



## DR. Mickey Mehta's Grow Taller

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Dr. Mickey Mehta Grow Taller is a specially designed, researched and developed with scientific inputs by Dr. Mickey Mehta.

We are all born with predetermined genetic disposition. Genes hold the gun, environment pulls the trigger, but life can still get larger and bigger with your conscious intervention. We can change the program of the source code of the body and we can change the expression of our genes with good means. Build new memory over old, replace new functions over old we can constantly revitalize reenergize and cellularly regenerate our belief, can change our biology. New sciences like epigenetics, trans epigenetic reset, neuroplasticity, mind gut access, the science of telomers, the science of microbiota, these are the sciences which revalidate the old established wisdom of Ayurveda. We can truly live dis-eases free forever and only let go our breath at will should we wish. What goes forward can certainly go backward we can reverse our biological aging our intention is good enough to begin the change. If change is constant, we can be the choreographer of the change.

### DR. Mickey Mehta's heal-ty self wellness programmes

Dr. Mickey Mehta says, 'make wellness the religion no. 1'.

Child development is aimed at children up to 18 years of age, and will help facilitate children's height growth with the support of specific exercises, nutritional advice, sensible and effective supplementation, lifestyle changes like - appropriate rest, deep breathing, meditation and time-to-time positive affirmations. We have a pre- determined genetic disposition. Everyone is born with a gene code which determines your growth. But, we humans being the marvel of creation can alter the pre-set patterns with our con-

scious responsible behaviour and alter the predetermined genetic disposition.

It is important to not only guide a child how to grow taller just in height but one should also teach them to grow taller in stature with a good positive attitude which results in good thoughts, good words and good deeds.

Specifically for children Dr. Mickey Mehta - global leading holistic health guru and a corporate life coach has created a holistic wellness module titled Dr. Mickey Mehta's 'Grow Taller' for children.

Wellness is the biggest integrating force. Through it the mind, heart and soul of the child can pulsate and celebrate together. So let's start our journey towards celebration by creating productive workouts, which help and serve the purpose of re-creation.

Sleep and relaxation are just as important as exercise and food. They complement one another and we should ensure we provide our bodies with adequate rest in order to regenerate, revitalise and to have an overall healthy disposition.

In life, a powerful gearshift of energy happens as we start manoeuvring from food to workout to regulation of the breath to chanting to meditation.

The following can be integrated as part of the child's routine to make them fit, healthy and happy.

#### 1. Air (Vayu)

It is a common saying that air is more important than water in human life. Even in Vedic scriptures, air is considered to be the nec-

tar (amrit) of life. Breathing fresh air in the morning makes us feel refreshed and pure from within. With a regular dose of fresh air, our strength and intelligence increases and we feel at peace with ourselves.

Inhaling fresh air every morning is also extremely beneficial for the sense organs of our body. Fresh and pure air is not only good for physical health but also works wonders for your mental well-being. People who are sick should go for a morning walk and inhale fresh air to regain their fitness.

## 2. Food (Aahar)

There is a close relationship between our body and the food we eat.

The Ayurvedic master, Charak believed that a body is built by food and that pure food makes us positive and active by nature. Therefore, eating sattvic or pure food is the best in order to gain a well-composed body and mind. We should eat only the amount of food that our body needs and is able to digest. It is also harmful to overeat or eat when we are not really hungry.

## 3. Water (Jal)

Water plays one of the most important roles in keeping our body healthy and fit. It is a good habit to drink fresh water early in the morning; drinking water from a well or from a copper vessel is extremely beneficial for a person.

Most people drink water in between meals, which is an unhealthy habit. We should drink water one hour before consuming food and two hours after our meals. Also, we should drink at least two litres of water in a day to maintain the proper blood circulation in our body.

## 4. Fast (Upvaas)

In Hindu scriptures, fasting has been considered important for the overall health of a person. Fasting helps in the development of the body, mind and soul. It helps to destroy the tridosha (phlegm, bile and wind) of the body. It also helps the intestines to digest the remaining food in the stomach. If we fast for a day, we tend to feel light and healthy. It also increases our mental energy and makes us disciplined. People who cannot fast should start the practice by eating only one meal a day and then gradually progress to being without food for the entire day. We recommend supplementing the

fasting ritual with some deep self-reflection and swadhyaya to unravel different layers of our being.

## 5. Sun (Surya)

The sun is the main source of all energies; it nourishes everyone. Without the Sun, the existence of life would be impossible. The sun also has a deep effect on the body and mind of a human being. The rays of the sun play an important part in keeping our body healthy. Sun bathing elevates the heat energy of our body thereby boosting the immunity quotient.

## 6. Exercise (Vyayam)

Regular exercise helps in the development of our body, gives relief from fatigue and tiredness, aids in proper sleep and provides mental peace. It also helps us feel active throughout the day.

## 7. Thoughts (Vichaar)

Behind every action there is a thought. Hence, good thoughts lead us to good actions and to a good life eventually. If the mind has negative thoughts then it is bound to harm the health of the person. Hence, it is extremely important to control the thought process of our mind and make a conscious effort to think about good things.

## 8. Sleep (Nidra)

Just as the body requires pure air, water, sun and food, it also requires proper sleep to maintain a balanced body. A person who is deprived of sleep feels lazy, irritated, fatigued and ends up losing interest in work and gradually falls sick.

For a healthy body and mind, we need to have deep sleep at night. It is important to think about positive things and enjoy a peaceful sleep at night. We should wear loose garments while sleeping as it helps us sleep comfortably. Sleep causes complete rest for all the organs of the body. A proper sleep of 7 to 8 hours helps us stay away from health complications such as irregular bowels, headaches, laziness and other blood related disorders.

By developing a relationship with nature we are allowed to choose what is best for our system. When we learn to listen to nature and watch our body, it tells us all that we need to know in order to live a healthy and happy life. In this case, there is a lot to learn from animals. They don't eat once they are full or when they are ill. Have breath for breakfast, and remember to breathe a lot before we eat a lot.

Mostly whatever we eat nowadays tends to react with our being. We should aim to eat in a way that our body does not react but responds to what we eat.

### Dr. Mickey Mehta's exercise protocol

#### Spontaneous Breathing exercise

- Anytime during the day become aware of your breath
- Watch the breath coming in
- Watch the breath going out
- Watch the breath retention, when it is retained in
- Watch the breath retention, when it is retained out
- Watch your emotional state
- Take in deep breaths, release gently
- Breathe in strength, breathe out weakness
- Breathe in joy, breathe out sadness
- Breathe in prana, breathe out exhaustion
- Breathe in trust, breathe out despair
- Breathe in hope, breathe out anxiety
- Breathe in faith, breathe out insecurity
- Breathe in security, breathe out fear
- Breathe in energy, breathe out fatigue
- Take a deep breath, release it gently.

Practice aware-halation as many times in a day as you can. Expert help is recommended for breathing exercises in case you are an absolute beginner.

### DR. Mickey Mehta's 'the polarities meditation'

- Sit down in a comfortable position
- Observe your thoughts
- Is the thought coming from the past?
- If it is, just observe it and drop it
- Choose to be in this moment
- Is the thought coming from the future?
- If it is, just observe it and drop it
- Choose to be in the moment
- Is the thought about some other place than this?

- If it is, just observe it and drop it
- Choose to be only here
- Choose to be in the here-now

Get Energized, get Mickeymized !!!

### Dr. Mickey Mehta's Yoga Workout (YO workout)

YO workouts are yoga in poetry and will help one lose weight and gain shape. It is an exercise format based on overall wellness with its core principle being intermittent intensity and submaximal capacity and resistance offered to the body. This form of training scientifically recruits maximum muscle groups to deliver a superior workout by allowing one muscle group to rest while the other is being worked on. It also includes variations of yoga postures and breathing techniques to align the physical body with the spiritual body, thereby making it a holistic exercise experience. The primary focus of YO workouts is addressing our subtle body too and to use it as a trigger point for physical transformation. In a way, YO workouts are more of a culture than just a workout routine. The term YO is derived from yoga. One of the building blocks of YO workouts is the principle of conserving and preserving energy through intermittent intensity exercises as opposed to over expending energy as is the case in regular workouts.

#### Exercise 1

Twisting/Side Bending/Forward and Backward bending

- Twist to your right, twist to your left, bend your waist to the right, bend your waist to the left, bend backward breathing in and bend forward breathing out.
- Repeat this 21 times.

#### Exercise 2

Tadasan walk

Forward and Backward walking, stretch your hands above your head, fingers interlaced - 30 sec.

#### Exercise 3

Spot jog

Slow spot jog with double breathing in and out - 45 sec.

**Exercise 4**

Mountain and Snake position

- Get into the mountain position, then move to snake position, then suck stomach in.
- Step right leg out as in 'Get Set Go' position, left leg back and then left leg out in same position and right leg back. Again get into snake position.
- Repeat the set 10 times.

**Exercise 5**

Jumping Jacks

Get up and do 30 jumping jacks. Breathe out on jump, breathe in on touching ground. Go slow, soft and gentle. Be in rhythm.

**Exercise 6**

After you stop, repeat Exercise 1 of twisting/bending - 21 times.

**Exercise 7**

Pawanmuktasana

Lie down on the ground on your back, hands stretched behind, legs stretched in the front, take a deep breath, as you breathe out, come up, suck your stomach and butt in, hold your knees tight with your arms, bringing your forehead to your knees. Breathe in and stretch back with your hands and legs out on the ground.

**Exercise 8**

Push-ups

- Get into Push-up position, and try push-up being on knees (if you can't do complete push-up) and do complete push-ups if you can do.
- To start with 5 push-ups and add 1 every day.

**Exercise 9**

Pull-ups

- Find yourself a door on top of which you can hold on and hang/suspend yourself. And gradually try to pull yourself up with the strength of your biceps.
- One can use assistance by somebody grabbing the legs by the knees, hence cutting the weight to less than half and giving a support to pull. This can be used when you start with pull-ups and as each day goes by you reduce the assistance to increasingly challenge the muscles.

**Exercise 10**

After you stop, repeat the Exercise 1 twisting/ bending - 21 times.

**Exercise 11**

Dry swimming

Get on your knees, potter squat position, soft knees and start emulating a free style crawling movement. You can use combination of breast stroke, butterfly and free style movement. Whilst doing this **exercise you continue breathing in and out slowly.**

**Exercise 12**

Shavasana and Sukhasana

- Lie down in Shavasana, palms facing the ceiling, focussed on series of breath out slowly, breathing out all the rush and the pull-push of society and all the negative emotions, psychological stress and neutralise all physiological, psychological and emotional toxins.
- After a few minutes sit in Sukhasana and visualise between your eyes everything that you want to do, want to be and want to see. Make positive affirmations and participate in being a co-creator of your own destiny.
- This is where you will find answers to your questions aligned with your purpose and find yourself fitting into the universal jigsaw puzzle.

**Reference book**

Dr. Mickey Mehta's 'Lose weight gain shape' pages 101 to 185 for demo workouts.

**Nutrition for children**

Nutritional and dietary guidelines - An overview:

- Make sure that children food is pure, clean, unadulterated, not processed, not preserved and uncoloured.
- Make sure children's food is made out of seasonal and regional grains, fruits, vegetables, seeds, herbs, condiments, pulses.
- Children should be served only freshly cooked food as much as possible.
- Children should have lots of fruits for breakfast with herbal teas. Breathing for breakfast, have an ether and air bath and absorbing fertility from the greens.

- Children should have their dinners by 6:30 pm to 7 pm with absolute discipline for growth etc.
- For lunch children must have a wholesome natural vegetarian meal which would comprise of rice, vegetable, dal, roti/chapati, chaas, salad etc. Children must have soups for dinner, all kinds of vegetable soups.
- Make sure that the rice is unpolished, dal is moong dal as much as possible and use as much A2 cow's ghee for nourishing the child.
- Yogurt and buttermilk from A2 cow's milk, desi cow's milk.
- Children should snack on rajgira chikkis, til ladoos, multi grain khakras, dry fruits, dates, nuts, groundnut chikkis, coconut water, coconut and lots of other fruits.
- The choice of food for children and parents for school should be intelligent, sensible and ethical.

Let every child get Naturalized, Energized, child development Maximized, all Children get Mickeymized!!

Child Development Maximized, Get Mickeymized!

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