



Wow, we've almost made it to the end of 2020! This year has not been easy by any means, so give yourself a pat on the back. As doctor visits still involve a lot of anxiety in these pandemic times, especially for those that are ill, recovering from surgery and the elderly who need day-to-day assistance; my team and I are very excited to bring expert consultation, a comprehensive treatment plan and personalized care right to your doorstep via our newly launched [@Home Care Subscription Plan](#).

-Shwetha Ravishankar
Editor | Syncremedies

R E A D



Our newly launched @Home Care Subscription plan offers a vast suite of services, we've broken it down for you in our latest blog

[Download the Home Care Brochure for pricing details.](#)

L I S T E N



After living like a monk for 3 years, Jay Shetty had a whole new vision and mission on life and hence he started his podcast called “[On Purpose](#)” - with a goal to “make wisdom go viral”. Listen to him share his journey, talk to famous thinkers, spiritual gurus, creatives and so many more. He is a positive force that will make you stop and rethink your life for the better.

D O W N L O A D



This science-backed browser extension shares a wellness tip every time you open a new internet tab. It’s a great reminder to get up and stretch, snack, and hydrate from time to time — A.K.A take more meaningful breaks.

[DOWNLOAD “TEENY BREAKS” EXTENSION](#)

C O O K

BEAT THE BLOAT(ING)



Bring 1 cup water, cumin seeds, coriander seeds, fennel seeds - boil, strain and drink first thing in the morning.

According to Ayurveda it improves digestion and is known for balancing your doshas: vata, pitta, and kapha.



I've been making my version of a protein packed, healthy "instant" dosa for years now and it has become a family favorite.

— Shwetha Ravishankar

Ingredients

1. 2 Cups powdered rolled oats
2. 1 Cup ragi flour
3. 1 Cup jowar flour
4. 1 Cup bajri flour
5. ½ Cup rice flour and ½ cup semolina for crispness
6. 1 Big knob of ginger
7. 1 Sprig of curry leaves
8. 1 Cup of grated carrots (you can add any vegetable of your choice, like boiled beets, spinach puree etc.)
9. Salt per taste

Blend all of this with water or with yogurt , set aside for 15min and make crispy, healthy dosas for the whole family.

S E L F C A R E



Check-in Prompts:

Am I...
Eating Enough?
Getting enough sleep?
Drinking enough water?
Moving my body and
getting my steps in?
Speaking to my body
kindly?

F O L L O W

TEA WITH GINGER, BLACK PEPPER, AND TULSI In 2014,

Now that we're all working from home and presumably

*Nutrition is the only remedy that can bring full

Gut health is at the very core (pun intended!) of

Here's hoping you have a great start to a new week

Tongue cleaning has always been a big part of rupa

Did you know that fennel seeds have a lot of health

Have you ever tried oil pulling, or heard about it



In-Sync — a newsletter designed to empower you with a healthy dose of all-things wellness; once a month. It's the perfect place for news, the latest from our blog, recommendations and inspiring conversations.

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