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health



## Dimple's guide to a holistic pregnancy

Mommy dearest, time to embrace all things natural during your nine-months and beyond

Thai-Indian Ayurvedic practitioner, yoga specialist and certified nutritionist Dimple Duangthip Arora is synonymous with health and spirituality. As a mother of two, her latest endeavour, a book entitled *A New Age Manual for the New Mother, Postnatal and Beyond* is an all-natural collection of ideas and principles dedicated to first-time mothers. From baby hygiene to the spirituality of motherhood, Dimple introduces the idea of a simple and holistic lifestyle to



help mothers cope with pre- and post-pregnancy

Masala: What inspired you to write this book? Have you written it based on your own personal experiences?

Dimple Arora: My positive personal experiences with the holistic Ayurvedic wisdom was certainly one of the factors that inspired me to write and share such knowledge with as many a modern urban woman as possible, who are increasingly lost and confused as first time mothers, amidst the plethora of fragmented information and technology taking us away from nature. I had been conducting workshops and writing articles prior to embarking on this project, but it just didn't seem enough. There was an overwhelming urge to do more; to uplift the quality of life and consciousness and to make a positive difference. The idea became a vision, and the vision became more compelling with each passing day, especially when I researched and discovered that such a book does not exist— a healthcare book for both the mother and child, which addresses healthcare at every level, physical, emotional, mental, spiritual and environmental. A new mother will learn to support the health of her baby, along with protecting the environment in which her child will grow up. This is what I call truly holistic!

M: You call your book the “New Age Manual”... why New Age?

DA: New Age refers to the current stage of civilisation, which is marked by an increasing awareness of the holistic way, amidst redundant technology, information and rapid degeneration of the planet. The New Age marks the shift of consciousness to pursue individual beliefs and freedom of expression, based on one's perception of truth. A New Age Manual for the New Mother, Postnatal and Beyond is New Age because it does not adhere to any one school of thought or institution. Instead, it amalgamates the enduring wisdom of the Golden Age of civilisation with modern medical findings, which have been distilled through experiences, insights and intellectual research. It is both individual and universal at the same time. Hence, very New Age!

M: What kind of topics have you covered in the book?

DA: For the baby, I talk about topics like baby hygiene, dental care, holistic diet, emotional needs of a newborn, boosting a child's immune system and natural remedies for common ailments. For the mother, I have included topics like postpartum bodyworks and diet, postnatal restorative period, natural remedies for common ailments in a nursing mother, emotional care for the new mother, the spirituality of motherhood plus a “green” segment on being an eco-friendly mother.

M: Everything is all-natural. Do you not believe in modern-day science and medicine?

DA: Everything has its place under the sun. And everything has its limitations. I believe that the road to wellness begins when we acknowledge and implement the wisdom that we are primarily organic beings, an integral part of nature. Hence, true holistic health begins and ends with all things natural. Give natural remedies a shot before going straight away for chemical-based medications. If the condition is acute and not responding to natural cures, seek professional medical care. Modern-day science and medicine has done a commendable job in life-saving technology and medicine. My message is, if you respect and live in harmony with your own nature (in terms of diet and lifestyle) as well as the nature around you, you minimise your risks of developing chronic diseases later in life. Over the counter pills and medications should not become a lifestyle choice for that odd headache or cough/cold. They suppress the body's natural immune system in the long run, as indicated by modern research. Day-to-day ailments can be miraculously healed with common household herbs and herbal formulations—no side effects here except that they help strengthen the immune system! Nature before man-made is my message.

M: What is holistic? How does it apply to you and your life? Is that all a part of Golden Awareness?

DA: Holistic is anything that supports human health, well-being and evolution at every level: physical, mental, emotional, social



and environmental. Holistic is that which respects the uniqueness of each being. Holistic is that which respects the being's eternal connection and indebtedness to Mother Earth or Mother Nature. For the current era, this is the Golden Awareness: we are sustained by Mother Earth. We get the three essentials of life from her, namely food, air and water. Ultimately, our health and well-being depends on the health of planet Earth, which is being abused and polluted indiscriminately, ruthlessly in the current times. Getting holistic is the only way to salvage our planet for the future. Before we buy the next product or technology (including its packaging), we need to ask: will this pollute the water I drink, the air I breathe, add to toxic global heat or pollute the soil which will yield me grains?

Holistic is my underlying philosophy of living. My children are cured with a healing diet most of the time—hardly any medicines are employed. Currently, this Earth awareness is growing in me day by day, it's becoming a passion to save my planet from the plastic junk. I use cloth bags for shopping, I don't accept products at supermarkets that come packed in foam, I have cut down dependence on disposables as much as possible. My garbage bag today has lesser plastic refuse today than in the past. Each of us can do something. Collectively, it will make a difference.



# Top 10 tips for the new age new mother



1. Diet should be fresh, organic and whole. Avoid refined carbs such as white rice, white sugar and white flour. Use brown rice and whole wheat instead.
2. Use organic oils for cooking such as cow's ghee (clarified butter), cold-pressed olive oil or coconut oil.
- 3 Munch on fresh fruits and salads to fulfill that odd craving for food.
4. Ensure adequate intake of food rich in folic acid and essential fatty acids so vital for new cell formation. These would also boost and protect brain growth of the foetus. Ghee, fish, seeds, vegetables, lentils, coconuts and nuts like almonds are good sources.
5. Avoid cigarettes, alcohol, black tea and coffee. Any medication to apply or ingest should be approved by the doctor. Do not expose yourself to radiation like laser or x-rays during pregnancy.
6. Surround yourself with beauty and positive people. Be in a state of love, gratitude and acceptance. Pamper yourself.
7. Insulate yourself from any kind of fear and negativity such as disturbing news, stress or negative emotions.
8. Form a rapport with the child in your womb. Talk and sing to the baby.
9. Meditate daily and pray out loud. The positive vibration of prayers reaches the baby and gives him/her a head start in life as a spiritual being.
10. Keep active and exercise (Pilates, tai chi and yoga are excellent) till the last day. And keep smiling!

# Ghee is Good

*Clarifying the effects of clarified butter*

## Learn the lingo:

Dadi: grandmother

Parathas: Indian flatbread usually stuffed with vegetables like boiled potatoes, radish, cauliflower and/or paneer

Malai: Cream that foams on top of boiling milk

So when dadi would insist upon a couple spoonfuls of ghee on top of our breakfast parathas, she really wasn't trying to make us a size 22. On the contrary, Dimple says pure organic ghee (see homemade recipe below) is the most easily digestible kind of fat and, for the pregnant mom, helps protect the brain of the foetus from toxic effects. So yes, pack on the butter baby! However, Dimple cautions those who have very low metabolism or cholesterol problems to stay away. Otherwise, she says, as long as you live an active lifestyle, you should be able to get your daily dose of ghee goodness without packing on the pounds.

### Homemade ghee (clarified butter)

1. Boil full-cream milk in a pot. Wait till it foams and extract the malai on top.
2. Collect a bowl full of cream and churn.
3. Extract the butter produced from churning and heat the butter.
4. Remove the black particles and there you have it—pure ghee.



### Expert tips

The older the ghee, the more potent its healing capacity.

Drinking cold water (or anything cold for that matter) right after consuming ghee is a big no-no!

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