



Running



Swimming



Yoga

HEALTH
IS
WEALTH
& IT IS TAX FREE



Walking



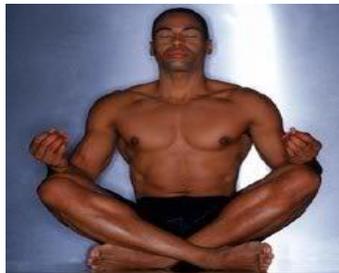
Gymnasium

by

CA Dr. VISHNU BHARATH ALAMPALI.



Dancing



Meditation



Rest / Sleep

PREFACE

“HEALTH IS WEALTH” AND IT IS TAX FREE! In this world, everything is taxed and fortunately, Health, Smile/Laughter is not taxed yet anywhere in the globe and make best use of it before it is taxed. I am sure one will agree that the words of wisdom and experience will never go wrong. Health is so very important in everybody’s life and one can work effectively only if health is sound. Possessing everything and not keeping good health will be disaster and every other thing become useless.

In normal course, one neglects health and only concentrates on everything, specially earning, and only realizes how health is important, when health is deteriorated. Health cannot be bought or captured and it is only a care has to be taken. It is better to sweat it out, burn the extra calories and keep fit.

Our forefathers have invented Yoga and many such activities to keep one fit. I am making an attempt in this book to consolidate all interesting things about the health for useful reading so that it could be digested to improve health by all means, possible. I have been conferred honorary doctorate for social service and, therefore, my prefix need not be mistaken as qualified medical doctor.

I find that we follow certain things, without knowing. Intention is to know fully and follow correctly for keeping good health to enjoy the life. We live to eat or we eat to live but should have good health for effective and useful living. That is why our elders have correctly expressed that health is your first wealth and everything else is secondary and nothing is so very important than health.

I dedicate this book of mine to my beloved mother who did not enjoy a good health and who kept on saying and cautioning others to take care of good health.

CA Dr. Vishnu Bharath Alampali.

FORWORD

Dr Vivek Jawali
Heart Surgeon
Bengaluru. India.

“Prevention is better than cure”. I am indeed happy that my good friend Dr A.S. Vishnu Bharath, Chartered Accountant, has come out with a novel idea of bringing a booklet about the tips of sound health. He has covered all useful tips on health. I have glanced it and found very useful and it reminds me that “Prevention is better than cure”.

I strongly advise to keep good health by trimming oneself by all means. It is very true that health is your first and valued wealth.

Dr. Vivek Jawali

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Human Life is Very Precious:

Human life is very very precious, It is said that after many births, one is born as human. If not utilized/enjoyed, the very purpose itself is defeated. Every new day is Lord's gift. Life is like a flower that blooms, gives fragrance and fades. Life is also like a bubble, it may burst any moment if health is not properly taken care off. So, enjoy every moment of life with a smile on face. Smile and smile; one has to go miles and miles and, therefore, maintain good health.

HEALTH

Health is status of physical, mental and social wellbeing. Good health enables to enjoy life and have the opportunity and enthusiasm to achieve the goals. In order to maintain good health one should have basic knowledge about the human body and its functions.

All parts of the body must work together properly to have good health. He/she alone have strength and energy to enjoy life, withstand stress, face any consequences and overcome all types of situations and circumstances. Proper nutrition, exercise, rest, sleep, cleanliness and medical care are all most essential parts of health. A balanced diet provides all the food substances needed by the body for healthy growth and development. The food consists of carbohydrates, fats, proteins, vitamins and minerals. Food and water are most essential. The balanced diet should have wide variety of foods, fluids and vegetables, meat, poultry, fish, etc, dairy products and nuts which are rich sources of proteins. Bread, cereals and potatoes have rich carbohydrates in addition to vitamins and minerals. Vegetables have good vitamins and minerals.

TAKE CARE ABOUT YOUR HEALTH

Live Life Without Limits! HEALTH TIPS:

The right food maintains health while the wrong food produce disease.

- Eat only when you are hungry, never over eat.
- In all things balance and moderation are the key note.
- Diseases of old age are not due to old age, but are due to wrong living.
- Your personality is the product of your food habits.
- Fight fatigue with diet.
- Give rest to the stomach between two meals at least 4 to 5 hours.
- God provided the Healing power in each body to maintain health.

Tough times are like physical exercise, you may not like it while you are doing it but tomorrow you will be stronger because of it.

Whenever we do something positive in life even if no one is watching, we rise a little bit in our own eyes. Think good, be good, do good.

MIND is not a dustbin to keep anger, hatred and jealousy. But it's a TREASURE box to keep love, happiness and sweet memories.

One in three cases of Cancer is linked to poor eating habits.

- A living body is maintained by proper breathing, drinking & eating.
- Relax and have a positive and alert mind.
- Do not eat beyond your needs.
- He who eats once is yogi who eats twice is bogi, who eats thrice a rogi and who eats four times a day is one whom death welcomes.
- Do not eat when under emotional stress or when extremely fatigue.
- Exercise keeps health in a perfect level.
- Do not eat until the previous meal has been digested.
- Do not swallow until the food have been thoroughly masticated. Food is medicine.
- Make it a practice to eat slowly and chew your food thoroughly.
- Drink the solid and eat the liquid. It is a good policy not to take liquids with meals.
- Drink the water half an hour before meals and two hours after meals.
- Garlic made into syrup with honey for cough & Asthama.
- To take food do not see the clock for time, your stomach is the clock.
- Miss your meal when you don't feel hungry.
- He who over eats will have all ailments.
- Always select simple dishes make sure that your meals are prepared in an Natural way as possible.
- The person lives on half the food he eats and the doctor lives on the other half.
- The best drinks are pure water, fruit juices and vegetables

soups.

- Occasional fast on fruit juices can do wonders for your Health.
- Do not eat just for eating sake, eat for Health.
- A healthy digestion is the key to a Happy Life.
- Be sure to thoroughly masticate your food.
- All living power is within your body.
- There are no curative powers in drugs, medicines, herbs anything else outside your own body.
- Do not eat when you are made, bad, sad, but eat when you are glad.
- Nature cure assists people to get well by removing causes of Diseases and providing most favorable conditions.
- As stomach has no teeth chew and masticate your food in your mouth only.
- The average adult's weight is made up of about two per cent calcium.
- Do not feel sorry for yourself when giving up foods not conducive to / good health
- People who eat breakfast are less likely to overeat later in the day.
- If milk is removed from the diet, it can lead to an inadequate intake of calcium
- Avoid alcohol @ least for 5-6 hr before sleep, instead take milk for a better sleep
- If you start your morning with the 10 min of exercise, you will boost your metabolism by 15%
- Drink 1.5-2 ltr of water a day 2 hydrate body, reduce fatigue and help brain work
- For every minute you are angry, you lose sixty seconds of happiness!
- Our body is a machine for living. It is organized for that, it is its nature. Let life go on in it unhindered and let it defend itself, it will do more than if you paralyze it by encumbering it with remedies.
- The trouble with always trying to preserve the health of the body is that it is so difficult to do without destroying the health of the mind.
- Take care of your body. It's the only place you have to live."
- The more severe the pain or illness, the more severe will be the necessary changes. These may involve breaking bad habits, or acquiring some new and better ones.
- To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.
- Cheerfulness is the best promoter of health, and is as friendly to the mind as to the body.
- The preservation of health is a duty. Few seem conscious that there is such a thing as physical morality.
- Happiness is nothing more than good health and a bad memory.
- People who are always taking care of their health are like misers who are hoarding a treasure which they have never

spirit enough to enjoy.

- A healthy breakfast should include complex carbohydrates such as whole grain breads, oatmeal, or broken wheat porridge.
- Do not lick your chapped lips as saliva is not a moisturizer. It will only dry your lips much more..
- Avoid unhealthy accompaniments and garnishing. A healthy grilled sandwich becomes a fatty meal if eaten with French fries.
- Saturated fat weaken your immune system as they induce a state of low-grade inflammation in your body & decrease its ability to fight infections.
- Consuming yoghurt or curd can enhance your immunity because it contains good bacteria that stimulate the immune.
- You can have a protein rich but low fat diet by consuming fish, seafood, egg whites, pulses, beans, and soy products.
- Avoid using steroid based over-the-counter medicines for fungal infections as they can lower skin's immunity and make infection worse.
- To get a good amount of vitamin C add guavas, papayas, oranges, and melon to your diet.
- To prevent aches and pains after long hours of computer use, take periodic breaks to do stretch exercises at your desk.
- Make fists with both hands, and then relax. This maneuver gets flowing to your hand muscles and can relieve pain caused by typing.
- If you have heat rash, do not use a towel after a shower and allow your body to air dry. The rash will disappear faster.
- Seafood such as oysters, sardines, clams, crab and fish produce a mood enhancing effect by supplying plenty of selenium.
- Avoid regular consumption of high salt items such as pickles and ketchups as excess sodium is a risk factor for high blood pressure.
- Watch out for these words while ordering food: rich gravy, cheese or cream sauce, coconut milk, Au gratin. They indicate "very fatty".
- Sliced cucumber with some salt and pepper is the perfect summer snack as it replenishes both water and electrolytes.
- Instead of cold coffee, try iced tea this summer. It's much lower in calories and also has antioxidant properties.
- Avoid a heavy meal after 8:00 pm. It protects you against indigestion, heartburn and weight gain.
- Dark chocolate is a mood booster as it has caffeine and the bromine that have a mood enhancing effect.
- Chuck carbonated beverages this summer and try lower calorie options such as lemonade or tender coconut water.
- Start dinner with a mixed green salad. It help reduce your appetite for caloric foods will automatically add veggies to your meal.
- Do eat when you are hungry. Try to substitute healthier

snacks.

- If you often feel sleepy despite spending eight hours or more in bed make sure you do not have sleep apnea that interrupts your sleep.
- Looking out for ways to increase your calcium intake? Add some tofu to your diet. Half cup can give you almost 250mg calcium.
- Avoid too much white bread, potatoes, white rice, and pastries as they quickly boost blood sugar and may raise risk of type 2 diabetes.
- Want to add whole-grains to your diet and wondering what they are? Try oatmeal, brown rice, popcorn, barley and whole-wheat flour.
- When buying margarine and spreads, lookout for those fortified with plant sterols as they help lower LDL cholesterol.
- Having a handful of almonds a day may lower LDL (“bad”) cholesterol and reduce your risk of heart disease, heart attack, and diabetes.

HOW TO THROW AWAY THE HATRED WHICH IMPROVES HEALTH:

A teacher asked all her students to bring potatoes in one bag. She told them to name each potato the name of a person they hate. Some had 2 potatoes; some 3 while some up to 5 potatoes. The teacher then told the children to carry with them the potatoes in the plastic bag wherever they go (even to the toilet) for 1 week. Days after days passed by, and the children started to complain due to the unpleasant smell let out by the rotten potatoes. Besides, those having 5 potatoes also had to carry heavier bags. After 1 week, the children were relieved because the game had finally ended.... The teacher asked: "How did you feel while carrying the potatoes with you for 1 week?" The children let out their frustrations and started complaining of the trouble that they had to go through having to carry the heavy and smelly potatoes wherever they go. Then the teacher told them the hidden meaning behind the game. The teacher said: "This is exactly the situation when you carry your hatred for somebody inside your heart. The stench of hatred will contaminate your heart and you will carry it with you wherever you go. If you cannot tolerate the smell of rotten potatoes for just 1 week, can you imagine what is it like to have the stench of hatred in your heart for your lifetime???"

Throw away any hatred for anyone from your heart so that you will not carry sins for a lifetime. Forgiving others is the best attitude to take!

Ideal Menu and Timings

1. On rising early in the morning, drink 2 glasses of normal water.
2. Take a glass of juice (carrot/apple) before/after brisk walk around 7.00 am (during summer @ 6.00 am). May take a cup of hot skimmed milk after vigorous yogic exercises, if it suits.
3. Lunch (10.00 am)

Take good lunch (light but nutritious) as you need enough energy for working whole day.

(Salad ,{consume first} Cooked vegetables 2 or 3 cups,
Medium chapatti- 2 or 3 or rice (2 cups)
Yoghurt(dahi) 1 or 2 cups
Steamed vegetables or light dal (thin) ½ or 1 cup)

Chapatti/Bread and rich should not be consumed together.

4. Around 2.00 pm
2 apples or 2 bananas or 2 pears or some papaya or any other fruit, but one variety only.
5. Supper (Around 7.00 pm)
Out of total 1600 calories consumed during the whole day, evening meal should not contain more than 350 calories.

As per your taste, and choice but light, e.g

(A) 1 or 2 cooked vegetables with 1 chapatti and 1 cup of yoghurt

(B) 1 cup of soup, 1 fruit and raw vegetables or

(C) 2 cups of skimmed milk with 1 or 2 bananas or apples or toast or bread slices.

Soups, fruits, salad/vegetables should be taken before meals and never before 2-3 hours.

Note:

1. If you have to go out for dinner, take just a cup of skimmed milk or soup or eat some roasted grams or some fruits/vegetables at around 6.00 pm before going. If you take a late evening dinner, drink a glass of lemon juice (juice of 1 lemon is one glass of warm water) the following morning (empty stomach)
2. Herbs and Spices:

You may use asafoetida (hing), cloves, coriander, garlic, ginger, saunf, turmeric, cumin (jeera) cardamom, ajwain, pepper, kali rai and mint (pundina)

3. Bed tea/ coffee is very harmful. Avoid tea / coffee / aerated / cold drinks, fried items always.

Hear From Horses Mouth: A Business man:

I was born fat, I was tampered with rich food and I weighed 125 kgs by 40 years. My life style was such; I had no time for the proper exercise. My legs could not bear the weight, I started pain all over the body, and the day came that I was immobile. That is the day I took oath to reduce my weight and started my day at 5.30 a.m with one hour swimming and followed by 90 minutes Yoga. Instead of breakfast, I started Ragi soup for the breakfast and took water in plenty to kill my diet. Latter I started only fiber's food, vegetables and fruits. The salt and Sugar was reduced to the barest minimum. It is my experience that with salt the food tastes better and you are tempted to eat more. Less of salt it does not taste good and you naturally reduce intake and that is sufficient to have energy for day to day work.

I also started following Naturopathy with regular exercise in evenings also and today after five months of rigorous follow up. I am proud for having reduced 25 kgs and feel very light and more energetic, always attentive and could work much better then before. Now it motivates me to reduce further 25 kgs to 75 kgs which will be standard for my weight.

I always think that mind should control the body and not the body over the mind. I am more disciplined, smile comes out in my face as I do not have any pain of what so ever nature and daily, I check my weight and get enthused to see some grams are lost and that is for ever and never to add in my life.

Hear from Horses Mouth – A Software Engineer

It so happened that a very successful Software Engineer got heart attack and was rushed to Hospital, the Doctors made full investigation and found that there is blockage of 90% in the main artery and he was advised to go through the operation immediately. Naturally he was frightened and though of risk factor and also shared his life style he lead throughout and recommended to his fellow men/women that they should take care of their health utmost and not to neglect at any cost.

This was his life style.....

1. He was only concentrating the work and Sleeping in very odd timings, going to bed between 12:00 AM and 3:00 AM. Waking up at between 9:00 AM and 10:30 PM Sometimes spending sleepless nights.

2. His food timings are 11:00 AM Breakfast or no ! Breakfast, 3:00 PM to 4:00 PM Lunch and dinner at 11:00 PM to 12:00 PM.

3. He was not doing any physical exercise for more than 10 years, **not even walking 30 minutes a day for years** .

4. He used to eat heavily because of long gaps between lunch and dinner and he used to make sure that Non-Veg is available most of the time, there were times when he did survey on city hotels, in the net to find delicious Non-Veg dishes. He was never interested in vegetable and healthier food.

5. Above all he was chain smoker from years.

6. His father passed away due to heart problems, and the doctors say the heart problems are usually genetic.

Once they identified the major block they have done immediately a procedure called angioplasty along with 2 Stints, mean they will insert a foreign body into the heart arteries and open the blocked area of arteries.

He learnt from the doctors **that 60% people will die before reaching the hospital**, 20% people will die in the process of recovering from heart attack and **only 20% will survive** .. In his case, he was very lucky to be part of the last 20%.

Doctors instructions:

1. **Need to have physical exercise for minimum of 45 minutes daily.**

2. **Eat your food at perfect timings**, like how you eat during your school ! days. Eat in small quantities more times and have lot of vegetables and boiled food, try to avoid fry items and oily food. Fish is good than other non-vegetarian food.

3. **Sleep for 8 hours a day, this count** should complete before sun rising .

4. **Stop smoking.**

5. **Genetic problems, we cannot avoid but we can get away from it by having regular checkups.**

6. **Find a way to get relived from the stress (Yoga, Meditation etc).**

So he urge you all to please avoid getting into this situation, it is in your hands to turn the situation upside down, by just planning / changing your life style, by following simple points above.

YOGA IS REMEDY FOR ALL THESE COMMON ILLNESSES:

SINUSITIS

The Sinus is very common and makes entire body weak. Due to constant sneezing and watering of the nose makes the life most miserable. Meditation is given for resistance and it is proved that there is no medicine for permanent cure.

ARTHRITIS:

Arthritis is a very painful disease of joints, is mainly caused by deficiency of calcium, hydrochloric acid or malnutrition, by obesity, physical stress or glandular insufficiency. The most disheartening aspect of the disease is that it does not get easily cured through medicine when it is in chronic stages. There is no age, even the younger ones could have arthritis. Regular practice of yoga and a proper diet could moderate arthritis can be cured over a time.

CANCER

Most dangerous disease in the entire world is Cancer. The name itself worries the patient, floating starved non-functional cells group together and manifest themselves as tumors, by doing yoga on regular basis the ulcers or cancer could be prolonged.

DIABETES

Diabetes is a very old disease all-round the globe, excessive accumulation of sugar in the blood, due to malfunctioning of pancreas. The yogic treatment restores the normal functioning of the pancreas and other endocrinal glands. By Yogic practice and treatment, the Diabetes could be well controlled.

HEADACHE

Headache is a common disease which comes due to stress and many other factors. People suffer from various kinds of headaches due to various causes like indigestion, sinus, eye pain, high or low blood pressure, smoking etc. but whatever the cause, headache is curable through the yogic method.

OBESITY

Obesity leads to many other diseases like coronary heart disease, high blood pressure, diabetes, psychosomatic disorders and a shorter life span. The main cause of obesity is excessive eating. The best method to control weight is to reduce the intake of protein, carbohydrates and fat and increase the supply of mineral and vitamins, and also practice Yoga on continuous basis.

BACKACHE

Backache is due to bad sitting posture, tension , stress , uncomfortable shoes, poor nutrition, lack of exercise, or overweight etc. It has been found that backache is fully and permanently cured by yogic treatment.

BRONCHIAL ASTHMA

Asthma normally it is heredity but it may come due to bad climatic conditions. The most disheartening aspect of asthma is that it does not get completely cured through medicines. Whereas it has been seen that patients of asthma who regularly practiced yoga were cured.

ABDOMINAL DISORDERS

The acidity, constipation, wind formation, indigestion, dysentery, diarrhoea, stomach ache which disturb the normal functioning of the digestive system will lead to Abdominal disorders. These problems affect the young and old alike. The causes of abdominal disorders can be many, but can be cured through yogic system of treatment.

Common Symptoms Of Heart Attack...

A serious note about heart attacks - You should know that not every heart attack symptom is going to be the **left arm hurting**. Be aware of intense **pain** in the **jaw line**. You may never have the first **chest pain** during the course of a heart attack. **Nausea** and **intense sweating** are also common symptoms. 60% of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better chance we could survive. One can avoid Heart attack with regular Yoga & Pranayama.

GOLDEN RULES FOR GOOD LIFE:

- The posture of Sitting, standing and sleeping should be proper.
- Do Regular exercises for the whole body specially for back exercise.
- Take breaks periodically i.e. do not sit or stand for longer duration.
- Use proper chair with lumbar support.
- Do not use high heel shoes.
- Drink plenty of water.
- Walk as much as possible.
- Practice yoga & pranayama regularly.
- Do not eat beyond your limits & needs.

90% Versus 10% Analysis

90% of worries are due to 10% of over eating.
90% of your energy is derived from 10% of food eaten.
90% of tension is created by 10% of carelessness
90% of food eaten is junk – only 10% gives all energy needed.
90% of illness could be cured naturally – only 10% needs medication.
90% of rich have health problems – 10% only enjoy good health.
90% of exercises, if not done properly it is waste – only 10% helps out.
90% of fibrous food and 10% of tasty food is OK.
90% of hunger could be managed by 10% of food intake.
90% of diseases of old age are due to 10% of carelessness.

REGULAR HEALTH MISTAKES

Health is so very important and most of us knowing or unknowingly Neglect, till something drastic health upset happens. The Creator Almighty gave precious life to humans, animals, birds and other living creatures and he was so great to give food to all from ant to elephant and all of them live peacefully and more importantly healthy, take for example the animals and birds eat raw food and live very actively without shelter, clothing etc., they don't have hospitals or Doctors to treat them and on contrary humans, being very brainy, have changed the food habits from time to time, did experiments and found different type of food by spoiling the naturality. By boiling, roasting, smashing, frying, mixing etc., and this had led to detrition of health.

All of us make little health mistakes that cause damage to our bodies in the long run - simply because we are unaware we are doing something wrong. Here are some of the most common mistakes made by many of us.

Eating out often: The food prepared outside like eateries, hotels, functions etc., their main aim is to have tasty food and naturally everything including health will be secondary. Occasionally one can take food outside and not as routine and it spoils the health beyond imagination.

Skipping breakfast: There is saying that eat Breakfast like a King, take Lunch as ordinary person and Dinner as beggar. Breakfast should not be missed for any reason, as nothing would have been taken for the last 10/12 hours, since last meal. Body needs food in the morning more than at any other time. Eat a heavy breakfast. You will then be busy through the day, and the calories will get expended quickly. If you are trying to diet, eat a light dinner.

Not exercising: Exercise to the body is as important as food intake. Workout in morning hours will loosen the entire body and energize for the whole day. Don't wait for a heart attack to strike before you decide to opt for a lifestyle change. Half an hour of brisk walking three to four times a week will make a world of difference to health. Slowly increase to 45 minutes to one hour of work out daily.

Crossing our legs: The best way to sit is to simply place both legs together on the floor, balancing weight equally. As far as possible, crossing the legs be avoided, simply move both legs together to one side. As an alternative, consider crossing legs loosely at the ankles. This is a classically elegant way to sit, and is far better for legs and health than sitting with legs crossed.

Change Toothbrush as often as possible:

It is so very important to change the Tooth brush as often as possible, the food particles have to be removed from the gums and gentle brush on all sides of teeth is must every day both in the morning and latter at bed time.

High heels: Wearing High heels is bad for knee's and also feet. Using flat heel is highly recommended.

Sleeping on a soft bed: The bed should be most convenient to sleep for hours together, and no compromise is made.

Pillows: It is better to avoid the pillow or to have flat pillow so that the blood circulation is easy and smooth when laying on bed.

VITAMINS AND MINERALS:

Vitamins and Minerals always support many of the vital systems in growing bodies, promoting health and normal development. Few people of any age achieve optimal nutrition through diet alone.

Vitamin A: Helps them see better, plus aids in the formation and maintenance of healthy skin.

- The B vitamins (B1, B2, B6, B12, biotin, folic acid, niacin, and pantothenic acid): These are vital in helping the body's metabolic functions - basically they assist in making energy to keep your little one's engine running!
- Vitamin C: Helps keep body tissues, such as gums and muscles, healthy. Vitamin C also helps the body absorb iron - important for kids - and protects cells from free radical damage.
- Vitamin D: Want your kids to have strong bones and teeth? Vitamin D can help - it aids the body's absorption of calcium.
- Vitamin E: This antioxidant powerhouse fights off free radicals.
- Vitamin K: Helps blood clot properly - no small task considering kids' adventurous personalities!
- Magnesium: Helps the body use energy and aids in the maintenance of neuron and muscle function.
- Zinc: Necessary for normal immune function.
- Iron and Copper: Both are important in making hemoglobin, a component of red blood cells that carry oxygen to every part of the body. Iron is also important in the formation of energy.
- Calcium: Another helper in the fight for strong bones and teeth! The risk of osteoporosis can be reduced if calcium is part of a healthy exercise and nutrition program before adolescence. Does not promote tooth decay as they are sweetened with xylitol.

KILL THE ILL WITH OUT A PILL – HERBAL REMEDIES:

OREGANO helps soothe stomach muscles.

MINT can ease hiccups.

GINGER is anti-nausea remedy.

FENUGREEK helps flush out harmful toxins.

FENNEL can reduce bad breath and body odor.

SAGE is antiseptic & antibiotic.
 THYME relaxes respiratory muscles.
 TURMERIC is anti-cancer.
 BASIL can relieve gas and soothe stomach upsets.
 BLACK PEPPER helps relieve indigestion.
 CAYENNE can stop a heart attack.
 CINNAMON helps lower blood pressure.
 DILL will treat heartburn, colic and gas.

ROSEMARY is antioxidant.
 CHERRIES help calm nervous system.
 GRAPES relax blood vessels.
 PEACHES have Potassium & Iron.
 APPLES help resistance against infections.
 WATERMELON help control heart rate.
 ORANGES help maintain skin & vision.
 STRAWBERRIES fight against cancer and aging.
 BANANAS gives lot of energy.
 PINAPPLE help fight arthritis.
 BLUEBERRIES protect Heart.
 KIWIES increase bone mass.
 MANGOS protect cancer.

HEALTHY DRINKS FOR TOTAL WELLNESS:

TO BOOST ENERGY & CLEAN SYSTEM: CARROT+GINGER+AOOLE JUICE.

TO PREVENT CANCER & REDUCE CHOLESTEROL:
 APPLE+CUCUMBER+CELERY JUICE.

TO IMPROVE SKIL COMPLEXION & BAD BRETH: TOMATO+CARROT+ APPLE
 JUICE.

TO REDUCE INTERNAL BODY HEAT: BITTER GUARD+APPLE+MILK.

TO REDUCE BODY HEAT & SKIN TEXTURE: ORANGE+GINGER+CUCUMBER.

TO DISPEL EXCESS SALT & CLEAN BLADDER/KIDNEY:
 PINEAPPLE+APPLE+WATERMELON.

TO IMPROVE SKIN COMPLEXION: APPLE+CUCUMBER+KIWI FRUIT JUICE.

TO REGULATE SUGAR CONTENT: PEAR & BANANA.

TO REDUCE BLOOD PRESSURE: CARROT+APPLE+PEAR+MANGO JUICE.

TO STRENGTHEN BODY IMMUNITY:
HONEYDEW+GRAPES+WATERMELON+MILK.

TO IMPROVE METABOLISM: PAPAYA+PINEAPPLE+MILK.

TO PREVENT CONSTIPATION: BANANA+PINEAPPLE+MILK.

All RED FRUITS protect against HEART DISEASE,
Prevent BLOOD CLOTS & improve BLOOD CIRCULATION.
RED FRUITS have rich Antioxidants which not only gives red color to body and also
protect against CANCER DISEASES.

HOW TO CURE ACIDITY : Acidity is most common disease and it said, is worse than Cancer. By Taking 8 - 10 grains of raw rice (uncooked rice) with water before having your breakfast or eating anything in the morning for 21 days gives effective results and continuously for 3 months to eliminate acidity from the body, it reduces acid levels in the body and makes you feel better by the day.

HOW TO REDUCE CHOLESTEROL:

High Cholesterol leads and accompanies with Hypertension and Heart Problems. As it is one of the common problems in people who have High Blood Pressure and Diabetes. Eating RAW SUPARI. (Betel Nut that is not flavored) and slice them or make pieces of the same Chew it for about 20 - 40 minutes after every meal and either be swallowed or spit it out, the saliva takes in the juice that is generated and this acts like a Blood Thinner. Once blood becomes free flowing, it brings down the pressure in the blood flow and naturally the Cholesterol reduces, thereby reducing Blood Pressure too.

HOW TO NORMALISE BLOOD PRESSURE:

Methi Seeds or Fenugreek Seeds are best medicine for Blood Pressure. Take a pinch of Raw Fenugreek Seeds; about 8 - 10 seeds Swallow it with water before taking breakfast, every morning. The seeds of Fenugreek are considered good to reduce the blood pressure.

HOW TO TREAT DIABETES: Ladies finger is considered to be a good home medicine for diabetes. Slit the ladies finger into two halves vertically and soak it in water overnight. The next morning observe that the water becomes sticky in the morning, remove the ladies fingers and drink the water, before taking breakfast. This sticky water is considered to be good for people who suffer from Diabetes.

HOW TO PROTECT KIDNEY: The Kidney gets effected due to high medication and the organ weakens, it has been observed that Black Tea (tea without milk, sugar or lemon) is good for the Kidney. Hence a cup of black tea every morning is highly

advisable. Boil water along with the tea leaves (any tea leaves will do). Drink the concoction without adding milk, sugar or lemon. Black Tea will help in enhancing the function of the kidney, thereby not affecting it more.

YOGA IS DEVINE:

Yoga poses have been **developed over centuries** of research and experience. They have been found to be extremely effective in:

- * Increasing flexibility of the body and **freeing all the energy blocks**. Besides increasing flexibility, this leads to a healthier body.
- * Helping to **lose excess flab** and weight - another cause of ill health.
- * Massaging the **internal organs** of the body and the rarely stimulated parts such as the thyroid gland.
- * Helping to treat several **health disorders** - from common ones such as backaches and arthritis to 'seemingly' unrelated disorders such as stammering.



It is recommended to include some form of yoga positions and preferably a yoga routine in your life.

Meditation, Pranayama (Breathing), Relaxation and Cleansing

These are very important aspects of yoga, yet the most ignored. A complete yoga session should include these aspects which results in HUGE benefits in terms of:

- * Correcting metabolic disorders.
- * Overcoming stress and mind behaviors that seem beyond your control.
- * Changing firmly entrenched attitudes or personality disorders.

Integral Yoga

Integral yoga is a very important school of yoga that ensures **all round personality and health development** by concentrating on yoga positions, meditation, Pranayama techniques and body cleansing methods

Power of Effective Breathing



Pranayama forms a vital step in the path to ascendancy through Yoga.

Pranayama is derived from 2 Sanskrit words - Prana (life force) and Ayama (control). Therefore, in its broadest description, Pranayama would mean the control of the flow of life force.

PHYSICAL FITNESS

Physical fitness and good health are complimentary to each other. Physically fit people perform better, have more energy, look better, feel good, etc. Physical fitness increases the efficiency and capacity of the heart and lungs, also help to maintain weight. They have greater resistance to disease and recover faster from illness. More than all happiness, alertness resist the effects of ageing and relaxation are in built in physical fitness.

HOW TO KEEP FIT

Health Tips

*** 1 Apple / Day - No Doctor**

*** 1 Tulsi Leaf / Day - No Cancer**

*** 1 Lemon / Day - No Fat**

*** 1 Cup Milk / Day - No Bone Problems**

*** 3 Ltrs Water / Day - No Diseases**

If you Care .. Please Share it with Friends

1. Bowling. It remains one of America's most popular sports. Start with a light ball and try to increase the weight as your skills improve.
2. Canoeing. Always take a buddy along and wear a life jacket.
3. Cleaning. Dusting, mopping, sweeping, cleaning out the garage -- all can work up a sweat.
4. Croquet. Make the course lengthy so you have to do some walking.
5. Dancing. A host of options aid fitness: ballroom dancing, ballet, country line dancing, square dancing or swing dancing.
6. Fishing. Cast away your troubles, and maybe a few pounds as well.
7. Free weights. Start with small weights and increase the pounds you heft as you get stronger.
8. Gardening. One form of exercise that yields more than just a beautiful body.
9. Golf. Leave the cart at the clubhouse and carry your bags for the best workout.
10. Hiking. Proper footwear is especially important. Get boots fitted at an outdoors store. Make sure to let someone know where you are going and when you'll be back.

11. Horseshoes. Get a set with metal shoes. You'll expend more energy in each throw.
12. Kids' games. Join the grandkids for a game of hopscotch, tag or red rover.
13. Lawn bowling. A 300-year-old sport that's still fun to play.
14. Mowing. If your lawn is small enough to use an unpowered push mower, the workout is even better.
15. Raking. For twice the exercise, rake the leaves, jump into the pile and then rake them again.
16. Rock/shell collecting. One way to give a purpose to long walks.
17. Rowing. It's great because you can always follow exercise with a few hours of fishing.
18. Softball. Try the slow-pitch version for the thrill of baseball without the 90-mph pitches.
19. Stair climbing. Beats waiting for that slow elevator again.
20. Stationary cycling. As you pedal in place, you can even read a book or watch some TV.
21. Swimming. With the water bearing your weight, swimming is easy on the bones and joints.
22. Table tennis. It's a lot less running than full-size tennis but still good exercise.
23. Walking. The king of all fitness activities: cheap, easy and convenient. And it works, too.
24. Water aerobics. Sign up for a class at your local pool. You'll be glad you did.
25. Water polo. For those who like their swimming mixed with competitive fun.

Tips for exercising

- Always wear appropriate gear, such as the appropriate shoes for each sport.
- Warm up before exercising. This can be a moderate activity such as walking at your normal pace while emphasizing arm movements.
- Exercise at least 30 minutes a day. You can split this into periods of 10 to 15 minutes.
- Make sure you drink enough water. You can be dehydrated without feeling thirsty.
- Never increase your program more than 10 percent a week. This applies to the distance you walk or the amount of weight you lift, for instance.
- Consider varying your routine. Mixing tennis and weight lifting, for example, offers different workouts and keeps exercise interesting.

- When using exercise equipment, read instructions carefully and, if needed, ask a qualified person for help. Make sure equipment is in good working order.
- Stop exercising if you experience severe pain or swelling. Persistent discomfort should always be evaluated.

DIFFERENT WAYS OF KEEPING FIT

Exercise

1. An act of employing or putting into play; use: *the free exercise of intellect; the exercise of an option.*
2. Activity that requires physical or mental exertion, especially when performed to develop or maintain fitness: *took an hour of vigorous daily exercise at a gym.*

Sport

1. Physical activity that is governed by a set of rules or customs and often engaged in competitively.
2. An activity involving physical exertion and skill that is governed by a set of rules or customs and often undertaken competitively.

Swimming

Swimming is the act of moving through water by using the arms and legs. The whole body gets exercise and more than all the body floats in coolant. Swimming is one of the best exercise for keeping physically fit. Swimming improves heart actions, aids blood circulation and also helps to develop firm muscles. Different types of swimming include freehand, backstroke, butterfly, breaststroke and sidestroke.

Gymming

Physical exercises designed to develop and display strength, balance, and agility, especially those performed on or with specialized apparatus.

b. Practice or training in exercises that develop physical strength and agility or mental capacity

Dancing

To move with measured steps, or to a musical accompaniment; to go through, either alone or in company with others, with a regulated succession of movements, (commonly) to the sound of music; to trip or leap rhythmically.

To move nimbly or merrily; to express pleasure by motion; to caper; to frisk; to skip about.

The leaping, tripping, or measured stepping of one who dances; an amusement, in which the movements of the persons are regulated by art, in figures and in accord with music.

Meditation

Meditation means awareness. Whatever you do with awareness is meditation.

Rest & Sleep

To overcome fatigue and restore energy to the body, one needs rest and sleep. Rest / sleep of 6-8 hours per day is adequate.

HOW TO HANDLE STRESS

One cannot avoid stress. Doing regular exercise and sufficient sleep will help body's resistance to stress. By relaxing, resting, taking a walk, meditating and many other things to suit the moods, the stress could be reduced. Stress is nothing but mental and physical illness. If stress is not handled properly, it can lead to many complications. Prolonged stress will contribute to serious health problems like Blood Pressure, Diabetic, Stomach Ulcers, etc. One should try to eliminate or diminish the stress by sharing the problems with a friend, relative or well wisher, which would help release stress.

Yoga helps you cope with this stress so that you do not need to depend on smoking or eating unhealthy food. It also helps you find contentment from within. Smoking should be completely stopped as it constricts the arteries.

For daily practice :

- Keep yourself relaxed and free from anxiety, nervousness, tension and restlessness.
- Meditation has been scientifically proven to be beneficial for hypertensive people.
- Ujjavi Pranayam can be done while lying for about 3-4 minutes, if the blood pressure rises very high.
- Nadi Shodak Pranayam can be done 10 times.

MANY BENEFITS OF LAUGHTER AND YOU CAN MAKE BEST USE OF IT:

“Even if there is nothing to laugh about, laugh on credit.”

Be happy and make others happy should be your motto, putting on a happy face is absolutely good for you, and those around you. For thousands of years, it has been acknowledged that “Laughter is the best Medicine”. It is proved in scientific research that it has many beneficial effects of humor on health. Laughter can come in handy, whether it's for dealing with an illness, the pressures of daily living, stress, coping at work even, laughter can dramatically change the quality and outlook of our lives.

A smile/laugh, whatever you call it is too good and it enhance your mood, health, fitness etc.,

1. Manage your hormones.

Laughter reduces the level of stress hormones . It also increases the level of health-enhancing hormones. Laughter increases the number of antibody-producing cells and enhances the efficiency. All this means a stronger immune system, as well as fewer physical effects of stress.

2. Nice internal workout.

A good belly laugh exercises will give lot of relaxation and even works out the shoulders, leaving muscles more relaxed afterward. It even provides a good workout for the heart.

3. Physical release.

Have you ever felt like you had to laugh or you'd cry? Have you experienced the cleansed feeling after a good laugh? Laughter provides a physical and emotional release.

4. Positive frame of mind.

Laughter brings the focus away from anger, guilt, stress and negative emotions to them alongside other "mere distractions." It will make you cheerful and put you in a positive frame of mind.

5. Change your perspective.

Humor can give us a more light-hearted perspective and help us view events as "challenges," thereby making them less threatening and more positive.

6. Social benefits of laughter.

Laughter is contagious, so if you bring more laughter into your life, you can most likely help others around you laugh more. By elevating the mood of those around you, you can diminish their stress levels, and possibly improve the quality of social interaction you experience with them, reducing your stress level even more! What's even better is that the more you smile, the more others will too.

7. Fight illness better.

People who are optimistic (who are out there laughing!) have stronger immune systems and are actually able to fight off illness better than pessimists. There is a link between optimistic attitudes and good health. And it has been measured in a variety of ways. Overall, scientists have found that optimistic people are healthier. Their biological makeup is different and they have a more robust immune system.

8. Live longer.

It is proved beyond doubt that the people who are smiling and have positive attitude live longer and they are not prone to illness.

9. It feels like eating 2000 chocolate bars.

A smile gives the same level of stimulation as eating 2000 chocolate bars. People have long been drawing attention to the fact that smiling increases happiness both in yourself and those around you.

10. It costs absolutely nothing.

It doesn't cost a cent and it is highly contagious.

WHY ARE YOU KEEPING QUIET, LAUGH & SMILE TO YOUR HEART'S CONTENT.

HOW TO USE LAUGHTER:

- **Laugh with friends:** Going to a movie or comedy club with friends is a great way to get more laughter in your life. Having friends over for a party or game night is also a great setup for laughter and other good feelings.
- **Find humor in your life:** Instead of complaining about life's frustrations, try to laugh about them.
- **TV and movies:** When you feel like laugh, don't control when you are seeing TV program or cinema in the theater and viewing in the video. Choose such programs that it makes you laugh.
- **"Fake it, till you make it!":** Just as studies show the positive effects of smiling occur whether the smile is fake or real, faked laughter also provides the benefits mentioned above. So smile more, and fake laughter; you'll still achieve positive effects.

Laughing invokes feelings of happiness and joy. Instead of being all gloomy and frustrated because there is no perceived solution, laughing lifts us up out of our pool of problems and plops us on solid ground where we can gain some new insights. Don't forget to LOL (laugh out loud) frequently!

The Benefits of Smiling

Here are the many social, physical and mental benefits that something as simple as a smile can do! A smile can...

1. Make you look younger.
2. Fill you up with positivity and power.
3. Show your understanding side.
4. Say that you can be polite in the hardest of times.
5. Help you live longer.
6. Make you appreciate the little things in life.
7. Make you look at the brighter side of a bad situation.
8. Be contagious to all those around you.
9. Start your day pleasantly.
10. Make others understand you are in a good mood.
11. Promote positivity in a work environment.

12. Relax your face muscles.
13. Make others put a smile on their face.
14. Tell people that they are going to be okay.
15. Makes you look a lot prettier or more handsome.
16. Reduce all of that stress you might accumulate.
17. Help your [immune system](#) work a lot better.
18. Lower your [blood pressure](#).
19. Give you a child like innocence.
20. Release serotonin, natural pain killers and endorphins thus making it a happy drug.

A smile has more wonderful benefits that you could ever think about.

I know that after you've read this, you are smiling now so don't let anything stop it because a smile is like eating 2000 bars of chocolate! So happy smiling!

We could all do with a bit of cheering up every now and then, so with research suggesting that all we need to do is smile, we look at how a simple facial expression could help lighten your mood.

Why it's good to smile

Smiling, laughing, and [positive thinking](#) have been shown to have a huge number of health benefits to both mind and body.

[Stress](#) has been linked to a number of health problems, including [heart disease](#), [Type 2 diabetes](#), [high blood pressure](#) and [obesity](#).

- A good laugh can be beneficial to the lungs, boost immunity, and could even burn off calories.
- Smiley, happy people are thought to have more friends and be more successful, by appearing more confident and approachable.
- When you laugh, your body releases endorphins. They are also a natural pain and stress reliever.
- Laughing reduces levels of cortisol, the stress hormone, and gives us a quick burst of energy.

RECOMMENDED WEIGHT CHART

Height	Men	Women
4.10" (147.3)	—	48-52
4.11" (150)	—	49-53
5" (153)	56-58	50-54
5.1" (155)	55-59	51-55
5.2" (158)	56-60	53-56
5.3" (160)	57-61	54-58
5.4" (163)	59-63	56-59
5.5" (165)	60-65	58-63
5.6" (168)	62-66	58-63
5.7" (170)	64-68	60-65
5.8" (173)	65-70	62-66
5.9" (175)	67-72	64-68
5.10" (178)	69-74	65-70
5.11" (180)	71-76	67-71
6" (183)	73-78	68-71
6.1" (185)	75-83	75-80
6.2" (188)	77-83	—
6.3" (190)	80-85	—

NORMAL / STANDARD LEVELS IN HUMAN BODY

TEST NAME	UNIT	NORMAL RANGE
Serum creatinine	Mg%	0.5 – 1.4
Serum bilirubin, total	mg%	0.2 – 1.00
Serum Bilirubin, Conjugated	Mg%	0.2 – 0.4
Serum glutamic oxalacetic transaminase	U/L	5 – 40
Serum glutamic pyruvic transaminase	U/L	5 – 35
Serum alkaline phosphatase	IU/L	80-250 (Adults)/ Upto 600 Children)
Serum total proteins	gm%	6-8
Serum albumin	gm%	3.2 – 4.5
Serum globulin	gm%	2.3 – 3.5
Albumin/globulin ratio		2:1
Hemoglobin	Gm%	14.0 – 18.0 (Male) 12.0 – 16.0 (Female)
Total White Cell Count	Cells/cumm	4000 – 11000
Different count polymorphs	%	60 – 70

Neutrophils	%	40 – 75%
Lymphocytes	%	20 – 30
Eosinophils	%	01 – 06
Monocyte	%	01 – 04
Total RBC Count	Millions/cumm	3.2 – 5.0
Total platelet Count	Lacs/cumm	1.5 – 4.0
ESR	Mm/hr	0 – 07 (Male) 02 – 09 (Female)
PCV	%	40 – 54 (Male) 37 – 47 (Female)
MCV	fL	76 – 96
MCH	pg	32 – 36
MCHC	%	27 – 32
Random Blood Sugar	Mg/dl	100 – 160
Fasting Blood Sugar	Mg%	70 – 100
Blood Urea Nitrogen	Mg/dl	06 – 21
Blood Urea	Mg%	20 – 40
Basophils	%	0 – 5
Total lipids	Mg/dl	400 – 1000
Total triglycerides	mg/dl	90-150
Total Cholesterol	Mg/dl	150 – 200
High density lipoproteins (HDL)	Mg/dl	30 – 70
Low density lipoproteins (LDL)	Mg/dl	Upto 150
Very low density lipoproteins (VLDL)	Mg/dl	25 – 40
Total cholesterol / HDL ratio		5 : 1 (Males) 4.5 : 1 (Females)
Uric acid	Mg/dl	3.4 – 8.0 (Male) 2.4 – 6.5
Calcium	Mg/dl	8.8 – 10.6
Phosphorous	Mg/dl	A. 2.7 – 4.5 C. 4.0 – 7.0
Total proteins	Gm/dl	6.0 – 8.0
Aspartate Amino Transferase (SGOT)	IU/L	0 – 37 (Male) 0 – 31 (Female)
Alanine Amino Transferase (SGPT)	IU/L	0 – 40 (Male) 0-31 (Female)
Alkaline phosphatase (ALP)	U/L	A. 39 - 130 C. 70 – 550
Gamma GT	U/L	10 – 87 (Male) 8 – 39 (Female)
Red cell count	Mill/cu mm	4.5 – 6.5 3.8 – 5.8

What is a healthy, normal blood pressure?

The blood pressure in the large artery of the heart, the aorta, and the other large arteries of a healthy adult is usually 120 mm Hg during the contraction of the heart (systole), and 80 mm Hg during relaxation of the heart (diastole). For adults, a normal reading can be anywhere from 120/70 to 140/90. Readings that are consistently 140/90 or above are considered high and would indicate the need for intervention.

A good guide for blood pressure readings are;

Normal blood pressure is less than 120/80 **High normal blood pressure** is between 120/80 and 140/90. **High blood pressure (hypertension)** is 140/90 or above. **Very high blood pressure (hypertension)** is 180/110 or above.

Blood Sugar Range : Level of Blood sugar on waking up with an empty stomach should be normally between 80 to 120 mg/dl. Thereafter normal blood sugar should be between 120 to 160 mg/dl two hours after having food and during bedtime the blood sugar values should be between 100 to 140 mg/dl. Any variations from the above mentioned value range of blood sugar is suggestive of diabetes, if the value of an individual's blood sugar tends to be more than the upper limit. Repeated blood sugar test is necessary to confirm diabetes.

THE IMPORTANCE OF SLEEP!

Sleep is most essential in one's life, without food one can survive for few months but without sleep one will get restless and may collapse. The adult needs around 6/ 8 **hours of sleep** a night, but in practice actually people sleep more. Infants sleep about 14/16 hours a day, while teenagers need about 8 hours on average. Although some people claim that 4/5 hours of sound sleep is enough to keep fit. There is quite a bit of variation.

However, it is very difficult to pin down what is optimal for any particular person, as individual **sleep** needs can vary quite significantly. Some people are just naturally "**long sleepers**" or "**short sleepers**", and this does not constitute a **sleep disorder** of any sort, merely a **genetic** predilection, and daytime functioning in such individuals may be normal and healthy.

If you are drowsy during the day, even during boring periods, you haven't had enough sleep the previous night. Most people experience a dip in early

afternoon. If you routinely fall asleep within 5 minutes of lying down, you should be happy. Sometimes you'll hear that you need less sleep as you get older. But that is incorrect. Seniors often sleep less than young adults and children because **they have insomnia**.

OIL BATH & IT'S ADVANTAGES

Massaging your body with different type of oil, may be Caster oil, ginger oil, coconut oil etc., before you take a bath brings physical and mental advantages. Regular oil massage with appropriate oil – coconut oil or sesame oil – has its advantages like lowered stress, better **physical fitness**, lower blood pressure, etc., are some of them.

Oil massage is of great help to people living in hot climate conditions. The oil massage can calm the nervous system, circulatory system and mind.

Ayurveda suggests daily application of oil on head, ears and feet. This is effective against creases on skin, arthritic pain and **fatigue**.

The main goal of oil massages is maintenance of smoothness and moisture of skin. People living in hot countries and working under extremely hot conditions have their sebum easily dried up.

This drying up of skin can make the body exposed to pathogens. The sebum, secreted by sebaceous glands and filled up on the skin surface, acts as a layer of protection against pathogens. With less sebum, the skin and body is vulnerable.

An oil massage can reverse this condition, give moisture and help skin retain its normal conditions.

OIL MASSAGES IN MEDICAL TREATMENTS:

Ayurveda suggests massage treatments for variety of conditions. Medicinal herbs are boiled in coconut or sesame oil.

The herbs are mixed well with the oil. When applied to the skin, a portion of the medicines reach the blood, just like injection. However, only a limited amount of active components reach the blood.

The oil gives flexibility to skin and after massaging with medicated oils, one can experience freedom from conditions like arthritis.

Abhayangam is full body oil massage, specially formulated to bring in several mental and physical benefits like relaxation, **immunity**, flexibility, etc.

From simple coconut oil and sesame oil to fully medicated oils of varying qualities, you can find a variety of massage oils. There are also specially formulated oils for head massage, which promote hair growth.

Regular oil massage, especially on head, ears and soles, as is said by Vagbhata Acharya in Ashtangahridaya is good dinacharya (daily routine). It prevents creases on skin, tiredness and arthritis. It also gives you several benefits including better [relaxation](#), better immunity and better sleep.

CLEAN YOUR KIDNEYS

Years pass by and our kidneys are filtering the blood by removing salt, poison and any unwanted entering our body. With time, the salt accumulates and this needs to undergo cleaning treatments.

It is very easy, first take a bunch of parsley(KOTHIMBIR, HARA DHANIYA) and wash it clean then cut it in small pieces and put it in a pot and pour clean water and boil it for ten minutes and let it cool down and then filter it and pour in a clean bottle and keep it inside refrigerator to cool. Drink one glass daily and you will notice all salt and other accumulated poison coming out of your kidney by urination. Also you will be able to notice the difference which you never felt before. Parsley is known as best cleaning treatment for kidneys and it is natural!

Natural therapy for heart vein opening

For Heart Vein opening

There is no need for Angiography or Bye-pass, if the simple tonic prepared in your own kitchen is taken every day. The blockage will open up for free blood circulation. All that you have to do is take **Fresh Lemon juice 01 cup + Ginger juice 01 cup + Garlic juice 01 cup + Apple vinegar 01 cup** and mix it up very well and boil in a small flame for approximately 20 to 30 minutes and after it cools down mix it with good quality natural Honey and store it to take every morning before the breakfast one to two spoons regularly, for the blockage to open up.

DIET

The right food maintains health while the wrong food produces disease. Eat only when you are hungry, never over eat should be the principal. Diet is the food and drink that a person takes regularly. Diet varies according to age, weight, condition of health, climate and activity. A balanced diet contains proteins to build tissues, fat and carbohydrates to provide energy and heat. Minerals and vitamins are needed for growth and to regulate body functions.

Food is one of our most basic needs. Food gives us the energy for everything such as walking, talking, working, playing, reading, thinking and breathing. Food also provides energy to nerves, muscles, heart and glands. The food mainly comes out of plants such as grains, fruits and vegetables. Food out of plants are healthy barring very few. Food from animals, which include meat, eggs and dairy products. The cost of food from animals are much more than the cost of food from the plants that also difficult to digest and rich in cholesterol content. However, the flesh of fish is proven to be a healthy food. The kind of food that people eat, vary from one country to another and sometimes even within the country. The food vary due to geographical reasons i.e. location, climate, physical features, etc. It also vary due to economic reasons, religious reasons, customs, etc.

Fresh food to consume is always good, tasty and healthy. The frozen food no doubt prevents the growth of microorganisms but considered not very healthy as compared to fresh food.

NATURE CURE IS A WAY OF LIFE:

Health is not something that can be purchased in a bottle from a drug store, but it is a condition built over the years from within by our own vital processes through conscientious efforts and self-control or will power. The old adage “A sound mind in a sound body” underlines the importance of a healthy body. It is a source of happiness as it helps create an atmosphere of amiable interaction with our near and dear ones.

Unfortunately, in the minds of many people, including doctors, nature cure not stand for any definite school or scientific system of medicine and a number of unqualified persons practicing nature cure are simply defaming. The time has come when nature cure should be standardized, in order to give it its rightful place among the sciences of healing. A healthy body is a source of pleasure not only to one self but also to others who look at it. Thus, to possess a healthy body and mind with naturopathy is a great social and economic advantage.

OBSERVE ABSOLUTE SILENCE ONCE A MONTH:

1. Silence brings happiness, peace, rest to throat, time to think, have time for yourself and many more. Absolute silence for the full day has proved to improve the health in every respect. As cold water and warm iron take away the wrinkles of clothes. A cool mind and warm heart takes out the worries of life.

"Never raise your voice, just improve the quality of your arguments". Kind words can be short and easy to speak but their echoes are truly endless."

Finally, "Heart is the only machine that works without any repair for years" Always keep it happy, whether it is yours or "others".

No and yes are two shortest answers which need a long thought. Most of the things we miss in life only because of saying no too early or yes too late.

When you are in the light, everything will follow you when you are in the dark, even your own shadow does not follow you. So, always be in the light.

HOW TO IMPROVE HEALTH BY FASTING:

Excessive food intake, current way of life, luxuries and lack of exercise have been the leading cause for health complications. It is proved in the science that frequent fasting is good for health. This is because fasting tends to give rest to all organs, overhaul the systems, and eventually eliminate toxins from the body. In other words, regular fasting acts like cleansing process. So, by fasting twice a month, one gets not only health benefits but also spiritual benefits. It may be difficult to begun fasting, gradual reduction and determination of mind alone can help regular fasting. We all know that when animals or even birds fall ill, their first and foremost step is giving up eating until they show signs of recovery. This gives a clear impression that fasting itself is healing. It is very strange that human beings do not have as much control over the palate or mind as the animals have. Fasting, undoubtedly, is one of the most important and incidentally, the cheapest of all natural remedies. It is the quickest, simplest and most efficient method of relieving the body of overloaded food and preventing it from poisoning the system. It is surprising to know that only a small quantity of food is actually required to keep the human system in good condition. The majority of the people are eating food in excess even though they believe they are eating moderately. It is an established fact that people do not die of fasting, whereas people who eat liberally may die earlier due to one disease or the other, caused by eating the so-called delicious food which is junk, and which is an overindulgence. It is Nature's rule that nearly all diseases are caused directly or indirectly by auto-intoxication or self-poisoning. Nature cure treatment aims at killing these bacteria and curing the disease through cleansing, overhauling or detoxifying the system through fasting, drinking lemon water and enema. Fasting should not be confused with starvation. Fasting is constructive: whereas starvation is destructive.

In short, fasting is a real cleansing device-an overhauling and purifying process. Periodical fasting is very essential to keep the body healthy, but fasting for longer periods should be undertaken only under the guidance of an expert/naturopath.

Listening is an art, In the current readymade world we always listen the vehicle sound, vehicle honking sound, gossip, television, FM radios or few crazy meaningless song. Do we get any kind of energy by listening to these sounds ? we never listen to ourselves, we keep the alarm in one time and wake up at different time, we promise ourselves that today I will start jogging, cycling, have right diet, start studying something, car service, insurance renewal, health checkup etc. do you know one thing “ All the problems in our life is created by ourselves by not listening to our own soul “. listen, listen and keep listening before reacting to anything and give yourself an appointment on daily basis to listen to all the good deeds or listen the AUM the first sound in the universe which will give you abundant energy.

HOW MUCH WATER DO YOU NEED A DAY?

Water is an important structural component of skin cartilage, tissues and organs. For human beings, every part of the body is dependent on water. Our body comprises about 75% water: the brain has 85%, blood is 90%, muscles are 75%, kidney is 82% and bones are 22% water. The functions of our glands and organs will eventually deteriorate if they are not nourished with good, clean water.

Water- *Water is most essential and major component of body is water.*

Taking every now and then is good and especially in the morning hours and before going to bed. In the soft tissues-muscle, liver, kidney, the intestines-75 percent of the volume of the cells is water. The brain cell is said to be 85 percent water. The first impact of dehydration is felt by the brain cells; they are very sensitive to water loss from the body and their functions would be affected by even minute changes in their water contents. Dry mouth, thirsty are the indicators for the requirement of water. The daily routine of the body depends on a turnover of about 40,000 glasses of water. The body recycles this volume of water in 24 hours , but at the end it needs a minimum top up of about Twelve glasses in 24 hours. Tea , Coffee , cold drink and alcohol are not to be considered as water, these are drying agents, and they force water out of the body. In the summer and humid periods and during continuous exercise (particularly in the summer) the human body needs more water for its cooling system (perspiration and sweating)- sometimes up to 10 to 15 or even more glasses a day.

HOW TO CONTROL THE FOOD INTAKE:

Control of our food intake is the basis behind successful weight loss. **90% OF Energy is derived from only 10 % of food eaten, then why over eat? Do not eat when under emotional stress or when extremely fatigue. Do not swallow until the food have been thoroughly masticated, as stomach do not have teeth and the food you take is the medicine for providing the required energy.** There are many physiological and Psychological mechanisms which are thought to contribute to the control of our food intake. Most of which are thought to be co-ordinated through the integration of various complex systems involving parts of the brain, stomach, liver, hormones and other chemicals within the blood. More research is needed into these complex processes to enable us to fully understand the detailed workings behind them. The following list shows some of the simpler control mechanisms that we do understand, some are within our control but others are determined by our genetics.

1. **PHYSICAL ACTIVITY** - Research has shown that people have a higher food intake when physical activity is increased, however it does depend on the type of activity. Someone who has a labour-intensive job - such as in the construction industry - will have an appetite closely linked to their [physical expenditure](#). Someone who works at a computer all day but manages to participate in regular activities in their spare time will regulate appetite and help limit excess food consumption (another reason why regular exercise is important!). It is also interesting to note that people who become inactive will gradually lose control over their appetite, this often leads to excess calorie consumption.
2. **BODY WEIGHT** - Heavier people tend to have a higher food intake which is believed to be due to the increased [energy expenditure](#) associated with increased [body mass](#)
3. **PLEASURE** - Eating is associated with pleasure, we get pleasure from looking at food, buying it, cooking it and of course eating it.
4. **METABOLISM** - People with naturally high metabolic rates often possess a big appetite. [Increasing the metabolism](#) through proper technique should not affect food intake much.
5. **HORMONES** - Some hormones are thought to regulate appetite, the most common known is insulin. Insulin triggers hunger as [blood sugar levels](#) fall - its the way our body encourages us to eat sugar and stabilise blood sugar levels once again.
6. **ENVIRONMENTAL TEMPERATURE** - A cold climate often makes people eat more and a hot temperature has shown to reduce the appetite.
7. **PALATABILITY** - Palatability of food will have an effect on appetite and thus food intake. Palatability is usually associated with variety in the diet and

research has shown that more variety of food results in increased consumption.

8. **PSYCHOLOGICAL FACTORS** - Psychological factors can have a major influence on people's food intake.
9. **SOCIAL INFLUENCES** - [Social influences](#) can also have an effect on eating habits. People will often eat out of habit, meal-times for example is a daily occasion and all family members will eat even if they are not hungry!

Nutrition for energy

In order to [lose weight](#) good nutrition is important it helps optimize the body's energy system to work efficiently so exercise can be more effective. When people try to lose weight many reduce their [food intake](#) dramatically, eventually the nutritional status becomes low. As the body [burns fat](#) or [carbohydrates](#) the cells require essential nutrients to complete the chemical process. An imbalance in the nutritional state very often affects energy levels, the result is we may feel low and drained of energy!

Obviously the muscles don't become paralyzed from deficiencies in certain vitamins or minerals but an imbalance can affect us in different ways. **Have you ever had that feeling where you want to get up and [exercise to lose weight](#) but your body just don't seem to want to know, you begin to [workout](#) and within five minutes you feel drained or even faint!**

Nutritional Facts

Many of the [B vitamins](#) are required for the process of [energy metabolism](#). If a reduced calorie diet does not provide enough B vitamins the [metabolism of fats](#) and carbohydrates may be affected and result in a feeling of lethargy.

[Vitamin C](#) not only helps fight resistance to infections it also helps repair and maintain muscle tissue and blood vessels. Stronger lean body tissue is essential in order to [exercise](#) long enough to burn sufficient calories for [permanent weight loss](#).

Its not necessary to buy tons of vitamin and mineral pills just to ensure you obtain all essential nutrients. Taking one multi-vitamin pill each day should be plenty to help keep up energy levels so you can exercise effectively, however if you decide to take any [supplements](#) do remember to consult with your doctor before taking any.

Sufficient [quality protein](#) is also necessary to limit loss of [lean body tissue](#) when losing weight. The less lean tissue loss the less a reduction in the [basal metabolic rate](#).

Proper nutrition means providing all the components - protein, carbohydrate, [essential fatty acids](#), vitamins, minerals and electrolytes. The body can last for a long time on a [calorie reduced diet](#) but requires a regular supply of essential nutrients to help the body [use stored energy](#) - body fat!

Calories per Pound of Fat

There are 3500 calories per pound of body fat. In order to lose just one pound of stored fat we need to burn off 3500 extra calories, sounds simple, yet so many dieters claim to [cut enough calories](#) per pound each week but hardly lose any fat.

Calories per pound will never add up when [losing weight](#)!

If daily calorie intake is cut by 500 less than the body requires it seems logical that fat stores will supply the additional [energy requirements](#). However energy metabolism is complex and can be different between individuals.

Which [fuel](#) the body uses depends on many factors; fitness levels, present energy stores, [motivation levels](#), type of exercise chosen, [genetic predisposition](#) and nutritional state are a few of the important factors.

During a [calorie reduction](#) some fuel from fat stores will be used as that's the role of excess body fat. The problem is that fat is not the best source of energy for the cells. [Muscle cells](#) need a constant supply of oxygen in order to [burn fat continuously](#). At rest enough oxygen can easily be supplied **but resting hardly uses any calories at all, we may only burn 50 calories an hour**. Remember, we need to burn 3500 extra calories per pound of fat so we must actively move to increase the total [calories burned](#), now this is where things can get complicated!

Exercising obviously burns many more calories, but due to low fitness levels, most sedentary people cannot supply enough oxygen to enable millions of working cells to continue burning fat for energy. The cells must use another fuel, preferably a quick-burning fuel that requires no oxygen - the [role of carbohydrates](#)!

The result is carbohydrates and fats are BOTH used to supply the cells energy with carbs being the predominant fuel. The proportion of carbohydrate to fat used depends on factors such as the individual fitness level and the type/intensity of exercise performed. **These facts help explain the reason calculations become confusing, dieters reduce intake in calories per pound of fat without realizing that body fat cannot make up all the deficit in calories.** The main point here is that we need to burn a far greater number of calories per pound of fat to burn off one pound of fat!!

Food Calories List

BREADS & CEREALS	Portion size *	per 100 grams (3.5 oz)	energy content
Bagel (1 average)	140 cal (45g)	310 cal	Medium
Biscuit digestives	86 cal (per biscuit)	480 cal	High
Jaffa cake	48 cal (per biscuit)	370 cal	Med-High
Bread white (thick slice)	96 cal (1 slice 40g)	240 cal	Medium
Bread wholemeal (thick)	88 cal (1 slice 40g)	220 cal	Low-med
Chapatis	250 cal	300 cal	Medium
Cornflakes	130 cal (35g)	370 cal	Med-High
Crackerbread	17 cal per slice	325 cal	Low Calories
Cream crackers	35 cal (per cracker)	440 cal	Low / portion
Crumpets	93 cal (per crumpet)	198 cal	Low-Med
Flapjacks basic fruit mix	320 cal	500 cal	High
Macaroni (boiled)	238 cal (250g)	95 cal	Low calorie

Muesli	195 cal (50g)	390 cal	Med-high
Naan bread (normal)	300 cal (small plate size)	320 cal	Medium
Noodles (boiled)	175 cal (250g)	70 cal	Low calorie
Pasta (normal boiled)	330 cal (300g)	110 cal	Low calorie
Pasta (wholemeal boiled)	315 cal (300g)	105 cal	Low calorie
Porridge oats (with water)	193 cal (350g)	55 cal	Low calorie
Potatoes** (boiled)	210 cal (300g)	70 cal	Low calorie
Potatoes** (roast)	420 cal (300g)	140 cal	Medium
Rice (white boiled)	420 cal (300g)	140 cal	Low calorie
Rice (egg-fried)	500 cal	200 cal	High in portion
Rice (Brown)	405 cal (300g)	135 cal	Low calorie
Rice cakes	28 Cals = 1 slice	373 Cals	Medium
Ryvita Multi grain	37 Cals per slice	331 Cals	Medium
Ryvita + seed & Oats	180 Cals 4 slices	362 Cals	Medium
Spaghetti (boiled)	303 cal (300g)	101 cal	Low calorie

Fat intake

There are two main types of fat saturated and unsaturated. [Saturated fats](#) are the ones we should try to avoid as the more saturates we eat the more cholesterol the body produces. This builds up in our blood and can increase the risk of developing heart disease and other health problems.

Saturated fats are mostly found in animal products such as meats and some dairy produce. They can be found in some vegetable oils like coconut oil or palm oil, in hard margarine and [cooking](#) fats. Sometimes they can be found as "hidden fat" in cakes, biscuits, chocolate and puddings. **They may be listed in some ingredients as hydrogenated vegetable oils / fats, so check the labels!** These type of fats should be eaten in moderation as they can block the action of essential fats required for good health.

A good tip to remember is saturated fats are usually hard at room temperature, just look at a cold frying pan after cooking sausage or [bacon](#)!

Unsaturated fats are essential to the body although only in small amounts. They include polyunsaturated oils and monounsaturated fats. Unsaturated fats are found in vegetable oils such as sunflower, corn, rapeseed and olive oils. They can also be found in nuts, soft margarines labelled "high in polyunsaturated oils", also oily fish such as sardines, herring, trout and pilchards contain high levels of polyunsaturated oils.

The difference between the types of fats and oils above is that some are non-essential like saturated fats and therefore are not needed at all by the body, and some are essential like linoleic and alpha-linoleic acids found in foods high in polyunsaturated oils such as safflower, sunflower oils and some oily fish. From a health point of view we should avoid the saturates and probably consume more fish, however one thing these types have in common is **they both contain the same number of calories** so in terms of weight control we should be limiting our fat intake no matter which type it may be.

Care when cooking with fats

Most good oils like nut and seed oils should be kept cool and not used in cooking. Many people use vegetable oils for cooking but the high temperature changes their structure making them potentially damaging to the arteries. It may be best to use olive oil for cooking at high temperatures.

Weight loss progress often slows due to a lowered metabolism. [Increase metabolism](#) before cutting calories and very low calorie diets wont be necessary.

FRUITS SHOULD BE EATEN ON EMPTY STOMACH i.e BEFORE LUNCH/DINNER.

Most of us eat fruits after a heavy meal and satisfied that after all the fruits can be digested fast and it does not matter if you take it even after the heavy meal is not at all correct and in fact you have to eat fruit on empty stomach. There is logic behind this and could be proved scientifically.

THEREFORE IT MEANS NOT EATING FRUITS AFTER YOUR MEALS! FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH,i.e. before meal.

If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD. Let's say you eat two slices of bread and then a slice of fruit. The

slice of fruit is ready to go straight through the stomach into the intestines for digestion, but it is prevented from doing so. In the meantime the whole meal rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil.... To put in other way, fruits being good for health, and when taken in empty stomach it fills the stomach and your intake of other meal which is not as good as fruit will be lesser comparatively. For God's sake, please eat your fruits on an empty stomach or before your meals! You have heard people complaining "every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet, etc" actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat!

Graying hair , balding , nervous outburst , and dark circles under the eyes all these will NOT happen if you take fruits on an empty stomach.

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body. If you have mastered the correct way of eating fruits, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste. Cooking destroys all the vitamins.

But eating a whole fruit is much better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the three days and you will be surprised when your friends tell you how radiant you look!

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

APPLE: An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

ORANGE : Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

KIWI: Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopene, the cancer fighting

oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

GUAVA & PAPAYA: Top awards for vitamin C.. They are the clear winners for their high vitamin C content.. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.

Drinking Cold water after a meal = Cancer! Can u believe this?? For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

A serious note about heart attacks **HEART ATTACK PROCEDURE'**: (THIS IS NOT A JOKE!) Women should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. Sixty percent of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.

BANANA IS SANJEEVANI (TOO GOOD)

Bananas is too good and it has lot of Glucose with fiber and natural sugar. A banana gives instantly, sustained and substantial boost of energy. Banana is popular all round the world and all athletes are encouraged to have banana as it gives sufficient energy. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet. Banana has high in iron, and it can stimulate the production of hemoglobin in the blood and so helps in cases of anemia. People who had gone for depression are fed with banana and lot of improvement was found as it has lot of protein to improve your mood and generally make you feel happier. Banana is unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect to beat blood pressure.

Banana is good for students to enhance Brain power and it can be taken for the breakfast time, lunch or dinner and it makes more alert. As it is High in fiber, it help for the problem of **Constipation**.

One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system. It has natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief. Eating banana between meals also help to keep blood sugar level up and avoid morning sickness. Bananas are high in B vitamins that help calm the nervous system. **Banana skin is used to rub on mosquito bites so that there will be no** swelling and irritation.

Banana reduces overweight, because of soft texture and smoothness; it neutralizes over-acidity and reduces irritation by coating the lining of the stomach. Banana keeps cool and in fact the pregnant women eat to ensure their baby is born with a cool temperature.

It controls the heartbeat, sends oxygen to the brain and regulates

your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

So, a banana really is a natural remedy for many ills. Banana will kill the ill without taking a pill. When compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe it's time to change that well-known phrase so that we say,

"A banana a day keeps the doctor away!"

Sit properly, stand properly and sleep properly.

Have regular back exercises.

Drink plenty of water

- **Walk as much as possible**
- **Practice Yoga & Pranayama**
- **Do not eat beyond your needs**

Take breaks periodically i.e do not sit or stand for longer duration.

Do not use high heel shoes.

What's the best way to sit?



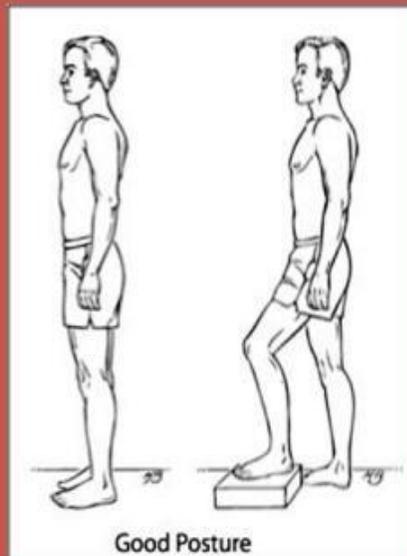
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9

What's the best position for standing?

- If you must stand for long periods, rest 1 foot on a low stool to relieve pressure on your lower back. Every 5 to 15 minutes, switch the foot you're resting on the stool. Maintain good posture: Keep your ears, shoulders and hips in a straight line, with your head up and your stomach pulled in.



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10

What's the best position for sleeping?

📖 The best way to sleep is on your side with your knees bent. You may put a pillow under your head to support your neck. You may also put a pillow between your knees.



What can I do for relief when I've hurt my lower back?



Tips for preventing back strain

- Don't lift by bending over. Lift an object by bending your knees and squatting to pick up the object. Keep your back straight and hold the object close to your body. Avoid twisting your body while lifting.

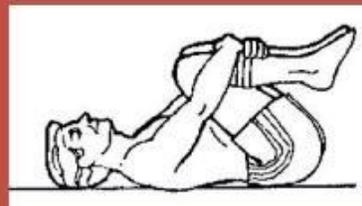


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What exercises can I do to strengthen my back?



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BRAIN DAMAGING HABITS



1. No Breakfast

People who do not take breakfast are going to have a lower blood sugar level. This leads to an insufficient supply of nutrients to the brain causing brain degeneration.

2 . Overeating=2 0

It causes hardening of the brain arteries, leading to a decrease in mental power.

3. Smoking

It causes multiple brain shrinkage and may lead to Alzheimer disease.

4.. High Sugar consumption

Too much sugar will interrupt the absorption of proteins and nutrients causing malnutrition and may interfere with brain development.

5. Air Pollution

The brain is the largest oxygen consumer in our 20 body. Inhaling polluted air decreases the supply of oxygen to the brain, bringing about a decrease in brain efficiency.

6 .. Sleep Deprivation

Sleep allows our brain to rest.. Long term deprivation from sleep will accelerate the death of brain cells..

7. Head covered while sleeping

Sleeping with the head covered increases the concentration of carbon dioxide and decrease concentration of oxygen that may lead to brain damaging effects.

8. Working your brain during illness

Working hard or studying with sickness may lead to a decrease in effectiveness of the brain as well as damage the brain.

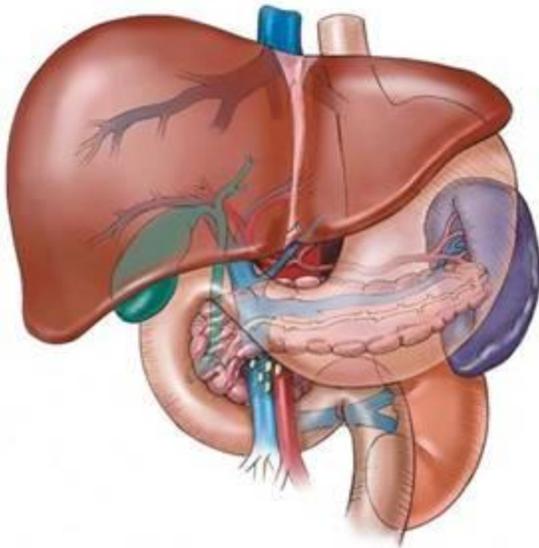
9. Lacking in stimulating thoughts

Thinking is the best way to train our brain, lacking in brain stimulation thoughts may cause brain shrinkage.

10. Talking Rarely

Intellectual conversations will promote the efficiency of the brain

The main causes of liver damage are:



- 1. Sleeping too late and waking up too late are main cause.**
- 2. Not urinating in the morning.**
- 3 . Too much eating.**
- 4. Skipping breakfast.**
- 5. Consuming too much medication.**
- 6. Consuming too much preservatives, additives, food coloring, and artificial sweetener.**
- 7. Consuming unhealthy cooking oil.**

As much as possible reduce cooking oil use when frying, which includes even the best cooking oils like olive oil. Do not consume fried foods when you are tired, except if the body is very fit.

8. Consuming raw (overly done) foods also add to the burden of liver.

Veggies should be eaten raw or cooked 3-5 parts. Fried veggies should be finished in one sitting, do not store.

We should prevent this without necessarily spending more. We just have to adopt a good daily lifestyle and eating habits. Maintaining good eating habits and time condition are very important for our bodies to absorb and get rid of unnecessary chemicals according to 'schedule.'

The top five cancer-causing foods are:

1.. Hot Dogs

Because they are high in nitrates, the Cancer Prevention Coalition advises that children eat no more than 12 hot dogs a month. If you can't live without hot dogs, buy those made without sodium nitrate.

2. Processed meats and Bacon

Also high in the same sodium nitrates found in hot dogs, bacon, and other processed meats raise the risk of heart disease. The saturated fat in bacon also contributes to cancer.

3. Doughnuts

Doughnuts are cancer-causing double trouble. First, they are made with white flour, sugar, and hydrogenated oils, then fried at high temperatures. Doughnuts, says Adams , may be the worst food you can possibly eat to raise your risk of cancer.

4. French fries

Like doughnuts, French fries are made with hydrogenated oils and then fried at high temperatures. They also contain cancer- causing acryl amides which occur during the frying process. They should be called cancer fries, not French fries, said Adams .

5. Chips, crackers, and cookies

All are usually made with white flour and sugar.. Even the ones whose labels claim to be free of trans-fats generally contain small amounts of trans-fats.

Correct timing to take water, will maximize its effectiveness to Human body.

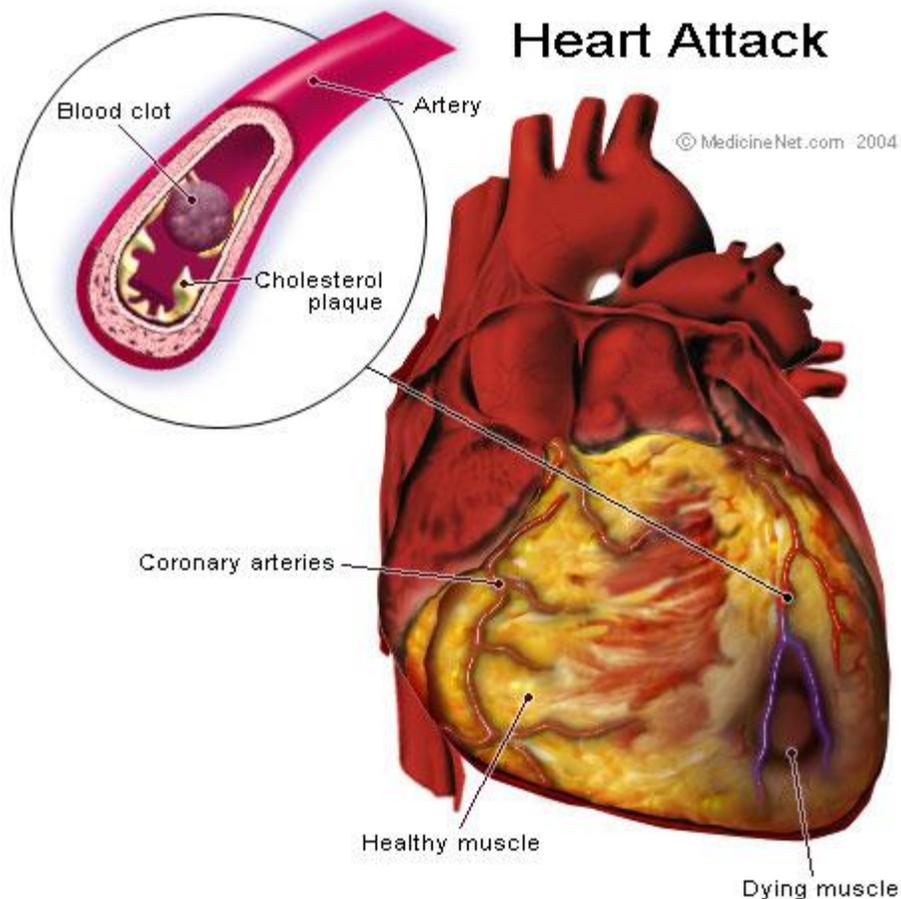
Two (02) glass of water - After waking up - Helps activate internal organs

One (01) glasses of water - 30 minutes before meal - Help digestion

One (01) glass of water - Before taking a bath - Helps lower blood pressure

One (01) glass of water - Before sleep - To avoid stroke or heart attack

Heart Attacks And Drinking Warm Water

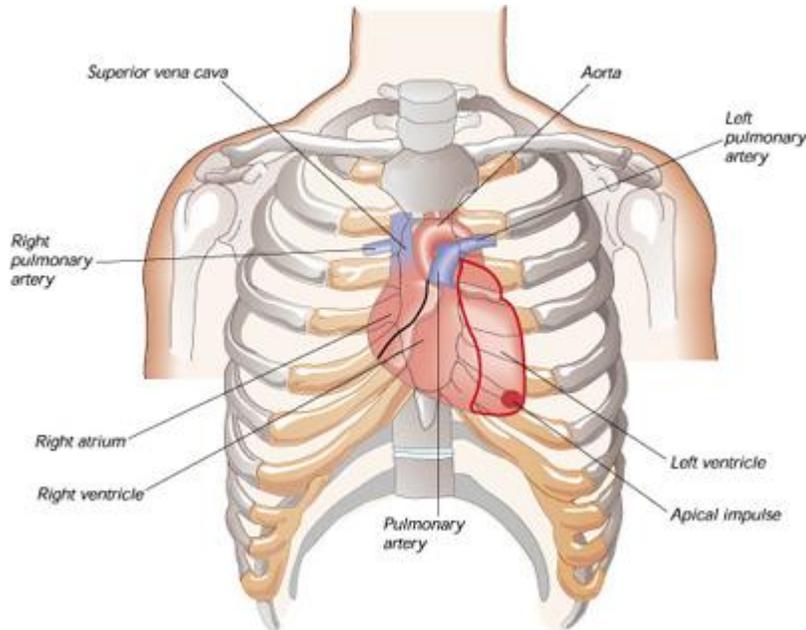


This is a very good article. Not only about the warm

water after your meal, but about



Heart Attacks. The Chinese and Japanese drink hot tea with their meals, not cold water, maybe it is time we adopt their **drinking habit** while eating.



For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the **intestine** faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to **cancer**. It is best to drink hot soup or warm water after a meal.

**VERY VERY VERY Important INFO
about Water Bottles!!!**



**Do not
re-use
mineral
water bottles!**

Many are unaware of poisoning caused by re-using plastic bottles.

Some of you may be in the habit of using and re-using your disposable mineral water bottles (e.g. Nestle, Bisleri, Aquafina, Kinley, Evian, etc...), keeping them in your car or at work. Not a good idea.

It happened in Dubai, when a 12 year old girl died after a long usage (16 months) of SAFA mineral water bottle, as she used to carry the same fancy (painted by herself) bottle to her school daily.

In a nutshell, the plastic (called polyethylene terephthalate or PET) used in these bottles contains a potentially carcinogenic element (something called diethylhydroxylamine or DEHA). The bottles are safe for one-time use only; if you must keep them longer, it should be or no more than a few days, week max, and keep them away from heat as well. Repeated washing and rinsing can cause the plastic to break down and the carcinogens (cancer-causing chemical agents) can leak into the water that YOU are drinking. Better to invest in water bottles that are really meant for multiple uses.

This is not something we should be

Dietetics by Food and Natural Nutrition

We all know that when animals or even birds fall ill, their first and foremost step is giving up eating until they show signs of recovery. This gives a clear impression that fasting itself is healing. It is very strange that human beings do not have as much control over the palate or mind as the animals have. Fasting, undoubtedly, is one of the most important and incidentally, the cheapest of all natural remedies. It is the quickest, simplest and most efficient method of relieving the body of overloaded food and preventing it from poisoning the system. It is surprising to know that only a small quantity of food is actually required to keep the human system in good condition. The majority of the people are eating food in excess even though they believe they are eating moderately. It is an established fact that people do not die of fasting, whereas people who eat liberally may die earlier due to one disease or the other, caused by eating the so-called delicious food which is junk, and which is an overindulgence. It is Nature's rule that nearly all diseases are caused directly or indirectly by auto-intoxication or self-poisoning. Nature cure treatment aims at killing these bacteria and curing the disease through cleansing, overhauling or detoxifying the system through fasting, drinking lemon water and enema. Fasting should not be confused with starvation. Fasting is constructive: whereas starvation is destructive.

In short, fasting is a real cleansing device—an overhauling and purifying process. Periodical fasting is very essential to keep the body healthy, but fasting for longer periods should be undertaken only under the guidance of an expert/naturopath.

Fibrous Food

Fibre is the indigestible part of vegetables, fruits and grains, which provides bulk to the food and thus plays a vital role in facilitating proper bowel function. Studies have shown that fibre rich diet helps in diabetes, in that it stabilizes blood sugar levels; lowers blood cholesterol levels and is associated with lower incidence of colon cancer, diverticulosis, constipation, hiatus hernia and haemorrhoids. Almost all the fibre comes from natural, unrefined, unprocessed food such as fruits, vegetables, legumes and whole—grain products. It is lost when food is processed and refined as in polished rice, white bread and maida which are low in fibre. Dairy products, eggs and meat have no dietary fibre, no matter how tough fibrous they may look. Consume lot of salad and fruits always before meals and never with or after. Salad is better than fruits.

Good Sources of Fibre

Fruits:

Apple, banana, berry orange, fig, pear dates, apricot, melon, mango, grapes, papaya, guava, jamun, raisin etc.,

Vegetables:

Peas, potato, sweet potato, beetroot, all green leafy vegetables, beans, carrot cabbage, ghiya, tori tinda, parwal, snake-gourd, etc.,

Legumes:

Dried whole pulses like rajma, whole moong, soya beans and all sprouts.

Grains:

Whole wheat, bajra, gram, ragi, jowar, barley, corn, unpolished rice and bran.

What are good for Good Health:

Garlic -- Research conducted all over the world reveals that Garlic is very good to reduce the blood pressure, blood cholesterol and triglycerides and also acts as antiseptic for killing all kinds of harmful bacteria/worms/germs etc., Garlic is therefore good to have on regular basis if possible in every meal.

It is also proved that cooked garlic is more recommended than the raw garlic. Raw garlic, if taken in excess quantity, in rare cases may cause irritation, burns and inflammation of the digestive tract, besides allergy, dermatitis, lethargy and dehydration. On the contrary well-cooked garlic is not irritative and has no adverse effect. Cooking does not ruin its health giving properties, as in the case of others.

Cabbage

- Cabbage family (Cabbage, Broccoli, Cauliflower, Brussels sprouts) have an almost magical ability to fight against the development of cancerous cells in the body. Eaten regularly, they are an easy way to help to prevent cancer.
- Broccoli is by far the best source of sulphorahane (one of the phytochemical compounds)
- Rapid or light cooking techniques, such as steaming or stir-frying in a wok, are simple and effective ways to maximize the quantity of anticancer molecules. Over cooking reduces the effectiveness of the anticancer molecules.

HUMAN BODY QUICKLY REACTS TO SOME ACTIONS:

Yawns

When low on oxygen, mouth opens wide and tries to suck more oxygen. Yawning is a way to regulate the amount of carbon dioxide and oxygen in your blood. yawns are nearly impossible to stifle.

Eye Twitches

It is neurological disorders, Common causes for eye twitches include stress, lack of sleep extended staring or eye strain. By reducing stress level, cutting back on caffeine and catching up on sleep.

Itches

skin most often gets itchy because of dryness associated with the environment or over-washing. Water and soap takes away natural oils, thus sapping moisture. Face or body lotion should be able to keep these types of itches under control; also look for body washes and soaps labeled 'moisturizing'.

Hiccups

Eating fast causes Hiccups, slowing down when you eat and drink, fast eating, too quickly causes your stomach to swell; this irritates diaphragm, which contracts and causes hiccups.

Goose Bumps

skin when it cold or scared are actually a defense mechanism. Goose bumps occur when the arrector pili, a tiny muscle that connects the hair follicle with skin, contracts and makes the hair stand on end. .

Sneezes

Body is trying to expel an irritant from the nasal cavity. Allergies, pollen or pet dander is usually to blame. An over-the-counter allergy or cold medicine helps suppress reaction to allergens or reduce mucus production, which should prevent sneezing fits.

Shivers

Shivering, says Dr. Plasker, is full-body muscle twitching. When your temperature drops too low, your body shakes all over in an attempt to generate heat. The only way to cure these kind of shivers is to get your temperature back to 98.6 Degree F.

Stomach Rumbles

As food, liquid and gas move through digestive tract, stomach muscles and intestines contract and cause rumbling noises - Stomach makes noise during digestion, a teaspoon of olive oil or a cup of herbal tea with lemon may help ease them.

Ear Popping

When rapid change in altitude - during takeoff in an airplane or when riding an elevator in an extra-tall building - the tube opens to release pressure, and it pop. To force the tube open (and 'pop' your ears), squeeze your nostrils's out.

Coughs

Body uses to get rid of irritants. There are special cells in air passage, Common colds, sinus infections and pneumonia all increase body's mucus production, which triggers coughing. Smoking and asthma also tend to irritate the cells. To help cut down on chronic coughing, exercise regularly and practice good posture to keep air passage open.

Answer the phone by LEFT ear.
Do not drink coffee TWICE a day.
Do not take pills with COOL water.
Do not have HUGE meals after 5pm.
Reduce the amount of OILY food you consume.
Drink more WATER in the morning, less at night.
Keep your distance from hand phone CHARGERS.
Do not use headphones/earphone for LONG period of time.
Best sleeping time is from 10pm at night to 6am in the morning.
Do not lie down immediately after taking medicine.
When battery is down to the LAST grid/bar, do not answer the phone as the radiation is 1000 times.