

TEEN WELLNESS BLUEPRINT

**BALANCING HORMONES, ENERGY &
HEALTH WITH AYURVEDA + SCIENCE**

Author - Zainab Mustafa Bharmal



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Understanding Teen Health Today

Teenagers often feel tired, irritable, or mentally foggy—even when eating okay or exercising. These are early signs that your body is under stress or imbalance.

Key concerns:

- Hormonal changes are sharp and often unmanaged
- Common symptoms like irregular periods, acne, or mood swings are dismissed as “normal”
- Quick fixes ignore deeper body signals

Mini Tasks:

1. Note one symptom you often feel but usually ignore.
2. Write one question you've had about your health but never asked.

The Lifestyle Shift Affecting Your Body

In just one generation, teen lifestyles have drastically changed—and your body is struggling to keep up.

What's different now:

- More screen time, less sleep
- Highly processed, low-nutrient diets
- Pollution and plastics in everyday life
- Constant academic and social pressure

Mini Tasks:

1. Track how many hours you spend on screens today.
2. Write down one packaged food you can swap for a fresh alternative.

How Ayurveda and Science Work Together

Ayurveda is based on personalized healing and seasonal balance. Functional medicine uses science to find the root cause of illness. Together, they provide complete health guidance.

Core ideas:

- Ayurveda teaches about Doshas (body types) and routine-based healing
- Functional medicine looks at gut health, inflammation, and hormonal balance
- Both focus on prevention, not just cure

Mini Tasks:

1. Take a simple Dosha quiz online and write your result.
2. Drink warm water with a pinch of cumin seeds tomorrow morning.

Foundations of Hormonal and Immune Health

Hormonal and immune systems are linked. When one is off, the other reacts. Gut health, sleep, and stress play a big role.

What affects hormones most:

- Skipped meals or irregular eating
- Poor sleep and blue light exposure
- Emotional stress and overthinking
- Inflammatory foods (sugar, fried snacks)

Mini Tasks:

1. Write down your meal timings today. Were they regular?
2. Switch off screens 30 minutes before sleeping tonight.

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Nutrition and Anti-Cancer Habits for Teens

Food is not just fuel—it's information for your cells. Certain habits developed in teen years can protect you from serious illnesses later.

Important facts:

- 1 in 5 girls in India has PCOS
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- Cancers in young adults are rising globally
- Diets rich in fiber, herbs, antioxidants, and clean water are key
- Ayurveda recommends local, seasonal, and fresh food over calorie counting

Mini Tasks:

1. Eat at least one seasonal fruit or vegetable today.
2. Try preparing a homemade herbal drink (e.g., tulsi, ginger, or fennel water).

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Daily Practices for Better Health

Wellness is not about dramatic changes—it's about consistency in small, meaningful habits.

Supportive daily habits:

- Wake up and sleep on time—even weekends
- Eat warm, cooked meals
- Move your body daily, even with light walking or yoga
- Practice 5 minutes of quiet or deep breathing

Mini Tasks:

1. Choose one habit from above to start this week.
2. Write a one-sentence promise to your future self about your health.

ABOUT THE AUTHOR



Zainab Mustafa Bharmal is an IBDP Year 2 student at The Galaxy School, with a strong academic foundation and a passion for pharmaceutical sciences, biotechnology, and life sciences. A national topper in Geography and an all-A* IGCSE achiever, Zainab has pursued her interests through internships with medical professionals, research-based summer programs, and science-led awareness campaigns. She has led impactful projects on juvenile diabetes, curriculum design for under-resourced schools, and conducted fieldwork in naturopathy and nutrition. Her portfolio includes awards in sports, arts, MUNs, and international competitions like the Biology Bowl and Duke of Edinburgh Award. Through her capstone project and this e-book series, Zainab combines the wisdom of Ayurveda with modern health science to make preventive wellness accessible, evidence-based, and teen-friendly.