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HONG KONG

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STAY STRONG HONG KONG

THE SURVIVAL ISSUE

CABIN FEVER?
OUTDOOR HIKES AND YOGA CLASSES

26 REASONS
TO LOVE BEING IN HK RIGHT NOW

PRIVATE TUTORS
THAT COME TO YOU

+ OUR GUIDE TO WHAT'S NOT CANCELLED



Complementary and alternative cures

Ayurvedic and energy healer Smita More shares her healing experience

Smita More is an Ayurvedic and energy healer based in Hong Kong. A few years ago, Smita was faced with a stomach ailment



that would not go away despite multiple repeated treatments. She finally found relief in naturopathy and Ayurveda. Inspired by her guru and recovery, she decided to pursue natural healing as her career path. Today, she sees clients from all over the world through in-person and online sessions, where she heals by reading a patient's energy and diagnosing the root cause of the problem.

How can energy healing help people prevent or cure sickness?

Energy healing is a holistic practice that uses life force energy to remove blocks and stimulate the body's ability to heal itself. It is a powerful healing technique where through sadhana, the energy flows from one human body to the internal organs of the sick. In Ayurveda, ancient saints would heal the diseased through chanting and minerals.

What are some yoga or meditation exercises someone can do to maintain a positive flow of energy?

Martial arts, yoga and meditation with

specialised breathing techniques practised by monks and yogis help to align body, mind and spirit. These practices strengthen the complete body to build immunity and live a healthy, strong life.

Is there a particular diet you recommend for optimum health?

I practice Ayurveda, a 5,000-year-old ancient Indian science of long life. 'Ayur' means life and 'veda' means wisdom or knowledge of a long life. Ayurveda places emphasis on a balanced diet acknowledging the seasons, the environment, the digestion power and the constitution of the individual consuming it. The three main pillars of Ayurveda for good health are Ahara (food), Nidra (sleep) and Vihara (lifestyle). When all three come into balance we can achieve optimum health and live a long, stress-free life.

To find out more about energy healing or to book an appointment contact Smita at smitamore.com 