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**India's online Health and Lifestyle Magazine**

*Ayushveda, India's largest health portal is ready to announce the launch of its health and Lifestyle magazine. This online venture is an effort to throw light on changing trends in health, fitness, technology and lifestyle in every part of the globe.*

**/24-7PressRelease/** - PANCHKULA, INDIA, July 24, 2008 - Ayushveda, India's largest health portal is ready to announce the launch of its health and Lifestyle magazine. This online venture is an effort to throw light on changing trends in health, fitness, technology and lifestyle in every part of the globe. The magazine surely is a knock-out when it comes to the quality of articles and categories. You can find the latest news on parenting tips, beauty and style, diet, fitness, entertainment, glamour, health, home, lifestyle, pregnancy, parenting and relationship advice.

Sahil Mehta, Owner of Ayushveda says, "Lifestyle is all about changing trends and how one adapts to them. The world is advancing at a mechanical pace and we need to take out time to relax and live life to the fullest. Instead, most of us have become part of the rat race leading to various physical and psychological disorders. The magazine is an effort to throw light on these issues and how to fight them in our day to day life."

The health and Lifestyle magazine features high quality articles that have been written by subject matter experts from various parts of the globe. What's more...? You can register online for absolutely free of cost and get daily updates on the latest trends in various fields. You can also create your own blog and send in your comments on various articles. The discussion forum enables you to interact with our experts and gives you the opportunity to get the answers for all your questions.

You can read the latest in the world of fashion, health, parenting, pregnancy, diet and fitness at the click of a key. Anthony Robbins correctly said, "My definition of success is to live your life in a way that causes you to feel a ton of pleasure and very little pain— and because of your lifestyle have the people around you feel a lot more pleasure than they do pain."

Happy Reading.

Ayushveda.com - India's Health Portal. Health Care, Home Remedies, Herbs Encyclopedia, Yoga, Lifestyle, Fashion, Mens Magazine, Womens Magazine, Pregnancy & Parenting, Questions & Answers, Disucission Forum and more