

FREE EVERY MONTH!

FAMILY | MOTHER'S DAY | BIG DAY OUT

southside & the peak

hongkongliving.com

MAY 2020



SURVIVE AND THRIVE
NAVIGATING ROCKY TIMES

cover story



Smita More

Ayurvedic Consultant, Yoga Practitioner and Energy healer

Covid-19 silver lining: It's a wake up call for people to eat healthily, exercise regularly and take time for themselves.

Smita started on her healing journey eight years ago with the aim of reducing human suffering. Since then she has helped cure many of her client's health problems through time tested energy healing and other natural methods. By scanning her clients, Smita can pinpoint the root cause of the problem and start to heal their internal organs using natural medicines and rejuvenation exercises. Smita has been in Hong Kong for 25 years and works from her home in Pok Fu Lam. smitamore.com

How has the Covid-19 outbreak affected your business?

I'm blessed to always work from home, even before the virus I conducted many of my consultations via video with clients worldwide. Since people are on lockdown at home, my workload has increased, with many people looking for healing advice and immunity boosting remedies.

How can Ayurveda help people during this time?

Ayurveda has hundreds of home remedies which you can make from food spices and easily available herbs. I have cured people just by suggesting simple diet changes and introducing them to immunity boosting spices, including turmeric, pepper, honey and ashwagandha bharmai. I believe these remedies can really help people during this time.

What can the government do to promote alternative health care?

Personally I feel that alternative and holistic health care is needed in today's society. If it's incorporated from a young age, it can promote healthy eating and exercise habits in children. The government should promote more health care workers like myself and others across Hong Kong.