



AROGYADHAM e-Newsletter

For Healthy and Happy Living

From Sevagram, Karmabhoomi of Mahatma

Patanjali Ashtanga Yoga (YOGism) for Healthy Lifestyle

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

The Nutritional Remedies of Different Nations!

c. Mustard in England: Soaking in a hot bath with mustard seeds is a traditional English remedy for pain muscles. The unique build of the mustard causes the body to secrete toxins through the skin pores, improve blood flow, relax tense muscles and help heal damaged tissue.

d. Garlic in Russia: Russians use garlic when they need to battle colds, the flu and most other infectious diseases. A study conducted by the University of Florida recommends consuming one clove of garlic a day. According to the study, garlic contains organic composites that help fight viral infections, and consuming one clove of garlic a day can decrease the risk of infection by 43%.

www.ba-bamail.com

Benefits of soaked almonds

Soak almonds in water for 8 hrs and then drain.

1. Help with digestion - Soaking almonds helps in releasing enzymes which in turn help with digestion. Soaking almonds releases enzyme lipase which is beneficial for digestion of fats.
2. Help with weight-loss - The monounsaturated fats in almonds curb your appetite and keep you full. So feel free to snack on them because they'll help you avoid binge-eating and trigger weight-loss.
3. Almonds keep your heart healthy, reduce bad cholesterol (low density lipoprotein) and increase good cholesterol (high density lipoprotein).
4. They are a good source of antioxidants: Vitamin E present in soaked almonds works as an antioxidant which inhibits free radical damage that prevents ageing and inflammation.
5. Fight Cancer: Soaked almonds contain Vitamin B17 which is vital for fighting cancer.
6. Flavonoid present in almonds suppresses tumor growth.
7. Help in lowering and maintaining glucose levels and regulating high blood pressure.
8. Soaked almonds contain folic acid which reduces birth defects.

<http://food.ndtv.com/>

Surya Namaskar is a series of 16 yoga poses is known to provide significant benefits to physical and mental health.

- Surya Namaskar is very beneficial for the heart as it works as a stimulant for the cardiovascular system by providing large amounts of oxygen to the blood.
- It provides a complete workout to the joints, muscles, and ligaments by improving upon your posture, flexibility and balance.
- It helps enable proper functioning of endocrinal glands which include thyroid, parathyroid, pituitary and adrenal glands, testes and ovaries.
- It is relaxing, rejuvenating, and reduces stress.

(In case of Back Problems/ Heart Problems ~ Please consult your physician – And as always Yoga should be done slowly and with full awareness, never in discomfort...)

<http://suhani Jain.com/>

Benefits of a good laugh

Laughter makes you feel better: If you are feeling super stressed and somebody cracks a hilarious joke that makes you laugh hard, it will make you feel better, especially if it is totally out of the blue.

Laughter increases immunity: Negativity and stressful situations causes chemical reactions in your body that decreases your immunity, making it more likely you to fall sick. A hearty laugh fuels your immune system with disease-fighting powers that will help you stay healthy and energetic.

Laughter improves blood flow: Laughter reduces blood pressure and improves blood flow, which will in turn reduce your chances of suffering a stroke or heart attack.

Laughter burns calories: Laughter could help you in your fitness plan. It raises your heart rate and can burn about 10-40 calories in 15 minutes according to a study.

(Cultivate a smiling face. It is an asset. Ed.)

<http://timesofindia.indiatimes.com/>

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

Eds. Dr. BC Harinath, Dr. Ranjan Choudhary, Lingaraja Jena, Pramod Deshmukh & Ms. Shruti Ambhore

March, 2015