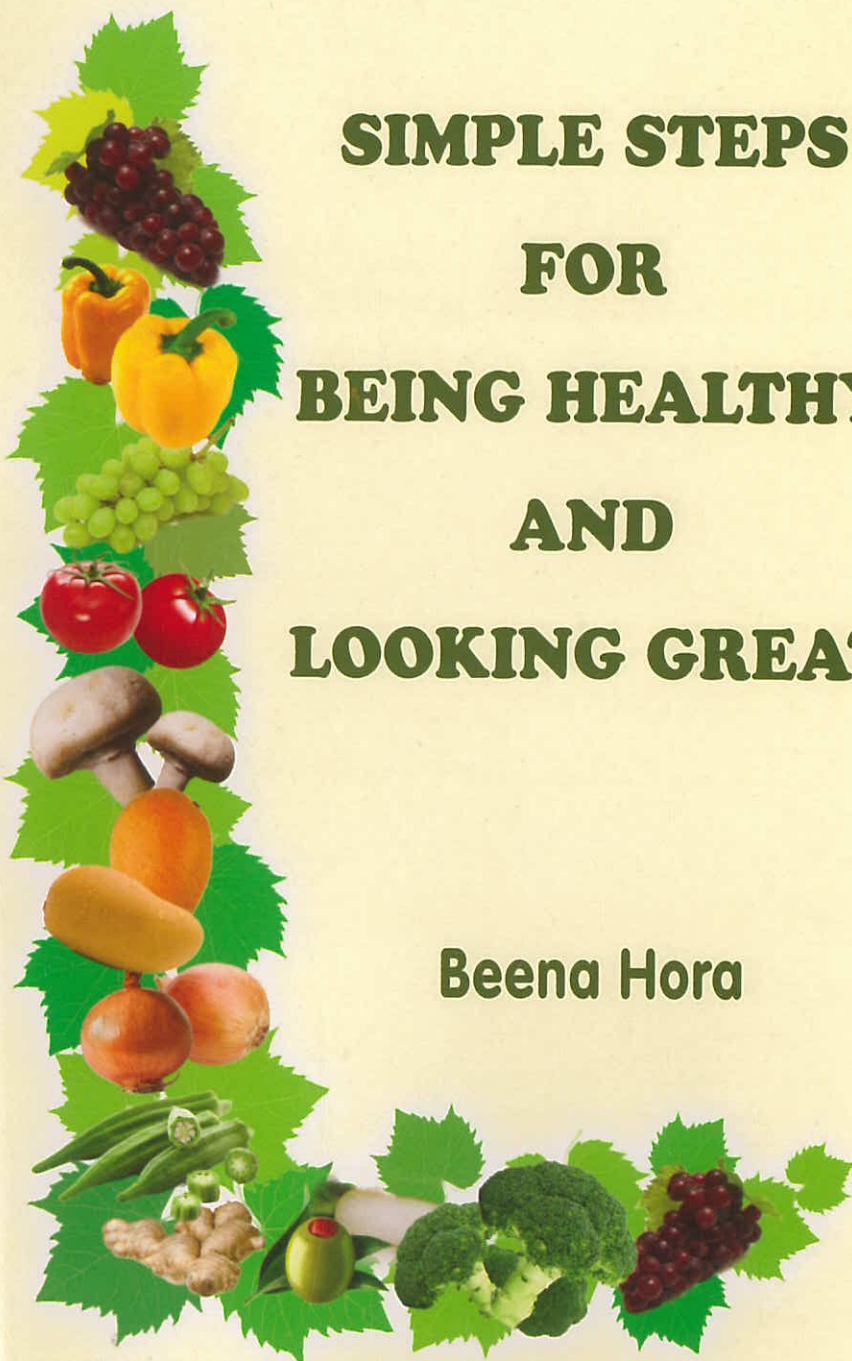


**SIMPLE STEPS
FOR
BEING HEALTHY
AND
LOOKING GREAT**

Beena Hora





Beena Hora is in the field of teaching, a profession she embraced about 3 decades ago. She has thoroughly enjoyed her long career acquiring experiences of varied kinds handling subjects like Biology, Chemistry and Algebra for high school students in her earlier years followed by English and Values, the two subjects she has been teaching for over the last twenty five years.

She has a great passion for writing poetry in Hindi, Punjabi and English and writing lyrics for Indian songs along with composing them. She also has talent for singing and playing musical instruments.

She has been a speaker and emcee at corporate and social events held in Thailand and India. She has contributed several articles in newspapers and magazines related to health, spirituality and life in general.

Beena had a deep desire to be a doctor but destiny had chalked a totally different career map. However, her profound interest in the medical field and health-related issues never declined. She started doing research and experimented with the use of natural products and after having gathered so much useful findings, she thought it would be a great idea to share them all with others. She sincerely hopes the book will bring some kind of awareness among the readers to make them improve their health and overall well being.

At present, Beena is teaching at a school in Bangkok and dedicates a good portion of her non-working time to writing books. This is Beena's second book, and though it is on a totally different topic, she hopes it will be as much liked as her first book "Meri Rachnaiyen" was when it was launched in April 2012.



Come to think of the harm we cause to ourselves because of the inappropriate choices of the food we make due to lack of awareness or not being well motivated to be healthy. A sedentary lifestyle is equally responsible for this. In many cases it is knowing what is good but not practising it which makes us responsible for our own suffering. Waking up at a later stage of life at 40 or 50, one's landmark birthday, doesn't help much. It is said our morning should not start when we wake up but when the real morning starts with the rising of the sun. In other words, the earlier in life the realization to lead a healthy and happy life sinks in, the better it is.

*This book is all about getting the readers acquainted with wise steps for being healthy and looking good with the natural products that are chemical free. Go along with my belief: **WE ARE WHAT WE EAT AND WE CAN BE HEALTHY IF WE DETERMINE TO SET OUR CLOCK RIGHT.** Let us regiment ourselves and see a new image of ourselves in the mirror.*

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