

# INTEGRATIVE HEALTH

The Key to Unlocking  
Global Productivity!

Thursday 10<sup>th</sup> August, 6:30pm (IST)



**Aneeta Madhok, PhD**  
Integrative Living Coach  
& Psychologist

Health Coaching • Corporate Programs • Life Coaching • Coaching Through Tarot Cards

## About Me

My Journey from Psychologist to Coaching  
Psychologist to Integrative Nutrition Health  
Coaching

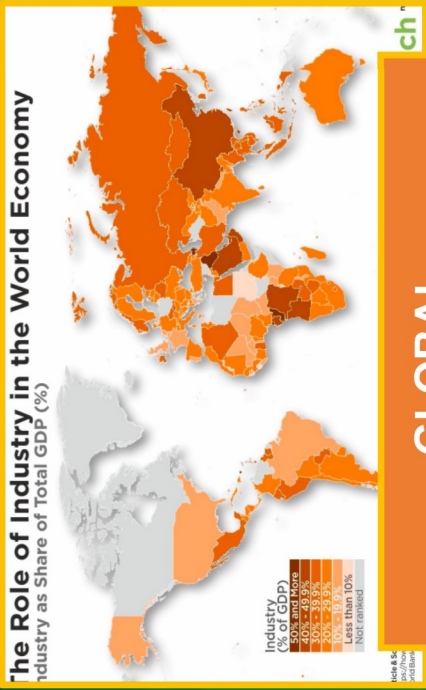


**Aneeta Madhok, PhD**

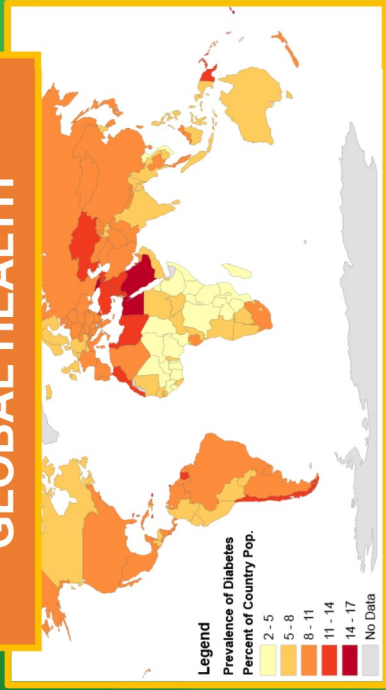
Integrative Living Coach  
& Psychologist



Aneeta Madhok's  
**Integrative Living**



**GLOBAL  
PRODUCTIVITY &  
GLOBAL HEALTH**



**Connection Between Health and Productivity at an Individual and Global Level**



**Why Integrative Health is Important?**



**Sharing Updates from the World of Integrative Health and Nutrition**



Health and productivity share an inseparable bond that influences lives of individuals and shapes the global economy.

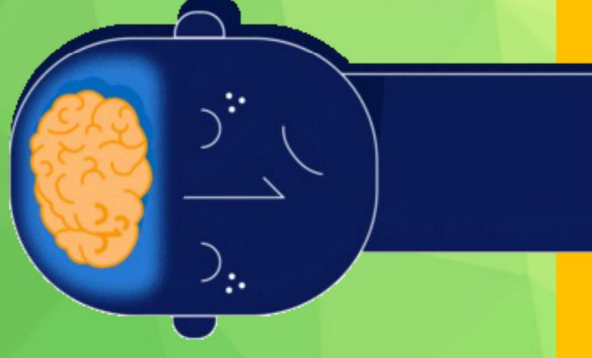


## Physical Health

- Research demonstrates a direct correlation between physical health and individual productivity.
- A study by the World Health Organization (WHO) found that for every \$1 invested in physical activity programs, there is a return of \$3.20 in reduced healthcare costs and improved productivity

## Mental Health

- Mental health plays a pivotal role in an individual's productivity and overall performance. Anxiety, depression, and stress can lead to decreased focus, creativity, and problem-solving abilities
- According to the American Institute of Stress, workplace stress costs the US economy nearly \$300 billion annually due to lost productivity





# Work-Life Balance

- Individuals who maintain a healthy work-life balance are more likely to be engaged and productive. Striking this balance reduces burnout, fosters creativity, and improves job satisfaction
- A study conducted by the European Foundation for the Improvement of Living and Working Conditions found that employees with a positive work-life balance were 27% more productive



## IMPACT ON NATIONAL ECONOMIES

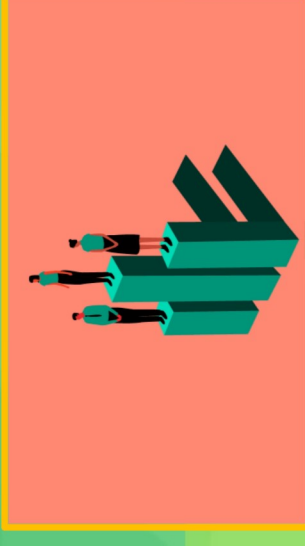
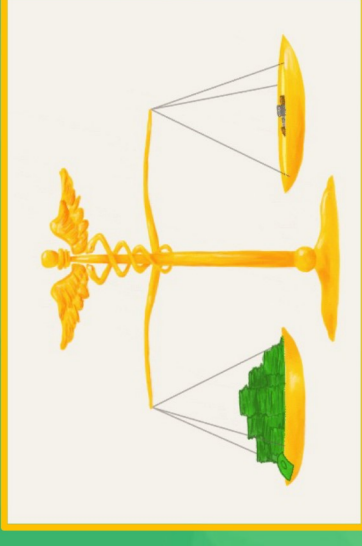
- The link between health and productivity extends to the macroeconomic level. Countries with healthier populations experience higher economic growth rates
- The World Bank reported that every additional year of life expectancy at birth is associated with a 4% increase in a country's GDP per capita

## COST OF HEALTHCARE AND LOST PRODUCTIVITY

- In the United States, health-related productivity losses cost the economy approximately \$260 billion per year
- A study by Harvard Business Review found that for every dollar spent on mental health treatment, employers can save \$2.30 in medical and absenteeism costs

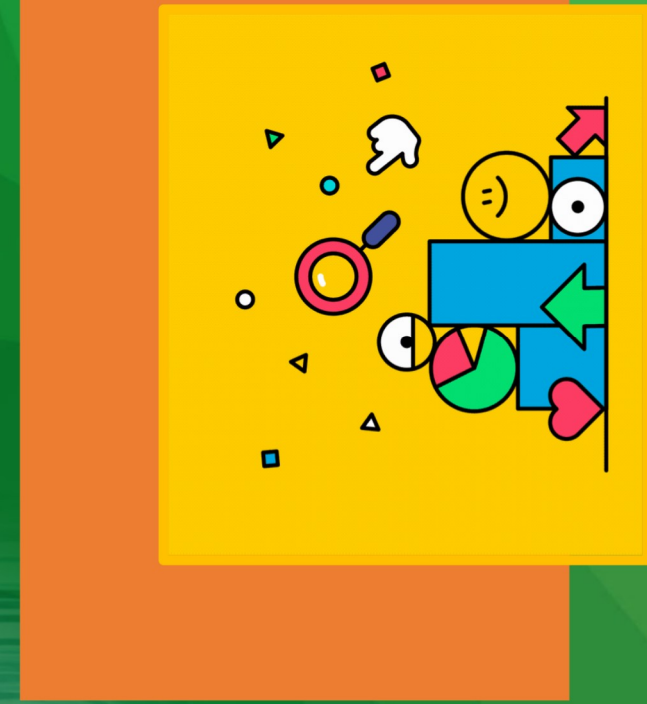
## HUMAN CAPITAL AND COMPETITIVENESS

- A healthy and skilled workforce is a crucial determinant of a country's global competitiveness. Healthier workers are more efficient and innovative, leading to increased economic output
- According to the Global Wellness Institute, the wellness industry has grown at an annual rate of 6.4% since 2015, highlighting its potential impact on the global economy





# One Startling Statistic



Noncommunicable diseases (NCDs) kill 41 million people each year, equivalent to 74% of all deaths globally.

THE TOP FOUR KILLERS ARE:

1. Cardio-Vascular diseases (17.9M deaths)
2. Cancers (9.0 M)
3. Chronic respiratory disease (3.9M)
4. Diabetes (1.6M)

TOBACCO USE, PHYSICAL INACTIVITY,  
HARMFUL USE OF ALCOHOL & UNHEALTHY  
DIETS INCREASE THE RISK OF DYING FROM NCDs



**AN ESTIMATED  
80% OF NCD'S  
ARE  
PREVENTABLE**



Source: <https://ncdalliance.org/why-ncds/NCDs>

# 4 Levels of Action Needed

## G

Global Level



- Design National Policies and Plans
- Research on Prevention and control
- Monitor NCD's
- Support national and international partnerships

## C

Country Level



- Improve budgetary allocations to support primary healthcare systems
- Engage NGO's, research institutions, Private sector, to partner in action plans
- Develop continuous quality improvement systems

## S

Society Level



- Offer healthy food at the workplace, schools etc
- Offer opportunities for physical activities
- Offer new resources from NGO's and partners at work, school and other places

## I

Individual Level



- Follow healthy lifestyle

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7726193/>

# Challenges & Roadblocks

## INFRASTRUCTURE

- Lack of preventive infrastructure
- Access to medicines
- Implementation of primary healthcare
- Access to technology

## ECONOMIC

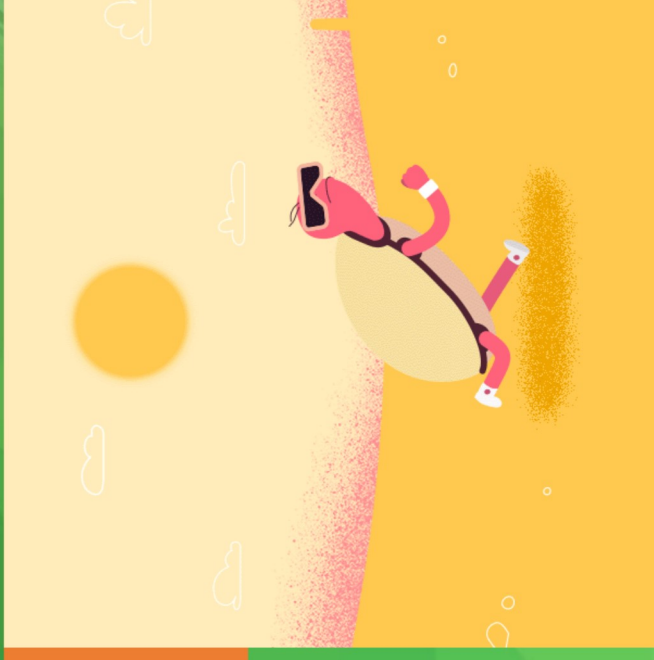
- Profitability of the disease
- Financial resources
- Implementation of poverty reduction plans

## DEMOGRAPHIC

- Increasingly elderly population
- Migration

## MANAGERIAL

- Fast and unplanned urban planning
- Haste in planning
- Lack of coordination of efforts

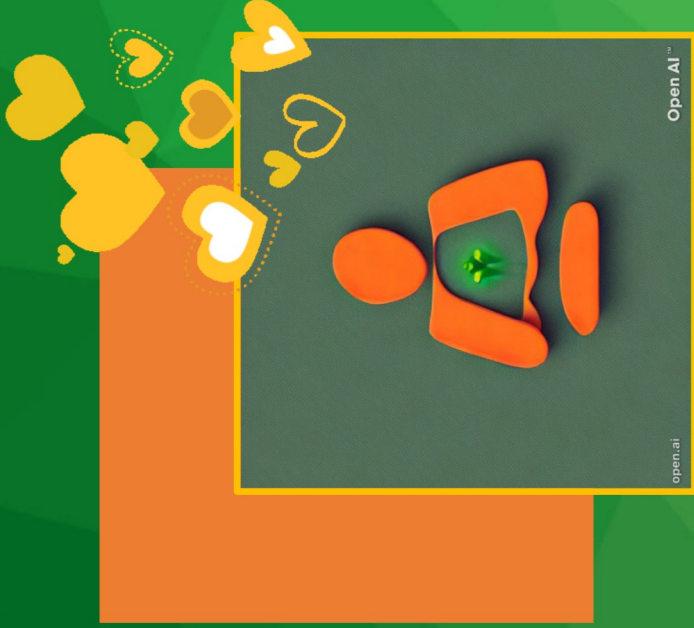


Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8356955/>



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## Integrative Living

Every life problem be it work, health, family, relationships, job, has its linkages in the mind, body, heart and soul. Transformation begins when we set a deeply seeded intention for self-healing and action in that direction. That is the fundamental of Integrative Life!



# Some Integrative Health Fundas

01

## Bio-Individuality

### *Unique Journeys*

Everyone has different needs, we are unique in our mind and body, and also unique in the things that support our individual health and happiness

02

## Primary Food

### *Holistic Approach*

Health is multi-dimensional. What nourishes us OFF the plate: Exercise, Career, Relationships, Spiritual Practice

03

## Secondary Food

### *Food is Medicine*

Food On the plate. Macro and Micronutrients. Choices of what to put on the plate, same food triggers different responses in different people.

04

## Self-Healing

### *Mind over Medicine*

Given half a chance, the body and the mind will heal itself. When you slow down and give your body and mind a rest, you have an opportunity to heal at a deeper level,



# NOURISH: Mind-Body, Heart & Soul

1

## **Mind**

Nourishing your mind is about nourishing your thinking patterns so that they create energy and good things like positivity and optimism in life, sense of well-being and an acceptance, non-judgemental equanimity in one's outlook in life.

2

## **Body**

Every time you eat or drink, or sleep, is an opportunity to love yourself a little bit more! Even, every time you move your body, make it an act of loving yourself. It's the best way to love yourself.... Do things that your body loves, and whatever loves your body back. That is a simple principle of life.

3

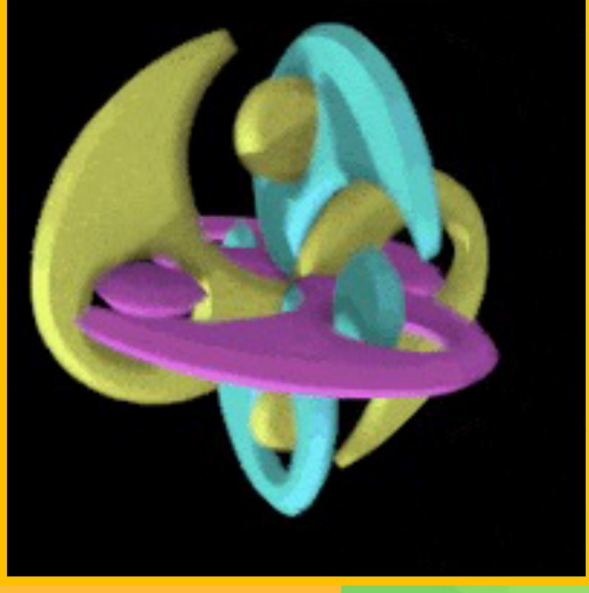
## **Heart**

Being your own best friend means that you embrace your feelings and open your heart to unconditionally receiving love from yourself and others.

4

## **Soul**

You have travelled many a long journey and gathered many experiences, good and bad. With each journey, a purpose has been served. Walking the path of your purpose mindfully is the connection of your life with your soul.



# THANK YOU

*For Joining*



# CONTACT

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