

Cercle

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RUSSIA
and its trendy spots

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*Ksenia
Mezentseva*

THE SUCCESSFUL
BUSINESS WOMAN
TAKES TIME TO
SHARE HER LIKES
AND FAVORITES

ISSUE N.6

AN EXPERIENCE BEYOND LUXURY

Ageless Body, Mind and Spirit

"Spring passes and one remembers ones innocence. Summer passes and one remembers one's exuberance. Autumn passes and one remembers one's reverence.

*Winter passes and one remembers one's perseverance". - Yoko Ono
By Helene Rambaud*

When Nature created us, it could not have suspected that we would feed on preservatives, drink pills, and breathe products of the incomplete combustion of fuel. The result is that we are all overloaded with toxins. So how do we get rid of them in a regular domestic situation?

There are a lot of reasons as to why toxins accumulate in the body: Poor diet, alcohol consumption, smoking, lack of sleep, and more. The medicines that we take - such as antibiotics, anti-inflammatory drugs and anti-depressants are on the one hand helping us fight disease but on the other, affecting the liver and the kidneys. So problems with the stomach, sensitive skin, fluctuating body weight, sleep disorders, headaches and feeling sick in general, have all become constant companions for humans.

So can we somehow combat all of this? We all need to detoxify - meaning do a regular cleansing of the body. Usually, procedures of this kind are performed in specialized health centres, where we have to spend a solid two weeks or so. And even that is not enough to get rid of all the toxins that have been accumulated over many years.

I discussed with the Director of the Centre for Integrated Medicine and personal physician to the British royal family, Mosaraf Ali, about his health improvement system and his views on ageless living by detoxing...

"Today detox is a vital necessity. We cannot fully

keep toxins out of our body, however, what we can do is to arrange for their regular removal from the body, with natural methods and on a daily basis. We can start our mornings with lemon and water."

Doctor Ali, we have heard so much about your health- improvement system. Please tell us more about it. What is the mechanism of self-recovery of the human body based on?

Inside each of us, there is a system of self-healing. For instance, you cut your finger, the blood stops flowing and it heals - even if you do nothing to treat it. So how is this done? Hippocrates and other physicians of ancient times, created a health-improvement system using diet, herbal teas, massage, various exercises and visits to the spa - where patients restored their sense of wellbeing with the help of water. All of this aids the force of self-healing the human body.

Massage is very important, especially for the neck; I practice this on a daily basis. It is the cervical spine that suffers the greatest number of injuries, starting from the process of childbirth, to sitting too long at a computer, writing desk or car wheel. Dry brush exfoliation helps promote circulation and feels great. It is easy to do it yourself at home, but if you want to splurge, it is great as a part of an Ayurvedic massage. There are many spas offering this now. Yoga gives energy to the body. I devised a system of yoga therapy for the entire body. It is needed to control the breathing and to reduce stress.