

SUNDAY

Your Companion for a Funday

Meditation, Manifestation and Subliminal: All about the new buzzwords of Spirituality

We live in a world where being fast and steady is of utmost importance. People find very less time for themselves and their inner peace and the constant hustle of being ahead in the professional front has made people forget the importance of being healthy and wealthy on the inside as well. And to give people a break from the race, spirituality has come up again. Spirituality helps us take a dive into ourselves, almost like a very deep personal journey. Through spiritual practices, people find meaning, purpose, and the connection with their divine self that they had ignored for the longest time.

The sudden rise in spiritual practices

In recent years, people have been more inclined towards spirituality and the healing that comes with it. The sense of calm, a journey of fulfilment and the connection you get with the divine afterwards, is how spirituality has been helping people. People have slowly started to realise that the material world can only please them so much and the need to search for something more, something that exists within them, is growing. People are seeking ways to cope with stress, anxiety, and existential questions, and all of it is leading them towards spirituality.

Meditation as a form of spirituality

The oldest and simplest form of spirituality is meditation. The act of sitting quietly in a room and focusing on what your body is doing to keep you alive is meditation. Meditation helps focus the mind, be more at ease with self and develop better awareness.

Among the trends these days are the different types of meditations, each having their own benefits. For example, there is mindfulness meditation that focuses on the breath and presence, there is guided visualisation that helps people who are new to meditating and much more. Through regular practice, meditation can help reduce stress, improve concentration, and promote emotional well-being.

Manifestation in spirituality

Another popular form of spiritual practice has come in the form of Manifestation. To manifest something is to make the self and the universe believe in your ability to achieve something.



Manifestation is the belief that simple thoughts and intentions have the power to become a reality. Manifestation involves aligning your thoughts, beliefs, and emotions with the desired outcomes to attract them into your life. Techniques such as visualisation, affirmations, and gratitude are used to manifest goals and abundance.

For example, the repeated affirmation of 'I attract wealth and positivity' and the belief in the affirmation is a way of manifesting.

Subliminals in spirituality

Subliminal techniques use certain sounds, phrases and very muted down voices that are believed to enter straight into your subconscious mind. It is believed that subliminals help influence thoughts, beliefs, and behaviours. These techniques often use audios or visuals that are presented to you through earphones or bigger screens in a peaceful, quiet environment. Subliminal messages help instil positive affirmations in your mind and guide you towards a better you.

The connection between the three

Meditation, manifestation, and subliminal techniques may seem different, but they all share a common goal. They all recognise that our minds and bodies are connected. When we meditate, we focus on the present moment and how our body feels. Manifestation is about thinking positively to make things happen, while subliminal techniques work on changing our subconscious to change our behaviour.

They all stress the importance of focusing on what we want and imagining it happening. Ultimately, they help us change ourselves for the better, making us more aware, happier, and fulfilled.

Which one is the best?

Well, this question is extremely subjective as there is no one-technique-fits-all. The effectiveness of meditation, subliminals, and manifestation differs based on individual goals. Meditation helps in mental clarity and relaxation by calming the mind. Subliminals influence the subconscious mind through repeated positive affirmations. And manifestation involves visualising desired outcomes to attract them into reality.

And so, the 'best' method depends on personal needs and beliefs.

Diabetes increases the risk of kidney disease: Common signs and tests to know

Diabetes is a chronic condition characterized by elevated blood glucose levels, either due to inadequate insulin production or the body's inability to use insulin effectively. Prolonged uncontrolled diabetes can lead to various complications, one of which is kidney disease, also known as diabetic nephropathy. This condition affects the kidneys' ability to filter waste products and excess fluids from the blood, leading to kidney damage over time. Understanding the common signs, symptoms, and tests for diabetic kidney disease is crucial for early detection and management.

Common signs and symptoms

Proteinuria: One of the earliest signs of diabetic kidney disease is the presence of protein in the urine, known as proteinuria. This occurs when the kidneys' filtering units, called glomeruli, become damaged, allowing the protein to leak into the urine.

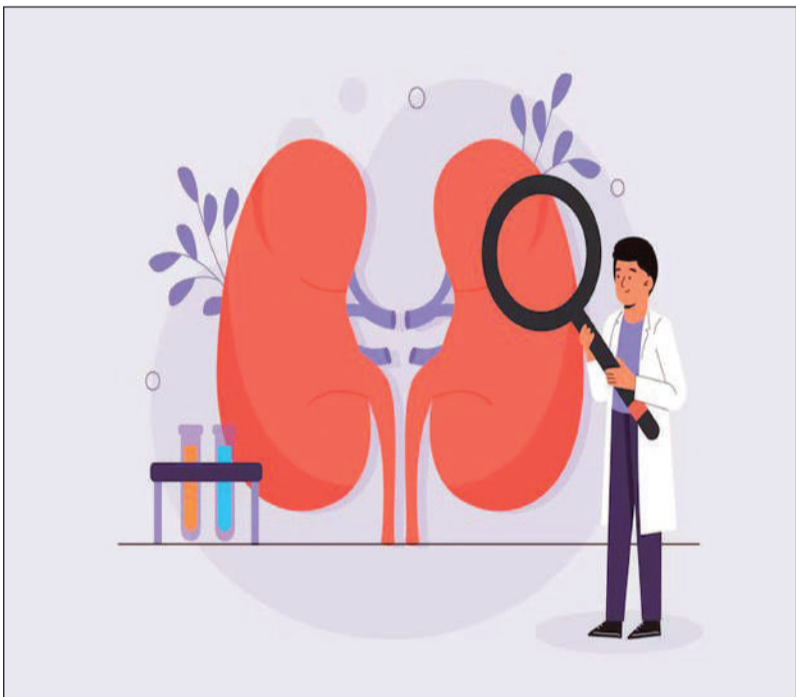
Fluid retention: As kidney function declines, excess fluid and waste products may build up in the body, leading to symptoms such as swelling in the hands, feet, ankles, or face.

High blood pressure: Diabetic kidney disease can cause hypertension or worsen existing high blood pressure. Persistent high blood pressure can further damage the kidneys, creating a vicious cycle.

Decreased urination: Some individuals with diabetic kidney disease may experience a decrease in urine output, indicating compromised kidney function.

Fatigue and weakness: As kidney function declines, the body may become less efficient at removing waste products, leading to feelings of fatigue and weakness.

Prolonged diabetic nephropathy can cause some long-standing effects on the body like raised potassium levels called hyperkalemia, serious cardiovascular problems like stroke, fewer red blood cells for oxygenation causing anaemia, complications in pregnancy etc.



Diabetic nephropathy if left untreated can cause irreversible end-stage kidney disease which will then require repeated dialysis or kidney transplant.

Diagnostic tests

Urinalysis: A simple urine test can detect the presence of protein in the urine, indicating kidney damage. Microalbuminuria, a slight increase in the level of albumin (a type of protein) in the urine, is often an early sign of diabetic kidney disease.

Blood tests: Blood tests such as serum creatinine and blood urea nitrogen (BUN) are commonly used to assess kidney function. Elevated levels of these waste products in the blood can indicate impaired kidney function.

Glomerular Filtration Rate (GFR): GFR is a measure of how well the kidneys are filtering waste from the blood. A decreased GFR indicates reduced kidney function and may suggest the presence of diabetic kidney disease.

Kidney imaging: Imaging tests such as ultrasound, CT scans, or MRIs may be performed to visualize the kidneys and identify any structural abnormalities or signs of damage.

Kidney biopsy: In some cases, a kidney biopsy may be necessary to obtain a tissue sample for microscopic examination. This procedure can help confirm the diagnosis of diabetic kidney disease and determine the extent of kidney damage.

Early detection and intervention are essential for managing diabetic kidney disease and slowing its progression. This typically involves lifestyle modifications, such as controlling blood sugar levels, managing blood pressure, following a healthy diet, and avoiding smoking and excessive alcohol consumption. In some cases, medications may be prescribed to help protect kidney function and reduce the risk of complications. Regular monitoring through medical check-ups and recommended screenings is crucial for individuals with diabetes to ensure early detection and timely management of kidney disease.

What is the right time to consume magnesium?

Magnesium is an essential mineral and because of awareness of human health people are recognizing the signs of its deficiency in the body. Magnesium is naturally available in several foods and one must consume the required amount of magnesium daily to prevent the onset of the side effects of magnesium deficiency. Men need up to 420 mg of magnesium daily while women need 320 mg of magnesium. However, what matters most is how to make sure the magnesium that you are consuming is getting absorbed in the body efficiently.

Determining the right time to consume magnesium depends on various factors, including your individual health needs, lifestyle, and dietary habits. Magnesium is an essential mineral involved in numerous bodily functions, including muscle and nerve function, energy production, and bone health. While there isn't a specific "best" time to consume magnesium, understanding how it interacts with your body's rhythms and other nutrients can help optimize its absorption and benefits.

Consuming magnesium-rich foods and supplements in the morning is ideal

Consuming magnesium in the morning can provide a boost of energy and support overall vitality. Magnesium plays a crucial role in energy metabolism, helping convert food into energy and supporting the function of enzymes involved in ATP production, the body's primary energy currency. Starting your day with magnesium-rich foods or supplements may help kickstart your metabolism and enhance alertness and focus throughout the day.

Take magnesium supplements before workout

Taking magnesium before a workout can help support muscle function and performance. Magnesium is involved in muscle contraction and relaxation, making it essential for maintaining proper muscle function during exercise. Additionally, magnesium helps regulate electrolyte balance, which is crucial for hydration and muscle function. Consuming magnesium before a workout, either through food sources or supplements, may help prevent muscle cramps, reduce fatigue, and support overall exercise performance.

Have it with your meals

Consuming magnesium with meals can enhance its absorption and utilization by the body. Magnesium absorption occurs primarily in the small intestine, where it competes with other minerals for uptake. Consuming magnesium-rich foods or supplements alongside meals, particularly those containing protein and healthy fats, may help improve absorption. Additionally, some foods naturally rich in magnesium, such as leafy greens, nuts, seeds, and whole grains, are commonly included in meals, making it convenient to incorporate magnesium into your diet.

Take magnesium supplements during bedtime

Taking magnesium before bedtime may promote relaxation and improve sleep quality. Magnesium has been shown to support the body's natural sleep-wake cycle



by modulating neurotransmitters involved in sleep regulation, such as GABA (gamma-aminobutyric acid). Additionally, magnesium helps regulate muscle relaxation, which can help alleviate muscle tension and promote a sense of calmness before bedtime. Consuming magnesium-rich foods or supplements in the evening may help relax the body and mind, leading to better sleep quality and overall well-being.

Start taking supplements when you see the symptoms

Listen to your body's cues and adjust your magnesium intake based on your individual needs and preferences. If you experience muscle cramps, fatigue, or other symptoms of magnesium deficiency, consider increasing your magnesium intake through food sources or supplements. Additionally, certain factors, such as stress, intense physical activity, and medical conditions, may increase the body's demand for magnesium, necessitating higher intake levels.

How to choose magnesium supplements?

When choosing magnesium supplements, opt for high-quality forms such as magnesium citrate, magnesium glycinate, or magnesium oxide, which are well-absorbed by the body. Start with a lower dose and gradually increase as needed, paying attention to any potential side effects such as diarrhea or gastrointestinal discomfort. Always consult with a healthcare professional before starting any new supplement

regimen, especially if you have underlying health conditions or are taking medications.

Magnesium rich foods

Magnesium-rich foods are essential for numerous bodily functions, including muscle and nerve function, blood sugar regulation, and bone health. Some excellent sources of magnesium include leafy greens like spinach and kale, nuts and seeds such as almonds, cashews, and pumpkin seeds, whole grains like brown rice and quinoa, legumes like black beans and lentils, fatty fish such as salmon and mackerel, and dark chocolate. Incorporating these foods into your diet can help ensure an adequate intake of magnesium, promoting overall health and well-being.

Avoid pairing magnesium with these foods

Avoid pairing magnesium supplements with certain medications or substances that can interfere with its absorption or effectiveness. Calcium supplements can compete with magnesium for absorption, so it's best to take them separately or at different times of the day. Additionally, certain antibiotics, such as tetracyclines and quinolones, can bind to magnesium, reducing their effectiveness. Also, avoid consuming high doses of zinc supplements alongside magnesium, as they can compete for absorption in the body. Finally, excessive alcohol intake can impair magnesium absorption and increase urinary excretion, potentially leading to magnesium deficiency. Always consult with a healthcare professional before combining magnesium with other medications or supplements.

How much Magnesium you should consume in a day?

The recommended daily allowance (RDA) of magnesium varies by age, gender, and certain health conditions. For most adults, the RDA for magnesium is around 400-420 milligrams for men and 310-320 milligrams for women. Pregnant and lactating women may require higher amounts of magnesium. However, individual needs can vary based on factors such as activity level, diet, and medication use. Consuming magnesium-rich foods such as nuts, seeds, whole grains, leafy greens, and legumes can help meet daily requirements. It's essential to consult with a healthcare professional to determine the appropriate magnesium intake for your specific needs.

Role of magnesium

Magnesium plays a vital role in numerous biochemical processes throughout the human body. It is essential for muscle and nerve function, energy production, protein synthesis, and bone health. Magnesium also regulates blood sugar levels, blood pressure, and supports a healthy immune system. Additionally, it contributes to cardiovascular health by helping to maintain a steady heartbeat and supporting proper muscle contraction and relaxation. Adequate magnesium intake is crucial for overall health and well-being, and deficiencies may lead to various health issues, including muscle cramps, fatigue, and impaired cognitive function.

