



INNERVOICE

An immersive experience presented by **Sōmati**

Your inner voice is constantly whispering the words
of truth. Listen and discover your inner truth.

SET IN MOTION YOUR AWARENESS
EXPERIENCE YOUR INNER SELF

Meditation practices can help you reduce daily noise created by physical and emotional stress. Meditating is like giving resources and time for your body and mind to resolve the conflicts within yourself created throughout your journey.

DO YOU REGULARLY
MEDITATE?

Additionally, meditation can decrease blood pressure, lower cholesterol levels, calm gastrointestinal distress and reduce chronic pain. Moreover, relaxation and better sleep are also the outcome of practicing meditation. This spiritual practice can help you become emotionally balanced and better problem-solver.

Meditation is a disciplined way to clear and reset the mind and settle anxiety. It's almost like a 20-30 minutes daily vacation accessible to you anytime you want.

Regular exercising can help you feel better and more capable, as well as recharge your willpower batteries. It can also help you prevent and control many diseases, and even promote longer and healthier living.

DO YOU FREQUENTLY
EXERCISE?

On the other hand, exercise is a self-starting mechanism that works as a body cleanser and has short and long term rejuvenating effects.

Recycling is a crucial
everyday tool that
every person
must employ.

DO YOU ALWAYS
RECYCLE?

Recycling reduces the amount
of waste, conserves natural
resources, increases economic
security, prevents pollution,
saves energy, and more.

Insomnia can negatively affect your mood, energy level, health, work performance, and most importantly quality of life. You're not obliged to tolerate sleepless nights, simple changes in your daily routine can help.

DO YOU HAVE
INSOMNIA?

Meditation, regular exercise, and reduction of caffeine, nicotine, and alcohol intake can reduce or even eliminate insomnia for good.

Healthy eating habits contribute to a happier life and healthier wellbeing.

It is important to obtain daily the necessary nutrients, so your body obtains the possibility to accomplish its important tasks in order to keep a healthy immunity, as well as prevent and protect against diseases such as diabetes, obesity, cardiovascular issues, certain types of cancer, skeletal problems, and many more.

DO YOU EAT
HEALTHY?

Choosing carefully an adequate, varied and balanced nutritional lifestyle is one of the first and most important steps, towards your ultimate goal of becoming a healthy and happy person.

Everyone should know that food waste is very harmful for the environment, without even mentioning how bad it looks to throw food unnecessarily when there's so much hunger in the world.



DO YOU WASTE
FOOD?

Besides, wasted food contributes to the waste of water, release of methane, unnecessary consumption of oil, waste of land, and it harms us and other living organisms by decimating biodiversity.

Making sure to buy only the food that you're certain to eat is one of the best ways to prevent food waste - simplicity is key.

Mind fog is a cognitive dysfunction

involving memory problems, lack of mental clarity, poor concentration, inability to focus to name a few.

The best way to approach brain fog's

treatment is to determine the underlying cause, the root of the problem. Because the solutions could be many, for example, correcting nutritional deficiencies, switching medication, improving sleep quality, avoiding alcohol and nicotine, or as simple as finding enjoyable activities.

DO YOU GET OFTEN
MIND FOG?

The main common causes associated

with brain fog can be stress, lack of sleep, hormonal changes, unhealthy diet, medications, and other medical conditions such as anaemia, depression, diabetes, Alzheimer's disease, hypothyroidism, autoimmune disease, dehydration, and more.

Stress sensitivity could be caused by many factors related to physiological and psychological conditions, or even post-traumatic stress disorder.

Stress sensitivity can lead to all-types of stress-related health issues. These include back pain, neck pain, shoulder pain, or some other mysterious form of pain that you or even a doctor can't explain. It could also be a dependency on antidepressants or sleep medication, as well as climbing blood pressure or difficulty to sleep at night.

DO YOU GET EASILY
STRESSED?

To treat this issue you always have multiple options, for example, train your adaptive skills that provide you protection against stress, like sense of control, cognitive defences and improving your physical coping skills. Another very important solution to keep in mind is meditation, because of its special ability to allow the practitioner to rewire his brain and nervous system. There are also other alternatives such as yoga, exercise, relaxing bath, or even a therapeutic massage if you're not a big lover of meditation.

Compulsive shopping and acquisition of material things can be sometimes regarded as a psychological disease.

Overbuying things may bring more stress to your life than happiness. For example, too much stuff will require more time cleaning, de-cluttering, hunting for something to wear, chasing lost items, working to pay for food and other things that perish before used.



DO YOU OVERBUY
THINGS?

The solution is simple, buy less and buy only things that are really important and primordial for your life necessities, without following the emotional paths of unnecessary compulsive and momentary fake needs.

Remember, buying material things don't make us happy, unless these things serve a practical purpose in your personal or professional life. At the end of journey, you'll realise that true happiness comes from the experiences that you gain while using a particular item, and not from the acquisition of the item itself.

Sōmati

Ultimate nutritional lifestyle for optimal health and wellbeing.

Premium recipes, nutritional secrets, revitalizing techniques, disease prevention, useful tips, daily inspiration, and more. Tailored to fit your lifestyle.

www.somati.life →

Bibliography

<https://psychcentral.com/lib/what-you-dont-meditate-yet/>

<https://medlineplus.gov/benefitsofexercise.html>

<https://www.epa.gov/recycle/recycling-basics>

<https://www.mayoclinic.org/diseases-conditions/insomnia/symptoms-causes/syc-20355167>

<https://www.euro.who.int/en/health-topics/disease-prevention/nutrition/a-healthy-lifestyle/benefits-of-a-balanced-diet>

<https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/health-benefits-of-eating-well>

<https://www.newfoodmagazine.com/article/43551/five-ways-food-waste-environment/>

<https://www.health.harvard.edu/mind-and-mood/is-an-underlying-condition-causing-your-fuzzy-thinking>

<https://www.healthline.com/health/brain-fog>

<https://www.stress.org/are-you-stress-sensitive>

<https://highlysensitive.org/34/sensitive-too-sensitive/>

<https://www.cbsnews.com/news/how-having-too-much-stuff-wastes-your-time/>

<https://www.becomingminimalist.com/buying-stuff-wont-make-you-happy/>

<https://grottonetwork.com/navigate-life/health-and-wellness/quit-shopping-habit/>