

Taking Care of a Tree from Roots to Branches

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It's a great achievement for humankind that we have advanced a lot in medical science. We have advanced technologies for neurological treatments like omental flap use in neuro and spinal surgery, recognizing the genes associated with neuromas, etc. Scientists worldwide have worked so enthusiastically for humankind that we have treatment for almost every type of ailment.

But these all achievements came when there was a rise in the ailment. And we know there is a constant rise in diseases. Now the time demands to work on the roots of the tree to avoid the later consequences.

Keeping a check on the growth and fulfilling the requirements at the right time can keep the brain and body healthy. The lifestyle is pacing up every day and we are lacking proper care for our physical and emotional health.

Practicing mindfulness is the required nutrient for every human brain today. Mindfulness is nothing but a practice of reducing overwhelming responses to anxious thoughts and trying to live in the present moment. The human brain is so smart that it can link thoughts to emotions and then can initiate responses according to the emotions. Many research works have linked emotions with the onset of diseases. So, in simple words, many diseases can be avoided if we keep a check on our thought processes.

Mindfulness can be practiced by focussing on three things in our life:

1. **Diet:** Having a balanced diet and following a proper eating routine; avoiding overeating and processed and fast food; reducing alcohol and cigarettes.
2. **Sleep :** Sound sleep for adequate time and following proper sleep routine; small walks and good music can help in sound sleep.
3. **Daily regimens :** Breathing exercises between work breaks; Meditation through yoga, evening sports, continuing with your hobbies; Learning new things, and taking out time to talk to family and friends

Mindfulness doesn't mean changing our personality but opting for positive psychology which can help to keep our brain in healthy condition and keep a sound balance of hormones that regulate the processes of our body.

A healthy balanced diet keeps a check on neurotransmitters. The balance of neurotransmitters is important for our body as the imbalance in the neurotransmitters induces neurological and psychological diseases like Alzheimer's disease, Parkinson's disease, anxiety, depression, etc.

The advancements in medicine would continue but the self-progress should also continue. Self-progress in physical and mental health is the key essential to reducing ailments that are already doubled since the COVID19 pandemic. There is a real need to keep a check on

emotional health through practicing mindfulness. The requirements can be fulfilled through counseling too but the ultimate fight is from within. The tree of the inner thought process needs your attention and love. The branches can be cured with the medicines but only for a short period of time. If the roots of the tree would be healthy, the tree would be healthy.

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