

## Health Tips

Health depends on one's approach and choice towards it. Here are few hints that may be helpful in complimenting Pranayama and Meditation, in improving your Health of Mind and Body.

1. Drink plenty of clean water in all seasons without fail. Water is the true Elixer. When you drink a lot of water it keeps the blood thin making it to flow easily in arteries and veins, and also flushes out heat generated in the body machine due to its functioning process, just as water in the Radiator of a Car regulating the heat of the Engine i.e., keeping it cool.

Water flushes out all residues and toxins from the body, thus keeping it clean and healthy. Residues and Toxins in the body when remain, is the root cause of all disorders and diseases. Hence, water is the cleanser of the Body. Therefore, develop water drinking habit. Many sparingly drink water that too when they are thirsty.

Drink a full glass of water half an hour before go to bed. When in sleep food is digested and contents are absorbed in to blood, concentration of blood increases. i.e., its viscosity increases and its flow slows down due to that just as thick liquid flows slower than water which is thin. When blood became thick and its flow slows down, the heart has to pump blood with great effort than normal. This is the reason we see more heart attacks in the night especially in middle and old aged people.

Drinking reasonable quantity of water before sleep help in maintaining thinness of blood. Water is a natural thinner than an Aspirin or any blood thinner. Also drinking water before going to bed helps in cooling the body so that it helps in getting sleep. Drinking water before sleeps is a good habit in all seasons. Drinking a full glass of water before eating break fast or food helps in flushing out gas accumulated in the stomach, and also makes you to eat less. Thus, helpful in preventing overeating and increase of body weight, a simple and safe method to reduce overweight of the body.

The Ancient medical system (Ayurveda) says that storing drinking water in Earthen Vessel and also drinking water in an Earthen Cup or Glass is very healthy. Perhaps earth being a good conductor of energy, Earthen Pot and Glass conduct any negatively charged energy if it is there in the water thus making it more healthier.

2. Evolve your own Tasty but low calorie, high fiber Diet.
3. Eat vegetables that are rich in Vitamin C and E. Whereas Vitamin C increases your general immunity to infections (Common Cold etc.) Vitamin E is the rejuvenator.
4. Also eat vegetables which adequately supply Iron. Iron is not only essential in relieving anemic condition but also in enhancing Hemoglobin content in blood. Normal level of Hemoglobin in blood is essential to absorb oxygen from lungs, retain and supply the same to every part of the body especially to brain. When you do Pranayama, and when there is less Hemoglobin, it cannot take more oxygen and supply the same to all parts of the body. Therefore, your Pranayama will be less effective. Also deficiency of iron results in tiredness and lack of enthusiasm.
5. The human body is made up of 5 elements of nature namely earth, water, fire, air and ether. The earth and ether are stable, but water, fire and air are movable and hence varies in the body time to time depending on your way of life causing imbalance between these elements culminating in disorders in the body. They are also root cause for all disorders in the body as per 'Ayurveda'.
6. In Ayurveda a herbal powder known as 'Triphala', when taken regularly, maintain balance of these changing elements thus preventing manifestation of disorders. Take a teaspoonful of triphala powder in the Morning in empty stomach the moment you get up from bed, with water and drink a couple of glass of water.

Not only Triphala makes your bowels move freely but also flushes out excess wind and fire (Heat) from the body thus, maintaining a balance if Pitta (Fire), Vatha (Air) and Kapha (Water). This is a long term preventive from the disorders of the body.

7. If you are a Music lover, listen to soft and relaxing music. It relaxes your mind and body. Aggressive music excites and irritates the nerves system disturbing body functioning rhythm.
8. Read always meaningful books that enrich your knowledge and better your personality.
9. A bit of Charity gives satisfaction to mind but let it be for the deserving. Charity brings pleasantness to life.
10. Positive thinking improves the quality of your Mind. Healthy mind is the foundation for healthy body because mind is the Master of the body. Developing a Holistic personality is very important for living a healthy life.

**' Those who are suffering from some diseases or disorders may adopt the mantra “ Vydhyo Naarayano Harihi ” as the mantra for their regular meditation. Meditating on this mantra gradually paves the way for necessary relief to come from any direction in any manner.'**