



**KILL THE
ILL WITH OUT
A PILL**



**HERBAL
REMEDIES**

DR. CA. VISHNU BHARATH ALAMPALI

PREFACE

Dear Reader,



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 neutrality. By boiling, roasting, smashing, frying, mixing etc., and this had led to detrition of health. It is always possible to "KILL THE ILL WITH OUT A PILL BY HERBAL REMEDIES" and this book of mine 20th in a row, give lot of inputs to set right the food habits.

As said we neglect health and run after making wealth and after one stage, the same wealth is spent to regain the health, sometime more than the wealth has to be spent. The fact is that one has to undergo the severe pain and discomfort and also pay hefty bills of medicine, hospitalization and Doctors fee, but just by changing the food habits one can 'KILL THE ILL WITH OUT A PILL BY HERBAL REMEDIES'.

It is my sincere request, if you liked the contents, please pass it on to all your contacts and if you have any comments, please contact me by email vishnubharathco@gmail.com

Dr. CA Vishnu Bharath Alampali

TAKE CARE ABOUT YOUR HEALTH

Live Life Without Limits!



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.
- 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 fatigued.
- 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.





TOP 10 HOME REMEDIES TO CURE ACIDITY

- 1. Cloves:** If you are suffering from gastritis, then clove acts as the wonder drug to get you rid of this sensation. Just chew say about two cloves and slightly bite them so that juices keep oozing out. Soon, the problem will vanish.
- 2. Cumin seeds:** Take say about a teaspoon of cumin seeds and then roast them. After roasting, crush them in such a manner that they don't become powder. Now, add this to a glass of water and have it with every meal you take. It does wonders.
- 3. Jaggery:** Jaggery can help a lot in treating heartburn and acidity. Consume a small lump and allow it to get dissolved in your mouth to get relief from acidity. But, this remedy should not be tried by people who have diabetes.

4. **Raita:** Raita prepared with curd and added with ingredients like grated cucumber and coriander will surely aid in digestion and help eliminate acidity.
5. **Basil leaves:** Basil leaves are popular for their medicinal properties. Chewing say around 5-6 basil leaves relieves acidity to a lot of extent. One can also make a blend of crushed basil leaves and dried leaves which can be consumed with water or tea or simply be swallowed.
6. **Butter-milk:** A yet another simple and most easy homemade remedy to treat acidity is consuming butter-milk mixed with a little say about $\frac{1}{4}$ teaspoon of black pepper powder.
7. **Mint:** It is also a good idea to drink fresh mint juice or chew raw mint leaves after meals every day to keep acidity and indigestion away from you.
8. **Ginger:** Ginger is considered as a cure-all herb as it helps in treating so many different kinds of conditions. Consume just the right amount of ginger about half an hour before each meal and feel the difference.
9. **Milk:** Milk is a drink that consists of a large amount of calcium which helps in preventing build-up of stomach acid. So, drink a glass of milk after your meal to soothe your stomach after having a spicy meal.
10. **Vanilla ice cream:** Yes, gorging a cup of your favorite vanilla ice cream not just Savours your sweet tooth but also helps combat gastritis. This is an easy home remedy to fight acidity.





20 PAIN KILLERS IN YOUR KITCHEN

Make muscle pain a memory with ginger



ginger ease out muscle and joint pain, swelling and stiffness for up to 63 percent of them within two months. Experts credit ginger's potent compounds called gingerols, which prevent the production of Pain triggering hormones. The study-recommended dose: Add at least 1 teaspoon of dried ginger or 2 teaspoons of chopped ginger to meals daily.

Cure a toothache with cloves

Gently chewing on a clove can ease tooth pain and gum inflammation for two hours straight, say UCLA researchers. Experts point



to a natural compound in cloves called eugenol, a powerful, natural anesthetic. Bonus: Sprinkling a $\frac{1}{4}$ teaspoon of ground cloves on meals daily may also protect your ticker. Scientists say this simple action helps stabilize blood sugar, plus dampen production of artery-clogging cholesterol in as little as three weeks.

Heal heartburn with cider vinegar

Sip 1 tablespoon of apple cider vinegar mixed with 8 ounces of water before every meal, and experts say you could shut down painful bouts of heartburn in as little as 24 hours. "Cider vinegar is rich in malic and tartaric acids, powerful digestive aids that speed the breakdown of fats and proteins so your stomach can empty quickly, before food washes up into the esophagus, triggering heartburn pain.

Erase ear aches with garlic

Just place two drops of warm garlic oil into your aching ear twice daily for five days. This simple treatment can clear up ear infections faster than prescription meds, say experts at the University of New Mexico School of Medicine. Scientists say garlic's active ingredients (germanium, selenium, and sulfur compounds) are naturally toxic to dozens of different pain-causing bacteria.

Chase away joint and headache pain with cherries

Latest studies show that at least one in four women is struggling with arthritis, gout or chronic headaches. If you're one of them, a daily bowl of cherries could ease your ache, without the stomach upset so often triggered by today's painkillers, say researchers at East Lansing's Michigan State University. Their research reveals that anthocyanins, the compounds that give cherries their brilliant red color, are anti-inflammatories 10 times stronger than ibuprofen and aspirin.

"Anthocyanins help shut down the powerful enzymes that kick-start tissue inflammation, so they can prevent, as well as treat, many different kinds of pain.

Fight tummy troubles with Fish

Indigestion, irritable bowel syndrome, inflammatory bowel diseases... if your belly always seems to be in an uproar, try munching 18 ounces of fish weekly to ease your misery. Repeated studies show that the fatty acids in fish, called EPA and DHA, can significantly reduce intestinal inflammation, cramping and belly pain and, in some cases, provide as much relief as corticosteroids and other prescription meds. "EPA and DHA are powerful, natural, side effect-free anti-inflammatory that can dramatically improve the function of the entire gastrointestinal tract.

Prevent PMS with yogurt

Up to 80 percent of women will struggle with premenstrual syndrome and its uncomfortable symptoms, report Yale researchers. The reason: Their nervous systems are sensitive to the ups and downs in estrogen and progesterone that occur naturally every month. But snacking on 2 cups of yogurt a day can slash these symptoms by 48 percent.

Tame chronic pain with turmeric

Studies show turmeric, a popular East Indian spice, is actually three times more effective at easing pain than aspirin, ibuprofen or naproxen, plus it can help relieve chronic pain for 50 percent of people struggling with arthritis and even bromyalgia, according to Cornell researchers. That's because turmeric's active ingredient, curcumin, naturally shuts down cyclooxygenase 2, an enzyme that churns out a stream of pain-producing hormones.

End endometrial pain with oats



Endometriosis occurs when little bits of the uterine lining detach and grow outside of the uterus. Experts say these migrating cells can turn menstruation into a misery, causing so much inflammation that they trigger severe cramping during your period, plus a heavy ache that drags on all month long. Fortunately, scientists say opting for a diet rich in oats can help reduce endometrial pain for up to 60 percent of women within six months. That's because oats don't contain gluten, a trouble-making protein that triggers inflammation in many women, making endometriosis difficult to bear.

Soothe foot pain with salt

Regularly soaking ingrown nails in warm salt water baths can cure these painful infections within four days, say scientists at California 's Stanford University. The salt in the mix naturally nixes inflammation, plus it's anti-bacterial, so it quickly destroys the germs that cause swelling and pain. Just mix 1 teaspoon of salt into each cup of water, heat to the warmest temperature that you can comfortably stand, and then soak the affected foot area for 20 minutes twice daily, until your infection subsides.

Prevent digestive upsets with pineapple

Pineapple is naturally packed with proteolytic enzymes, digestive aids that help speed the breakdown of pain-causing proteins in the stomach and small intestine.



Relax painful muscles with peppermint

Suffering from tight, sore muscles? Stubborn knots can hang around for months if they aren't properly treated, says naturopath Mark Stengler, N.D., author of the book, *The Natural Physician's Healing Therapies*. His advice: Three times each week, soak in a warm tub scented with 10 drops of peppermint oil. The warm water will relax your muscles, while the peppermint oil will naturally soothe your nerves -- a combo that can ease muscle cramping 25 percent more effectively than over-the-counter painkillers, and cut the frequency of future are-ups in half.

Give your back some TLC with grapes

Got an achy back? Grapes could be the ticket to a speedy recovery. Recent studies at Ohio State University suggest eating a heaping cup of grapes daily can relax tight blood vessels, significantly improving blood flow to damaged back tissues (and often within three hours of enjoying the first bowl). That's great news because your back's vertebrae and shock absorbing discs are completely dependent on nearby blood vessels to bring them healing nutrients and oxygen, so improving blood flow is essential for healing damaged back tissue.

Wash away pain injuries with water



Whether it's your feet, your knees or your shoulders that are throbbing, experts at New York's Manhattan College, say you could kick-start your recovery in one week just by drinking eight 8-ounce glasses of water daily. Why? Experts say water dilutes, and then helps flush out,

histamine, a pain-triggering compound produced by injured tissues. "Plus water is a key building block of the cartilage that cushions the



ends of your bones, your joints' lubricating fluid, and the soft discs in your spine.

Heal sinus problems with horseradish

Latest studies show sinusitis is the nation's number one chronic health problem. And this condition doesn't just spur congestion and facial pain, it also makes sufferers six times more likely to feel achy all-over. Horseradish to the rescue! According to German researchers, this eye-watering condiment naturally revs up blood flow to the sinus cavities, helping to open and drain clogged sinuses and heal sinus infections more quickly than decongestant sprays do.

Beat bladder infections with blueberries

Eating 1 cup of blueberries daily, whether you opt for them fresh, frozen or in juice form, can cut your risk of a urinary tract infection (UTIs) by 60 percent, according to researchers at New Jersey's Rutgers University. That's because blueberries are loaded with tannins, plant compounds that wrap around problem-causing bacteria in the bladder, so they can't get a toehold and create an infection.

Heal mouth sores with honey

Dab painful canker and cold sores with unpasteurized honey four times daily until these skin woes disappear, and they'll heal 43 percent faster than if you use a prescription cream, say researchers at the Dubai Specialized Medical Center in the United Arab Emirates. Raw honey's natural enzymes zap inflammation, destroy invading viruses and speed the healing of damaged tissues.



Fight breast pain with flax

In one recent study, adding 3 tablespoons of ground flax to their daily diet eased breast soreness for one in three women within 12 weeks. Scientist's credit flax's phytoestrogens, natural plant compounds that prevent the estrogen spikes that can trigger breast pain. More good news: You don't have to be a master baker to sneak this healthy seed into your diet. Just sprinkle ground flax on oatmeal, yogurt, applesauce or add it to smoothies and veggie dips.

Cure migraines with coffee

Prolone to migraines? Try muscling-up your painkiller with a coffee chaser. (Whatever over-the-counter pain med you prefer), researchers at the National Headache Foundation say washing it down with a strong 12- ounce cup of coffee will boost the effectiveness of your medication by 40 percent or more. Experts say caffeine stimulates the stomach lining to absorb painkillers more quickly and more effectively.

Tame leg cramps with tomato juice

At least one in five people regularly struggle with leg cramps. The culprit? Potassium deficiencies, which occur when this mineral is flushed out by diuretics, caffeinated beverages or heavy perspiration during exercise. But sip 10 ounces of potassium-rich tomato juice daily and you'll not only speed your recovery, you'll reduce your risk of painful cramp are-ups in as little as 10 days.

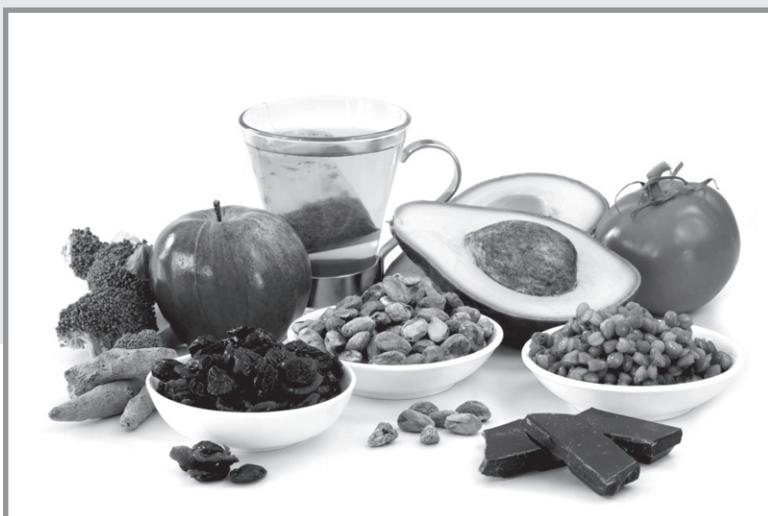


FOODS THAT CAUSE INFLAMMATION

Processed foods , Organ meats Hydrogenated oil
(and any products made with it), Fried foods Processed meats,
Fast Food High fructose corn syrup and soft drinks

ELIMINATE INFLAMMATION

Olive oil, Omega-3 foods (walnuts, ax seeds, pumpkin seeds)
Avocados, Nuts, Tart cherries, Onions and garlic, Pineapple,
Spinach & leafy greens, Turmeric and ginger ,
Orange-colored vegetables and fruits.





10 SURPRISING THINGS THAT CAUSE AGING

While ageing is an inevitable part of life, how quickly or well you age depends on many different factors. Although there are some obvious causes of premature ageing, there are many seemingly harmless things that can also add on the years. Here are top 10 surprising things that age you.

Watching TV

While we all know that spending hours in front of the television is bad for your waistline, you may not know that it can also shorten your lifespan. Researchers from the University of Queensland found that for every hour you watch TV you may shorten your life by as much 22 minutes. Furthermore, research has suggested that watching TV could increase your risk of developing Alzheimer's disease.

Drinking from bottles and through straws

You probably know that what you drink can affect your looks, but you may be surprised to hear that how you drink can also influence how well you age. In fact, sucking on straws and drinking out of sports bottles causes the same pursing action – and therefore the same fine lines and wrinkles around the mouth – as smoking. Try drinking directly from the glass whenever you can to help keep the wrinkles at bay.

Too little (or too much) exercise

The benefits of exercise are immeasurable for keeping you looking and feeling young. Not only does a lack of exercise shorten your life and increase risk of obesity and heart disease, but exercise can also keep your brain young by protecting against Alzheimer's, boosting your mood and leaving you feeling alert and energized. Furthermore, increased blood flow to your skin can help keep your complexion clear, bright and youthful-looking. On the flipside, while we should all make an effort to stay active, too much exercise can cause stiffness in joints and increase risk of arthritis.

Central heating

Many of us spend a fortune on anti-ageing skin products, yet we may regularly accelerate skin ageing without even being aware of it. The central heating and air conditioning systems that many of us use at home and at work can severely dry out skin, leading to premature ageing and wrinkles.

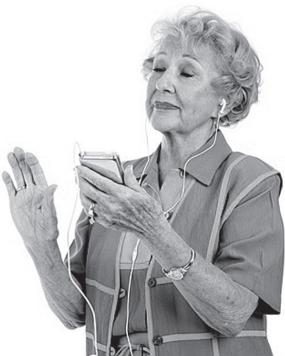
To help keep skin youthful and soft, try turning down the heating and wearing more layers to stay warm. Keeping a glass of water in the room can also increase humidity, while wearing a protective face cream can help relieve dryness.



Sugar

Eating too much sugar is clearly bad news for your waistline; however sugar consumption is also up there with sun exposure and smoking when it comes to the major causes of wrinkles. When blood sugar levels are high, a process called glycation occurs which damages the collagen in your skin. Once damaged, the normally springy collagen hardens, leading to wrinkles and sagging

Listening to an iPod



Hearing loss is a common symptom of ageing, yet many of us may suffer from diminished hearing early on due to listening to loud music through headphones. While listening to music sparingly and at a moderate volume is unlikely to do you much harm, a study has shown that listening to music on headphones for an hour can temporarily affect people's hearing, while

some researchers have suggested that listening at full volume could put you at risk of permanent damage

Your job

While having a job is pretty essential for most of us, it can also be one of the biggest causes of premature ageing. Firstly, work is a big source of stress for many people, which research has found can increase risk of heart disease and speed up cell ageing.

Secondly, spending too many hours in the workplace can mean you have little time for essentials such as exercise, proper meals and sleep. To help minimize damage, try to avoid working exceptionally long hours and make the most of your evenings and weekends as times to relax.

Soap

While you may think that soap is your skin's best friend, this is actually not the case. The reason for this is that your skin has an acid mantle which is a natural protective barrier of the skin. When you wash with soap – which is generally alkaline – it can remove this protective layer of oils and dry out the skin, eventually leading to wrinkles. While it is not advisable to stop washing entirely, try swapping the soap for a PH-neutral and chemical-free cleanser, and bear in mind that there is such a thing as over-cleansing your skin.

Your pillowcase

You may think you're indulging in a bit of beauty sleep when you hit the hay at night; however the opposite could in fact be true. If you regularly sleep with the same side of your face pressed against a cotton pillow case this may cause creases on the skin which can eventually turn to fine lines and wrinkles. To help stay youthful overnight try sleeping on your back instead, or switch to a silk or satin pillowcase to create less compression wrinkles and help maintain skin's moisture levels.

Low fat diets

Many of us switch to low fat diets to help shed excess pounds. However, cutting out good, healthy fats such as omega-3 fatty acids could negatively affect the speed and way in which you age. Omega-3 fatty acids – present in oily fish, walnuts and flax seeds – are essential for keeping you looking and feeling young. Not only do they help keep skin supple and wrinkle-free, but they help boost brain health, keep your heart in good condition, and can even increase your lifespan.



Ideal Menu and Timings For Eating

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) $\frac{1}{2}$ 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:

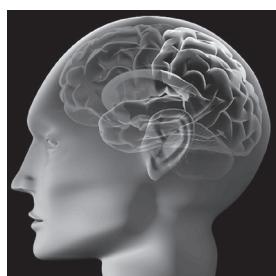
1. If you have to go out for dinner, take just a cup of skimmed milk or soup or eat some roasted grams or some fruits/vegetables at around 6.00 pm before going. If you take a late evening dinner, drink a glass of lemon juice (juice of 1 lemon is one glass of warm water) the following morning (empty stomach)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





Time: When your body really starts going downhill

There's no denying the ticking of a woman's biological clock - but men are not immune, either. French doctors have found that the quality of sperm starts to deteriorate by 35, so that by the time a man is 45 a third of pregnancies end in miscarriage. Here, with the help of leading clinicians, Angela Epstein identifies the ages when different parts of the body start to lose their battle with time.



BRAIN Starts ageing at 20

As we get older, the number of nerve cells - or neurons - in the brain decrease. We start with around 100 billion, but in our 20s this number starts to decline. By 40, we could be losing up to 10,000 per day, affecting memory, co-ordination and brain



function. In fact, while the neurons are important, it's actually the deterioration of the gaps between the brain cells that has the biggest impact. We all assume grey hair and wrinkles are the first signs of ageing, but some parts of your body are worn out long before you look old. These tiny gaps between the end of one brain nerve cell and another are called synapses. Their job is to ensure the flow of information from one cell to another, and as we age we make fewer.

GUT Starts ageing at 55

A healthy gut has a good balance between harmful and 'friendly' bacteria. But levels of friendly bacteria in the gut drop significantly after 55, particularly in the large intestine. As a result, we suffer from poor digestion and an increased risk of gut disease. Constipation is more likely as we age, as the flow of digestive juices from the stomach, liver, pancreas and small intestine slows down.

BREASTS start ageing at 35

BY their mid-30s, women's breasts start losing tissue and fat, reducing size and fullness. Sagging starts properly at 40 and the areola (the area surrounding the nipple) can shrink considerably. Although breast cancer risk increases with age, it's not related to physical changes in the breast. More likely, our cells become damaged with age - as a result, the genes which control cell growth can mutate, causing cancer.

BLADDER Starts ageing at 65

Loss of bladder control is more likely when you hit 65. The bladder starts to contract suddenly, even when it's not full. Women are more vulnerable to bladder problems as, after the menopause, declining oestrogen levels make tissues in the urethra - the tube through which urine passes - thinner and weaker, reducing bladder support.

Bladder capacity in an older adult generally is about half that of a younger person - about two cups in a 30-year-old and one cup in a 70-year-old. This causes more frequent trips to the loo, particularly as poor muscle tone means the bladder may not fully empty. This in turn can lead to urinary tract infections.

LUNGS Start ageing at 20

Lung capacity slowly starts to decrease from the age of 20. By the age of 40, some people are already experiencing breathlessness. This is partly because the muscles and the rib cage which control breathing stiffen up. It's then harder to work the lungs and also means some air remains in the lungs after breathing out - causing breathlessness. Aged 30, the average man can inhale two pints of air in one breath. By 70, it's down to one.

VOICE Starts ageing at 65

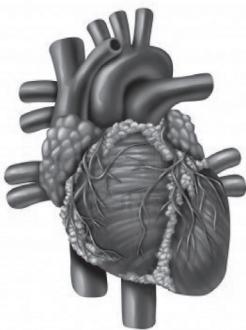
Our voices become quieter and hoarser with age. The soft tissues in the voice box (larynx) weaken, affecting the pitch, loudness and quality of the voice. A woman's voice may become huskier and lower in pitch, whereas a man's might become thinner and higher.

EYES start ageing at 40

Glasses are the norm for many over - 40s as failing eyesight kicks in - usually long-sightedness, affecting our ability to see objects up close. As we age, the eye's ability to focus deteriorates because the eyes' muscles become weaker, says Andrew Lotery, professor of ophthalmology at the University of Southampton.

HEART Starts ageing at 40

The heart pumps blood less effectively around the body as we get older. This is because blood vessels become less elastic, while arteries can harden or become blocked because of fatty deposits forming



on the coronary arteries - caused by eating too much saturated fat. The blood supply to the heart is then reduced, resulting in painful angina. Men over 45 and women over 55 are at greater risk of a heart attack. A recent study by Lloyds Pharmacy found the average person in the UK has a 'heart age' five years older than their chronological age, probably due to obesity and lack of exercise.

LIVER Starts ageing at 70

This is the only organ in the body which seems to defy the aging process. 'Its cells have an extraordinary capacity to regenerate,' explain David Lloyd, a consultant liver surgeon at Leicester Royal Infirmary. He says he can remove half a liver during surgery and it will grow to the size of a complete liver within three months. If a donor doesn't drink, use drug or suffer from infection, then it is possible to transplant a 70-year-old liver into a 20-year-old.

KIDNEYS Starts ageing at 50

With kidneys, the number of filtering units (nephrons) that remove waste from the bloodstream starts to reduce in middle age. One effect of this is their inability to turn off urine production at night, causing frequent trips to the bathroom. The kidneys of a 75-year-old person will filter only half the amount of blood that a 30-year-old's will.

PROSTATE Starts ageing at 50

The prostate often becomes enlarged with age, leading to problems such as increased need to urinate, says Professor Roger Kirby, director of the Prostate Centre in London. This is known as benign



prostatic hyperplasia and affects half of men over 50, but rarely those under 40. It occurs when the prostate absorbs large amounts of the male sex hormone testosterone, which increases the growth of cells in the prostate. A normal prostate is the size of a walnut, but the condition can increase this to the size of a tangerine.

BONES Start ageing at 35



'Throughout our life, old bone is broken down by cells called osteoclasts and replaced by bone-building cells called osteoblasts - a process called bone turnover,' explains Robert Moots, professor of rheumatology at Aintree University Hospital in Liverpool. Children's bone growth

is rapid - the skeleton takes just two years to renew itself completely. In adults, this can take ten years. Until our mid-20s, bone density is still increasing. But at 35 bone loss begins as part of the natural ageing process. This becomes more rapid in post-menopausal women and can cause the bone-thinning condition osteoporosis. The shrinking in size and density of bones can lead to loss of height. Bones in the back shrivel up or crumble between the vertebrae. We lose two inches in height by the time we're 80.

TEETH Start ageing at 40

As we age, we produce less saliva, which washes away bacteria, so teeth and gums are more vulnerable to decay. Receding gums - when tissue is lost from gums around the teeth - is common in adults over 40.

MUSCLES Start ageing at 30

Muscle is constantly being built up and broken down, a process which is well balanced in young adults. However, by the time we're 30, breakdown is greater than buildup, explains Professor Robert Moots. Once adults reach 40, they start to lose between 0.5 and 2 per cent of their muscle each year. Regular exercise can help prevent this..

HEARING Starts ageing mid-50s

More than half of people over 60 lose hearing because of their age, according to the Royal National Institute for the Deaf. The condition, known as presbycusis, happens due to a loss of 'hair cells' - tiny sensory cells in the inner ear which pick up sound vibrations and send them to the brain.

SKIN Starts ageing mid-20s

The skin starts to age naturally in your mid-20s. According to Dr Andrew Wright, a consultant dermatologist with Bradford NHS Trust, as we get older production of collagen - the protein which acts as scaffolding to the skin - slows, and elastin, the substance that enables skin to snap back into place, has less spring and can even break. Dead skin cells don't shed as quickly and turnover of new skin cells may decrease slightly. This causes fine wrinkles and thin, transparent skin - even if the first signs may not appear until our mid-30s (unless accelerated by smoking or sun damage).

TASTE AND SMELL Start ageing at 60

We start out in life with about 10,000 taste buds scattered on the tongue. This number can halve later in life. After we turn 60, taste and smell gradually decline, partly as a result of the normal ageing process. This can be accelerated by problems such as polyps in the



nasal or sinus cavities. It can also be the cumulative effect of years of smoking.

FERTILITY starts ageing at 35

Female fertility begins to decline after 35, as the number and quality of eggs in the ovaries start to fall. The lining of the womb may become thinner, making it less likely for a fertilised egg to take, and also creating an environment hostile to sperm. Male fertility also starts to drop around this age. Men who wait until their 40s before starting a family have a greater chance of their partner having a miscarriage, because of the poorer quality of their sperm.

HAIR Starts ageing at 30

Male hair loss usually begins in the 30s. Hair is made in tiny pouches just under the skin's surface, known as follicles. A hair normally grows from each follicle for about three years, is then shed, and a new hair grows. However, with male-pattern baldness, changes in levels of testosterone from their early-30s affect this cycle, causing the hair follicles to shrink. Each new hair is thinner than the previous one.. Eventually, all that remains is a much smaller hair follicle and a thin stump of hair that does not grow out to the skin surface. Most people will have some grey hair by the age of 35. When we are young, our hair is coloured by the pigments produced by cells in the hair follicle known as melanocytes. As we grow older, melanocytes become less active, so less pigment is produced, the colour fades, and grey hairs grow instead.



CURE HEADACHE

The nose has a left and a right side. We use both to inhale and exhale. Actually they are different. You'll be able to feel the difference. The right side represents the sun. The left side represents the moon.

During a headache, try to close your right nose and use your left nose to breathe. In about 5 mins, your headache will go.

If you feel tired, just reverse, close your left nose and breathe through your right nose. After a while, you will feel your mind is refreshed.

Right side belongs to 'hot', so it gets heated up easily. Left side belongs to 'cold'.

Most females breathe with their left noses, so they get "cooled off" faster.

Most of the guys breathe with their right noses, they get worked up.

Do you notice, the moment you awake, which side breathes better? Left or right? If left is better, you will feel tired. So, close your left nose and use your right nose for breathing.. You will feel refreshed quickly.

Do you suffer from continual headaches? Try out this breathing therapy.

Close your right nose and breathe through your left nose. Your headaches will be gone. Continue the exercise for one month.





Tips on Eye Care

With so many of us spending lots of time in front of the computer every day it comes to no surprise that research is showing a rise in visual problems. What can one do? First, it's important to find out how you can protect your eyes through eye health exams and by making a few minor changes in your computer viewing habits.

Here are some helpful Eye Care Tips -

Positioning is everything

Correct positioning of your computer, keyboard and typing copy is essential. Your screen should be positioned about an arm's length from your eyes and 20 degrees below eye level. Consider foot and wrist rests for added comfort.

Lighting can make all the difference

Room lighting should be diffuse, not direct, to reduce glare and reflections from your screen. Look into an internal or external glare screen and be sure to set your colour, contrast and brightness levels to suit you.



A little extra help for your glasses

Anti-reflective coatings on the lenses of your glasses can be applied by your optometrist to reduce discomfort and to ease reduced vision from bright and/or flickering light sources such as VDTs and fluorescent lights. And don't forget, your doctor of optometry can talk to you about eyeglasses designed specifically for people who use computers a lot.

Take time out, our 20-20-20 rule

Step I

After every 20 minutes of looking into the computer screen, turn your head and try to look at any object placed at least 20 feet away. This changes the focal length of your eyes, a must-do for the tired eyes.

Step II

Try and blink your eyes for 20 times in succession, to moisten them.

Step III

Time permitting of course, one should walk 20 paces after every 20 minutes of sitting in one particular posture. Helps blood circulation for the entire body.

It's all in the blinking

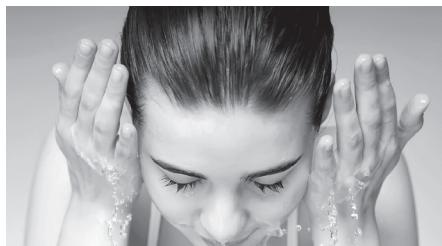
Did you know that on average we blink 12 times per minute? But wait, did you know that when we're on the computer we only blink 5 times per minute? That can add up to dry eyes. Relieve the discomfort by using artificial tear drops or gels and remember to blink!



Palming

Sit straight at your workstation and rub your palms against each other till you feel them warm. The warmth of your palms helps soothe and relax tired eyes. Then, lightly cup your eyes with your palms and relax for 60 seconds. Count the seconds in your mind. Repeat this exercise two to three times whenever your eyes feel tired, or as often as you want. While palming, you can either rest your elbows on your desk or keep away from the desk and cup your eyes. Both ways are ne.

Splash water on your face



During breaks, splash water on your face while closing your eyes. This has an overall relaxing effect and helps you feel refreshed.

Use tea bags

Keep two used tea bags in the refrigerator before you leave for work. Once you are home, place the tea bags on your eyes for a few minutes as you relax. This not only soothes tired eyes, but also reduces puffiness.

Eat healthy

Incorporate Vitamins A, C, and E on a daily basis; eat citrus fruits, green leafy veggies, tomatoes, spinach, poultry and dairy products. Pack a box of chopped carrots, cucumber and fresh fruits and munch in-between meals at the oce.

Helpful Health Tips to Add To Your Knowledge

Knowledge is not only power, but also can also lead us to live better, healthier lives. Any knowledge that can impact our health is one worth knowing. Read closely, keep it close and please share with those you think should know.

What a Kidney Does

WATER. Ensures that there's not too much or too little water in the body.

BLOOD PRESSURE. Makes sure that pressure isn't too high or too low.

WASTES. Gets rid of urea, uric acid, toxins, and other wastes via urine.

BONES. Activates vitamin D, which helps the body absorb calcium.



ACID-BASE BALANCE. Makes sure that the body isn't too acidic or too alkaline.

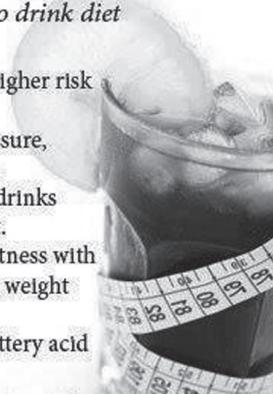
HEART. Maintains a balance of electrolytes (like potassium, sodium, and calcium), which is critical for heart rhythm.

BLOOD. Releases erythropoietin, which tells bone marrow to make red blood cells.

5 DANGERS OF DIET SODA

You already know diet soda is bad for you, but now new research adds 5 more reasons *not to drink diet soda:*

- 1) Diet soda drinkers have a dramatically higher risk of heart attack and stroke.
- 2) Aspartame is linked to: High blood pressure, dizziness, fatigue, and even sleep disorders.
- 3) Waistlines of those who consumed diet drinks expanded 70% faster than those who didn't.
- 4) Diet soda drinkers stop associating sweetness with calories and fullness, leading to overeating, weight gain, and elevated sugar levels.
- 5) Acid wears down your tooth enamel (battery acid is a 1 on the pH scale and cola is a 2.5)



ASTOUNDING WHITE FRUITS AND VEGETABLES

1 Immune System Booster
Pears contain antioxidants such as vitamin C and copper and are considered to be a hypoallergenic food.



2 Stop a Stroke & Lower Cholesterol
Apples contain quercetin which acts like an anti-histamine and an anti-inflammatory agent.



3 Increase Happiness
Bananas contain tryptophan, which can regulate your moods, help you relax, and feel happier.



These powerful foods contain EGCG, beta-glucans, and jumpstart natural B and T cells to reduce the risk of breast, colon, hormone related and prostate cancers.



4 Cancer Prevention
Ginger was found to kill ovarian and colon cancer cells effectively, and relieve heartburn.



5 Slows Bone Loss & Regulates Blood Sugar
Chromium in onions assist with blood sugar control.



6 Keeps Your Heart Strong
Packed with vitamin B6, potassium, & iron – potatoes help steady your blood pressure level.

Dates have so many health benefits

Dates contain substantial amount of dietary fiber and therefore are beneficial in improving the digestive system, specially in treatment of constipation.



Dates are extremely rich in minerals as well as Vitamins A, B1, B2, B3 and C. And they don't contain Cholesterol and other forms of harmful fats



Eases digestion



Stress Relief



Slows wrinkles



Manage type 2 diabetes



Supports immunity



Cooking



Natural moisturizer



Boost metabolism



Stops sugar cravings

Health Benefits of Coconut Oil



10

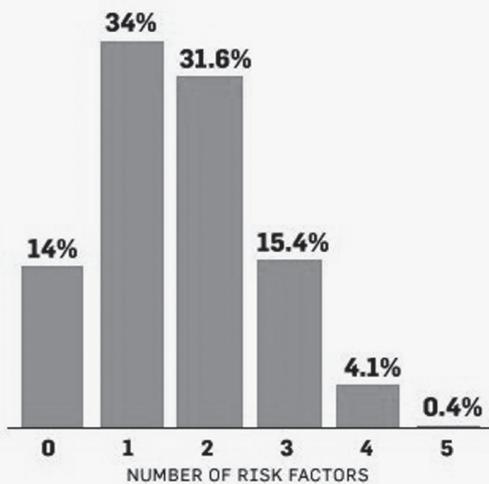
Amazingly Smart Ways To PREVENT SKIN CANCER

1. Apply Sunscreen
2. Seek Shade
3. Understand the Clouds
4. Use Protective Clothing
5. Avoid Tanning Beds
6. Protect Your Eyes
7. Spot Check Moles and Freckles
8. Wear a Hat
9. Notice Reflective Surfaces
10. Beware of Sun Sensitive Medications



What's Your Heart Attack Factor?

The percent of first-time heart attack patients
who had traditional heart disease risk factors



RISK FACTORS INCLUDED:

- SMOKING
- DIABETES
- HIGH BLOOD
PRESSURE
- HIGH
CHOLESTEROL
- FAMILY
HISTORY

Health Benefits Of Figs



✓ **Lower blood pressure:**

Figs are full of potassium and minerals that can help to control hypertension.

✓ **Works well for weight management:**

Figs are very full of dietary fibres. Therefore, they're a perfect option for people who want to loss weight. A high fibre diet helps you to slow down the digestion and cuts your hunger.

✓ **Guards against post-menopausal breast cancer:**

Research indicates that regular consumption of figs helps in reducing the chance of post-menopausal breast cancer by approximately 34 percent.

✓ **Anti-diabetic effects:**

Figs have anti-diabetic properties to help you to lower your blood sugar level.

✓ **Treats Heart disease:**

Daily use of figs can lower triglyceride levels within the blood. Triglycerides are the main type of fats (they are also referred to as ugly fat cells) that go around in the blood. Higher triglyceride levels within the blood can give rise to obesity and lots of heart problems.

7 Reasons Positive Emotions Are Good For Your Heart:

Laughter Makes Blood Flow More Freely

Hugs Release Oxytocin and Remove Stress From the Body

When You Meet Someone That Your Heart Goes Crazy for, Your Heart Gets a Workout

Spending Time With a Loved One Lowers Blood Pressure

Love Letters May Lower Blood Cholesterol

Holding Hands Calms Nerves

A Positive Attitude Lowers the Risk of Heart Attack.





FOOD FOR GOOD HEALTH

Garlic-- A Powerful Panacea

Cultivation of garlic was started centuries ago- long before records were kept. The country of its origin is, therefore, not clear, but believed to be southern Europe. Garlic, owing to its pungent smell, needs no introduction anywhere, even to those who have never tasted or even seen it. The penetrating odors of this herb are caused by its main ingredient, which is a volatile oil.

Garlic prevents and treats a number of disease without any harm or side-effects, provided taken rightly and continuously. A world-wide research into the miracles of garlic has been taking place for a number of years. Leading experiments are going on in various advanced countries like Japan, America, France, Germany and Russia. They have conclusively shown that it not only reduces blood pres-

sure, blood cholesterol and triglycerides, but also acts as a wonderful antiseptic killing all kinds of harmful bacteria/worms/ germs. Many have found garlic as an aid in detoxification. Garlic is certainly a disinfectant herb.

From nutritional and safety point of view, cooked garlic is more valuable 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. Well-cooked garlic is not irrigative and has no adverse effect. Cooking does not ruin its health giving properties.

WATER-THE ENERGY OF LIFE

The most important life-giving substance in the body, and one that the body desperately depends, on is water. 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.

Imagine that a dry mouth is the only indication of thirst: chronic pain also is often an indication of regional thirst, particularly in rheumatoid arthritic joints of the hands, knees etc.

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.

REGULAR HEALTH MISTAKES

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.

Crossing our legs

Do you cross your legs at your knees when sitting? Although we may believe that this is the lady-like elegant way to sit, sitting this way cuts down circulation to your legs. If you don't want varicose veins to mar the beauty of your legs and compromise your health, uncross your legs every time you realise you have one knee on top of the other. The best way to sit is to simply place both legs together on the floor, balancing your weight equally. If you feel like changing position, instead of crossing your legs, simply move both legs together to one side. As an alternative, you could also consider crossing your legs loosely at the ankles. This is a classically elegant way to sit, and is far better for your legs and your health than sitting with your legs crossed at your knees.

Not changing our toothbrush



How often do you change your toothbrush? Most of us wait until most of the bristles have either fallen off, or are in such bad shape that we would be embarrassed to pull out our brush in public. However, since not many of us need to pull out our brush in public, we carry on with our frayed one until we lose it.

Replace your toothbrush often. Damaged bristles can harm the



enamel, and don't massage your gums well. If you find brushing your teeth a pain like I do, but know you must do it, you might as well be doing it right. Imagine going through the annoyance of brushing your teeth twice a day only to find out that you are damaging your enamel every time you clean your teeth. Also, use a brush with soft bristles unless your dentist has advised otherwise.

Eating out often

There are oils that are high in cholesterol, and oils that cause little harm and are better for your heart. However, no matter how light the oil is, it is never a good idea to eat too much of it. Avoid fried foods. Remember that in all probability your favourite Indian food restaurant throws a huge, HUGE chunk of butter in a tiny bowl of dal. Rita, who worked in the kitchen of a 5 star hotel, was shocked when she saw the cook chop a 500gm butter slab in half, and throw half into a Paneer Makhani dish. No wonder the customers left licking their fingers. And no wonder they felt so stuffed and heavy afterwards. Limit outdoor eating unless you know that you are getting served light and healthy food.

Skipping breakfast

Never, ever skip breakfast. Remember, when you wake up in the morning it's been around 10-12 hours since your last meal. Your body needs food now, 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. Here are some more common health mistakes we make. Being informed and making a few changes can help make us feel a whole lot better.

High heels

High heels sure look great, but they're murder for your back. This

however doesn't mean you should steer clear of stilettos. Wear them, but not when you know you will be walking around a lot. Wear them when going out for lunch or dinner when the only walking you will be doing is to your car, to the table, and back. Avoid high heels when you are going somewhere on foot. If you are constantly tempted to wear your heels, take a good look at your flats. Is there something about them you dislike? Invest in a new pair of beautiful flats or shoes with a low heel. Buy something you love, that you will enjoy wearing. If possible, get a matching bag. You will then enjoy your flats as much as you do your heels.

Sleeping on a soft bed

You don't have to sleep on the floor be kind to your back, but do make sure you have a firm mattress. Although a mattress on springs is soft and lovely to sink into, it's bad for your back. If you already have an old bed with springs, you don't need to invest in a new one - simply get a thick wooden plank put over the springs, and place the mattress on the plank. Similarly, if your mattress is old and lumpy, throw it out and get a new one. Your neck and your back will thank



you. The same rule applies to sofas. If you will be spending hours on a sofa, get a firm yet comfortable one. Sofas you completely sink into are not the best idea.

Pillows

No matter how comfortable sleeping with ten cushions is, have pity on your neck and resist. Sleep with one pillow, and make sure it is not too thick. If your pillow gets lumpy, discard it and go for a new one. Get a thin pillow if you sleep on your stomach and something a little thicker if you sleep on your back, to give your neck adequate support

Not exercising

So all of us know we should exercise more, but many of us don't. This is a health mistake we consciously make! And why is that? Simply because we refuse to admit the damage we are causing to our bodies by not working out. A number of people only start working out once they've experienced a warning signal. Don't wait for a heart attack to strike before you decide to opt for a lifestyle change.

Make the change now. You don't need to train for the marathon to be in top shape. Half an hour of brisk walking three to four times a week will make a world of difference to your health. You could then increase this to forty minutes, four times a week - and you're all set. If you haven't exercised for a week, you're making a mistake.





NATUROPATHY

AND

YOGA

Disease is the consequence of disorder. Disorder is the outcome of indiscipline. When discipline goes, disorder and misery follow. Most of us do not eat to live, but live to eat. The human body, like Nature, cannot tolerate undue external interferences. Naturopathy is the only method which corrects imbalance caused by excessive indulgence and restores inner harmony without the aid of external agents. Nature is like the trinity in Hindu mythology. It creates, preserves and destroys. Man, in the name of development and progress, has been destroying Nature, the consequence of which even a blind person can see.

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.

Nature cure is a way of life. 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 it. I feel, in the interest of patients, the time has come when nature cure should be standardized in India in order to give it its rightful place among the sciences of healing.

In effect, this book makes a humble effort in finding a genuine and truly helpful lifeline for willing people. Naturopathy attempts to bring the human body close to the Nature and yoga tries to keep it there. It is, therefore, a misfortune that naturopathy and yoga remain ignored. In fact, the primary cause of all diseases is “the violation of Nature’s laws”, i.e., breach of rules of diet, exercises, drinking water, relaxation, sleep etc. “Disease as such is the self-purifying effort of Nature,” proclaims naturopathy.

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.

Yoga, if combined with Naturopathy, is another important healing science—drug-less and natural, but misunderstood and misinterpreted in certain aspects by some people. By itself, it generally cannot cure most of diseases which naturopathy can, but when combined with naturopathy, it proves useful and vice versa. In fact, naturopathy and yoga are like two wheels of a cart and if both are practiced together, they can give wonderful results.



Pranayama increases absorption of oxygen and activates the vital organs of the system. It also cleans the entire respiratory system making respiration smooth and effortless.

Yoganidra or chittabuddhi is a Yogic tranquiliser which helps achieve total physical, mental and emotional relaxation.

Naturopathy heals or cures the body, while yoga maintains it thereafter. The two, in combination, enable one a healthy life throughout and even at old age.

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-intoxification 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 hemorrhoids. 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.



The top three 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.





THE SURPRISING BENEFITS OF LEMON

Read carefully & you be the judge.

Lemon (Citrus) is a miraculous product to kill cancer cells. It is 10,000 times stronger than chemotherapy. Why do we not know about that? Because there are laboratories interested in making a synthetic version that will bring them huge profits. You can now help a friend in need by letting him/her know that lemon juice is beneficial in preventing the disease.

Its taste is pleasant and it does not produce the horrific effects of chemotherapy. How many people will die while this closely guarded secret is kept, so as not to jeopardize the beneficial multimillionaires large corporations? As you know, the lemon tree is known for its varieties of lemons and limes. You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries, etc... It is credited with many virtues, but the most interesting



is the effect it produces on cysts and tumors. This plant is a proven remedy against cancers of all types.

Some say it is very useful in all variants of cancer. It is considered also as an anti-microbial spectrum against bacterial infections and fungi, effective against internal parasites and worms, it regulates blood pressure which is too high and an antidepressant combats stress and nervous disorders. The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, says that after more than 20 laboratory tests since 1970, the extracts revealed that: It destroys the malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreas ... The compounds of this tree showed 10,000 times better than the product Adriamycin, a drug normally used chemotherapeutic in the world, slowing the growth of cancer cells. And what is even more astonishing: this type of therapy with lemon extract only destroys malignant cancer cells and it does not affect healthy cells.





MIRACLE DRINK: CARROT BEETROOT & APPLE



This MIRACLE DRINK has been circulating for a long time long ago. It is worth your while to take note. There is a celebrity Mr. Seto who swears by it. He wants to make it public to draw the attention of people who have cancers. This is a drink that can protect bad cells forming in your body or it will restrain its growth! Mr. Seto had lung cancer. He was recommended to take this drink by a famous Herbalist from China. He has taken this drink diligently for 3 months and now his health is restored, and he is ready to take a pleasure trip. Thanks to this drink! It does not hurt for you to try.

It is like a Miracle Drink! It is simple

You need one beet root, one carrot and one apple that combine



together to make the JUICE!

Wash the above, cut with the skin on into pieces and put them into the juicer and immediately you drink the juice. You can add some lime or lemon for more refreshing taste.

This Miracle Drink will be effective for the following ailments:

1. Prevent cancer cells to develop. It will restrain cancer cells to grow.
2. Prevent liver, kidney, pancreas disease and it can cure ulcer as well.
3. Strengthen the lung, prevent heart attack and high blood pressure.
4. Strengthen the immune system
5. Good for the eyesight, eliminate red and tired eyes or dry eyes
6. Help to eliminate pain from physical training, muscle ache
7. Detoxify, assist bowel movement, eliminate constipation. Therefore it will make skin healthy & LOOK more radiant. It is God sent for acne problem.
8. Improve bad breath due to indigestion, throat infection,
9. Lessen menstrual pain
10. Assist Hay Fever Sufferer from Hay Fever attack.

There is absolutely no side effect. Highly nutritious and easily absorbs! Very effective, if you need to lose weight. You will notice your immune system will be improved after 2 week routine. Please make sure to drink immediately from the juicer for best effect.

WHEN TO DRINK IT: DRINK IT FIRST THING IN THE MORNING WITH THE EMPTY STOMACH! AFTER ONE HOUR YOU CAN EAT BREAKFAST. FOR FAST RESULTS DRINK 2 TIMES A DAY, IN THE MORNING AND BEFORE 5 P.M.



**Nature's wonder for human beings to
Take care of the health:**

GROUND NUT

Safe Protein Source

Many folks overlook groundnuts as an important source of protein. Those who have to avoid meat for health reasons often turn to soybean for their protein needs. The misconception of groundnut is it's a fatty food because of its oil content. Research has shown that its oil is actually nutritious.

Groundnuts are packed with monounsaturated fats. They are also not lacking in antioxidants which help reduce the risk of cancer and heart disease. It should also be mentioned that they have anti-aging properties which could contribute to a younger look. The humble groundnut may just be peanuts to most folks, but they contain more protein than meat and two and half times more protein than you can obtain from eggs.



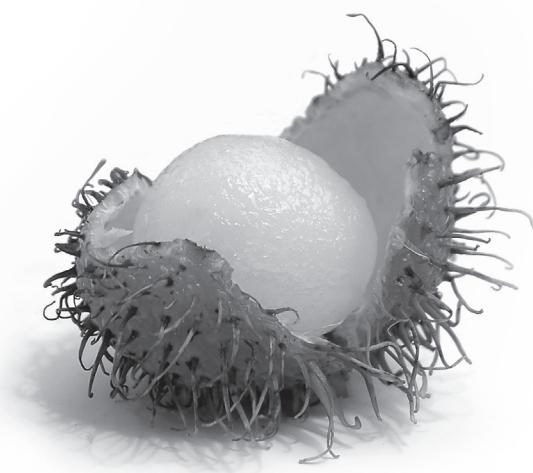
Nutritional Value of Groundnut

- Calcium - 93 mg
- Carbohydrate - 16.13 gm
- Copper - 11.44 mg
- Fat - 49.24 g
- Fiber - 8.5 gm
- Iron - 4.58 mg
- Magnesium - 168 mg
- Manganese - 1.934 mg
- Phosphorus - 376 mg
- Potassium - 705 mg
- Protein - 25.80 gm
- Sodium - 18 mg
- Water - 6.50 gm
- Zinc - 3.27

Nutrition Benefits of Eating Groundnuts

- Groundnuts and groundnut products are very beneficial in the treatment of hemophilia and other such inherited blood disorders. People suffering from nose bleeding also benefit from eating groundnuts and it is also helpful in reducing excessive menstruation bleeding in women.
- Five main nutrients required by the body to maintain and repair the tissues namely food energy, protein, phosphorous, thiamin and niacin. These five nutrients are found in good quantity in groundnuts.
- Groundnuts are rich vitamins and contain at least 13 different types of vitamins that include Vitamin A, B, C and E. along with this, groundnuts are also rich in 26 essential minerals like calcium, iron, zinc, boron, etc. these help in brain function and Development and also help to maintain strong bones.





HEALTH BENEFITS OF LYCHEE FRUIT

- 1. Anti Cancer:** It is Natural Cancer Treatment , lychee fruit prevents the growth of cancer cells , Research has also shown that lychee fruit may provide impressive anti-breast cancer properties
- 2. Oligonol :** oligonol, a low molecular weight polyphenol found abundantly in lychee fruit. Oligonol has been found to have several Anti-oxidants, Anti-influenza virus actions. In addition, it helps improve blood flow in organs, reduce weight, and protect skin from harmful UV rays
- 3. Potassium and Copper :** Lychee also contains a very good amount of minerals like potassium and copper. Potassium is an important component of cell and body fluids help control heart rate and Blood Pressure; that offers protection against



Stroke and Coronary Heart Diseases. Copper is required in the production of red blood cells.

4. **Vitamin C :** Lychee is extremely rich in Vitamin C and contains approximately 40 percent more vitamin C than orange. Studies suggest that consumption of fruits rich in vitamin C helps body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals.
5. **Vitamin B, Thiamin, Niacin, Florates :** It is a very good source of B-complex vitamins such as thiamin, niacin and florates. These vitamins are essential since they function by acting as co-factors to help body metabolize carbohydrates, protein and fats.
6. Lychee is considered Diuretic and Digestive.
7. It even has high levels of Beta Carotene, greater than that found in carrots. Refine-carotene is stored in the liver and many other organs ("golden ovaries") Strengthens The Immune System
8. Lychee fruits are low in calories, contains no saturated fats or cholesterol, but rich in dietary fiber which, can be very important for individuals who are concerned about their excess body weight.
9. It is a good source of carbohydrates and fiber, which are quite essential for the body.





HEALTH BENEFITS OF EATING KIDNEY BEANS

- Being a major source of protein, kidney beans provide all the eight basic forms of amino acids or the eight essential amino acids. These amino acids act against a number of diseases and are important to maintain a healthy immune system. It is estimated that a single cup of uncooked beans provides around 85% of the daily protein requirement.
- Certain natural antioxidants (anthocyanin's) present in these beans also have a number of beneficial health effects. Studies have revealed that the darker the color of the skin of the beans, the higher these antioxidants.
- The soluble fiber present in the kidney bean regulates the blood glucose absorption from the body. This is done by forming a gel-like substance, by absorbing water from the intestines.



tines. This gel-like substance slows down the metabolism of carbohydrates in the body, thereby regulating the blood sugar levels and preventing their sudden elevation after meals. Hence, it is essential for diabetics (insulin resistance) to consume kidney beans on a regular basis.

- The dietary fiber in these beans also helps lower the blood cholesterol levels in the body. This is achieved by the bonding of the fiber with the bile acids in the intestines. As the bile acids are used for the synthesis of cholesterol, their bonding with the dietary fibers results in lesser availability of the acids for the synthesis of cholesterol. Hence, the risk of certain diseases, like stroke, high blood pressure and coronary heart disease, is reduced to a considerable extent.
- A high source of certain nutrients involved in the process of detoxification, kidney beans reduce the risk of a number of inflammatory, degenerative and cardiovascular diseases and also help promote and maintain optimal health.
- As these beans prove to be a high source of iron, their regular intake helps in the process of respiration at the cellular level, by synthesizing hemoglobin to aid in the carriage of oxygen to the cells.
- Kidney beans also have considerable amount of the mineral molybdenum, which helps in the detoxification of sulfates from the blood.
- The copper present in these beans aids in the reduction of inflammatory conditions like Rheumatoid Arthritis (RA). They also act as an important factor in promoting certain enzymatic activity that is required to maintain the normal elastic properties of ligaments, joints and blood vessels.



- The magnesium in kidney beans helps relieve fatigue by relaxing the muscles, nerves and blood vessels. This, in turn, prevents the adverse effects of conditions like asthma, muscle soreness, and migraine headaches.
- A prime effect of consuming kidney bean is prevention of conditions like stroke, heart attack and PVD (Peripheral Vascular Disease). This is done with the help of folic acid present in the plant. The folic acid lowers the levels of homocysteine (a potentially dangerous molecule), which is produced as a result of the metabolic process of methylation. Elevated levels of this molecule lead to the above mentioned harmful and life-threatening conditions.





IMPORTANCE OF PAPAYA

The papaya plant has been touted by traditional healers for centuries as a source of powerful medicine. Not only is papaya fruit delicious and loaded with vitamins and phytochemicals, but other parts of the plant have been used historically to treat health problems too.

Papaya fights cancer cells. In fact, they discovered that an extract made from dried papaya leaves produced a dramatic anti-cancer effect against a broad range of tumors grown in the laboratory — including cancers of the cervix, breast, liver, lung and pancreas.

The papaya has a direct anti-tumor effect on a variety of malignancies, but it also documented for the first time that papaya leaf extract increases the production of key signaling molecules called Th1-type cytokines.



That's important because this regulation of the immune system raises the strong possibility that the use of papaya could help the body's own immune system to overcome cancers. In addition, it suggests papaya could be helpful in treating or preventing other health problems such as inflammation and autoimmune diseases.

The research team found that papaya's anti-cancer effects were strongest when cancer cells received larger doses of the papaya leaf extract — yet, unlike many mainstream cancer therapies, there were no toxic effects at all on normal cells.

What exactly does papaya do to halt malignancies? To find out, the researchers focused on a T-lymphoma cancer cell line. They discovered that at least one of the mechanisms that makes papaya extract a potent anti-cancer weapon is the natural compound's ability to cause malignant cells — but not normal ones — to die.

The researchers hope to follow up these experiments by eventually testing the papaya cancer treatment in animal and human studies. Up next for Dr. Dang and his colleagues: they've applied to patent a process to distill the papaya extract through the University of Tokyo and they are working to identify all the specific compounds in the papaya extract that are active against cancer cells.

To this end, Dr. Dang has partnered with Hendrik Luesch, a UF Shands Cancer Center professor of medicinal chemistry who is an expert in the identification and use of natural products for medical purposes. Dr. Luesch recently discovered yet another natural cancer fighter — a coral reef compound that blocks cancer cell growth in cell lines.

HEALTH BENEFITS

Sweet and tasty papaya makes an excellent breakfast and is good in fruit salads . It can be blended with yogurt to make a delicious digestive smoothie.





It also works well as an added ingredient in green salads. It tastes particularly good with lemon juice squeezed over it. The health benefits of papaya include heart disease and cancer prevention, cold and u prevention and healthy digestions.

Papaya Nutrition

Papaya is an excellent source of vitamin C, with one medium papaya containing about 150% of the Daily value. It is also a good source of vitamin A, in beta-carotene form. It is also a good source of vitamin K, vitamin E and florate as well as the mineral potassium.

Papaya for Heart Disease Prevention

One of the health benefits of papaya is related to the fact that

it contains high doses of three vitamins involved in heart disease prevention- vitamin A, vitamin E and beta-carotene. In addition, the high levels of florate found in papayas can help lower levels of the heart disease promoting amino acid homocysteine.

Papaya for Cold and Flu Prevention

Foods high in vitamin C, such as papaya, help boost the immune system. Vitamin C has been shown to help ward off symptoms of influenza A, the common cold and pneumonia. Vitamin A provides additional immune system support.

Papaya for Neural Tube Defect Prevention

Because papayas are rich in florate, they have applications in preventing neural tube defects. Eating florate-rich foods pre-pregnancy and during pregnancy can help the fetal spinal column to develop normally.

Papaya for Digestive Health

Papaya contains special digestive enzymes, called papain and chymopapain, which help digest proteins. Papaya is often used as a detoxification food and to give the digestive system a break, because it is so rich in its own digestive enzymes. Papaya also contains anti-oxidant vitamins C and E as well as florate, all of which can help prevent colon cancer.

PAPAYA IS ALSO A REMEDY FOR DENGUE FEVER

I would like to share this interesting discovery from a friend's son who has just recovered from dengue fever. Apparently, his son was in the critical stage at the ICU when his blood platelet count drops to 15 after 15 liters of blood transfusion. His father was so worried that he seeks another friend's recommendation and his son





was saved. He confessed to me that he gave his son raw juice of the papaya leaves. From a platelet count of 45 after 20 liters of blood transfusion, and after drinking the raw papaya leaf juice, his platelet count jumps instantly to 135. Even the doctors and nurses were surprised. After the second day he was discharged. So he asked me to pass this good news around.



Accordingly it is raw papaya leaves, 2pcs just cleaned and pound and squeeze with filter cloth. You will only get one tablespoon per leaf. So two tables poonful serving once a day. Do not boil or cook or rinse with hot water, it will loose its strength. Only the leafy part and no stem or sap. It is very bitter and you have to swallow it like "Wong Low Kat". But it works.

Papaya Juice - Cure for Dengue

You may have heard this elsewhere but if not I am glad to inform you that papayajuice is a natural cure for dengue fever. As dengue fever is rampant now, I think it's good to share this with all.

A friend of mine had dengue last year. It was a very serious situation for her as her platelet count had dropped to 28,000 after 3 days in hospital and water has started to fill up her lung. She had difficulty in breathing. She was only 32-year old. Doctor says there's no cure for dengue. We just have to wait for her body immune system to build up resistance against dengue and fought its own battle. She already had 2 blood transfusion and all of us were praying very hard as her platelet continued to drop since the first day she was admitted.

Furthermore it's so easily available. Blend them and squeeze the juice! It's simple and miraculously effective!!





PINEAPPLE AND ITS BENEFITS

The pineapple is a member of the bromeliad family. It is extremely rare that bromeliads produce edible fruit. The pineapple is the only available edible bromeliad today. It is a multiple fruit. One pineapple is actually made up of dozens of individual flowers that grow together to form the entire fruit. Each scale on a pineapple is evidence of a separate flower.

Pineapples stop ripening the minute they are picked. No special way of storing them will help ripen them further. Colour is relatively unimportant in determining ripeness. Choose your pineapple by smell. If it smells fresh, tropical and sweet, it will be a good fruit.

The more scales on the pineapple, the sweeter and juicier the taste. After you cut off the top, you can plant it. This delicious fruit is not only sweet and tropical; it also offers many benefits to our health. Pineapple is a remarkable fruit. We find it enjoyable be-

cause of its lush, sweet and exotic flavor, but it may also be one of the most healthful foods available today. If we take a more detailed look at it, we will find that pineapple is valuable for easing indigestion, arthritis or sinusitis.

The juice has an anthelmintic effect; it helps get rid of intestinal worms.

Let's look at how pineapple affects other conditions.

Pineapple is high in manganese, a mineral that is critical to development of strong bones and connective tissue. A cup of fresh pineapple will give you nearly 75% of the recommended daily amount.

It is particularly helpful to older adults, whose bones tend to become brittle with age. Bromelain, a proteolytic enzyme, is the key to pineapple's value. Proteolytic means "breaks down protein", which is why pineapple is known to be a digestive aid. It helps the body digest proteins more efficiently. Bromelain is also considered an effective anti-inflammatory.

Regular ingestion of at least one half cup of fresh pineapple daily is purported to relieve painful joints common to osteoarthritis. It also produces mild pain relief.

Orange juice is a popular liquid for those suffering from a cold because it is high in Vitamin C. Fresh pineapple is not only high in this vitamin, but because of the Bromelain, it has the ability to reduce mucous in the throat. If you have a cold with a productive cough, add pineapple to your diet. It is commonly used in Europe as a post-operative measure to cut mucous after certain sinus and throat operations.

Those individuals who eat fresh pineapple daily report fewer sinus problems related to allergies. In and of itself, pineapple has a very low risk for allergies.

Pineapple is also known to discourage blood clot development.



This makes it a valuable dietary addition for frequent fliers and others who may be at risk for blood clots.

An old folk remedy for morning sickness is fresh pineapple juice. It really works! Fresh juice and some nuts first thing in the morning often make a difference.

It's also good for a healthier mouth. The fresh juice discourages plaque growth.





BANANA AND ITS BENEFITS

A banana is an edible fruit produced by several kinds of large herbaceous flowering plants in the genus *Musa*. (In some countries, bananas used for cooking may be called plantains.) The fruit is variable in size, color and firmness, but is usually elongated and curved, with soft flesh rich in starch covered with a rind which may be green, yellow, red, purple, or brown when ripe. The fruits grow in clusters hanging from the top of the plant. Almost all modern edible parthenocarpic (seedless) bananas come from two wild species – *Musa acuminata* and *Musa balbisiana*. The scientific names of most cultivated bananas are *Musa acuminata*, *Musa balbisiana*, and *Musa × paradisiaca* for the hybrid *Musa acuminata × M. balbisiana*, depending on their genomic constitution. The old scientific name *Musa sapientum* is no longer used.

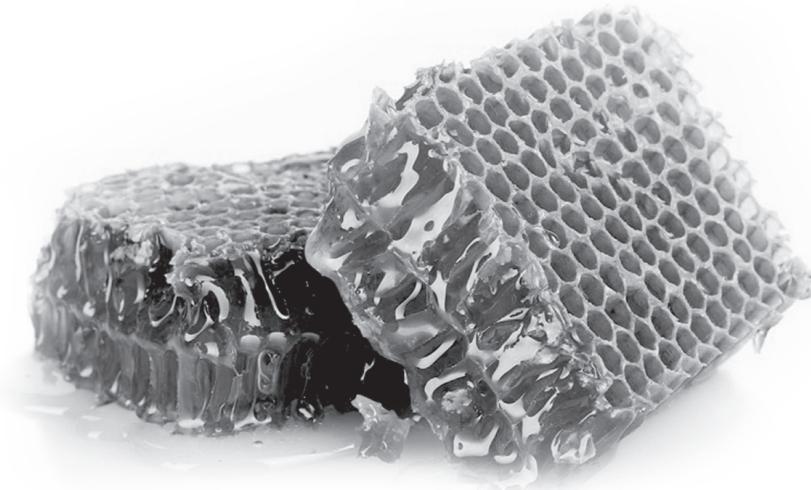
Delicious and dessert-like, bananas are a fruit preferred by a vast





majority of humans. They are usually one of the first foods we are given because they digest easily and offer such optimal nutrition, but did you know that they are also excellent as a compound to use to whiten the teeth?

That's right, the high amounts of potassium, magnesium, and manganese in the ripe banana can be applied to the teeth to remove stains and whiten them. Below are the steps we suggest if you want to use this folksy, homemade, and proven method:



Honey and Cinnamon Natural Medicine

In many cultures of the world, a mixture of honey and cinnamon has served as a traditional cure. Today's scientists acknowledge honey as a very efficient medicine in treating a large variety of illnesses. Honey has no side effects when treating diseases, which makes it a great alternative to try. Today science claims that honey, although sweet, if taken in medical dosage, is no problem for a diabetic patient.

The Canadian journal 'Weekly World News', published a few years ago a list of diseases curable by honey and cinnamon, as evidenced in various trials.



Cardiovascular

- Make a paste out of honey and cinnamon power to smear over a piece of bread instead of jam, and eat it every morning for breakfast.
- This reduces the cholesterol levels in the arteries, and may save you from a heart attack. Regular use of this paste will ease shortness of breath and strengthen the heartbeat.

Urinal infection

- Put 2 spoons of cinnamon powder and a spoon of honey in a glass of lukewarm water and drink.
- This Mixture decreases the level of bacteria in the bladder.

Hearing problems

- Taking equal amount of honey and cinnamon every morning can help improve on dim hearing.

The Immune system

- Scientists have noticed that honey contains large amount of iron and vitamins. A prolonged use of honey strengthens the body's white cell count and helps fight bacterial and viral diseases.

Tooth Ache

- Make a paste out of a spoon of cinnamon powder and five spoon of honey.
- Place on the aching tooth 3 times a day to stop it.

Stomach Aches

- Honey mixed with cinnamon powder is great for ulcers and Stomach aches.





Gas

- According to research conducted in India and Japan, the mixture is also good to relieve gassiness.

Cholesterol

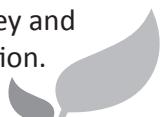
- Two table spoon of honey and 3 spoon of cinnamon powder in half a liter of tea. A person with a high cholesterol level will see a 10% decrease within two hours. A cure can be achieved by taking this mixture 3 times a day.
- Also taking honey daily with food lowers cholesterol levels.

The Flu

- Those with a simple or more serious flue can take a table spoon of lukewarm honey along with a 1/4 table spoon of cinnamon powder, for three days. This process elevates most chronic coughs and other symptoms, plus it frees up sinuses.

Digestion Problems

- Dropping a little cinnamon powder on two spoon of honey and taking it before a meal will reduce acidity and help digestion.



Acne

- Many will swear that a paste made of three spoon of honey and one spoon of cinnamon powder will heal acne if applied before sleep and washed the morning after. With daily use they say, in two weeks the acne will be gone.

Losing weight

- Every day on an empty stomach, half an hour before breakfast and in the evening before going to sleep, it's best to drink a cup of hot water with honey and cinnamon powder.
- With regular use, even an overweight person will lose a lot of weight. Besides, drinking this will not allow fat in the body even if you eat calorie-rich food.

Sleepiness

- Dr.Milton, who conducted a research in the matter, announced that half a spoon of honey in a glass of water with cinnamon, when taking daily, gets adults more awake and feeling less tired.





ALMONDS

Considered a complete food, consuming soaked almonds proves highly beneficial in terms of health as well as beauty. These boons of course stem from the presence of proteins, fibers, vitamin E, omega-3 and omega-6 fatty acids, magnesium, calcium, phosphorous, selenium, copper, niacin, and zinc in the nut.

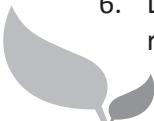
Well, it is completely nuts to go nuts over this nut! However, most of you won't be aware of the fact that by eating almonds the wrong way, you could miss out on all its health benefits. It can further harm your digestive system. All the health benefits of almonds can be reaped optimally only when they are first soaked in water and then consumed. Soaking almonds neutralizes the phytates and releases nutrients from the nut, thus making it a delicious snack that can be combined with a variety of food items for taste as well as nutrition.





HEALTH BENEFITS OF CONSUMING DATES

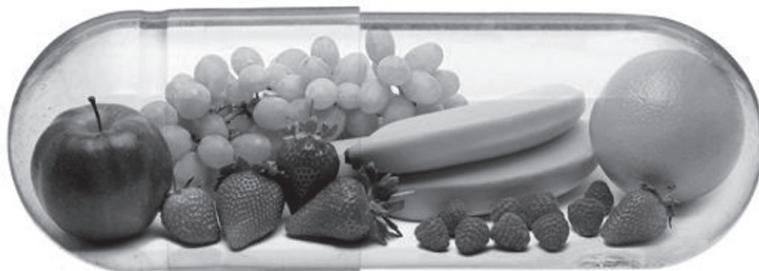
1. Dates are free from cholesterol and contain very low fat. Dates are rich in vitamins and minerals.
2. They are rich source of protein, dietary fiber and rich in vitamin B1, B2, B3 and B5 along with vitamin A1 and C.
3. It helps improve the digestive system as it contains soluble and insoluble fibers and different kinds of amino acids.
4. Dates are great energy boosters as they contain natural sugars like glucose, sucrose and fructose. To get more advantage add dates to milk and make it a very nutritious snack.
5. Dates are very low in calories and are extremely suitable for health conscious people.
6. Dates are rich in potassium and reduced in sodium. This helps regulate a healthy nervous system. Researchers have revealed



the fact that potassium intake up to a certain extent can reduce risk of stroke.

7. Dates also help in lowering of the LDL cholesterol.
8. Dates have high iron content and are very useful in treating anemia. The patients can eat many dates for better advantages.
9. Dates also have flourine that slows down the process of tooth decay.
10. It helps people suffering from constipation. Soak dates overnight and take it along with water to have added advantage.
11. Dates help in weight gain and are beneficial for those who suffer from over slimming problem.
12. Dates are excellent for alcoholic intoxication. Cures abdominal cancer.
13. It also helps in improving eye sight and helps in curing night blindness as well.





VITAMINS AND MINERALS

Support many of the vital systems in growing bodies, promoting health and normal development. And to save vitamin 'M' that is money. 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.
- **Vitamin B (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.





15 Natural Remedies From Around the World

Natural remedies are the healthiest way to treat your ailments, but where do they come from? Here are 15 common natural remedies from around the world that you may or may not have heard of. This is necessary information for any health buff!

1. Coconuts Fight Fat - Sri Lanka



You may have heard that coconut oil is a great way to slim your waist. Well the people of Sri Lanka figured this one out way before the rest of the world. It is reported that the average Sri Lankan eats about 116 coconuts per year, and they are half as likely as the average American to pack on the pounds. The reason is that coconut oil

is packed with medium-chain fatty acids (MCFAs) that stimulate the liver to burn fat 50 percent faster than normal. Try having about two tablespoons of coconut oil daily (in your cooking) and you could shed up to three pounds a month!

2. Yoga Treats Insomnia - Austria



Although yoga is practiced all over the world, in Austria it is used solely as a stress-buster and quick treatment for insomnia. Austrians like to go all out and go on yoga retreats and holidays for up to a week, but according to research from the University of Pennsylvania, practicing yoga for just 20 minutes a day could get rid of your insomnia. The research also found

that practicing yoga is just as effective, if not more, than taking a sleeping pill and it also will rid you of anxiety, stress and depression.

3. Ginger Controls Triglycerides - Indonesia



Indonesia is the world's largest grower and consumer of ginger and ginger products, with locals using it in their cooking, teas, candies and breads. Their tradition has long pointed to ginger as an effective treatment for the heart, and there are studies to back them up. Triglycerides are fats that clog your arteries, and according to Stanford researchers,

a daily dose of ginger could cut the production of these fats by 27 percent. Ginger is also twice as effective as aspirin at preventing blood clots and preventing inflammation.



4. Turmeric Steadies Blood Sugar - India

Turmeric is a flavorful yellow spice used in rice and meat dishes and even deserts, but it also has outstanding medicinal properties. Indians use turmeric to treat high blood sugar levels, a practice that has been scientifically confirmed by research at Gujarat University. They confirmed that the active ingredient in turmeric, called curcumin, switches on the genes that keep blood glucose levels stable. The compound can also help the pancreas make insulin when it is low. In order to see the benefits of turmeric, start taking about half a teaspoon daily either directly or in your cooking.

5. Mushrooms Fight Cholesterol - Japan

Mushrooms are a popular food and medicine in Japan, with the average Japanese woman consuming about 8 pounds of mushrooms a year. According to research from Penn State University, adding about a half a cup of mushrooms to your daily diet could cut cholesterol levels by nearly 30 percent. This is because mushrooms are packed with antioxidants that prevent the liver's production of artery-clogging fats.

6. Mustard Baths Calm Muscle Pain - England

Ever heard of a mustard bath? While it may sound like a hoax, mustard baths are used heavily in England to quell tight and achy muscles. Mustard has healing plant compounds that draw out toxins through the pores to improve circulation, relax tight muscles and speed the healing of damaged tissue.

For your own mustard bath, mix 2 cups of Epsom salts, 1/4 cup baking soda, 1/4 cup dry mustard in a jar. Pour only 1/4 of this mixture into a warm bath, mix the water before getting in, soak for 20 minutes and rinse.

7. Chamomile Tea Beats Off Bloating - Germany



What began as a simple German folk remedy has now been proven as a scientifically effective method for fighting off bloating. In research conducted at Stanford University it was found that sipping two cups of chamomile tea daily could help ease bloating and belly pain within just 24 hours. This is because chamomile calms the adrenals and the production of a stress hormone called cortisol that can interfere with digestion and produces painful gas and belly spasms. Not only does chamomile tea soothe the stomach, it also causes the brain to produce more enkephalins, or painkilling hormones that will help fight off depression and negative thoughts.

8. Garlic Fights Off Viruses - Russia



While garlic is used the world over to add flavor to food, in Russia they use this herb to get rid of colds, the flu or any other viral infection. It has recently been proven that this pungent natural medicine is seriously effective. At the University of Florida in Gainesville, it was shown that adding one clove of garlic to your daily diet could cut your risk of viral infections by almost 43 percent! This is because garlic is full of allicin, an immunity boosting sulfur compound that fights off the growth and spread of germs.



9. Acupuncture to Treat Headaches - China

Acupuncture has been used for centuries in Eastern and Chinese medicine, but now more than 80 million Chinese use this therapy to treat chronic headaches. At Taiwan's Kaohsiung Medical University it was found that daily acupuncture treatments work much better than prescription muscle relaxants. This is because acupuncture prompts the release of powerful painkilling hormones called endorphins and relaxes the scalp muscles to soothe the overactive pain nerves.

10. Coffee Gets Rid of Depression - Finland

This cold Scandinavian country is actually the world's largest consumer of coffee, drinking on average about 1,640 cups per year. Indeed, coffee was originally sold in pharmacies in Finland in the 18th century has a treatment for depression. Now research from Harvard backs up coffee's use as an anti-depressant, finding that drinking 2 cups a day of caffeinated coffee could reduce your risk of depression by 34 percent, and if you drink 3 cups, by 42 percent. The mix of caffeine and antioxidants in coffee stimulates the brain to produce more powerful antidepressant hormones like serotonin and dopamine.

11. Coriander Rids of Food Poisoning - Egypt

One of the world's oldest spices and a popular Egyptian remedy for stomach pain, new research proves the powerful effects of this ancient spice. The research suggests that coriander seeds can speed up recovery from full-blown intestinal infections by destroying dangerous bacteria like E. coli and Salmonella. This is because coriander



punches holes in the bacteria's' protective outer membranes, effectively destroying them for good.

Next time you are having tummy troubles, try adding 1 teaspoon of ground coriander to one cup of boiling water. Drink up to three cups of this mixture daily until the bug is gone.

12. Honey Treats Sinus Infections - New Zealand

Unpasteurized honey is one of the top treatments used in New Zealand to treat sinus and throat infections. According to research

at the University of Illinois and the University of Amsterdam, the natural antibiotics and enzymes in unpasteurized honey can destroy nearly 100 percent of bacteria and viruses on contact! This includes the bugs that cause painful sinus and throat infections.



For an effective remedy, mix two tablespoons of unpasteurized honey into your coffee or tea to prevent painful infections. Use darker honeys like buckwheat or wildflower for the best results.

13. Aloe Vera to Treat Rashy Skin - Mexico



Where the sun is hot and always shining, aloe Vera is used to treat rashes and other skin problems. Researchers at the University of Texas found that aloe Vera reduce redness, speeds healing, increases the skin's moisture levels and strengthens resistance to irritants. They also discovered that aloe Vera not only



treats the current outbreak, but prevents further outbreaks in the same area. Other research from Malmo University Hospital in Sweden found that aloe Vera cream can treat psoriasis in 83 percent of cases.

14. Kefir Treats Irritable Bowel Syndrome - Russia

Irritable bowel syndrome is an uncomfortable and serious condition in which the bowels do not perform as they should. However in Russia they use a tart and tangy yogurt called kefir to treat the condition with healthy probiotic bacteria and yeast. Kefir is an effective treatment for IBS because it contains five times more healthy, intestine-soothing probiotics than most regular yogurts. In research conducted by the University of Madrid it was found that having just a half-cup serving of kefir daily could trigger a ten-fold increase of healing probiotic bacteria in the digestive tract.

15. Arnica to Prevent Bruises - Greece

An herb that grows in the mountainous regions of Greece, arnica has been a go-to remedy since ancient times for nasty bruising and closed wounds. It has become the most popular homeopathic remedy worldwide due to its power of healing and treating the most serious of bruises. This is because arnica is a plant rich in compounds that reduce swelling by as much as 30 percent, improves circulation in damaged tissues, boosts the flow of nutrients and flushes out the blood from the wound. You can find arnica gel at your local health store or in some pharmacies. This is definitely a tube to have in your medicine cabinet!



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PRESENT

- Practicing Sr. Chartered Accountant from past 40 years
- Vice President of APS Education Trust, Bangalore.
- Chairman – PHF Co., (P) Ltd-Transit Living Service Apartments
- Executive President – Karnataka Federation of United Nations UNESCO
- Director – CANFINA Financial Services, Subsidiary of Canara Bank.
- President- Paraspara Charitable Trust.
- Trustee – Welfare Trust of GMR Infra.
- Trustee – RSS Trust, RV Institutions, Bangalore
- Secretary – SLAS Charitable Trust.

PAST

- Chairman – Southern India Regional Council of Institute of Chartered Accountants of India. Recipient of Best Region award of ICAI
- President – Karnataka State Chartered Accountants Association
- Chairman – Bangalore Branch of SIRC of ICAI. Received Best Branch award of ICAI.

AWARDS

- HONORABLE DOCTRATE for Social Service and contribution to Society received from Mangalore University.
- Honorary Professorship for Communication skills by Tumkur University.

Designed by: Ritu Pathi, Sagar M.S.