



AROGYADHAM e-Newsletter

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)

Cosmetics – ill health or beauty, your choice

For thousands of years, people have used cosmetics and herbal products to enhance health, comfort and beauty. Nowadays, brainwashing advertisements are seen on electronic media for pushing sales of synthetic cosmetics. Many of these cosmetics may contain toxic ingredients with potential harmful health effects. Fragrances widely used in skincare products, shampoos, soap, perfumes, deodorants and house hold products, cause more allergic contact dermatitis than any other ingredients. Preservatives in cosmetics and skin care products are the second most common cause of skin reactions. Given that a 2004 study revealed that up to 28% of lipsticks contain chemicals causing cancer, this is a pretty scary statistics. The best types of cosmetics are those made from 100% natural ingredients because they would not cause allergies and side-effects.

August 2013, Health Action

Walk Barefoot and gain better health

Walking barefoot, also known as "earthing", has gone from being a kooky counter-culture trend, to a scientifically-researched practice with a number of remarkable health advantages, such as increasing antioxidants, reducing inflammation, and improving sleep. Early studies are showing that the health benefits come from the relationship between our bodies and the electrons in the earth. Research showed that grounding benefitted skin conductivity, moderated heart rate variability, improved glucose regulation, reduced stress and boosted immunity. Regular walking, as little as half an hour a day, can reduce cancer risk, improve cardiovascular health, moderate weight and prevent diabetes.

www.mindbodygreen.com

(Thanks to barefoot walk. I got relieved of heel pain – Ed.)

Your non-stick pan could be dangerous to your health

Did you know that a non-stick Teflon pan, when heated, gives fumes known to kill pet birds? The chemical used in Teflon that causes the problem is called perfluorooctanoic acid (PFOA). PFOA, (also known as C8), is a carcinogen, and persists in the environment indefinitely. By now, a large majority of the general population in the world has traces of PFOA in their bloodstream. A panel of public health scientists has been monitoring the long-term health of the community. The evidence they've found is chilling. The low-but-constant levels of PFOA consumed by residents in their drinking water have increased the rates of kidney and testicular cancer. Their findings also showed a link between PFOA and preeclamsia. All you can really do at this point is, stay away from Teflon-coated cookware, or anything that's heat-resistant or non-stick.

July 2013, Rishimukh

Formula for Happiness

Psychologists have claimed to come up with a formula for happiness. According to Todd Kashdan, of George Mason University in Virginia, if people start focusing on six specific factors: Moment (M), Be Curious (C), Do something you love (L), Think of others (T), Nurture relationships (N) and Care of your body (B), they will feel good, the Sun reported. The research commissioned by Transform Cosmetic Surgery, found the formula Feeling Good = (Mx16 + C + Lx2) + (Tx5 + Nx2 + Bx33). He said that there is no secret to feeling good however, when these six factors are taken care of, in right doses, people are going to be on target to lead a happy life.

August 11, 2013, The Hitavada

STOP DIABETES

Diabetes mellitus is a global health problem affecting 150 million people worldwide. S-VYASA yoga university at Bangaluru after three decades of research has developed YLSP (Yoga based Life Style modification Program) module to control blood sugar level, increase good cholesterol, prevent complications of Diabetes and improve quality of life. Visit www.svyasa.org or enquire at Arogyadham, MGIMS Campus, Sevagram (Ph: 07152 284137) for information regarding Stop Diabetes Camp.

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

Your comments are always welcome – Ed.

October, 2013