

In Sync

Welcome to In-Sync — a newsletter designed to empower you with a healthy dose of all-things wellness; once a month. It's the perfect place for news, the latest from our blog, recommendations and inspiring conversations.

-Shwetha Ravishankar

Editor | Syncremedies

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READ

Me and my team are thrilled to visit your inbox! My vision has always been for Syncremedies to have a 360 degree view on health and wellness and this newsletter is our way of connecting with you, listening to your needs, and being your trusted aid for all things healthy living via our online [tele/video consultation platform](#).

-Dr. Arjun Rao

Read more about Syncremedies and Dr. Arjun's vision [here on the blog](#)

HEALTHY LIVING

Pranayama: In the yoga tradition, Prana - is the breath, our life force and Ayama - to extend or draw out. Tapping into your breath is the best way to start your day. PS: Deep breathing helps melt those stresses away too!

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WHAT'S COOKING

Malian Ginger Juice



A popular and refreshing drink from West Africa...goes well with the heaviness of fried foods. Enjoy!

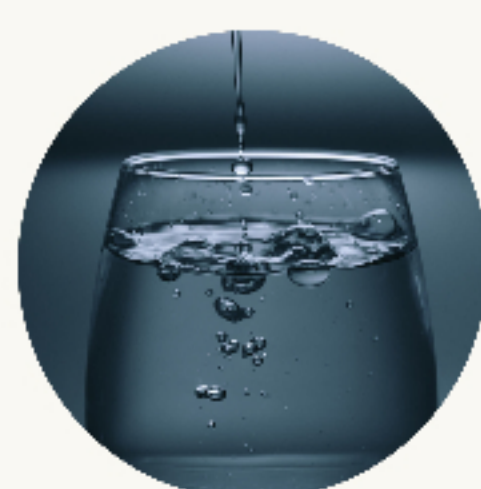
Ingredients

- ½ inch chunks of unpeeled ginger root
- 2 cups of water, change as needed
- 1 Lemon juice
- Honey or sugar, per taste
- 2-3 Mint leaves, crushed

Grind the ginger in a small mixer or use mortar and pestle to make a thick paste. Strain and squeeze sediment to make it as dry as possible.

Stir in lemon juice and honey. Add water as needed and serve garnished with crushed mint leaves.

MORE FROM THE BLOG



10 Ways to Drink More Water

Experts say drinking 2-3 liters of water will set you on the path to optimal health.

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Ginger: A Miracle Root

Ginger, a miracle root, has an impressive list of remedies and cures to its name. Want to know more about Ginger and its uses?

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DOCTOR SPOTLIGHT



Dr. Fehmida Iyer, M.B.,B.S., MD, MPH Integrated Medicine Expert

Dr. Fehmida completed her Bachelors in Medicine and Bachelors in Surgery from Government Stanley Medical College, Chennai in 1989. She then completed her post graduate training in internal medicine from Univ. of Illinois Hospitals, USA. She also holds a Master's degree in Public Health.

She worked, taught and did research as a clinician educator for several years in the US and returned to India in a quest to do public health work and learn integrative medicine. An excellent clinician, Dr. Fehmida now practices integrative medicine with a passion.

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TESTIMONIALS

Our experience with Syncremedies was very good, overall. Personally I have been working on the R&D aspects of Telemedicine and it's great to see it come alive. Specific to our treatment, it worked well for my wife. We used a combination of Telemedicine with Homeopathic and Ayurvedic treatments. Her thyroid levels stabilized very early surprisingly. We appreciate Dr.Arjun's frequent follow up and help whenever we had a question or concern.This is very important in the Healthcare industry since the patients feel comfortable and close to the doctor even if we only met virtually -Mr. Radhakrishan, Bangalore

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