

Don't Ignore What Your Body Is Signaling

A Step-by-Step Guide to Prevent 4 Common Warning Signs

Some visible symptoms are your body's early hints at something deeper going on internally. This guide covers 4 common signs — back acne, hair fall, facial pimples, and frequent cold & fever — and simple, practical steps that support the underlying system each one is linked to.

Back Acne

Could indicate the liver isn't detoxifying as efficiently as it should.

Steps to Help Prevent It

1. Reduce processed and fried food intake, which adds extra burden on the liver.
2. Limit alcohol consumption, one of the biggest contributors to liver strain.
3. Stay well hydrated to support the liver's natural detox processes.
4. Include liver-supportive foods like garlic, turmeric, and leafy greens.
5. Get adequate sleep — much of the liver's repair work happens overnight.

Hair Fall

Could indicate a thyroid imbalance affecting your hair growth cycle.

Steps to Help Prevent It

1. Get a thyroid check-up if hair fall is significant, sudden, or persistent.
2. Include iodine-rich foods (iodized salt, dairy) to support thyroid function.
3. Manage stress — chronic stress can disrupt thyroid hormone balance.
4. Prioritize consistent sleep, which supports overall hormone regulation.
5. Avoid crash diets, which can stress the thyroid and worsen hair fall.

Pimples on Face

Could indicate poor gut health, via the gut-skin axis.

Steps to Help Prevent It

1. Include fermented foods (curd, idli/dosa batter) to support healthy gut bacteria.
2. Increase fibre intake through vegetables, fruits, and whole grains.
3. Limit sugar and processed foods, which can disrupt gut bacteria balance.
4. Stay hydrated to support both digestion and skin health.
5. Manage stress — the gut-brain-skin connection means stress can directly worsen breakouts.

Frequent Cold & Fever

Could indicate your immune system isn't functioning at full strength.

Steps to Help Prevent It

1. Prioritize 7-8 hours of consistent sleep — most immune repair happens during rest.
2. Include vitamin C-rich foods (citrus, amla, guava) regularly in your diet.
3. Manage stress through relaxation techniques, since chronic stress suppresses immunity.
4. Stay physically active with regular, moderate exercise.
5. Maintain basic hygiene habits (regular hand-washing) to reduce pathogen exposure.

Note: These are general associations, not a diagnosis. Back acne, hair fall, pimples, and frequent illness can each have many causes. If any of these are persistent or worsening, please consult a doctor for proper testing rather than self-diagnosing or self-treating.