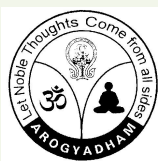


*Arogyadham is pleased to release e-Newsletter of interest to 'Healthy and Happy Living'. We appreciate comments and contributions.*

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# AROGYADHAM e-Newsletter

*From Sevagram, Karmabhumi of Mahatma*

## **Patanjali Ashtanga Yoga for Healthy Lifestyle**

*Yama (moral code), Niyama (discipline), Asana (postures), Pranayam (breath control), Pratyahara (vairagya), Dharana (concentration), Dhyana (meditation), Samadhi (oneness with the Universe)*

### **No 'Sugar Free' is safe**

The Centre for Science in the Public Interest (CSPI) has downgraded the rating for the artificial sweetener sucralose, best known as Splenda, from "safe" to "caution" in the category of avoidable artificial sweeteners namely saccharin, aspartame (sugar free) etc. Executive Director of CSPI supports this step with a preview of an Italian study indicating that sucralose caused leukemia in mice." Sugar-sweetened soda poses the greater and demonstrable risks of obesity, diabetes, heart disease, gout, tooth decay, and other health problems. But to avoid the risk of both sugars and non-caloric sweeteners, CSPI urges people to switch to water, seltzer water, flavored unsweetened water, seltzer mixed with some fruit juice, or unsweetened iced tea."

<http://www.cspinet.org>

### **Mindfulness and mindful eating**

Mindfulness revolution is sweeping the world. Companies like Google and General Mills have implemented Eastern-based training programs for their employees, involving yoga, meditation and breathing exercises. Google introduced "Search Inside Yourself Program," bringing mindfulness to its 1000 employees. Mindfulness involves practices like sitting in a comfortable position, observing the sensations that arise in the body and the thoughts that swirl in the brain. When we eat mindfully we are fully present. Chew the food slowly, noticing the subtleties of the flavours, textures and tastes. Be very careful to notice your body's signals of fullness.

[www.balanceyogawellness.com](http://www.balanceyogawellness.com)

### **Jamun fruit for Blood sugar control**

Jamun fruit also known as Jambolan a commonly known fruit in India for blood sugar control. Not only traditional medicine, modern science also started focusing on its blood sugar controlling properties. The leaves, bark, and seeds are the most useful parts among which the seeds are popular for their anti diabetic properties.

*Jamun fruit benefits:* Dried seeds powder will help to reduce (1) The high blood sugars, in addition, it helps to reduce the insulin dose too; (2) Polyuria of any cause; (3) Irritable bowel syndrome; (4) Both seeds and leaves improve uterine function; (5) Regular intake of fruits for 2-3 months help to heal bleeding hemorrhoids; (6) The fruit rind is helpful in alleviating liver enlargement; (7) Seeds decoction with honey prevents thirst and fatigue due to physical strain, it has anti septic activity too; (8) Fruits reduce excessive salivation. *(Now is the season for fresh Jamun fruit)*

[www.herbsbenefits.com](http://www.herbsbenefits.com)

### **Spirituality and mental health**

According to a study conducted by researchers at the University of Missouri, spirituality improves the health of most people, both of seemingly healthy individuals and those with illnesses. Dan Cohen, assistant teaching professor of religious studies at MU, explained: "In many ways, the results of our study support the idea that spirituality functions as a personality trait. With increased spirituality people reduce their sense of self and feel a greater sense of oneness and connectedness with the rest of the universe.

The team found that in all five faiths (Buddhists, Muslims, Jews, Catholics, and Protestants), spirituality was associated with better mental health, specifically lower levels of neuroticism and greater extroversion. The only spiritual trait predictive of mental health after personality variables were considered was forgiveness. Religious-based counseling, meditation, and forgiveness protocols may improve spirituality-based beliefs, practices, and coping strategies in positive ways, according to the researchers. Also the selflessness that comes with spirituality improves characteristics that are vital for fostering a global society based on the virtues of peace and cooperation.

[www.medicalnewstoday.com](http://www.medicalnewstoday.com)

July, 2013

*Yoga for Wellness and promotion of positive physical, mental, emotional, social & spiritual health*