor, or your fingers, until the mixture resembles coarse sand. Add the sugar. Add the egg and 2 tablespoons of milk, adding more milk if needed to form a proper mixture. **3.** Roll the dough out on a lightly floured surface to a 1/4 inch thickness. Carefully transfer the dough to your pan. Trim the dough to fit the pan, making a raised edge around the edge of the pan. Chill for 30 minutes to an hour. Poke holes in the crust with a fork every couple of inches. Bake for about 25 minutes, until the edges just begin to take on a golden color. **4.** Warm the jam, so it will spread easily. Spread a layer of jam over the crust, a coating up to 1/8 inch thick. **5.** Finely chop the chocolate. Heat the cream until it just begins to bubble around the edge. Stir in the chopped chocolate, butter, and honey until the butter and chocolate have melted. Pour a layer of ganache over the jam layer. **6.** Add fruits and nuts to decorate the top of the Mazurek with your own creative pattern.



some ingredients



Natco
Cherry Jam



Goodness Foods
Whole Almonds



Goodness Foods
Dried Apricot



Chef speak

ORIGINALLY FROM GERMANY, **CHEF DOMIC PETZOLD** HAS SPENT MORE THAN FIFTEEN YEARS IN DUBAI'S INCREDIBLY VIBRANT F&B LANDSCAPE. OVERSEEING CULINARY OPERATIONS FOR SIX HOTELS, INCLUDING HOT FAVOURITES LIKE **YALUMBA, WAREHOUSE, CASA MIA, DUBLINER'S, KIKU AND THE SEAFOOD MARKET AT LE MERIDIAN DUBAI**, CHEF DOMINIC IS ONE OF DUBAI'S MOST INFLUENTIAL CHEFS. PASSIONATE, WELL RESPECTED AND IMMENSELY CREATIVE IS HOW HIS PEERS DESCRIBE HIM. CHEF DOMINIC IS CURRENTLY COMPLEX DIRECTOR OF **CULINARY, LE MERIDIEN HOTEL & CONFERENCE CENTRE, LE MERIDIEN FAIRWAY, ALOFT AL MINA, ALOFT DUBAI AIRPORT, ELEMENT AL MINA AND ELEMENT DUBAI AIRPORT.**

What drew you towards the culinary business?

As Marco Pierre White aptly said, "A chef's palate is born out of his childhood, and one thing all chefs have in common is a mother who can cook." Being raised by my mother and grandmother means that I was lucky enough to be exposed to cooking from a young age.

What is the secret to success in the buoyant F&B landscape of Dubai?

As Dubai is a diverse and fast-paced city, diners tend to be mesmerized by all the different flavors that surround them. For us to provide a one-of-a-kind experience, we want to make sure that we keep traditions alive by focusing on the origins of the food. According to me, the two ingredients to succeed are to put flavors in the limelight and bring back memories for the guests.

Describe your cooking philosophy?

I am a firm believer that it is important to cook fresh food from the heart with a lot of flavors. The dish needs to be flavorful and never compromise on quality.

Where do you get your culinary inspiration from?

Cooking is my passion, so I naturally draw my culinary inspiration from my everyday surroundings. I always keep my eyes and mind open for new ideas that may arise.

What do you see as the biggest trends in F&B?

Sustainability is a key theme that F&B stakeholders will need to adapt and abide to in the near future. Moreover, there will be a rise in the demand for non-alcoholic drinks. In addition to the above, as individuals are becoming more health conscious, food transparency will be of high importance. All in all, guests want to enjoy and live an experience when dining out.

Your 3 most used ingredients.

Good quality extra virgin oil, all kinds of mushrooms and fresh herbs - I just love to work with them.

Your comfort food.

Nothing brings back the comfort of a nice pasta dish.

Your favourite cuisine to cook.

Mediterranean

Describe life in Dubai as an expat, in three words.

Exciting, safe and (full of) opportunities!!

Please share a recipe that readers can recreate at home.

Beef Bourguignon

Ingredients

500 gm Wagyu beef brisket
200 gm carrots
150 gm leeks
100 gm celery
100 gm onion
30 gm garlic
70 gm potato
30 gm green pea
100 gm mushroom Fresh
3 pcs bay leaf
2 gm rosemary
30 gm tomato paste
100 ml red grape juice
25 ml black balsamic vinegar
20 ml olive oil
15 gm salt
5 gm black pepper powder

Method

1. Cut the beef into medium cubes (try to cut all same size) and marinate the beef with salt, pepper and olive oil. Sear it into the big pot from all around on medium fire for about 2-3 minutes. **2.** Remove the beef and sauté carrots, onion, celery, leeks and garlic in the same pot with all spices until all vegetables get caramelized. Add the beef again in the pot and mix with tomato paste. **3.** Add red grape juice and black balsamic vinegar. Allow it to simmer and reduce it. Slowly add chicken stock to cover all the meat. **4.** Cook in the oven on 180 degrees about 2:30 to 3 hours.



some ingredients



Australia
Carrot



Oman
Mushroom



Natco
Bay Leaves



Mara
Green Peas

some ingredients



Kenya
Avocado



Holland
Bell Pepper Green



Local
Parsley Leaves



Cilantro Leaves

Let's get saucy - 2!

A LOT OF CUISINES, ESPECIALLY ITALIAN AND FRENCH ARE KNOWN FOR THEIR LIBERAL USE OF **FLAVORFUL SAUCES**. AFTER ALL, A WELL-CRAFTED SAUCE ADDS MOISTURE, FULLNESS, INTRICACY, AND COLOR TO ALMOST ANY DISH. SAUCES COME IN A VARIETY OF COLORS AND ARE EITHER **COLD OR HOT**. THERE ARE **OVER 50 DIFFERENT KINDS OF SAUCES** USED IN COOKING. THIS TIME, IN A THREE-PART SERIES, WE TAKE A TRIP AROUND THE WORLD WITH THE MOST POPULAR SAUCES. WHAT IS YOUR FAVOURITE?

Guasacaca Sauce

Ingredients

1 ripe avocado, seeded and roughly diced
½ small onion, quartered
½ small green bell pepper, stemmed, seeded, and roughly chopped
2-3 cloves garlic
½ cup cilantro leaves, roughly chopped
2 tbsp parsley leaves, roughly chopped
3 tbsp white vinegar
½ tbsp fresh lime juice
1 tbsp extra-virgin olive oil
Salt and freshly ground pepper

Method

1. Place all the ingredients in a blender or food processor. **2.** Blend until creamy and smooth. Taste and adjust the seasoning as desired.

Guasacaca sauce, which is Venezuela's take on guacamole, is a delicious condiment that is simple to make, adaptable in use, and savory. The presence of avocado and the vibrant, tart herb and lime base make it a delicious compliment to any vegetarian, seafood, or meat cuisine. It will undoubtedly leave an impression on your palate, particularly if you enjoy Venezuelan food. It can be prepared in a variety of ways, with slight changes depending on the cook. You can discover varieties that are thick and chunky, creamy versions, looser versions served more like a dressing, and more.

Enjoy Guasacaca sauce as a dip with nachos like guacamole, toss with a cold pasta salad as a creamy dressing or add as a topping for barbecued chicken, grilled meat and or sautéed seafood.



Pico De Gallo Sauce

Ingredients

3-4 medium diced tomatoes
 ½ medium onion chopped
 1 jalapeno pepper, seeded and finely minced (optional)
 ½ cup cilantro, chopped
 2 tbsp lime juice, from 1 lime
 ½ tsp salt, or to taste
 Pinch of black pepper

Method

1. In a medium bowl, add diced tomatoes, onion, jalapeno pepper and chopped cilantro. **2.** Stir in 2 tbsp lime juice and lightly season with ½ tsp salt and 1 black pepper, or season to taste. **3.** The key to a traditional pico de gallo is in letting it rest. Combine all of the ingredients, cover and refrigerate for a day. The tomatoes will juice up and the flavors will meld so every bite is flavor-packed.

Pico de Gallo is a chopped relish-like salsa or sauce from Mexico, a popular Mexican salsa. Salsa Cruda and Salsa Fresca are other names for it. Traditional preparations include fresh cilantro, lime juice, tomatoes and onions mixed in equal quantities. Jalapenos are used for a hot kick! Translated in Spanish, pico de gallo literally means "beak of rooster." Some believe this is because it was originally eaten by pinching between the thumb and finger, making the shape of a rooster's beak.

This salsa is popular with Mexican food, like tacos, nachos, or quesadillas. Pico de gallo is a great ingredient for Hispanic dishes, because it is less liquid than other salsas, while also has the same, great flavor. Another interesting fact about pico de gallo is that it is extremely healthy. The tomatoes and peppers in the salsa are known for preventing colds and strengthening your immune system.

some ingredients



Cantina Green Jalapeno



Woolworths Diced Tomatoes



Goodness Foods Black Pepper

some ingredients



Lea & Perrins
Worcestershire Sauce



Heinz
Tomato Ketchup



Natco
Paprika

BBQ Sauce

Ingredients

1 ½ cups brown sugar
1 ½ cups ketchup
½ cup red wine vinegar
½ cup water
1 tbsp Worcestershire sauce
2 ½ tbsp dry mustard
2 tsp paprika
2 tsp salt
1 ½ tsp black pepper
2 dashes hot pepper sauce

Method

1. Gather all ingredients. **2.** Combine brown sugar, ketchup, vinegar, water, and Worcestershire sauce in a blender. Season with mustard, paprika, salt, pepper, and hot pepper sauce. Blend until smooth. **3.** Cut back on the brown sugar to make it less sweet or add more Worcestershire for more 'steak sauce' appeal.

Popular in the USA, this is a flavorful sauce served with dishes that have been grilled or barbecued. There are countless ways to prepare the sauce, which can be described as acidic, spicy, or sweet. The four main categories of barbecue sauces are red, or tomato-based, mustard-based, vinegar-based, and white, which frequently starts with mayonnaise or other components of a lighter hue.

As opposed to many of the darker barbecue sauces, which tend to be dark red or brown, the white barbecue sauces are pale in color. White barbecue sauces are made with ingredients like the mayonnaise-based white sauce that is traditional to northern Alabama. The lighter or White Barbecue Sauces, which are frequently used with grilled chicken, turkey, or pork, are not as common as the darker variety of sauces.



☆ Ramadan
Kareem



Hamdard

Rooh Afza

Drink of the East



Supergreens barley grass

WE ALL KNOW SUPERFOODS BY NOW, BUT WHAT IS A **SUPERGREEN**? INTEGRATIVE HORMONE HEALTH COACH **SHEETAL RAMCHANDANI** TELLS US ALL WE NEED TO KNOW.

SUPERGREEN IS A SUB-CATEGORY OF **SUPERFOODS** THAT INCLUDES A VARIETY OF **GRASSES, GRAINS, AND VEGETABLES**, SUCH AS **KALE, CHARD, ARUGULA, AND BROCCOLI**. THEY ARE EASILY RECOGNIZABLE BY THEIR DARK GREEN COLOUR AND POTENT FLAVOURS.

Barley grass has increasingly gained popularity in recent years; however, it has been consumed since prehistoric times and widely consumed by peasants in medieval Europe and is also a staple in Tibetan cuisine.

So, what is barley grass or even barley grass powder? Barley grass is the young shoots of the barley plant – a 1-2 year cereal belonging to the grass family. It thrives in sub-tropical climates. On the other hand, barley grass powder is made by drying the juice of freshly squeezed barley grass at extremely low temperatures to avoid any loss of nutrients.

Did you know that barley grass contains 7 times more vitamin C than orange juice and 11 times more calcium than milk? This nutrient-dense supergreen is an excellent source of Vitamin B, minerals, phytochemicals, and fibre. Yet, whilst green vegetables such as spinach may also contain many of the same nutrients as barley grass, none of them do so in such a concentrated package, which is why barley grass goes such a long way and has become so popular.

So, what do we choose? Barley grass or barley grass powder? Both have the same benefits, however, it is easier to use the powder version in smoothies, juices, and shakes (sharing a yummy recipe below!) And how is barley grass powder different from wheatgrass powder? Both are incredibly nutrient-dense supergreens that are brimming with vitamins, minerals, and phytochemicals, loaded with digestive enzymes, and boost immunity. However, some suggest that barley grass contains almost no gluten, is extremely alkaline and is easier to digest than wheatgrass.

The addition of barley grass to your daily diet is believed to be helpful in delaying the unwanted signs of ageing such as fine lines and wrinkles, and is a powerful detox aid, promoting natural, sustainable weight loss. It also helps lower cholesterol levels and can help treat fibromyalgia, in addition to maintaining a healthy, balanced diet that is rich in fruits, vegetables, whole grains, and superfoods such as barley grass.

Some people may find the taste of barley grass juice too strong. In that case, you can add lemon, apple, ginger, and carrots/beets as a natural sweetener to dilute the taste of barley greens. Alternatively, you may use barley grass powder in a smoothie! Try the recipe below!

Mango Mojito

Serves 1

Ingredients

1 cup fresh/frozen mango
Handful fresh mint leaves
2-3 tbsp lime juice
1 cup coconut water
1 tsp Barley grass powder
1 date – *optional for an extra sweetener*

Method

1. Add all the ingredients in a blender and blend until smooth. **2.** Serve immediately to avoid oxidization that depletes the nutritional value.



Sheetal Ramchandani
Integrative Hormone Health Coach
Visit: <https://livelivysheetal.com/> to know more about
Sheetal Ramchandani.

some ingredients



Mint Leaves



Australia
Mango



Woolworths
Lime Juice



Foco
Coconut Water

The. of simplicity suhoor

MAKING SMART FOOD CHOICES IN YOUR EARLY MEAL, IN THE MONTH OF **RAMADAN**, SHAPES POSITIVE ENERGY THROUGHOUT THE DAY. **LUKE COUTINHO**, HOLISTIC LIFESTYLE COACH, GIVES US TIPS TO **EAT RIGHT FOR SUHOOR**.





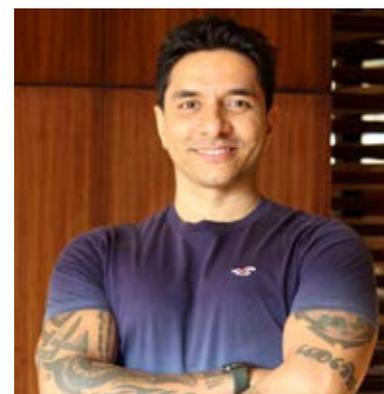
Summer suhoor is a great time to set the detox meter for a healthier you, with the blessings of the Almighty. Celebrate sound nutrition and superfood chargers in your pre-dawn meal to set your fasting rhythm for the month of Ramadan. While family gatherings set the tempo for feasting, choose to eat moderately and sensibly. Portion control and hydration form the primary focus of your fasting regime during this auspicious time.

Make sure you bring plenty of fluids in, probiotics including buttermilk; sabza infused lassi, jal jeera, rice kanji, coconut water and aam panna to stay cool amidst the rising temperature. Eat plenty of curd along with prebiotics like banana, apple cider vinegar and flaxseeds. Go slow on tea, coffee and fizzy drinks as the beverages tend to dehydrate you. Make space for high-moisture fruits like musk melon and watermelon in suhoor. Drink 500 ml water towards the end of suhoor to keep thirst at bay. It is a good idea to keep sipping water till the end of suhoor.

Go for the right meal choices to get all the micro and macro nutrients in place. Bring the protein in moong dal rice khichdi or chicken and rice khichdi with a generous dose of vegetables. Egg curry with jowar roti, bhurji with wheat roti, or a fresh green pea paratha made with khapli wheat and yoghurt makes you feel satiated and energetic throughout the day. Try one pot of rice with vegetables and beans to bring in the best from the veg kingdom. A balanced, fibre-rich mix of meats and greens makes you circle muscle and energy gain while shrugging off fat.

Having a teaspoon of gulkand (rosepetal), or a small bowl of freshly shelled pomegranate (anar) makes you keep thirst at bay and combat body heat. Their intake will also deal with your sugar cravings. Dry dates work beautifully. You must avoid eating fried foods, and sugary desserts during suhoor as they tend to work up your thirst aggressively. Skip oil-rich, heavy preparations in your intake, and avoid starchy, highly refined foods like white bread, burgers and pizza. Instead bake, grill, saute, or steam food preparations to stay refreshed and energetic throughout the day.

Luke Coutinho, is a globally renowned Holistic Lifestyle Coach in the field of Integrative Medicine. **Luke's** approach towards prevention and healing revolves around four important pillars: Balanced Nutrition, Adequate Exercise, Quality Sleep and Emotional Detox. www.lukecouthino.com/





تذوق الجودة
Taste the Quality



من مزارعنا إلى مائدتك
FROM OUR FARMS TO YOUR TABLE



Life...

* Wellbeing * Health * Fitness * Sustainable living

HAPPY
Easter

Three decorated Easter eggs with intricate blue and white patterns, positioned below the word 'Easter' in the graphic.



What is “in” your clothes?

THE **FASHION INDUSTRY** IS CONSTANTLY **CHANGING** AND **EVOLVING**, WITH **NEW TRENDS** AND **STYLES** EMERGING EVERY OTHER DAY. AS CONSUMERS, IT IS IMPORTANT TO BE AWARE OF THE MATERIALS USED IN OUR CLOTHES AND ACCESSORIES TO RESPECT THE ENVIRONMENT AND THE PEOPLE PART OF THE CLOTHES JOURNEY. THAT IS WHY **SUSTAINABLE FASHION** IS BECOMING INCREASINGLY POPULAR IN RECENT YEARS.

One aspect of sustainable fashion is the materials and textiles used to create the garments we wear and the process to create those materials. In this article, we'll explore together the world of sustainable materials and processes used in fashion.

TYPES OF MATERIALS

There are two main types of materials: Natural and Synthetic or man-made. The materials used in fashion can have a significant impact on the environment and we need to consider their whole journey, from the extraction of raw materials to the production process, the way we use and care for them and the end of the product lifecycle.

SYNTHETIC MATERIALS

Synthetic materials, for example, are coming out of fossil fuels. You probably own pieces made with polyester, nylon, acrylic, and elastane as they are the most popular synthetics. These materials are non-biodegradable and can take hundreds of years to decompose, contributing to pollution and waste in landfills.

At the same time, synthetic materials offer characteristics that plain natural fibers cannot- like water proofing, stain resistance or elasticity. Due to the material's low price, you might find them galore in fast fashion brands.

NATURAL MATERIALS ARE NOT THE SAME AS ORGANIC.

On the other hand, natural materials such as cotton, viscose, wool, silk, leather, linen, or hemp are biodegradable. These materials have a lower impact on the environment, as they can decompose and return to the earth without causing harm.

Natural materials tend to be more breathable. But natural materials can also be not that eco-friendly if the process to produce them is not. Think of cotton. It is not only one of the thirstiest crops in terms of water usage, but also the amount of pesticides and chemical fertilizers that go into growing cotton is insane. That is when within the natural materials we need to make another distinction: is it organic? Is it really respecting the environment?



Pineapple leather can be used as an alternative to leather. You can find it in shoes, bags and belts



Jacket made out of coffee sacks- Wooden Bags recuperate the wood from a furniture factory leftovers



Earrings made out of paper- Social project from Swaziland

THE PROCESS

Organic materials are grown without the use of synthetic fertilizers or pesticides, making them a healthier and more sustainable option. Organic cotton, for example, is grown using natural fertilizers and pest control methods, making it a safer and more environmentally friendly option compared to conventional cotton; not only to us, when we are wearing the garments, but also to the farmers and the mill workers.

Another material where the process makes the difference between being sustainable or not is viscose. Viscose is made from the pulp of trees -most common trees used are bamboo and eucalyptus trees. Tencel is the registered trademark for a viscose known for its softness and sustainability, as it is made using a closed-loop production process that recycles water and solvents. Standard viscose is not considered sustainable.

Hemp and linen are another sustainable material that have gained popularity in recent years. They are fast-growing crops that require less water and fewer pesticides than conventional cotton. They are durable, have natural antimicrobial properties and look great.

The production process of synthetic materials often involves the use of harmful chemicals, such as petroleum-based solvents and dyes, which can pollute the environment and harm human health. Sustainable fashion, on the other hand, is produced using sustainable methods that minimize the impact on the environment.

INNOVATIVE MATERIALS

In addition to traditional materials, there are also new innovative fibers emerging, such as pineapple leather, milk fiber, orange peel fiber, cupro, Naia, soy fiber, apple, mushroom, or

even cacti leather. These materials offer new possibilities for sustainable fashion, as they are often biodegradable, and they use waste from other industries and totally transform them.

We can support sustainable fashion by choosing products made from natural or innovative fibers. And when in need of synthetics, by choosing products made from recycled materials.

RECYCLING

Recycling is a key component of sustainable fashion, and there are many recycled materials we can use in this industry. One of the most common recycled materials is polyester, which can be made from recycled plastic bottles. Recycled polyester has a significantly lower environmental impact than virgin polyester, and it helps reduce the amount of plastic waste that ends up in landfills. It is not all great though. Synthetics materials shed microfibers when washed, so it is much better if we reuse this plastic in items that we don't need to wash frequently.

Another popular recycled material is nylon, which can be made from recycled fishing nets and other waste materials. Recycled nylon is a great option for swimwear and athletic wear because it is durable and quick drying. Again, the issue of microfibers is present with nylon. A solution to avoid the microfibers to go down the drain and kill our marine life is to use a Cora Ball or a Guppy Bag.

Guppy bags are very easy to use. You just need to segregate the synthetics from the natural fibers when doing the laundry and place the synthetics inside the Guppy Bag. The microfibers will get trapped inside the bag and when enough of it is accumulated could be discarded easily in the bin.

Organic cotton has no pesticides or chemical fertilizers



In conclusion, the materials and processes used in fashion have a significant impact on the environment, and as consumers, we have the power to make a difference by making conscious choices. By choosing sustainable materials and supporting sustainable fashion, we can help reduce the impact of the fashion industry on the environment and promote a more responsible and ethical approach to fashion.

By: **Araceli Gallego**
Find the best sustainable fashion, accessories, beauty and home décor at Goshopia.com.



The of ancient art calligraphy

AS MORE AND MORE **TECHNOLOGICAL INNOVATIONS** TAKE OVER OUR LIVES, MORE PEOPLE ARE REDISCOVERING THE THERAPEUTIC EFFECT OF PUTTING **PEN TO PAPER**. NOTEBOOKS AND PLANNERS ARE POPULAR ITEMS BEING SOLD AT BOOKSTORES, AND CALLIGRAPHY WORKSHOPS AND BULLET JOURNAL WORKSHOPS ARE ALSO GAINING TRACTION. WE TELL YOU MORE ABOUT THE **WONDERFUL ART OF CALLIGRAPHY** AND ITS BENEFITS.

Calligraphy has a long and rich history in many cultures. The term 'calligraphy' is said to come from the Greek words for "beauty" (kallos) and "to write" (graphein). In the early years, much before the advent of computers and even typewriters, people only depended on writing by hand. For writing notes or ordinary book keeping job, any handwriting would suffice, but for formal documents such as deeds or contracts, or meaningful text such as poetry or books, people would rely heavily on the artistic skill of a calligrapher.

Calligraphy artists define the craft as "the art of forming beautiful symbols by hand and arranging them well. It's a set of skills and techniques for positioning and inscribing words so they show integrity, harmony, some sort of ancestry, rhythm and creative fire."

Calligraphy is at the heart of both Arab and Islamic identity. It is cherished for its beauty, clarity and harmony, and has been enhanced and developed over the course of a millennia. Arabic calligraphy has held a sacred place in the Islamic arts for centuries on end. This is



because the original manuscripts of the holy Qur'an were written in calligraphy. Calligraphy even permeated into every day with artefacts, wall hangings, carpets, paintings, pots, vases, walls, doors, and gateways all featuring the design.

Even today, as our world is rapidly moving towards advancement of technology and automation, this craft is kept alive as a beautiful work of creativity, expression, patience and mindfulness. Dubai's most well-known recent landmark - Museum of The Future, embodies the art of calligraphy. The facade bears an inscription of words of wisdom by Sheikh Mohammad Bin Rashid Al Maktoum, Vice-President and Prime Minister of the United Arab Emirates and Ruler of Dubai. "We may not live for hundreds of years, but the products of our creativity can leave a legacy long after we're gone," the first excerpt reads, and this is exactly what the art of calligraphy means to the culture of the United Arab Emirates.

In the early days, calligraphers would use carefully constructed wooden implements or feathered quills that were dipped in ink to write. Today's calligraphers have a wider toolset to choose from, from specialised calligraphy pens with angled nibs to ink cartridges which can be easily replaced. While there is definitely a lesser demand of hand-penned ornate lettering today, calligraphers are still employed at design agencies and graphics specialists for work that needs a skilled human touch.

Dubai based artist Nishika Dhakan believes in keeping the ancient and revered art of calligraphy alive in the modern day. "For me, calligraphy is a way of life. It allows me to express creativity and individuality. The aesthetic quality of being able to convey

different moods and emotions through a variety of styles and fonts really fascinates me." She feels that the art is a mindful activity which helps people create a mindful space in the midst of their busy routine lives. Surprisingly, breathing and posture is an important part of learning calligraphy. If you're tense and not breathing properly, it will have an effect on your writing. And you need to get into the right state of mind in order to create beautiful calligraphy. You need to be present in the moment and drop fear of judgement as you practice this art. "It is something that almost everyone can benefit from, and I find it so rewarding to be able to teach it, she continues.

Calligraphy is nothing more than a hobby for some people, but enthusiasts can certainly build a successful career in calligraphy if they're willing to put in the time and effort. There are no formal qualifications that a calligrapher must have before finding employment, but there is a range of training courses that will certainly help you along your way, with one of the most renowned coming from the Society of Scribes and Illuminators.

Sharjah Centre for the Art of Arabic Calligraphy & Ornamentation offers separate classes for male and female students and offers continuous training and workshops in traditional material, pottery, glass and other materials. The courses offered, may also include other applied arts related to calligraphy such as coating of marble paper, restoration of manuscripts, calligraphy design and production, color techniques in Arabic letters, hot and cold ceramics, paper manufacturing and metal pressing. Check <https://sdc.gov.ae/> for more information.

Nishika Dhakan offers you a freebie. Head to www.nishinks.com/getcreative to avail it.





Holistic approach towards cooking and eating meals at home!

THE WAY THAT **AYURVEDA** VIEWS FOOD AND COOKERY, AS DESCRIBED BY **RASHMI BALANI**, IS CONSISTENT WITH ITS CORE TENETS. AYURVEDIC COOKING MAKES USE OF THE UNDERSTANDING OF THE **UNIVERSAL PRINCIPLES** AND HOW THEY **IMPACT THE BODY AND PSYCHE**, WHILE TEACHING A NATURAL PATH LINKING WHAT WE EAT TO THE PEOPLE AND PLANET WE LOVE. IT ALSO TEACHES THE ART OF HOW TO EAT: **WITH INTENTION TO NOURISH**.

We all love convenience food, but one of the simplest ways to improve your health is by preparing more home-cooked meals. Everyone loves a home-cooked meal—even moody teenagers or picky eaters.

When you prepare your own meals, you have more control over the ingredients.

By cooking for yourself, you can ensure that you and your family eat fresh, wholesome meals. This can help you to look and feel healthier, boost your energy, stabilize your weight and mood, and improve your sleep and resilience to stress.

Since my childhood, I used to accompany my Dadi (my grandmom) to gurdwara and every time we used to visit gurdwara, having Kada Prasad was my favorite thing to do. I used to ask my dadi “why cannot we make this same delicious sweet at home?” My grandmother told me “We can make it, but the taste will not be exactly same because this is “Prasaad” and this is blessed”.

Food prepared and eaten with love is very beneficial. Food eaten after being offered to the Lord is charged. This food we can call Prasad. And now I understand why a tiffin box prepared by my mom always makes me joyful and content.

How can food affect our energy?

We are energy, and eating is simply a transfer of energy. We can fill ourselves with energy in many ways, through yoga, nature walks, breath work, meditation and eating whole foods.

Ever notice how you aren't as hungry when you spend a day at the beach or at a park? But when you are in front of a computer all day, you're starving. Two things are happening here.

When you are at the beach, barefoot, surrounded by nature, soaking up vitamin D, you are absorbing prana, life force energy. Your personal cup of joy is being filled up. Therefore, you need less energy from food.

When you are in front of a computer for 5+ hours, you are working, giving away your energy. Additionally, technology tends to absorb our energy. You are being depleted in multiple ways so you and your body, conscious or not, is thirsty, hungry, and wants to be re-filled with prana.



High Vibration Food List

FRESH, SEASONAL, ORGANIC, OR LOCAL FRUITS AND VEGETABLES

SUPERFOODS AND MEDICINAL HERBS SUCH AS SPIRULINA, ASHWAGANDHA, MORINGA, AND MORE

PURE OR FILTERED WATER AND WATER IN GLASS BOTTLES

HERBAL TEA

HEALTHY OILS AND FATS INCLUDING OLIVE OIL, COCONUT OIL, AVOCADO OIL AND GHEE

NUTS, SEEDS AND SPROUTS

LEGUMES

FERMENTED FOODS

RAW CHOCOLATE

RAW HONEY, MAPLE SYRUP, DATES

FOOD PREPARED IN A VARIETY OF WAYS, INCLUDING RAW FOOD, STEAMED, BLANCHED, BAKED, ROASTED, GRILLED, DEHYDRATED, AND SPROUTED

With that in mind, we can control the type of energy we fill it with. We can set the intention of what we absorb when we eat. We can influence energy, positively and negatively with our emotions, thoughts and the energy in our hands.

What do processed foods do to our energy?

Each body reacts differently to processed foods and sugar. It depends on how full, or damaged, one's filtration system is (such as the liver, intestines, lymphatic system, etc.). It can also do with how you are developed spiritually.

For me, I can develop the following symptoms after just a bite of generic pasta, a basic store-bought cookie or pastry. They include a sore throat, flushed face, red cheeks, puffy face, puffy fingers, allergy attack, itchy skin, bloating, gas, overall upset stomach.

One of the most important keys to raising your vibration through diet is the thoughts you create around it. Thoughts are vibration. Be kind to yourself and be aware of the judgments you hold against yourself and other people's dietary choices. Whether you can circumstantially make these changes or not, sending love and gratitude to your food, and all that it took to get to your plate makes a big difference. Be present while you eat, chew, breathe and feel appreciative of this energetic exchange.

Rashmi Balani

Founder of RB COMMS.

PR Specialist

Wellness Advocate

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Why do we need to visit an **osteopath?**

IT'S EASY TO IGNORE THOSE **NIGGLY ACHES AND PAINS** BUT WE SHOULD MAKE IT ALL ABOUT PREVENTION AND DETECTION, NOT REACTION. WE DO NOT REALIZE IT, BUT OUR BODIES GO THROUGH THE MILL OVER TIME. OFFICE WORKERS HUNCHED OVER A COMPUTER MAY STRUGGLE WITH BAD NECKS AND BACKS. BUSY MUMS MAY TWIST AWKWARDLY AND PUT SOMETHING OUT WHEN PICKING UP THEIR CHILDREN. HOWEVER, A ROUTINE CHECK-UP WITH AN **OSTEOPATH** CAN HELP STOP POTENTIAL PROBLEMS FROM DEVELOPING. WE SPOKE TO **OSTEOPATH ANISHA JOSHI** TO FIND OUT MORE.

WE ARE ALL LIVING IN A FAST-PACED WORLD - HOW DOES THIS FAST LIFESTYLE AFFECT OUR BODIES?

Living a high paced, stressful lifestyle is the norm for a lot of people, which means that our bodies experience an increase in the hormone cortisol. Cortisol is the primary stress hormone that can increase inflammation in our bodies and also increase the likelihood of us experiencing pain or discomfort.

HOW WOULD WE KNOW IF SOMETHING IS WRONG WITH US AND WHEN/WHY DO WE SEE AN OSTEOPATH?

If you feel like your body is sore or you have moments when your back or neck go into spasm, that's when you should get a check up with an osteopath. Some people also see osteopaths to address their posture and how they appear to others.

Osteopaths can treat conditions like neck pain, shoulder pain, lower back, sciatica and sporting injuries.

CAN YOU EXPLAIN OSTEOPATHY AND MOVEMENT COACHING?

Osteopathy uses knowledge from a 4-5-year medical degree to be able to conduct a full medical examination, diagnosis, and treatment. They combine hands on treatment and rehab to work to further strengthen your body and prevent aches and pains from returning.

Movement coaching is when you are taken through movements and mobility of the body that enables your muscles and joints to stretch and strengthen. Both these areas work well together to aid the body.

TIPS FOR A CORRECT DESK POSTURE:



FIND A DESK OR ELEVATED SURFACE FOR YOUR LAPTOP OR DESKTOP - JUST BECAUSE YOU'RE NOT PHYSICALLY AT WORK DOESN'T MEAN IT'S OK TO CONDUCT YOUR WORKING DAY FROM YOUR BED!

RAISE YOUR SCREEN - USE BOOKS, MAGAZINES, EMPTY BOXES TO TRY AND RAISE YOUR SCREEN UP TO EYE LEVEL.

INVEST IN A CHAIR THAT GOES UP AND DOWN AND HAS ARM RESTS - WORTH IT, 100%!

SET AN ALARM TO TRY AND STAND UP AND DO 3 LAPS OF THE FLAT/HOUSE YOU'RE WORKING IN EVERY 45 - 60 MINUTES.

IF YOU HAVE DISCOMFORT THAT ISN'T GOING AWAY, THEN GET IT CHECKED BY AN OSTEOPATH. IT'S BETTER TO GET IT SORTED OUT SOONER RATHER THAN LATER.

IS IT ALL ABOUT KINESIOLOGY?

Osteopathy is like kinesiology; in that it combines medical training with the study of your movements and muscles. Training for both combines medicine and holistic care. Kinesiology aims to detect and correct imbalances that may relate to stress, nutrition, or minor injuries, but unlike osteopathy it doesn't diagnose disorders.

WHAT IS THE MOST CHALLENGING TYPE OF SYMPTOMS/ ILLNESS/ PROBLEM THAT YOU GET PRESENTED WITH?

The most challenging symptoms are usually when someone comes in with acute pain. This is when someone may experience their back going into spasm and they are unable to move. Often when this happens osteopaths can provide a thorough examination and diagnosis to help work with the patient to get them out of pain as rapidly as possible. We do this by ensuring they are listened to and adapting treatment and exercise rehabilitation to fit in with their current lifestyle.

LET'S SAY I HAVE BACK PAIN; HOW CAN YOU HELP ME WITH THE USE OF OSTEOPATHY?

If you're experiencing back pain, an osteopath is able to conduct an orthopaedic examination to be able to establish the root cause of the pain. Back pain is usually multifactorial, meaning there can be many causes as to why you're in pain. Osteopaths are trained to come to an accurate diagnosis and then work with some hands-on massage techniques and mobilisation of your spine to help improve that healing and to further strengthen your body. They will also address all elements of your lifestyle by looking at your diet, your workstation set up and your activity levels.

YOUR TOP TIPS TO MAINTAIN AN OPTIMUM LIFESTYLE...

An optimum lifestyle should involve a healthy diet, good sleep, mindfulness, exercise and seeing a professional who can help you with these elements as a preventative measure, to keep everything in check.

The key is to keep moving and living your best life, so for example doing yoga, pilates and osteopathy is a great way to address all those elements and take care of your overall wellbeing.

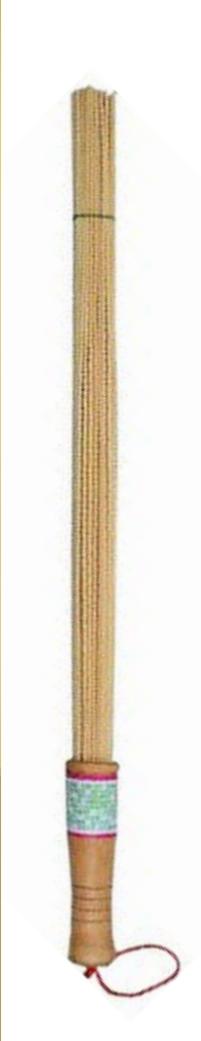


About Anisha Joshi

A powerhouse within the field of osteopathy and with multiple clinics in and around London, **Anish** adopts a multi-faceted approach to health and strives to provide tailored treatments, taking her patient's lifestyle into complete consideration.

Visit <https://osteoanisha.com> to know more.

Anisha Joshi is a visiting Osteopath at <https://www.euromedclinicdubai.com/>



Bamboo body tapping fab^{or} fad?

CAN YOU IMAGINE HOW **BODY-TAPPING CERTAIN POINTS CAN TURN YOUR MOOD AROUND? YES, COME FIND OUT ABOUT IT!**

Life today is a series of highs and lows. Some days are overwhelming with work and duties, while others are dull and uneventful. But here's one healthy habit that can leave you feeling re-energized no matter what! Ever heard of body tapping? This ancient alternate healing medicine works by balancing the qi or energy flow in your body and has immense benefits.

Body tapping is a form of self-massage that uses pressure instead of needles (as in the case of acupuncture) to stimulate the body's meridian points. When these points are stimulated, it can help improve your overall health and well-being. By stimulating your meridian points - a foundation of traditional Chinese medicine - body tapping can help improve energy levels, sleep, stress and anxiety levels, and immunity.

The more popularly known **Emotional Freedom Technique (EFT)** is known to help manage moods with a series of taps across the body. Tapping on a daily basis boosts circulation, alleviates moods, and also helps to reprogram your neuropathways. And with body tapping, in as little as one minute a day, an all-over body tap can clear areas of stagnation, boost circulation, and support lymphatic drainage. It's like a natural battery charger for the body.

Body tapping can be used to help alleviate emotional pain, physical pain, balance energy flow and restore balance to the energy system, and also to relieve stress.

While you can achieve great results with just your fingers, if you want to experiment with different sensations and pressures, a bamboo body tapper is an interesting option. Tapping with bamboo is an ancient Chinese therapy that works wonders for your general well-being. It's a simple, pleasurable, yet hugely effective way to support and maintain





your health, no matter what your age or physical state. Bamboo stick tapping prevents osteoporosis and muscular dystrophy, improves your blood circulation, and strengthens your bones.

What is bamboo tapping?

Bamboo tapping involves using a tightly bound bundle of thin rods of bamboo, that resembles the end of a narrow old-fashioned broom, to tap areas of the body. A body tapper is made of bamboo and can have incredible effects on your energy levels. Using a body tapper before or after you work out only takes one minute and is a great addition to your self-care routine, no matter what your current fitness level is.

Why use a bamboo tapper?

1. Boost energy levels

One of the main reasons to use a body tapper is to instantly boost your energy levels! In today's busy times, sitting is the new smoking. We spend more and more time at our desks and this can have devastating effects on our energy levels. Using a bamboo body tapper for a quick 1-minute self-massage can instantly boost your energy levels, leaving you feeling revitalized and full of life.

2. Ease muscle aches

Whether you exercise regularly or not, we all tend to have aching muscles at some point, due to various lifestyle reasons. One way to relieve any kind of muscle soreness or tension is by using a bamboo body tapper.

To use the body tapper, you will lightly strike your body with the bamboo sticks and "tap" it all over your body. Doing this just 1-2 times per day can help rejuvenate your muscles and reduce any soreness or tension that you may be experiencing throughout the day.

The best thing about the bamboo body tapper is that it is simple to use, small enough to store, and quick.

3. Improve your circulation

Using a bamboo body tapper has actually been found to help improve your circulation. As you lightly strike the surface of your body, blood will rush to that point. As you are lightly tapping all over your body, it encourages blood flow throughout your entire system. When your circulation is working properly, it allows your body to carry blood and oxygen to all of the places it needs. Maintaining healthy circulation is actually a great way to boost your immune system and help protect you against sickness and infections. That's because, a circulation system that is working well, can help your body deliver white blood cells to the areas that need it most.

A healthy circulation system is really key to amazing health. In addition to protecting you from certain sicknesses and infections, it will help your system remove waste produced by different organs in your body.

Using a bamboo body tapper for just 1 minute a day can help you ease your way into the day and lift your energies whenever you may need it.



Mindvalley Live Dubai

top takeaways

DUBAI RECENTLY PLAYED HOST TO OVER 2000 PEOPLE FROM OVER 100 NATIONALITIES - 60% OF WHICH WERE FROM OVERSEAS - FOR A MAGICAL WEEKEND WITH **MINDVALLEY**. PERSONAL DEVELOPMENT BRAND **MINDVALLEY** BROUGHT ITS SIGNATURE EVENT SERIES FOR AN IMMERSIVE SELF-CARE WEEKEND OF PERSONAL GROWTH, MAGICAL MOMENTS, AND DEEP CONNECTIONS WITH THE BEST TEACHERS AND COMMUNITY. **MINDVALLEY** IS THE **TOP PROVIDER OF ONLINE EDUCATION FOR PERSONAL TRANSFORMATION, HOME TO 200+ AUTHORS AND CONTENT THAT IMPACTS 20 MILLION GLOBAL LEARNERS FROM 195 DIFFERENT COUNTRIES.** **MINDVALLEY LIVE DUBAI** BROUGHT TO THE CITY SOME OF THE **WORLD'S FINEST TEACHERS, AND THE EXHILARATING WEEKEND STARTED WITH NONE OTHER THAN THE FOUNDER OF MINDVALLEY, VISHEN LAKHIANI.**



**VISHEN LAKHIANI WITH
DR. SHEFALI TSABARY**

VISHEN LAKHIANI:

Vishen Lakhiani is one of the best-known thinkers in the areas of self-improvement and human consciousness today. He is a 3x New York Times Bestselling author, the founder of A-Fest and Mindvalley University, the creator of Mindvalley Quests, a speaker and activist working to evolve the core systems that shape our lives - including education, work culture, politics, and wellbeing.

Vishen kicked off the seminar sharing his vision to create personal transformation that raises human consciousness.

Vishen believes that the key to success is thriving in all 12 areas of life. Success means different things to different people; some may be financially well off but lacking in relationship satisfaction. Others may be physically fit and healthy but in debt. Others may have extraordinary careers, but lonely. Quality of life is measured in different ways, and he shares the 12 areas of balance, as explained in his book "The Code of the Extraordinary Mind".

Your Love Relationship

This is the measure of how happy you are in your current state of relationship – whether you're single and loving it, in a relationship, or desiring one

Your Friendships

This is a measure of how strong a support network you have. Do you have at least five people who you know have your back and whom you love being around?

Your Adventures

How much time do you get to travel, experience the world, and do things that open you to new experiences and excitement?

Your Environment

This is the quality of your home, your car, your work and in general the spaces where you spend your time – even when travelling

Your Health and Fitness

How would you rate your health; given your age, and any physical conditions?

Your Intellectual Life

How much and how fast are you growing and learning? How many books do you read? How many seminars or courses do you take yearly?

Your Skills

How fast are you

improving the skills you have that make you unique and help you build a successful career? Are you growing toward mastery or are you stagnating?

Your Spiritual Life

How much time do you devote to spiritual, meditative, or contemplative practices that keep you feeling connected, balanced, and peaceful?

Your Career

Are you growing, climbing the ladder, and excelling? Or do you feel you're stuck in a rut? If you have a business, is it thriving or stagnating?

Your Creative Life

Do you paint, write, play musical instruments, or engage in any other activity that helps you channel your creativity? Or are you more of a consumer than a creator?

Your Family Life

Do you love coming home to your family after a hard day's work? If you're not married or a parent, define your family as your parents and siblings

Your Community Life

Are you giving, volunteering, contributing and playing a definite role in your community?

MARISA PEER

World-renowned therapist and bestselling author Marisa Peer spoke about "How To Be The Boss of Your Mind," emphasizing that overcoming blocking thoughts and limiting beliefs and reprogramming our minds, is the key for massive success.

There are many ways to begin overcoming your negative thoughts and building the muscle for the 'I deserve it' mindset.

Say to yourself— "I Am Enough!"

The repetition of a simple phrase over and over—both out loud and in your head—will eventually make it difficult for your mind to object to it. This is a trick Marisa has encouraged the audience to use. The more you tell yourself you are enough, the more you'll believe it. It sounds so utterly simple—and it is— and all you need is the commitment to do it and the belief that it will work.

Don't believe us? Why not give it a try for a couple of weeks and see what difference it makes? Say, "I am enough," to yourself in the mirror whenever you pass by. Write it down wherever you can see it to be reminded of the thought as you go about your day. Or simply repeat it to yourself in your head so you don't give negative thoughts a moment to bury themselves into your consciousness.



MARISA PEER

LISA NICHOLS

One of the world's most-requested motivational speakers, founder and CEO of Motivating the Masses, Lisa Nichols ignited the stage with her energetic and emotional talk on 'Your Voice Is Your Superpower.' The teachings of "being true to the soul within can make a big difference" was one of the best takeaways from the session. Lisa also invited the audience to address any negative self-talk that is occupying space in their mind. "After you address and expose it, I want you to EVICT it. Because it has taken up residence in your head long enough. I wish it was as easy as saying "Pack your bags and go," but the first step is to address and expose it," she said.

Negative self-talk can result in a negative mindset which will leave you stuck and stagnant. So be willing to ask yourself:

What does my mindset have to do with where I am?

What does my mindset have to do with where I'm going?

Do I need to overcome some belief systems? If so, let's do that work.

What part of my mindset is optional and what in my mindset is non-negotiable?



JIM KWIK, DR. SHEFALI TSABARY, MARISA PEER, VISHEN LAKHIANI



LISA NICHOLS



JIM KWIK



JIM KWIK:

The audience was thrilled to welcome on stage Jim Kwik, CEO of Kwik Learning and NYT bestselling author, who is considered the world's leader in brain performance, mental fitness, and memory improvement.

JIM'S TIPS ON HOW TO BUILD A BETTER BRAIN:

- IMPROVE YOUR BRAIN DIET: WHAT YOU EAT MATTERS FOR YOUR BRAIN MATTER. AVOCADOS, BLUEBERRIES, BROCCOLI, OLIVE OIL, EGGS, SPINACH, ETC ARE JUST SOME OF THE FOODS THAT ARE GOOD FOR YOUR BRAIN HEALTH.
- KILL ANTS (AUTOMATIC NEGATIVE THOUGHTS)
- EXERCISE
- TAKE NUTRIENT SUPPLEMENTS: THE MOST IMPORTANT ONE TO TAKE FOR YOUR BRAIN IN CASE YOU MAY NOT BE GETTING IT FROM YOUR DIET IS OMEGA-3.
- FIND A POSITIVE PEER GROUP
- KEEP YOUR ENVIRONMENT CLEAN
- OPTIMIZE YOUR SLEEP
- PROTECT YOUR BRAIN
- LEARN SOMETHING EVERY DAY
- MANAGE STRESS

RONAN DIEGO



AJIT NAWALKHA



JOHN LEE



DR SHEFALI:

Dr. Shefali, a clinical psychologist, and international speaker, addressed the parents in the audience and shared "The 7 Blocks To Conscious Parenting," inspiring them to become conscious parents and help their kids become their most authentic selves. A big part of the "conscious parenting" philosophy is that the focus is always on the parents, rather than the child's behaviour. In order to "fix" our children, we should first fix ourselves.

The seminar had many more celebrated speakers like Ronan Diego talking about "Mastering Your Body", Kristina Mand-Lakhiani "The Power of Imperfection", Ajit Nawalkha "The Unstoppable Entrepreneur" as well as John Lee sharing his passion for generating wealth through multiple streams of income. The talks were interspersed with magnificent music performances from various performers.

Don't worry if you missed the seminar, Mindvalley has plenty of content online which is accessible to members as well as lot of free resources. Subscribe to the app Mindvalley and to their YouTube channels: Mindvalley and Mindvalley Talks which carry some amazing content.

As Vishen said, "Make personal growth the most important part of your day and your life is going to start moving in the most incredible directions".

Visit <https://www.mindvalley.com/> to know more.
Pic Credits: **ALL IS AMAZING, KAREN HARMS.**





IF YOU ARE IN AN
**ENDLESS CYCLE OF
DATING DISAPPOINTMENT**
OR FRESH OUT OF A
RELATIONSHIP, **CHRISTIANA
MAXION**, THE DUBAI
MATCHMAKER SHARES HER
DATING DETOX ADVICE.

The dating detox

What exactly is a dating detox?

Date yourself first. Create your happy list of at least ten things that make you innately happy, e.g. bubble baths, a good book or podcast, favorite sport or socializing. Make this list visible, whether it's posted on the back of your front door or on the screen of your phone and promise to do at least one or two of these things every day.

Purge your home and life of the things that make you unhappy or remind you of your ex. It will be painful to let go of friends or their favorite shirt, but you're making room for new happy things to enter your life.

Happy + active = attractive. Exercise is a great way to increase your self-esteem and your mood.

Learn something new! Either read or listen to a new book, pick up a new hobby, or invest in being an expert in something you already enjoy.

USP list:

Create your own unique selling points list and write down all your accomplishments, successes, star qualities, and what you bring to a relationship. This will help you start dating from a pedestal. Dating from a pedestal allows you to see both the green and red flags in any potential new partner.



30 In a cycle of bad first dates?
thirty-day dating detox

60 Breakup after a relationship
less than a year? sixty-day
dating detox

90 Breakup after a relationship
longer than a year/a
divorce? ninety-day dating
detox

FIND AN ALTERNATIVE TO THE DATING APPS BY JOINING CHRISTIANA MAXION'S DATABASE OR APPLY TO BECOME A PREMIUM PAYING CLIENT FOR A MORE CURATED DATING EXPERIENCE WITH ACTUAL RESULTS.

Build your ideal partner:
Use Christiana's partner Patti Stanger's five worlds - spiritual, physical, emotional, intellectual, and financial. Which traits, attributes, and values do you want in a partner in each of these worlds? Narrow these down to your top ten must-haves and top five non-negotiables. Keep this non-negotiable list in your phone, wallet, or posted somewhere in your home. You can even transform it into a vision board with photos and use it as your phone's backdrop or desktop screen.

Don't be shocked if you start getting a lot more attention during this process, but remember to stick to your detox timeline. You are becoming not only more attractive to yourself but to others. In preparation for the end of your detox, create your dating wish list of the great places you want to go, things you want to try or new hot spots that intrigue you, so you're ready for when you do get asked out.



Christiana Maxion, The Dubai Matchmaker, is rewriting the blueprint of the Dubai dating-verse, one match at a time. For more information and to sign up to find your perfect match visit www.christianamaxion.com and keep up-to-date with **Christiana's** dating tips and entertaining anecdotes on social media @christiana.maxion.matchmaker.

MOST PEOPLE KNOW THAT **RAMADAN** IS A MONTH OF ABSTAINING FROM FOOD, DRINK, AND OTHER SUBSTANCES FROM **SUNRISE TO SUNSET**. BUT WHAT MOST PEOPLE OFTEN NEGLECT TO SEE IS THAT RAMADAN IS ALSO A MONTH THAT INVITES US TO HAVE AN INNER EXPERIENCE AND DEEPEN OUR CONNECTION WITH THINGS THAT MATTER: **OUR GOD, OUR FAMILY, OUR COMMUNITY AND OURSELVES.**

Fasting is good for overall wellbeing

Here are a few things you can benefit from during the month of Ramadan, if you approach this month with consideration:

1

Fasting helps you clear your head.

Some might think that fasting makes them more tired and less focused, but this is not the case. The first week of detoxing from substances and food is the hardest. Most people feel exhausted and dehydrated as they adjust to a new diet and sleep plan. However, once you are beyond the first week you will find yourself with more energy, more clarity, and less in need of all the substances that fog your brain such as gluten and sugar.

2

Fasting creates space for you to connect to your higher power.

Whether it's God or your higher self, fasting enables a deeper connection with the spirit. As we abstain from food and drink, we have less physical energy to expend, we are forced to sit still and create space to connect to our spiritual self.

3

Fasting cultivates values such as gratitude and generosity.

When we are fasting, the values that are effortlessly present in people's hearts and minds are generosity and gratitude. As we are struggling throughout the day without food or drink we are reminded of those who are less fortunate and live a life where they do not get enough sustenance in a day. When we finally take a sip of water at sunset, we are reminded of those for whom clean water is a luxury they cannot afford every day. These moments encourage and inspire us to give to those who are less fortunate.

4

Fasting shows you that you already have discipline.

Throughout the year we make resolutions and plans to limit or stop eating certain foods or break certain addictions but succumb to bad habits. During the month of Ramadan we are reminded that we already have what it takes to break certain habits and make new ones. We all 'say no' to cravings all day long, we all shift our thoughts from focusing on desires to more meaningful thoughts or focusing on our prayers, and we all have sudden willpower which we lacked just days before. The month of Ramadan shows us that when our 'why' is clear, we can do anything we set out to do.

5

Fasting reminds you about what matters most: connections.

Whether it is being connected to God, our family, our community or to our self, we are reminded how good it feels to be connected to others and ourselves. When we feel connected to the things that matter, we feel grounded, confident, and less lonely.

So, as you abstain from food and drink for the Holy month, consider and be mindful of how it is impacting your mind, body and soul so that you reap the maximum benefits of Ramadan.

Dr. Saliha Afridi:

Clinical psychologist and Managing Director of The Light House Arabia. <https://www.lighthousearabia.com/>



رمضان كريم

Ramadan Kareem

#جودة حلواني



• • Create a spiritual space for ramadan



RAMADAN IS A FESTIVAL OF SPIRITUAL ABLUTION. THIS FESTIVAL OF CHARITY HELPS YOU TO DEEPLY CLEANSE NOT ONLY YOUR BODY BUT ALSO YOUR SOUL. PRAYER AND MEDITATION ARE CENTRAL TO RAMADAN, SO LET'S START WITH CREATING A MEDITATION SPACE FOR RAMADAN, SAYS INTERIOR DESIGNER, SPACE AND WELLNESS CONSULTANT NORA BEN.

Fasting is the essence of Ramadan. Ramadan fasting is a spiritual tool that helps to detox the body, reduce unnatural food cravings, and calms the mind. It purifies the energy channels inside the body and ensures an unhindered flow of life force.

As we fast during Ramadan, the light of spirituality spreads to all dimensions of our lives. It purifies the way we think and live! And therefore, let us see how we can illuminate our lifestyle with a Ramadan home-fasting!

TIPS TO CREATE A PRAYER AND MEDITATION CORNER DURING RAMADAN

Locate your space

According to Vastu and feng shui principles, the north/east or northeast direction is auspicious for meditation or any spiritual activity. Therefore, you can check the directions on the compass of your phone and refer to a suitable location in your house.

If spirituality is the main priority in your life and everything

revolves around it, then the center of the house can also be used to create a prayer or meditation area.

DECLUTTER AND EMPTY THE SPACE

After choosing a suitable location according to the above-mentioned guidelines, clear the space by removing useless articles.

CREATE THE AMBIENCE

Include 3 essential items: carpet, soft cushion, and altar table.

Choose calming colors as the main color scheme such as earthy brown, beige, sky blue.

Place an altar table to put all meditation tools such as candles, bells, smudging herbs or incense sticks, religious book.

Place positive symbols that remind you of unity and God consciousness.

Look around the space and make sure all five elements are there in a balanced proportion.

Avoid bright artificial lighting. Allow more natural light or go for soft yellow lighting.

Bring to Life

LIGHT CANDLES, BURN INCENSE.
PLAY MUSIC OR PRAYER CHANTS.
CONNECT TO GOD-CONSCIOUSNESS.

TIPS FOR HOME ORGANIZATION

Conscious Decluttering

Ramadan is not only about abstinence from food. The essence of Ramadan is to create a balanced life, in sync with nature and providence.

During Ramadan, we reflect on our thoughts, keep the positive ones, and eliminate the negative thoughts. Ramadan home fasting follows the same principles.

Before creating a Ramadan home decor, you need to consciously scan your house and look for things that you don't need, or don't like. Keep the things that are useful, cherished, and make you happy. Remove the useless things, unusable (broken, bent, etc.) or disliked.

Charity

The idea of decluttering may appear to be a practice of throwing away things in the trash. But conscious decluttering echoes the spirit of Ramadan charity. You may own things not useful to you, but they can be useful to someone else. Conscious decluttering recommends that we freely give away usable things that we don't need to the poor and the needy. This donation will not only help to make your home feel clean but will also make you feel happy, content, and in closer connection with God.

Conscious Shopping

Most of us have the habit of hoarding things in our homes. We collect things without thinking about whether we need them or not. Most of our purchases are a result of an unnatural marketing push. Such thoughtless purchases can make your home feel heavy, cluttered, and full of negativity! Many times, we bulk buy things on discounts or offers, even when we do not need them. All these thoughtless activities are sacrilege to the sanctity of our

homes. We cannot treat our dwelling as a trash bin or a warehouse!

With this Ramadan, let us promise ourselves to buy with discretion. Consciously purchase only the things that are good for us, things that we truly need, and refrain from the lust of owning more!

TIPS FOR MINIMAL DECOR

Useless things bring negativity and block thinking capacity. Therefore, it is great to have things with a purpose. Such a collection creates an environment of sharp focus and meaningfulness.

Decorate your home with useful things like a beautiful tea set or a photo frame.

Refrain from owning a bulk of artifacts, images, figurines, etc. if you cannot manage them properly.

Dust collecting artifacts and collectibles brings negativity and inauspiciousness to the house.

Own only what is useful and manageable.

A purposive Ramadan home fasting will bring a surge of freshness, positivity, and spiritual enlightenment to you!



Nora Ben is an expert in Vastu Shastra, Feng Shui, and BioPhilic style from a designing perspective and Ayurveda and a Holistic lifestyle in general. She is based in Europe and works on projects in Dubai and Abu Dhabi. Visit www.livholi.com to know more.

Star speak



Aries | Mar 21-Apr 19

Mars and Saturn form a stabilizing link-up between the 12th house of behind-the-scenes work and your 4th house of land, assets, house, and vehicles. If you have invested in land or a house, you could be now receiving the hand-over or could be able to finish off the full payment. If you've been putting off renovating or refurbishing your home, April infuses energy for the same. Jupiter, the planet of luck and fortune is still in your first house of the self and personality, ensuring that you stay protected despite any issues arising between you and the people around you.

Taurus | Apr 20-May 20

Mercury and the ecliptic node come together to form a calculative conjunction in your first house of the self. You're getting ideas this period but ensure you don't rush with the first person who approves or validates them, whether it's a fun, social thing, or a decision with financial consequences such as looking for idea-investors or venture capitalists, or going along with a financial scheme with a hope that the money will multiply. This month is not good to put your money on the line, rather is one to consider options and studying them with a discerning eye.



Gemini | May 21-Jun 20

This month may start off being a sensitive period for you socially as Sun links up with asteroid Chiron in the sky, inciting the energy of some historic unresolved wounds with old friends and triggering some not-so-healed issues with co-workers. Its best to stay detached. If you end up getting over-emotional, your job or position could come under scrutiny. Don't forget, Saturn, the silent CCTV of a planet has entered your 10th house of profession and public life. So, ensure you prioritize your conduct above all. April could perhaps test your patience and perseverance.



Cancer | Jun 21-Jul 22

Your child or children may be a source of erratic tension this period. With the ecliptic node in your 5th house of all child-related activities, there may be a sense of energy drainage. Avoid escalating emotional issues more than what is required. With Saturn, the taskmaster, having just moved into your 9th house, belief systems, ethics, marketing, PR, advertising will play a higher role in your professional life. Be open to new opportunities of fame and being in the spotlight, and if you're the introvert type, then you'll need to give extroversion a chance – just a little bit.



Leo | Jul 23-Aug 22

Mars is now in your 12th house of isolation and dissolution. Saturn has moved into your 8th house of inner transformation and both planets lock-in to create a peaceful aspect, but behind-the-scenes. If you are going through an emotional troubling period, this would be the best time to seek out mind and emotional assistance. If you're planning to strike out legally, hold out, as Mars in the 12th house will lead you to a foggy outcome. This is not a beneficial period to lend or borrow funds, but is a good time for long-term investment opportunities, especially in locations, countries that are foreign to you.



Virgo | Aug 23-Sep 22

Saturn has just set foot into your 7th house of serious business and personal partnerships. There's no running away from responsibilities. You'll be in the spotlight with people wanting more of your time. Long-distance travel is on the cards, but there is a hint of seriousness attached to your sojourns. Jupiter in your 8th house of secrecy and occult is making you hungry for candid, one-on-one spiritual discussions. Speak to a Guru-like or a wise person to understand what direction to be walking towards.



HOROSCOPE IS THE BEST WAY TO KNOW WHAT YOUR STARS FORETELL. LET US SEE WHAT IS 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



Libra | Sep 23-Oct 22

Jupiter has been transiting your 7th house, boosting your relationships, and enhancing your love life while putting you in touch with VIPs and professionals. Sun and asteroid Chiron connect to induce a bit of pain in partnership. If you're facing a legal situation with a company or a person, the first part of the month will be chaotic handling the demands put on you. There could be heavy documentation requiring completion and money discussions, including divisions and distributions, stakes and inheritance talks too. It's time to be blunt and say it as it is.

Scorpio | Oct 23-Nov 21

The ecliptic node in your 7th house of relationships can push you to take an aggressive stance towards your nearest and dearest. You may have a lot of suppressed energy suddenly getting released, and in some cases, through physical health problems. If you detect repeated symptoms showing up, address them. Saturn in your 5th house, also sandwiches Jupiter transiting your 6th house of health, making you focus on the nitty gritty of health issues. It's time to invest here or else endure the consequences of negligence once Saturn walks into your 6th house of health in 2025 cleaning up that area up until 2027.



Sagittarius | Nov 22-Dec 21

Jupiter and Sun in your 5th house brings you joy from your children. With Saturn just having entered your 4th house of domestic bliss, there could be the birth of a baby or news of conception. In some cases, if you've been involved in a custody battle, this month could see some positive news. With Mars, the energy planet in your 8th house of secrecy, there could still be heavy negotiation on the table, especially if money is the topic of discussion. With the ecliptic node in the 12th house, be wary of trusting others to handle things for you.

Capricorn | Dec 21-Jan 20

Mars in your 7th house all month can make negotiations and talks controversial. Avoid engaging in heated battles as discussions can go out of hand – which could potentially lead to a client or dealership loss. For those planning to start a business, you could meet potential investors or those with a similar vision in mind. Watch out for the over-promising kind. If you're unsure, wait. Jupiter in your 4th house of home and property, could also see you receive lucrative offers especially if you are looking to sell a house or a commercial space. Avoid being too selective.



Aquarius | Jan 21-Feb 18

Saturn in your 2nd house hits you with a wave of seriousness about budgeting, saving and financial planning. You're now required to close those old dues and make way for newer methods to grow your savings. Reach out for professionals if you feel stuck and at a dead-end space. Jupiter in your 3rd house, will help link you with the right consultants. The ecliptic node being in your 4th house, is going to push you towards home-fixing, repairs, and refurbishment. Moving or migration could also be on the cards.

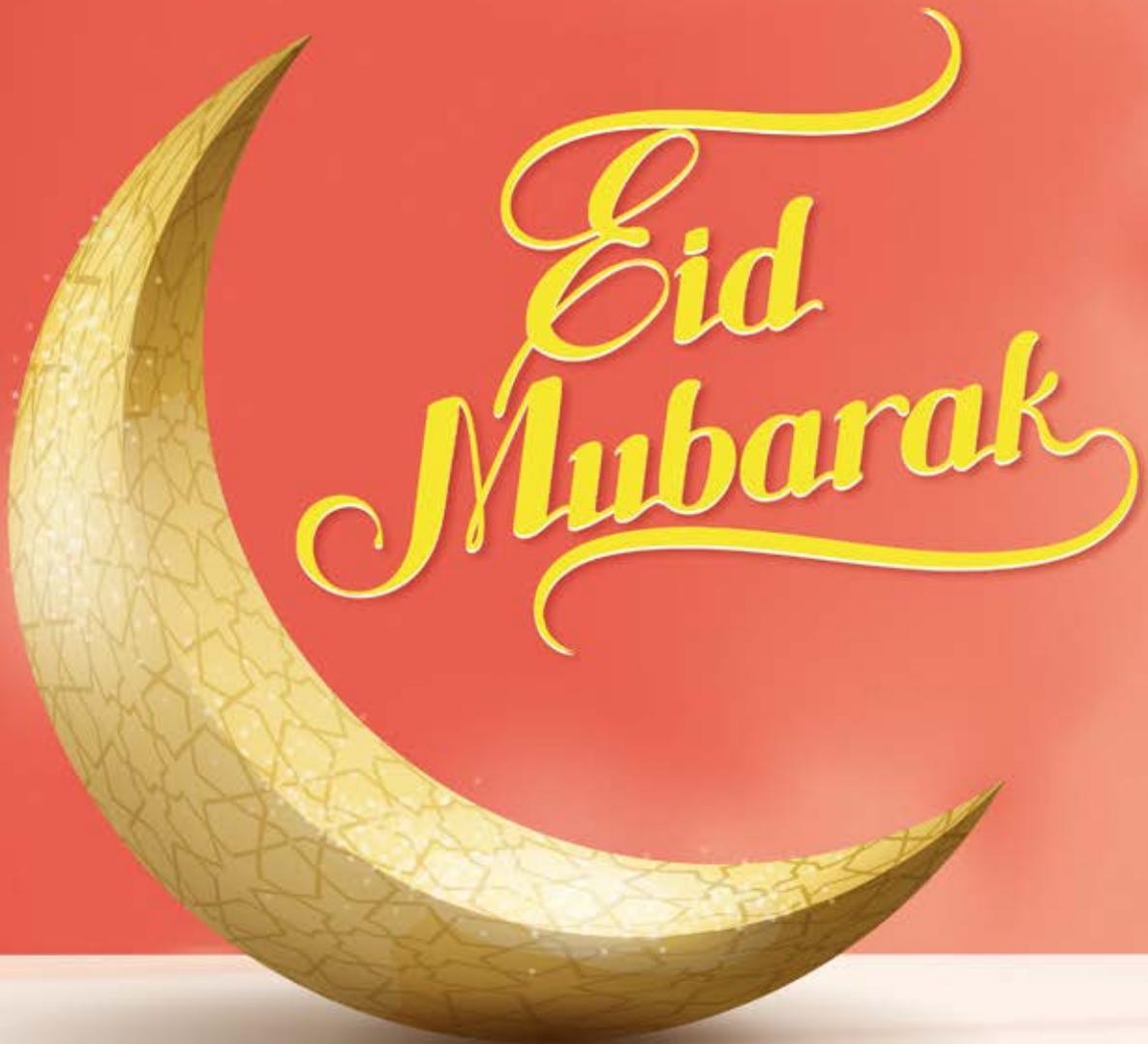
Pisces | Feb 19-Mar 20

Saturn's arrival in your first house is making you think primarily about yourself. Jupiter in your 2nd house is assisting you with financial luck and savings, which translate to opportunities and offers that could mean travel or migrating to a city, or country that you've perhaps resided in before. Venus and Uranus come together to highlight the type of opportunity involved. This could involve marketing, PR, advertising, legal work, sales, or automobiles. Mars just newly placed in your 3rd house means creativity (or children) may have something to do with this new development.



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