

## Building re-generating immunity for children and adults

Mickey Mehta

Global Leading Holistic Health Guru, India



### Abstract

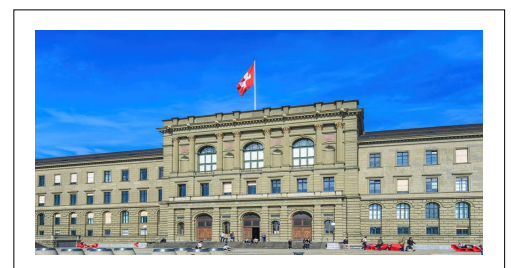
We are born with a predetermined genetic disposition. However the science of epigenetics and neuroplasticity has proven that this can be changed with conscious intervention and conscious behavior.

While we know that Children are born with an inherent strong immune system, but as we grow older the immunity quotient of our human body goes on reducing. If we do not consciously make efforts to regulate and boost our immunity, the degeneration and disintegration of our immunity is bound to progress with our age. Dr. Mickey Mehta has conceptualized and created a program for children to adopt and practice from the age of 7 to ensure that they grow into strong young adults with an equally strong immunity. Dr Mickey Mehta advocates how the right blend of nutritional advice, sensible and effective supplementation, exercises and yoga asanas, vedic teachings of bhavas, gunas and sanskaras, lifestyle changes like - appropriate rest, deep breathing, meditation and time to time positive affirmations help human beings boost their immunity through adulthood and even with advancing age.

While each of us is born with a gene code which determines our growth; but, we humans being the marvel of creation can alter the preset patterns with our conscious responsible behavior and alter the predetermined genetic disposition. At the conference Dr Mehta will share his findings and insights with over 38 years of research, practice and teachings around the philosophy of Holistic Wellness and further elaborate on how we can nurture the future generations to grow into strong well rounded adults.

### Biography

Mickey Mehta is known as India's Leading Holistic Health Guru and Yoga Expert. He is the founder of Mickey Mehta's Wellness Temples-a holistic fitness and wellness concept studio based in Mumbai. He is the pioneer of holistic wellness in India and is awarded as the World's Top 100 Impactful Wellness Leaders at the World Wellness Congress. He is the author of bestselling Book the Shoonyam Quotient and is a widely featured expert across national and international media. He is recognized as the Health and Wellness Icon of India by The Economic Times.



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