

TEN COMMANDMENTS OF WELLNESS

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MEDITATION AND EXERCISE

Benefits of Meditation

In a modern world that values activity, achievements and results, it is perhaps surprising that more people are turning to meditation. For all the activity of modern society, many still feel a fundamental need for silence, inner peace, and a moment of reflection. Meditation can reduce stress and help us relax; but, it can also give us a lot more. Meditation is one of the five principles of yoga. It an important tool to achieve mental clarity and health. An overview of the different beginner and advanced meditation techniques will aid in choosing the right meditation exercise for you.

Meditation Background

Research has shown that Meditation can contribute to an individual's psychological and physiological well-being. This is accomplished as Meditation brings the brainwave pattern into an alpha state, which is a level of consciousness that promotes the healing state. There is scientific evidence that Meditation can reduce blood pressure and relieve pain and stress.

Physiological Benefits of Meditation

- Deep rest-as measured by decreased metabolic rate, lower heart rate, and reduced work load of the heart.
- Lowered levels of cortisol and lactate-two chemicals (hormones) associated with stress.
- Reduction of free radicals- unstable oxygen molecules that can cause tissue damage.
- Decreased high blood pressure.
- Higher skin resistance. Low skin resistance is correlated with higher stress and anxiety levels.
- Drop in cholesterol levels. High cholesterol is associated with cardiovascular disease.
- Improved flow of air to the lungs resulting in easier breathing. This has been very helpful to asthma patients.
- Decreases the aging process.
- Higher levels of DHEAS in the elderly. An additional sign of youthfulness.

Psychological Benefits of Meditation

- Increased brain wave coherence.
- Greater creativity.
- Decreased anxiety.
- Decreased depression
- Decreased irritability and moodiness
- Improved learning ability and memory.
- Increased self-actualization.
- Increased feelings of vitality and rejuvenation.
- Increased happiness.
- Increased emotional stability.

Spiritual Benefits of Meditation

The longer an individual practices meditation, the greater the likelihood that his or her goals and efforts will shift toward personal and spiritual growth. Many individuals who initially learn meditation for its self-regulatory aspects find that as their practice deepens they are drawn more and more into the realm of the "spiritual." In her work with many cancer and AIDS patients, Dr. Borysenko has observed that many are most interested in meditation as a way of becoming more attuned to the spiritual dimension of life. She reports that many die "healed," in a state of compassionate self-awareness and self-acceptance.

Reduces Stress

Meditation helps to reduce stress by teaching us to switch off from the worries that can plague us through the day. Research has scientifically proven that meditation is a safe and simple way to balance your physical, emotional, and mental state and its countless values have been known and practiced for thousands of years. More and more doctors promote the benefits of meditation to cure many stress related illnesses. Everyday most of us experience stress in many different ways and I believe many people are simply not aware of the benefits of meditation or of how much stress we actually hold on to. When our bodies are exposed to a sudden threat we respond with the characteristic fight or flight reaction which is known as an adrenaline (the stress hormone secreted from adrenal gland) rush. When adrenaline and other hormones are released from the adrenal glands the pulse races, blood pressure increases, our breathing becomes faster and the blood flow to the muscles increases. If we are in extreme danger these reactions are of great assistance and gain to us. We have inherited this survival response from our ancestors who faced many life threatening situations every day. The same response is now triggered in our daily lives when we are in a traffic hold up or someone irritates us at work or we simply break a cup. If we do not confront the situation (and many are beyond our control) we end up being in a permanent state of stress.

One of the most important benefits of meditation is how it releases stress from our bodies. Meditation practised regularly will lead you to a deeper level of relaxation and contemplation. If you want to be free of constant worry, pressure and stress the benefits of meditation can give you a life that is calm, peaceful, happy and relaxed. Even ten minutes of meditation a day will help alleviate stress.

Health Benefits

Numerous studies have shown that meditation has health benefits. Many of these benefits are related to the decrease in stress that occurs through meditation. For example, with lower levels of stress and anxiety, the probability of heart disease diminishes significantly. This is not to say meditation guarantees you good health. But, there is a growing awareness of the link between our state of mind and physical health.. Meditation can give us peace of mind, and this can be a helpful step in avoiding many stress related ailments. Meditation has also been shown to relieve the pain associated with certain illnesses.

Control Your Own Thoughts

Man has conquered space, Mount Everest and numerous other challenges; but, are we able to conquer our own mind? How often do you find yourself victim to your own negative thoughts? Some people are even of the opinion that it is impossible to control your thoughts. However, the art of meditation teaches that, not only is it possible to control our thoughts, but, we can learn to stop them completely. Through meditation we can bring our unruly mind under control. This creates peace of mind and enables us to achieve what we want to.

Detachment

When we live in the mind it is easy to get distracted by small irritations. For example, maybe we find it intolerable to be kept waiting in a line, or we get upset by a small misdemeanor of another person. The solution is not to avoid these minor problems, because they will keep appearing no matter how hard we may try.

The only effective solution is to develop detachment and keep things in perspective. A powerful benefit of meditation is that we are able to detach ourselves from these insignificant, yet irritating thoughts.

Happiness and Peace of Mind

Is there anybody who does not seek after happiness? Meditation takes us to the source of happiness, which is to be found in our own peace of mind. If we have no peace of mind and are constantly attacked by negative thoughts, happiness will remain elusive, no matter how successful we are on an outer plane. It is perhaps hard to imagine that happiness can occur from the simple act of being. However, if we can meditate with a still mind, we will discover an unexpected source of happiness within our own self. Meditation shows us that happiness is not dependent on outer circumstances, but on our inner attitude.

Concentration

Be it work, sport or music, concentration is essential to fulfill our potential. In one pointed concentration there is great power; our energy and focus do not get dissipated. When we have concentration we can do more in less time. Through meditation we gradually improve our powers of concentration; this focus can be used for both meditation, and also other activities we engage in.

Spontaneity and Creativity

When we live in the thinking mind, we are usually preoccupied with the past or future. When we spend our energy on the past and present we cover up our natural spontaneity and creativity. We may feel we have neither creativity or spontaneity, but, if we can learn to silence the mind, we realise that we have far more potential than we currently believe. To access this source of inspiration we just need to quieten the mind. Some of the great thinkers and scientists were able to make important discoveries when they could absorb themselves in their work, to the exclusion of all else. Meditation helps us to live in the current moment, and thus can help us to unlock our creative potential.

Discovering the Purpose of Life

If you are satisfied with your current life. If you feel perfect contentment and happiness then, at the moment, meditation is not necessary. However, if you feel empty inside; if you aspire to know more about the nature of existence and life, then meditation can be of great help. Usually we look for meaning in life through external events and other people. Meditation, however, shows us that we can gain a greater understanding of life through knowing who we are. In meditation we gain a new perspective of life, uncoloured by our own egoistic perspective. For those who wish it, meditation can become a lifelong process of answering the eternal question: "Who am I?"

The seven keys to meditation

There are several key things you can do that will significantly enhance your meditation. They may seem subtle at first, but remember, meditation itself is all about cultivating the higher, subtler parts of your being. Take it from experience - together these seven keys will make a big difference. So please give them a try!

Key#1: Find a Special Place

Set aside a special place that is used only for meditation. If you have a spare room, great, but it's fine to set aside a corner of your bedroom. This will be your sacred space for self-discovery, so you'll want to make it as inspiring as possible.

You might like to:

- Cover a low table with a clean, light cloth
- Place a candle on a table, and a vase with fresh flowers if possible.

- You may also want to light some incense. Together, these items will help create a meditative atmosphere.

Key#2: Prepare Physically

Your spiritual journey takes place in and through your physical body. Here's how you can help prepare it for meditation:

- Take a shower before meditating. If it isn't possible to take a shower, wash your face and hands.
- Wear clean, light, loose fitting clothes.
- Take your shoes off before meditating. Your feet deserve a break too!

Key#3: Sit Relaxed, Sit Straight

There's no need to sit in a special yogic posture to meditate. If you can sit comfortably on a cushion on the floor, this is best. Otherwise a meditation stool or chair is fine. The important thing is to be still and relaxed, to have your back erect, and to have the flower and candle close to eye level. People often ask if it's okay to meditate while lying down. We don't recommend it; the most likely outcome is you'll fall asleep. Always remember to begin your meditation with six or seven 'power-breaths' – long, slow deep breaths that release the myriad of thoughts and focus your attention within.

Key#4: Slow and Steady Wins the Race

In the beginning, five minutes of meditation a day is enough. Meditation is like an inner muscle that you are slowly but surely making stronger. If you overwork a muscle, it becomes sore; if you meditate for more than five minutes and feel tension in your head or get a headache, you know you've gone beyond your capacity. Try not to be concerned with expectations of what your meditation is going to do for you or what your meditation experience 'should' be. Just steadily, soulfully and sincerely practice and make yourself alert to the messages that will begin to arise from within.

Key#5: Choose the right time

Make an appointment with yourself and practice at the same time each day. Just as you feed your physical body several times a day at certain times, meditation nourishes your inner life so set at least one special time each day for your meditation exercises.

The best time to meditate is early in the morning, before you enter into your daily activities. This way, the peace you get from your meditation will permeate the rest of your day.

"If by giving up small pleasures, great happiness is to be found, the wise should give up small pleasures, seeing the prospect of great happiness" - THE BUDDHA.

Many people also like to meditate when they get home from work, to help wash away the stress of the day. You might also want to meditate just before going to bed. This will help you to sleep more soundly.

We don't suggest meditating right after a big meal. Like a bird, your inner being will be trying to fly higher, but your body will be weighing it down. So wait an hour or two before meditating.

Key#6: The Power of Music

Music is often referred to as the language of the soul. Peaceful music of the heart will create a meditative atmosphere and tremendously enhance the quality of your meditation. Play it softly during your exercises; merely listening to and absorbing the music will help you to feel the deep inner stillness of meditation.

Key#7: You

In the end, the most important ingredient in this whole process is you. It is you, who experiences, you, who is discovered, you, who is the student, you, who is the real teacher and you, finally, who is revealed.

Regular Exercise

Regular physical activity provides enormous health benefits. It helps reduce heart disease, cancer, type 2 diabetes and many other diseases and metabolic conditions. Regular fitness exercise is also highly beneficial for weight reduction and weight maintenance, and may improve brain chemistry to reduce depression. By contrast, health studies that have monitored the wellbeing of large groups of people over many years clearly show that inactivity significantly increases the risk of overweight, obesity and chronic diseases.

The Merits of Exercise

The merits of exercise from preventing chronic health conditions to boosting confidence and self-esteem — are hard to ignore.

1. Exercise improves your mood.

Need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help you calm down. Exercise stimulates various brain chemicals, which may leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem. Exercise even reduces feelings of depression and anxiety.

2. Exercise combats chronic diseases

Worried about heart disease? Hoping to prevent osteoporosis? Regular exercise might be the ticket.

Regular exercise can help you prevent — or manage — high blood pressure. Your cholesterol will benefit, too. Regular exercise boosts high-density lipoprotein (HDL), or "good," cholesterol while decreasing low-density lipoprotein (LDL), or "bad," cholesterol. This one-two punch keeps your blood flowing smoothly by lowering the buildup of plaques in your arteries.

And there's more. Regular exercise can help you prevent type 2 diabetes, osteoporosis and certain types of cancer.

3. Exercise helps you manage your weight.

Want to drop those excess kilos? Trade some couch time for walking or other physical activities.

This one's a no-brainer. When you exercise, you burn calories. The more intensely you exercise, the more calories you burn — and the easier it is to keep your weight under control. You don't even need to set aside major chunks of time for working out. Take the stairs instead of the elevator. Walk during your lunch break. Do jumping jacks during commercials. Better yet, turn off the TV and take a brisk walk. Dedicated workouts are great, but activity you accumulate throughout the day helps you burn calories, too.

4. Exercise strengthens your heart and lungs.

Exercise delivers oxygen and nutrients to your tissues. In fact, regular exercise helps your entire cardiovascular system — the circulation of blood through your heart and blood vessels — work more efficiently. Big deal? You bet! When your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy.

5. Exercise promotes better sleep.

Struggling to fall asleep? Or stay asleep? It might help to boost your physical activity during the day.

A good night's sleep can improve your concentration, productivity and mood. And, you guessed it, exercise is sometimes the key to better sleep. Regular exercise can help you fall asleep faster and deepen your sleep. The timing is up to you — but if you're having trouble sleeping, you might want to try late afternoon workouts. The natural dip in body temperature five to six hours after you exercise might help you fall asleep.

6. Exercise can put the spark back into your sex life.

Are you too tired to have sex? Or feeling too out of shape to enjoy physical intimacy? Exercise to the rescue.

Regular exercise can leave you feeling energized and looking better, which may have a positive effect on your sex life. But there's more to it than that. Exercise improves your

circulation, which can lead to more satisfying sex. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise, especially as they get older.

7. Exercise can be — gasp — fun!

Wondering what to do on a Saturday afternoon? Looking for an activity that suits the entire family? Get physical!

Exercise doesn't have to be drudgery. Take a ballroom dancing class. Check out a local climbing wall or hiking trail. Push your kids on the swings or climb with them on the jungle gym. Plan a neighborhood kickball or touch football game. Find an activity you enjoy, and go for it. If you get bored, try something new. If you're moving, it counts!

Are you convinced? Good. Start reaping the benefits of physical activity today!

The Health Benefits of Exercise

- Studies show that regular physical activity:
- Improves your chances of living longer
- Improves quality of life
- Reduces the risk of heart disease
- Helps lower high blood pressure (hypertension) and high cholesterol
- Helps protect you from developing certain cancers
- Helps prevent or control type 2 diabetes (adult-onset diabetes)
- Reduces the risk of arthritis and alleviates associated symptoms
- Helps prevent osteoporosis (gradual loss of bone mass/strength)
- Improves mobility and strength in later life
- Alleviates symptoms of depression and anxiety
- Benefits weight reduction and weight management

Physical activity and exercise are beneficial to the mind as well as the body. They help improve a person's health and overall outlook on life. In order to feel the best, have more energy, and stay healthy, a person should do something active at least three times a week. The great thing about physical activity and exercise is that it doesn't matter what a person does as long as it raises the heart rate for a certain period of time (twenty to thirty minutes is good); it is something one enjoys; and it is safe. This means that a person can bike, run, swim, and each will help benefit the mind. Specifically, a person will experience a natural high and develop the ability to better handle emotions and changes in life.

Endorphins: The Natural High

When a person is physically active or exercises for a certain period of time—about 20 minutes or longer—the body releases endorphins, proteins in the brain that act as the body's

natural pain reliever. When endorphins are released, a person may experience a feeling of euphoria. Many people enjoy this feeling and look forward to the natural high they get from keeping physically fit.

Exercise is for everyone

Exercise benefits people of all ages. In addition, exercise is often more fun when done with friends or family. Being active with parents or grandparents is not just a great way to stay healthy, but it can be a time to bond with loved ones. Knowing that regular physical activity and exercise offer great benefits to aging adults is a good reason to make exercise a family affair. Muscle-strengthening activities reduce the risk of falling and fracturing bones. Increased activity equals increased bone strength, even in adults over ninety years old! As a person ages, physical activity can also decrease pain in joints from arthritis (a disease that causes inflammation of the joints).

Improve Concentration

Concentration is important for learning and understanding new things and being able to perform well in all aspects of life. Being physically active and exercising can help improve concentration. This means that a person will be able to be more focused and perform better in class or during other activities. Staying physically fit has also been found to help people maintain memory longer in their lives. As people get older, their memory skills can deteriorate, and physical activity and exercise can help ward off this effect for some time.

Lower the Anxiety and Stress

Many people suffer from depression and anxiety. A person may feel just depressed or anxious or experience both depression and anxiety at the same time. Depression can cause people to feel sad, tired, and/or hopeless, and suffer from low self-esteem. Anxiety causes feelings of panic. Both conditions can be treated by medication. But researchers have found that in mild cases, physical activity and exercise can help relieve feelings of depression and lower a person's anxiety.

Handle Stress Better

Stress is a normal part of every person's life. It is actually necessary to have some stress in life. Otherwise, a person would have no motivation for self-improvement or hard work. However, too much stress can cause many health problems. Some symptoms of stress include anxiety, high blood pressure, irritability, tense muscles, headaches, stomachaches, and lower resistance to illness. Physical activity and exercise, especially noncompetitive activity, help to manage stress. They give a person the opportunity to feel calmer and more alert, which can help a person work through the things that are causing the stress. They also boost the immune system, so resistance to illness will increase.

Build Self-Confidence and Self-Esteem

Low self-confidence and self-esteem can cause a person to engage in harmful behaviors, such as self-mutilation, drug addiction, or disordered eating. They may also seek acceptance from others in destructive ways, such as having sex before they're ready or drinking alcohol

to excess. People with high self-confidence and self-esteem are usually happy with themselves, outgoing, and positive. They take pride in accomplishments and are able to stand up for themselves. They are not afraid of taking on new challenges and are not afraid of failure. Researchers have found that physical activity and exercise can increase self-confidence and self-esteem.

Feel Calmer and Sleep Soundly

While physical activity and exercise can make people feel more alert during the day, they also allow people to feel calmer and sleep more soundly. When people are active, their body temperature rises and warms their insides. This soothes the body, like a warm bath, and causes a person to feel calmer. This feeling, along with the lower anxiety and stress and physical benefits of physical activity and exercise, helps a person to sleep soundly at night.

ACTIVITIES THAT PROMOTE FITNESS

There are many types of activities that improve a person's physical fitness. The options range from traditional aerobics to alternative practices such as yoga and martial arts. Each activity has its own specific benefits and requires different kinds of equipment. Choosing the best activities involves finding the ones that are the most pleasurable and fun. The most important thing is doing some kind of activity on a regular basis.

Sports and the mind

Participation in sports offers wonderful rewards for mental health. Being involved in sports has been proven to help people learn valuable skills for dealing with life's ups and downs. They teach people how to interact with others and work as a team. This helps in daily life when working on a class project or a school play with others. Sports also help people become more independent and feel better about themselves. The result is positive self-esteem and self-confidence, which are extremely important to a person's happiness and success.

Sports also offer a fun and exciting environment in which to learn how to handle both failure and success. Everyone wins and loses at times in both sports and life. Winning feels great and empowering but can also cause a person to feel pressure and anxiety in the next attempt to win. Losing usually produces feelings of sadness, depression, and disappointment. Learning how to cope with these different feelings is important for good mental health.

Another aspect of sports that contributes to a healthy mind is goal-setting. People who have goals are more likely to be self-motivated and are usually able to accomplish more because they know what they need to do in order to get ahead. Without goals, people tend to lack direction and focus. In sports, goal-setting is essential for improving individually and working as a team. This is also true in life. For example, if a person wants to get better grades, accomplishing specific goals—such as studying for a certain period of time each night—is the fastest way to get those.

Aerobic Exercise

Aerobic exercise strengthens the heart and lungs and tones the body. There are two types of aerobics: high-impact and low-impact. Both involve moving the body for at least twenty minutes in order to increase the heart rate to a point where the body is burning fat. High-impact aerobics involves dance combinations and jumping movements, while low-impact aerobics uses similar movements without the jumping. Low-impact aerobics is gentler to the joints because one foot is always touching the floor and therefore it is less likely to cause injury.

It's possible to get into aerobics through a class at a gym or recreation center as well as at home with a fitness video. Doing aerobics requires good sneakers for support and cool, comfortable clothing.

Biking

Biking is another fun activity that builds strength and balance. Riding for twenty minutes will make the heart strong and help the body burn fat. Most people learn to ride bikes as children, so all it takes to participate is a bicycle and road to ride it on. Some people choose to ride on the road. Many people ride with friends or even join a cycling club to meet others who like to use their pedals to get their hearts pumping.

Boxing

Boxing tones and strengthens the whole body. Whether a person is just punching the air, called shadow boxing, or punching a bag, boxing helps burn fat, relieve stress, and increase endurance and confidence. People interested in boxing usually take classes at a local gym or learn boxing moves from a video. With boxing gloves and loose, comfortable workout clothing, boxing can be done at a gym, a recreation center, or at home. It's also possible to learn how to kick box, which uses the legs and the arms to punch the air or a bag.

Dance

Dance is great exercise for the whole body. It not only tones the body and burns fat, but it also improves balance and coordination. Some people choose to take classes to learn the right technique. This can be especially important for tap and ballet. Others may rent or buy a video that teaches them the right moves. However, dance doesn't have to be structured. Dancing to a song on the radio or to a favorite CD is enough for some people. Dancing in any form is a fun way to become physically fit.

Gymnastics

Gymnastics is an intense activity that strengthens every muscle in the body. Practicing gymnastics requires classes at a gym with special equipment, a training camp, or a gymnastics clinic. It also requires an instructor, as gymnastic moves are difficult and cannot be learned without proper instruction. With the right clothing and a coach, a person can become involved with gymnastics for fitness. There is also rhythmic gymnastics, which combines dance and gymnastics and is generally less physically intense than traditional gymnastics.

KIDS AND EXERCISE

Physical activity and exercise are not the same. And while both are good for all people, most experts recommend that kids and preteens focus more on being physically active (such as playing or cycling) than on actually doing structured exercise (such as an aerobic exercise class).

The Martial Arts

The martial arts are a combination of physical activity and mental strength and development. The practice of the arts goes back thousands of years; they work to improve the body's strength, power, speed, endurance, control, balance, awareness, and timing. In addition to physical training, martial arts benefit the mind through meditation that brings peace of mind in daily life.

Playing

Playing is simple and fun, and anyone can do it. The options are endless and the benefits are great. Playing increases strength, flexibility, coordination, and muscle tone and, because it increases the heart rate, it burns fat as well. In addition to the physical benefits, playing relieves stress and gives the player a positive attitude about life and physical fitness. The types of playing activities include, but are not limited to, Frisbee, tag, hide-and-seek, raking and jumping in leaves, playing with a pet, gardening, and hopscotch. Playing can be done anytime and anywhere, alone or with friends. The only requirement is a lot of imagination.

Running

Running is an intense exercise. It's great for increasing heart rate, burning fat, and relieving stress. The muscles in the legs and stomach become stronger through running, and many runners talk of a "runner's high," which can be attributed to the release of endorphins, or the body's natural pain reliever, into the bloodstream. While most physical activity signals the body to produce endorphins, running causes the body to release more because of the intensity of the workout.

Not everyone is suited for running. It's essential to have good running shoes with proper support and to run on soft surfaces whenever possible. Asphalt, dirt, grass, and sand are softer surfaces than concrete and are better for the body's joints. For those who are just starting, it's smart to begin slowly and increase speed and distance over many months.

Running can be done alone, but it's often safer to run with a friend. And, while it can be done at any time, it's best to run when it's still light outside.

Swimming

Swimming is a fun activity that is easy on the body's joints because the water cushions the body while it moves. Swimming tones the whole body and increases the heart rate. It can be structured or unstructured. Doing laps with different types of strokes (backstroke or sidestroke, for example) is a possibility, as is just playing around in the water with friends or participating in a water volleyball game. Swimming requires access to a pool or a beach, a bathing suit, and possibly goggles for doing laps. It is important that a person take structured swimming lessons before jumping into the water. However several skills, such as floating and proper breathing, must be mastered in order to ensure one's safety in the water.

Team Sports

Team sports offer a variety of benefits that are unique to each sport. Hockey, basketball, and soccer, for example, require constant movement and therefore are great for increasing the heart rate, burning fat, and toning muscle. They also improve coordination and endurance. Softball, baseball, football, and volleyball increase muscle strength and coordination. Track and field benefits the whole body as it can involve running, sprinting, jumping, and throwing. All team sports usually require the participant to train for the playing season. Team sports provide a challenging, cooperative atmosphere and teach teamwork and mental concentration.

Walking

Walking is one of the most simple and accessible activities. Most people do some walking every day. Going for a fast, long walk, sometimes called power walking, will increase heart rate and burn fat, while also improving endurance. Walking uphill will increase muscle tone in the legs, back, stomach, and buttocks. Pumping the arms while walking will tone the arms and shoulders. Walking can be done anywhere, alone or with friends. (For safety's sake, it is best to walk in well-lit areas or with a friend.) It's also a great stress reliever.

Yoga

Yoga is a way of life that connects the mind, body, and spirit. Through different poses, or postures, yoga improves flexibility, strength, circulation, and relieves stress while helping a person achieve peace of mind. Yoga will also improve the body's alignment, which means all the body's parts are in the right position for good health. There are many different types of yoga that a person can practice. It can be done at home with the help of an instruction book or a video. It's also possible to take yoga classes at a local gym or community center. All a person needs is comfortable clothing, an exercise mat, and an open mind.

THE HEALTHIEST TYPE OF EXERCISE

Different types of exercise offer different benefits. Aerobic or cardio workouts primarily improve the cardiovascular system (heart, lungs), while weight-training or strength-training improves muscular strength and flexibility or stretching exercises improve overall mobility and coordination.

Cardiovascular Exercise

If you lead a fairly inactive or sedentary life, any increase in aerobic activity is good for you. Studies show that a brisk walk for even one to two hours a week (15 to 20 minutes a day) reduces your risk of having a heart attack or stroke, developing diabetes, or premature death. Weight-bearing aerobic exercise can also strengthen joints, and improve bone strength.

How Much Exercise is needed?

It is recommended practicing minimum of 30 minutes of moderate-intensity physical activity on most days of the week. You can do all 30 minutes at once or break it up into 10- or 15-minute periods. Moderate intensity exercise or physical activity is activity that causes a slight but noticeable increase in breathing and heart rate. Brisk walking is an ideal moderate-intensity activity. For the average person, a brisk walk means walking 3-4 miles an hour, or about as fast as you'd walk

Walking Improves Health

Research studies like the Nurses' Health Study, Health Professionals Follow-up Study, Women's Health Study, Harvard Health Study, National Health Interview Survey, Women's Health Initiative, Honolulu Heart Program, and others show that this simple form of exercise substantially reduces the risk of developing heart disease, stroke, and diabetes in different populations.

Although a mere 30 minutes of moderate-intensity activity a day is an excellent way to start, exercising longer, harder, or both can result in even greater health benefits.

Exercise for Weight Reduction

If you are walking or exercising mainly to reduce weight, 30 minutes or so a day will only be beneficial if you also monitor your calorie-intake. Even then, you may need to increase the duration or intensity of your workout.

Strength-Training

This type of exercise (also called weight-training or resistance training) includes any workout that uses resistance - like weights - to strengthen and condition the musculo-skeletal system. It includes, weight-lifting, resistance band workouts, cycling, climbing stairs, as well as exercises like pushups. Such exercises can improve metabolic rate, coordination, balance, muscle strength and overall physical condition.

Exercise Improves Metabolic Rate

The point is, muscle is metabolically active - it needs calories to work, repair and refuel itself. By contrast, body-fat needs very few calories to sustain itself. From our mid 20s onwards, we gradually lose muscle as part of the natural aging process. This means that the number of calories we need each day decreases. So if we continue to eat the same amount of calories, we gain weight. By taking regular exercise, it is possible to reduce this loss of lean muscle tissue and even replace some that has been lost already. Health studies repeatedly show that exercise increases muscle mass, decreases fat tissue and raises metabolic rate.

Exercise Improves Physical Quality of Life

Among elderly people, resistance training can help improve/maintain the ability to carry out basic functional tasks such as walking, rising from a chair, climbing stairs and so on, thereby enhancing confidence, independence and quality of life.

Flexibility Training

Stretching exercises are also beneficial for health and physical fitness. Studies show that this type of flexibility training increases your range of motion, while reducing exercise-related muscle soreness and injury. In addition, by warming up and cooling down with 5 minutes of stretches before and after your workout, you will minimize the risk of looking bulkier, especially in your thigh and calf muscles.

EAT MODERATE

Health problems caused by over eating

Usually, we find two types of overeating: one is occasional and the other related to compulsive eaters.

Overeating is the root cause of many health problems. While occasional overeating can result in indigestion, distension, acidity and disturbance in the bowel pattern, it is the compulsive or regular overeating which is the cause for far more serious problems like obesity, diabetes, hypertension and strain on all body systems.

The most common health risk associated with overeating on a regular basis is weight gain. Depending on your weight before the overeating began, becoming severely overweight or obese is a real possibility.

Obesity brings on a whole new world of health problems. However, even those who are overweight, but not yet classified as obese, may have these overeating health risks as well:

- High blood pressure
- High cholesterol
- Osteoarthritis caused by wearing down of cartilage and bone
- High triglyceride levels
- Type 2 diabetes
- Sleep apnea
- Respiratory problems
- Coronary heart disease
- Gallbladder disease
- Stroke
- Increased risk of endometrial, breast and colon cancer

The biggest health problems for people who overeat include diabetes, heart disease and strokes.

Diabetes - Type 2 diabetes, or insulin resistant diabetes, used to be known as adult-onset diabetes because it was unheard of for children to develop this disorder. This has changed

because so many children are now overweight, therefore the incidence of type 2 diabetes in children is rising.

Eating regularly throughout the day also helps to maintain steady insulin levels. People who are overweight tend to have diminished insulin function and many end up becoming diabetic. The type of foods that people eat as well as when the food is eaten plays a big role in how the body releases insulin, which in turn greatly affects how the body is able to utilize food for energy. When insulin levels are improper the body has trouble using food for energy and instead may store the food calories as fat. The best way to ensure proper insulin function is by eating smaller meals more frequently that contain the right proportion of nutrients

Diabetes can cause even more health problems including:

- Kidney disease
- Eye problems or blindness
- Nerve damage to the feet that can lead to amputation and other nerve disorders
- Skin problems
- Delayed gastric emptying

In addition, diabetes can lead to depression and an increased risk of heart attacks and cardiovascular problems.

Coronary Artery Disease - Coronary artery disease is a big overeating health risk. Being overweight, having diabetes and having high cholesterol and high blood pressure are all risk factors for the disorder, in which arteries that supply blood to the heart become narrowed. Eating a heavy meal may act as a trigger for heart attack in much the same way as extreme physical exertion and outbursts of anger might – especially in someone who has heart disease. There are several ways that a heavy meal can adversely affect the heart. Eating and digesting food releases many hormones into the bloodstream. Those substances increase the heart rate and blood pressure, and may increase the substances that help form clots. The temporary rise in blood pressure increases the oxygen requirements and creates an extra burden on the heart. High blood pressure may also rupture cholesterol plaques in the arterial wall, triggering the formation of a clot that can block a blood vessel, triggering a heart attack or stroke.

Coronary artery disease is the root cause behind a number of heart problems, including angina, heart attacks, heart failure and irregular heart beats. About 25 millions people have coronary artery disease

Strokes - Strokes are the third leading cause of death in India. They occur when a blood clot blocks an artery or a blood vessel breaks, interrupting blood flow to part of the brain. Brain cells die and brain damage begins immediately. Depending on where in the brain the stroke occurs, it may affect memory, movement or speech. A small stroke may only cause weakness in a limb, but a major stroke can paralyze the person or leave them unable to speak. Again, high blood pressure, high cholesterol, diabetes and excessive weight are all risk factors for strokes. All of these health risks go hand-in-hand when it comes to overeating.

Many times habitual or compulsive overeating is attributed to problems having psychological origin like anxiety, depression, isolation and mentally traumatic conditions. Overeating provides temporary relief, but it is more often followed by a feeling of guilt, shame and disgust, thus resulting in rebound depression. With the excessive consumption of food and associated low physical activity, the compulsive overeater always carries an increased health risk.

Though deciding the appropriate quantity of food is not easy, adopting moderation in eating is considered the best policy, and it is better to stop when you still have some capacity to eat. The quality of food, whether it is light, heavy or fried, coupled with seasonal considerations, also decides the ultimate course of digestion

One should slow down while eating and should chew each morsel many times. It is seen that people consume more food while chatting or when they are in hurry. Eating snacks between the meals is an impulsive act, and one should keep the right stuff up-front. While partying one should always remember that the total amount of snacks and the main meal should not exceed the whole of what you normally eat a single time.

If we take food in proper quantity there is no pressure on the stomach and in the sides of the chest, and no excessive heaviness in the abdomen. Besides getting relief from hunger and thirst, one feels comfortable while in breathing, standing, sitting or walking. According to the health point of view: divide the stomach capacity into three parts. One part of it should be filled with solid food, the second part with liquids and the third part should be left empty for body humours to function normal

The stomach is an organ of digestion. It has a saclike shape and is located between the esophagus and the intestines. A somewhat distended or stretched stomach pouch results in satiety. An empty pouch is associated with hunger. The more solid the meal the longer the satiety period (the slower the pouch empties)

Eating every two hours really helps in your metabolism. It fuels your body and keeps you going. But snacking every two hours doesn't mean having a chocolate! Breakfast could be followed by a fruit smoothie, and lunch could be followed with yogurt.

Eat a healthy diet. Cut back on foods high in saturated fat and sodium (salt), to lower cholesterol and blood pressure. One of the most critical steps you can take towards heart health is to eat a heart-friendly food. Eat more servings of fresh fruits and vegetables, include blanched almonds in your diet, vegetables with onion, fresh lime juice and eat heart-friendly spices such as fresh-ground black pepper and the antioxidant spice turmeric, garlic etc.

Eat moderately; the ideal.

By eating more meals with smaller portions you will not feel as hungry or deprived in between meals because you know you are going to be eating again soon. In addition, when people only eat once or twice each day, their bodies go into 'starvation mode' and try to hold

on to calories: When you eat every three or four hours you keep your body from storing as many calories because your body senses that it is going to have a steady supply of food.

The most important part to understand about eating more meals is that it is not a license to "pig out". Your goal is to eat smaller meals consisting of nutritious food that will satisfy the needs of your body. If you use the plan of eating more meals as an excuse to eat more junk food like burgers, fries or high fat snacks then you are not going to lose any more weight than you would on a normal diet. If, instead, you plan your meals so that you are constantly eating a smaller portion of something nutritious like a piece of fish, fruit or vegetable, then you will start to notice that you are less hungry overall and you need less food to fill up at each meal.

The easiest way to avoid missing a meal is to have plenty of nutritious food available by providing yourself with apples, bananas, nuts and so forth, that can be eaten when you do not have time for something more complicated. Small, frequent meals are suggested to optimize digestion.

Why do we feel sleepy after a heavy meal?

The standard answer is that a metabolic hyperemia (increased blood flow) to the gastrointestinal tract "steals" blood flow that would otherwise go to the brain. While there is no doubt that blood flow to the GI tract increases during digestion (caused by metabolic signals to arteriolar smooth muscle in the gut wall). The cardiac output would easily increase to keep arterial pressure constant and thus keep brain blood flow constant.

So there are two possibilities that may account for the sleepiness after eating: 1) the vasodilation (of small arteries in the GI tract) is so great that arterial pressure is, in fact, compromised thus reducing brain blood flow, or 2) some of the sugars and fatty acids (or other foodstuff molecules or the hormones that respond to them) derived from the meal modulate CNS function in a way that makes us feel sleepy

Study shows that frequent meals can lower cholesterol

A study published in the *British Medical Journal* found that people who ate six small meals each day had an average cholesterol level that was five percent lower than those who ate only one or two big meals each day. The study, conducted at the University of Cambridge, found that eating more frequently also lowered levels of artery-clogging LDL cholesterol.

Researchers aren't exactly sure why their cholesterol was lower, but eating throughout the day may put you at a metabolic advantage, keeping energy sustained throughout the day and avoiding large blood sugar fluctuations.

To help you begin eating small, frequent meals/snacks throughout the day, consider these pointers:

1. Always start the day off with a high-fiber breakfast.
2. Spread your calories evenly among meals and snacks throughout the day. Don't let more than 4 hours go between meals and snacks (unless you're asleep).
3. Keep in mind that the most successful cholesterol-lowering strategies are to moderate total fat intake, cut back on high saturated fat foods (like marbled meats, butter, cheese, baked goods and fast foods), eliminate trans fats (from foods containing partially hydrogenated oils) and substitute these foods with mono- and polyunsaturated fats (canola, olive and other vegetable oils, nuts and seeds).
4. Portion control is key! Small, frequent meals mean just that – small, controlled portions.
5. Choose fresh fruits, vegetables, raw nuts, healthy snacks.
6. Drink plenty of water throughout the day.
7. Avoid snacking late in the evening; hold off snacking at least 3 hours before going to bed.

If you currently eat only one or two meals each day and find yourself skipping breakfast or lunch, start by adding small quantities of healthful foods during these meal times. Stock up on quick and healthy snack items so that you can grab them and go. Even the smallest changes in your meal pattern can have a positive impact on your weight and cholesterol.

Eat Moderately - Children stand a greater chance of learning to eat in a healthy manner and to manage weight when using a family-based approach rather than going it on their own. Children are better copycats than listeners: They are more likely to do what their parents do, rather than what their parents say. Children do not naturally restrict food and then overeat later--unless they learn this behavior from an adult. Parents themselves should seize the opportunity to become agents of change by eating moderately and aiming for a healthy weight themselves.

How to do it:

1. Instead of serving overly large portions, try following suggested serving sizes and eating slowly so the body can recognize fullness. Serve second helpings only if family members are still hungry. Offer children small servings and allow them to ask for more if they finish and are still hungry.
2. Instead of reaching for a high-calorie snack when bored or upset from stress, try a planned distraction.
3. Instead of drinking soda and juice several times a day, try quenching thirst with water.
4. Instead of ordering a super-size value meal for each family member at restaurants, try ordering smaller portions or ordering one super-size meal for a parent and child to share.

The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day.

Focus on fruits. Eat a variety of fruits. For a 2,000 calorie diet, you will need 2 cups of fruit each day (for example, 1 small banana, 1 large orange, and 1/4 cup of dried apricots or peaches). Noni juice one amazing fruit juice that contain the entire thing you looking for a healthy body and mind.

Vary your veggies. Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweet potatoes, pumpkin, and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas and lentils. Those contain lots of phytochemicals or nutraceuticals which is very much beneficial for keeping you healthy and fit. Noni one fruit juice that contain highest amount of phytochemicals more than 150 above

Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or 1/2 cup of cooked rice or pasta.

GO VEGETARIAN

There are literally hundreds of great reasons to switch to a plant-based diet; here are the best 60 reasons to become a vegetarian.

60 reasons to switch on to a vegetarian

Personal health

1. *No deficiencies.* There is no nutrient necessary for optimum human functioning.
2. *High fat plus cholesterol.* Animal foods are higher in fat than most plant foods. Plants do not contain cholesterol.
3. *“Carb” deficient.* Meat is deficient in carbohydrates.
4. *Vitamin deficient.* Except for the B complex. Meat is largely deficient of vitamins.
5. *Agricultural chemicals.* Being higher on the food chain, animal foods contain far higher concentrations of agricultural chemicals than plant foods.
6. *Exposure to live stuck drug.* There are over 20’000 different drugs, including sterols, antibiotics, growth hormones and veterinary drugs that are given to livestock animal.
7. *Pathogenic microorganism.* There are a host of bacteria and viruses, some quite dangerous, that are common to animals.
8. *Worms and other parasites.* Ditto on #13#
9. *Shelf life differential.* Plant foods last longer than animal foods.
10. *Organoleptic indications of pathenogens.* Plant foods give tell-tale signs of “going bad”
11. *You’ll protect yourself from food-borne illnesses.* There are approximately 80 million incidences of food-borne illness a year--resulting in 9,000 deaths. According to one study 25 percent of all chicken sold in India carries salmonella bacteria and, the CDC estimates, 70 percent to 90 percent of chickens contain the bacteria campy-lobacter (some strains of which are antibiotic-resistant).
12. *Heart disease.* You’ll save your heart. Cardiovascular disease is still the number one killer in India. Children as young as age 3 who are raised on fast food and junk food

show early signs of heart disease. Cardiovascular disease is found in one in nine women aged 45 to 64 and in one in three women over 65. Heart attacks are also deadlier to the fairer sex: 53 percent of women who have heart attacks die from them, compared with 47 percent of men. Today, the average Indian male eating a meat-based diet has a 50 percent chance of dying from heart disease. His risk drops to 4 percent if he cuts out meat, dairy and eggs. Partly responsible is the fact that fruits and vegetables are full of antioxidant nutrients that protect the heart and its arteries. Plus, produce contains no saturated fat or cholesterol. Incidentally, cholesterol levels for vegetarians are 14 percent lower than meat eaters. Meat eating increases the risk of heart disease like country's #1 killer.

13. *Cancer prevention.* You'll reduce your risk of cancer. A study in The International Journal of Cancer concluded that red meat is strongly associated with breast cancer. The National Cancer Institute says that women who eat meat every day are nearly four times more likely to get breast cancer than those who don't. By contrast, women who consume at least one serving of vegetables a day reduce their risk of breast cancer by 20 percent to 30 percent. Studies suggest that vegetarians' immune systems are more effective in killing off tumor cells than meat eaters'. Studies have also found a plant-based diet helps protect against prostate, colon and skin cancers. Of all the natural cancer prevention substances found: vitamin C, B-17, hydroquinone, betacarotene, NDGA, - non has been found to be animal derived.
14. *You'll add color to your plate.* Fruits and vegetables come in all colors of the rainbow. Disease-fighting colorful phytochemicals are helpful to prevent many chronic diseases. So cooking by color is a good way to ensure you re eating a variety of naturally occurring substances that boost immunity and prevent a range of illnesses.
15. *Disease inducing.* The correlation between meat consumption and a wide range of degenerative diseases is well founded and included.
16. *Osteoporosis.* Your bones will last longer. The average bone loss for a vegetarian woman at age 65 is 18 percent; for non-vegetarian women, it's double that. Researchers attribute this to the consumption of excess protein--the average meat-eating. Excess protein interferes with the absorption and retention of calcium and

actually prompts the body to excrete calcium, laying the ground for the brittle bone disease osteoporosis. Animal proteins, including milk, make the blood acidic, and to balance that condition, the body pulls calcium from bones. So rather than rely on milk for calcium, vegetarians turn to dark green leafy vegetables, such as broccoli and legumes, which, calorie for calorie, are superior sources.

17. *You may get rid of your back problems.* "Back pain appears to begin, not in the back, but in the arteries". The degeneration of disks, for instance, which leads to nerves being pinched, starts with the arteries leading to the back." Eating a plant-based diet keeps these arteries clear of cholesterol-causing blockages to help maintain a healthy back.
18. *You'll cool those hot flashes.* Plants, grains and legumes--especially soy--contain phytoestrogens that are believed to balance fluctuating hormones, so vegetarian women tend to go through menopause with fewer complaints of sleep problems, hot flashes, fatigue, mood swings, weight gain, depression and a diminished sex drive.
19. *Kidney stones and gall stones*
20. *Diabetes*
21. *Multiple sclerosis*
22. *Arthritis*
23. *Gum diseases*
24. *Acne.* Aggravated by animal food
25. *Obesity.* Studies confirm that vegetarians tend to be thinner than meat eaters. On average, vegetarians are slimmer than meat eaters, and when we diet, we keep the weight off up to seven years longer. That's because diets that are higher in vegetable proteins are much lower in fat and calories than non-vegetarian diet. Vegetarians are also less likely to fall victim to weight-related disorders like heart disease, stroke and diabetes.
26. *Intestinal toxemia.* Animal products putrefy the colon
27. *Transit time.* Wholesome food travels quickly through the G.I tract leaving little time to spoil and incite disease within the body.
28. *Fiber deficient.* Fiber absorbs unwanted, excess fats; cleans the intestines; provides bulk and aids in peristalsis. Plant food is high in fiber content. You'll be more "regular." Eating a lot of vegetables necessarily means consuming fiber, which

- pushes waste out of the body. Meat contains no fiber. Studies show that people who ate a high-fiber diet are 42 percent lower risk of diverticulitis. People who eat vegetables well tend to have fewer incidences of constipation, hemorrhoids and spastic colon.
29. *Body wastes.* Foods from animals contain their waste, including adrenaline, uric acids, lactic acids etc.
 30. *Excess protein.* The average Indian eats more animal proteins. This causes excess nitrogen in the blood that creates a host of long term health problem.
 31. *Longevity.* To increase one risk of getting degenerative disease means decreasing ones chance to live a naturally long healthy life.
 32. *Well being.* I just feel better since “giving up “ meat and becoming vegetarian
 33. *You'll live a lot longer.* Vegetarians live about 15 years longer than meat eaters. You'll give your body a spring cleaning. Giving up meat helps purge the body of toxins (pesticides, environmental pollutants, preservatives) that overload our systems and cause illness. When people begin formal detoxification programs, their first step is to replace meats and dairy products with fruits and vegetables and juices. These contain phytochemicals that help us detox naturally
 34. *Your meals will taste delicious.* Vegetables are endlessly interesting to cook and a joy to eat. "It's an ever-changing parade of flavors and colors and textures and tastes. Everyone can enjoy them, but vegetarians are more likely to think about cooking and eating vegetables."
 35. *You'll avoid toxic chemicals.* Nearly 95 percent of pesticide residue in our diet comes from meat, fish and dairy products. Fish, in particular, contain carcinogens (PCBs, DDT) and heavy metals (mercury, arsenic; lead, cadmium) that cannot be removed through cooking or freezing. Meat and dairy products are also laced with steroids and hormones.
 36. *You'll provide a great role model for your kids.* If you set a good example and feed your children good food, chances are they'll live a longer and healthier life.

The Environment

37. *Water conservation.* It takes 3 to 15 times as much water to produce animal protein as it does plant protein.
38. *Efficient use of grains.* It takes up to 16 pounds of soybeans and grains to produce 1 lb of beef and 3 to 6 lbs to produce
39. *Soil conservation.* When grains and legumes are used more efficiently our precious topsoil is automatically made more efficient in its use.
40. *Conservation of fossil fuel.* It takes 78 calories of fossil fuel to produce 1 calorie of beef protein: 35 calories for 1 calorie of pork: 2 calories for 1 of poultry: but just 1 calorie of fossil fuel for 1 calorie of soybeans.
41. *Saving our forests.* By not supporting the meat industry, I directly reduce the demand to pillage these irreplaceable treasures of nature. Since the forest land “filters” our air supply and contains botanical sources for new medicines, this destruction is irreversible.
42. *You'll help reduce waste and air pollution.* Each year all the slaughter house collectively produces 2 billion tons of manure, a substance that's rated by the Environmental Protection Agency (EPA) as one of the country's top 10 pollutants.

PERSONAL FINANCE

43. *Health care costs.* Being healthier on a vegetarian diet means spending less on health care
44. *Foods costs.* Vegetarian foods tend to cost less than meat based items.
45. *You can save more money if adopting a vegetarian diet.* Replacing meat, chicken and fish with vegetables and fruits is estimated to cut food bills by an average Rs30'000 a year.

ETHICS

46. *Love of animals.* I love animals as I love myself. I have no desire to kill them or cause them harm
47. *Stance against Factory Farming.* I can not make a statement against factory farming if I myself eat animals

48. *Respect for sentient life.* I show gratitude my creator.
49. *Economic vote.* I show support to the meat industry and the way they operate when I purchase and use their products
50. *Small sacrifice.* The sacrifice I make is nothing compared to the animals, its life
51. *Natural diet.* Our hands, teeth, feet, intestinal tract... even our body chemistry is that of an herbivore
52. *Reciprocity.* If I partake in the slaughter of animals, I will have to repay my contribution to that act.
53. *"Protecting the temples".* Whatever affects the body has a corresponding effect on the mind and soul.
54. *I believe in non-violence.* Slaughter is not it
55. *World peace.* There can never be peace among men while men are declaring war on other highly developed life forms
56. *Clear conscience.* I feel good inside about my decision to remain "meatless"
57. *Example.* To live this way is to protect the underlying values of those around me.
58. *Easy substitute.* There are vegetable based substitute for every meat product imaginable.
59. *Aesthetics.* Decaying animal parts, whether in a freezer case or served in restaurants, can never be as aesthetically pleasing to the senses as the same foods made from wholesome vegetable sources. You'll make a strong political statement. Each day, 22 million animals are slaughtered to fulfill the demand for meat. It's a wonderful thing to convert the people to vegetarian and make them assure to live a long healthy life.
60. *You'll help to bring down the national debt.* We spend crores of money annually to treat the heart disease, cancer, obesity, and food poisoning that are byproducts of a diet heavy on animal products

4

DRINK 3 LITER OF WATER

"The Most Powerful Healing Substance Known to Man".

The human body is primarily composed of water. Water is not only beneficial but also vital to life. Water plays an enormous role in how well our body functions. Simply put, the more fresh water we drink, the healthier we become. Knowing all this, it never ceases to amaze me when I hear people saying they "forget" to drink water. Would these people need a reminder to breathe? Water increases not only the quality but also the length of our lives!

42 of important Benefits of drinking plenty of water daily.

1. Relieve/Prevent:

- lower back pain,
- Chronic Fatigue Syndrome,
- headaches,
- migraines,
- asthma,
- allergies,
- colitis,
- rheumatoid arthritis,
- depression,
- hypertension,
- cholesterol,
- hangovers,
- neck pain,
- muscle pain,
- joint pain,
- bloating,
- constipation,
- ulcers,
- low energy levels,
- stomach pain,
- Confusion and disorientation.

2. Maintain:

- muscle tone,
- weight loss

- Clear and healthy skin.

3. **Regulate:**

- Body temperature,
- Remove toxins and wastes,
- Cushion and lubricate joints,
- Decrease risk of kidney stones,
- Protect tissues,
- Organs and the spinal cord from shock and damage.

4. **Assist In:**

- The digestion & absorption of food, and in transporting oxygen and nutrients to the cells.

5. *Water and Weight Loss* - Drinking water may be the most important piece to the weight loss puzzle. Water contains no calories, fat, or cholesterol and is low in sodium. It is nature's appetite suppressant, and it helps the body to metabolize fat. Current research shows that low water intakes yield an increase in fat deposits. Conversely, a high water intake reduces the amount fat deposits. Without enough water, the kidneys cannot function properly. As a result, some of their workload is pushed off onto the liver, in turn preventing the liver from operating at peak levels. How does all this tie into weight loss? Because metabolizing fat is a primary function of the liver, and because the liver can't function at peak levels when taking on the added workload from the kidneys, less body fat is metabolized and more is stored. This leads to either weight gain or reaching a plateau of weight loss. When dieting, we restrict the calories we take in, to some degree. By doing so, we lessen the total amount of water available to our bodies since about 30% of the average person's water intake comes from the food they eat. This gives us even more reason to raise our water intake.
6. *Water and Water Retention* - The best way to beat bloating is to give your body what it needs. Lots and lots of water! I'm always amazed to hear people say that they would rather not drink a lot of water because it "bloats" them or it makes them "retain water." In fact, the opposite is true. These people are retaining water because they're not drinking enough water!
7. *Water and Metabolism* - Water, also known as the body's solvent, regulates all bodily functions including the activities of circulating and dissolving. Every enzymatic and chemical reaction of the body occurs in the presence of water. Water also transports hormones, nutrients, oxygen and antibodies through the blood stream and lymphatic system. In addition, our bodies' proteins and enzymes are more efficient in solutions of lower viscosity (i.e., diluted), thus making drinking water a must
8. ***Water and Digestion***- **Digestion of solid foods has to happen in the presence of large amounts of water so that proper digestion occurs.**

Water and muscle tone- Desired muscle tone can be maintained through adequate water intake. Water not only helps the muscle achieve a better contraction, but it also prevents

the sagging of skin that sometimes follows weight loss. Finally, water maintains clear, young and healthy skin.

9. *Water and Constipation* - When the body doesn't get enough water, it takes what it needs from internal sources. The colon is a primary internal source. When this happens, constipation usually follows. Normal function commonly returns along with proper hydration.
10. *Water and Body Temperature* - Water helps us maintain our body temperature through perspiration. Perspiration dissipates excess heat and cools our bodies. Without water, this delicate balancing act of the body is disrupted.
11. *Water and Asthma* - Histamine is a major factor in regulating the way we use and distribute water. It also helps control the body's defense mechanism. Asthmatics' histamine levels increase with dehydration, mobilizing their body's defense mechanism to close down their airways. Knowing this, we can draw the conclusion that asthma could be relieved through increased water intake.
12. *Water and the Kidneys* - Our kidneys remove wastes like uric acid, urea, and lactic acid to name a few -- all of which are dissolved in water. When there aren't adequate amounts of water, these wastes aren't removed effectively and kidney damage may result.
13. *Water and Joints* - Cartilage tissues between the vertebrae of the spine and at the end of long bones retain a lot of water. Cartilage needs water for the purpose of lubricating the body's joints during movement. When the cartilage is well hydrated, the two opposing surfaces glide freely and minimize damage to the joint caused by friction. Conversely, dehydrated cartilage increases friction forces to the joints, resulting in joint deterioration and pain.
14. *Water and Back Pain* - Minimizing back pain can be as simple as hydrating your body! The water stored in your spinal disc core supports approximately 75% of the upper body's weight. Your spine is dependent upon the hydraulic properties of water.
15. *Water and the Brain* - 85% of brain tissue is water. The brain is about 1/50th of the body's total weight and it uses about 1/20th of the body's blood supply. Dehydration causes energy generation in the brain to decrease. In fact, studies have linked depression and chronic fatigue syndrome with dehydration.
16. *Water and Migraines/Headaches* - Dehydration is a major factor in causing headaches and migraines. In times of "heat stress" migraines are often signs of dehydration. To further complicate the matter, dehydration brings on stress and stress brings on dehydration.
17. *Water and Pregnancy* - Morning sickness is common in the first trimester of pregnancy. One reason for morning sickness is dehydration. It's a signal being sent by the fetus and the mother's body to the mother. What's the message? We need more water! When the mother isn't drinking enough water, she's dehydrating the baby and

herself. This a result of the mother being the provider of water to the fetus during the intrauterine stage of cell expansion.

18. *Don't obey your thirst!* - The bodies "Thirst Reflex" is the last signal of excessive dehydration. By the time you become thirsty, the damage has already been done. Don't wait until you're thirsty! Constantly drink throughout the day! How much water should I drink? One adult should take 3 to 4 liters of water in a day. This is just an average; you'll need to adjust these numbers to your activity level, environment, bodyweight, and diet.
19. *Instead of that Coke, try a glass of water.* It may not be as tasty, but it's a lot better for you than drinking almost ten teaspoons (50 ml) of white sugar. It's also considerably cheaper, especially if you drink tap water.
20. If you really can't stand the taste of your water, try adding a tiny bit of fruit juice or a squeeze of lemon or lime - just enough to slightly change the taste. Refrigerating your water may also help make it more palatable.
21. *For a feeling of accomplishment,* fill two water bottles of 2 liter capacity in the morning and make sure you have consumed the contents of both by the end of the day.
22. Drinking a full glass of water first thing in the morning helps wake the body up. So kick-start your day with water!
23. *Water helps you look good.* By flushing out toxins and impurities, water can make your skin clearer, smoother and younger looking.
24. *Drinking water helps you control hunger.* Drink a large glass of ice water 20 minutes before meals. The cold causes your stomach to shrink somewhat, which will make you feel full more rapidly.
25. If you don't like the taste of water try hot water. It's a different taste and it feels good on your throat!
26. Try drinking cold water out of a glass instead of a plastic or paper cup. The glass will retain the cold better than other materials and will keep your water crisp and fresh-tasting longer.
27. If your urine is dark yellow you may not be drinking enough water.
28. As we age, for example, many of us grow less sensitive to losses of body water and don't drink when we should. Developing a water habit is a good precaution against dehydration. In addition, researchers have good evidence that people who develop kidney stones can lower their risk of further problems by drinking more fluids. "Those are the only patients we would tell to drink more water,"
29. What if you're sweating and for some reason don't or can't drink? That's when the body will begin to squeeze water from its own tissues, including the brain and the skin. And that's why you may get a headache when dehydrated, and why your skin

- can look ragged and dry. A tall, cool glass of water will soothe your head and revive your skin, in most cases, doctors say--but only if you're dehydrated to start with.
- 30.** Water is the best beauty treatment. Water will do wonders for your looks! It flushes out impurities in your skin, leaving you with a clear, glowing complexion. It also makes your skin look younger. Skin that is becoming saggy, either due to aging or weight loss, plumps up very nicely when the skin cells are hydrated.
 - 31.** In addition, it improves muscle tone. You can lift weights until you're blue in the face, but if your muscles are suffering from a drought, you won't notice a pleasant difference in your appearance. Muscles that have all the water they need contract more easily, making your workout more effective, and you'll look much nicer than if you had flabby muscles under sagging skin.
 - 32.** Water is an essential component of the human body. The human body is made up of about 43% to 75% of water - depending on age, body fat, etc [if fat is taken out of consideration, the nominal water content is about 72% of body mass - according to this source]. You could probably survive for 4 to 8 weeks without food (source), but it is estimated that lack of water could cause death in about 10 days, at room temperature (source).
 - 33.** Water acts as a nourishing agent. Water circulates through the blood and helps transport nutrients and oxygen towards organs and cells. It acts as a solvent for many nutrients and essential salts and makes them available for absorption by the body.
 - 34.** Water is a cleansing agent. It also serves as a medium to carry metabolic wastes away from the body - this is accomplished in the form of urine and sweat. Think of it as a detoxifying agent. This is one of the most important functions of water in our body (although not very highly appreciated often in daily life).
 - 35.** Water helps reduce the risk of kidney stones. The kidneys filter out waste products from the blood and channel them out of the body through the process of urine formation. Increasing concentration of certain salts in the urine increases the risk of kidney stone formation - and in most cases this risk can be reduced by drinking a lot of water and diluting the urine. It is usually recommended that adults prone to kidney stones should try to drink about 12 eight-ounce glasses of water everyday (normal adult recommendation is about 8 glasses).
 - 36.** Water helps reduce the risk of sunstroke. Water is the single most important factor in the highly critical function of regulating your body temperature. On sunny days, we sweat (in other words - excrete water) more and the evaporation of the sweat has a cooling effect on the body. In the absence of sufficient water (when dehydration occurs) in your body, this temperature regulation breaks down and body temperature increases - and this leads to sunstroke. Severe sunstroke has the potential to damage your vital organs.
 - 37.** Water helps lower the blood pressure. When you lose more than optimal levels of fluid due to various conditions (not drinking sufficient water, heavy exercise, illness, etc), the body tries to adjust for the loss of water by constricting blood vessels so

that the rate of loss of water (due to sweating and respiration) is reduced - which in turn leads to higher blood pressure. Drink ample water to prevent this from happening. Of course, this is applicable when the higher blood pressure has been attributed to the lack of enough fluids in the body [*don't confuse this with special diuretic treatments for certain heart, liver, and kidney conditions - in which sometimes it is necessary to remove excess fluids from the body to lower the blood pressure*].

38. Water minimizes the risk of heart disease. This follows from the the above point - increased dehydration causes your cells and tissues to absorb water from the blood stream and thus decreases the volume of the blood flow (probably that's why constriction of blood vessels and the subsequent increase in blood pressure occurs - read #6). Increased blood pressure is a sign of a heart that's working harder than it should - it tries to pump more blood to excretory organs to compensate for the reduced volume. This could probably worsen a heart related ailment. Sufficient water intake will ensure that this does not happen.
39. Water keeps your skin in good condition. In the process of sweating, it also removes impurities in the skin and cleanses it - leaving you with a healthy and younger looking skin. Dehydrated skin cells can cause your skin to appear wrinkled or sagging.
40. Water does not contain calories. Feel free to replace those sugary soft drinks with water; water does not contain any calories - so unlike the soft drinks it's not going to increase your weight. Some studies have pointed towards how increased water consumption can in fact cause weight loss. Americans consume about 13 billion gallons of calorific drinks every year. You can imagine the net effect that can be achieved by replacing all that with water. Make it a habit - whenever you go to a fast food joint or a restaurant, ask for water instead of a soda.
41. BONUS - Water is (almost) free. Obviously, I am not talking about bottled water here. Most water supplied by municipal taps is good enough for drinking and comes fairly cheap. You get it for free in restaurants, fast food joints, and drinking water fountains in your workplace or school. You don't require credit cards or cash to ask for it.

5

EAT 3 HOURS BEFORE SLEEP

Have dinner 4 hours before going to bed. The reason being that your dinner stays in your duodenum, the first part of the small intestine for 4 hours (before moving onto the second part of the small intestine). If you digest food closer to your bedtime it will result in a restless sleep pattern for you.

Your stomach should not be too full, but not too empty. Wait at least three hours after dinner before going to sleep. Digestion doesn't work well while asleep. Hence the extra calories that produce may deposit and make you obese. The digestion and assimilation during sleeping hour is slow thus hyperacidity or indigestion may happen if you go to bed after a heavy dinner.

A full stomach may also interrupt sleep. Hence do not eat heavy foods for the few hours prior to sleep. Similarly, you should avoid going to bed on an empty stomach, as a completely empty stomach may equally interfere with your sleeping patterns. Switch to decaf coffee and avoid tea, cocoa and cola drinks. Caffeine can keep you awake even if you drank it earlier in the day, as the effects of caffeine last for about 8 hours. Avoid tobacco products in evenings as well. While alcohol will make you feel sleepy, it will reduce sleep *quality*. If you find that your stomach is grumbling for food and is keeping you awake, have a light snack about an hour before bedtime.

Your Dinner

Your dinner should be healthy and nutritious. It should be consist of only fruits and salads. The lighter and fiber rich food at dinner makes you feel light and also helps in clear bowel motion at morning. Dinner is often the most difficult meal to get right. Most of us are so hungry after work that we eat the first thing we see (which is usually a Burger King Whopper). To avoid that hungry feeling, eat a healthy snack around 4:00 or 5:00 p.m. to keep your blood sugar up and your nerves down. Taking of dinner 3 hours before sleep can keep you always healthy of your digestive system and if it is right you can not be affected by degenerative diseases in your last part of life. It is always told that take dinner very lightly at night. A good dinner should be balanced, just like your breakfast and lunch.

Why You Should Eat a Healthy Dinner

Later in the day, your body does not digest things as fast. Therefore, if you eat something that late, your body will not be able to digest it completely overnight, because your metabolism slows down when you sleep, and the food that doesn't get digested ends up as extra fat. Carbs is the only thing that applies to for the most part... try to make Supper

EXTREMELY low Carb... normally during the day you need TONS of Carbs, but later in the night you need to cut way back

6

CHECK WHAT GOES IN & WHAT COMES OUT

WHAT GOES IN

What goes in defines the meaning of what are the food groups you should take regularly to keep you healthy by physically, mentally, and spiritually.

Nutrition is an input to and foundation for health and development. Better nutrition means stronger immune systems, less illness and better health. Healthy children learn better. Healthy people are stronger, are more productive and more able to create opportunities to gradually break the cycles of both poverty and hunger in a sustainable way. Better nutrition is a prime entry point to ending poverty and a milestone to achieving better quality of life.

Freedom from hunger and malnutrition is a basic human right and their alleviation is a fundamental prerequisite for human and national development.

Natural Food Diets Equal Health

Are you ready to get healthy? Are you ready to stop attempting fat diets and make a real lifestyle change? All you need is to brush up on your nutrition facts and ask yourself one question when choosing food: Is this natural and healthy? Your body is a living thing – feed it fresh, natural, and living foods.

Instead of focusing on all the things you shouldn't eat, try focusing on the things that are good for you. These include fruits, vegetables, whole grains, beans, nuts, and soy. You may have heard the suggestion that the healthiest food options are located around the perimeters of your local grocery store – and this is true. Try to avoid the processed and prepared food items. It's really not difficult to eat a healthy diet that will keep you slim and energetic. Just don't put unnatural and processed foods into your body. It will thank you immensely. And natural foods taste so much better. And make you feel so much better. Foods retain the highest amount of nutrients in their raw, uncooked state. A vegetarian or vegan diet is the absolute healthiest. Just be sure to replace your protein sources with beans, nuts, and soy.

The majority of your diet should be vegetables, followed by fruits, and then whole grains. In the next tier comes protein from soy, beans, and nuts. The smallest portion should come from fats. A truly healthy diet does not include any refined sugar products. White flour and sugar are the most processed foods in our culture. But luckily, the trend is turning towards natural processes. You can't go wrong though by eating food in their most natural state. Here's a list of foods to help you out with your new, healthy lifestyle:

Fruits

Apples, seasonal fruit, strawberries, plums, peaches, blackberries, limes

Salad

Green lettuce, spinach, cucumbers, tomatoes, onion

Vegetables

Carrots, celery, onion, garlic, red pepper, broccoli, cauliflower, squash, snow peas, green beans, asparagus, potatoes, mushrooms, alfalfa sprouts etc

Proteins

nuts – peanuts, walnuts, cashew, brazil, macadamia, peanut butter

Healthy Food Groups - Since no single food group can nourish the body with all the vital ingredients it requires, it is important that we consume a variety of *healthy foods* to derive the nutrition our body needs.

There are five main food groups, they are:

- Fruits
- Vegetables
- Cereals and Pulses
- Dairy
- Poultry, Fish and Meat products

A healthy balance of these five food groups ensures essential vitamins, minerals and dietary fibre. The food group serving size will depend upon various factors like age, activity level, body size and gender. It is also important that one eat a variety of foods from within and across the food groups. As some foods from within a food group provide more nutrients than others. This will ensure that one gets the maximum recommended nutrition from the food group; besides the food variety will make for an interesting meal.

Healthy Diets and Good Health

The conventional medicine treats the symptoms rather than the root cause of the disease, which is usually caused by wrong eating habits leading to an accumulation of toxins within the system. Whereas a nutritious diet can rectify underlying causes of diseases and restore one to wholeness of mind and body. Once we realise the connection between a wholesome diet and good health, our food will be our medicine and maintaining good health will be a matter of making the right food choices and leading a healthy lifestyle

Healthy hair - The most effective way to get healthy hair is to have a healthy diet. Lustrous, healthy hair is a result of a healthy body and a result of eating healthy food. Beautiful, healthy hair is a result of a healthy diet. There are certain foods that make your hair healthy and strong. Incorporate these foods in your day-to-day diet and you will notice the difference in your hair within a few weeks. Plenty of water intake, regular taking of natural vitamins, all essential minerals, portentous diet, and proper exercise helps to keep your hair healthy

Balanced diet - Eating a balanced diet is essential to having good health. In normal, healthy individuals there is a desire for food and for great tasting food, sometimes in larger quantities than should be consumed. Food provides nutrition, and it takes very wise decisions daily for balanced meals.

Our bodies need food materials to keep our body processes regular. There are fatty acids, certain minerals, vitamins, water, and proteins that perform certain regulatory functions for our bodies. These functions include making fluids move in our body, controlling the acid and base, the coagulation of blood, activation of enzymes, and maintaining body temperature. Our cells and tissue need body-building nutrition: proteins, water, and minerals. We need foods that supply our energy (energy nutrients), and these include proteins, fats, and carbohydrates.

Carbohydrates - Our main source of energy is the carbohydrate. Carbohydrates are our chief source of nutriment as they all contain carbon, hydrogen, and oxygen. Most carbohydrate foods are also inexpensive and readily available. If you eat too few carbohydrates, then you may have fatigue, depression, and a breakdown of body protein for energy. The proportion of carbohydrates in a food depends on the water content of the sample. Milk, fresh vegetables, and fresh fruits have a high water content and therefore have less than 100 grams per sample. When you eat dried fruits, the sugar is more concentrated and therefore greater on a weight-for-weight basis than in fresh fruits.

The main dietary carbohydrates that we obtain from cereals and potatoes, for example, are starches, whereas the main dietary carbohydrates in dried fruits and sweeteners are sugars. As your body metabolizes carbohydrates, it forms glucose. Glucose is measured in the body as blood sugar and is "burned" as fuel by the tissues in your body. Some is converted to glycogen and stored for later use. There are two primary types of carbohydrates: simple and complex.

Fats - Take a careful look at fatty foods such as hamburgers, French fries, and ice cream. Fat contributes more to weight than sugar. An ounce of fat has 255 calories; an ounce of protein has only 113. Fat has twice as many calories as lean meat. Fat appears in different forms. One is triglyceride—the chemical name for fat—which appears in two forms, saturated and

unsaturated fats. Most food fats are a combination of different triglycerides. Saturated fat includes any fat that can become solid at room temperature, such as fat on meat, palm and coconut oils, hydrogenated vegetable oils, and all animal fats. Unsaturated fats are those that contain one, two, or more double bonds between carbon actions. They are monounsaturated fatty acids, which are found in olive, cottonseed, avocado, peanut oils, or polyunsaturated fatty acids found in soybean, safflower, sunflower, corn, or flaxseeds oils. Partially hydrogenated vegetable oil means that the product contains more saturated fat than if it were made with just plain vegetable oil. Fat modified products are not necessarily low fat or low-calorie. It is believed that an individual should have less than 10 percent of the fat allowance from saturated fats, less the 10 percent should come from polyunsaturated fats, and the remaining should come from monounsaturated fats.

Cholesterol is essential to your body and is a fat-like substance and blood lipid that your liver synthesizes in amounts that will meet the body's needs. It is a component of hormones and cell membranes that helps control permeability. Keeping your cholesterol through a healthy nutritional diet daily to 300 mg; eating low fat dairy products; and cutting down on fried foods, pastries, egg yolk, certain shellfish, and organ meats will make you healthier. You will reduce your chances of obesity, high blood pressure, stroke, cancer, and heart disease by 20% by just limiting your fats to 30 percent of your daily calorie intake and by keeping saturated fats to less than 10 percent daily.

Protein - Protein is necessary for good health because it provides growth and repairs body tissues, including muscles, blood, skin, hormones, enzymes, and internal organs. When your diet is not sufficient in fats or carbohydrates, protein consumed will become a source of energy. A healthy body needs 22 amino acids. Foods that contain the needed amino acids are meat and dairy products and are known as complete proteins. Vegetables and grains are considered incomplete proteins. To ensure your daily need for zinc, iron, and other minerals packaged in protein foods, it is recommended that you have two or more servings, 2 to 3 ounces each, of protein foods every day. Too much protein can cause stress on your kidneys and liver. It is wise to eat meatless (and cheeseless) meals a few times each week. Many vegetables, rice, beans, pasta, and bread have plenty of proteins.

Vitamins - Your body needs vitamins, which are very important to convert your food into energy so you will grow, maintain your body, and keep it functional. If you eat a well-balanced diet including whole-grain breads, fresh fruits, and fresh vegetables, you're probably getting most of the necessary vitamins and minerals.

Minerals - Minerals are inorganic substances that are essential for the metabolic processes in the body. They act as catalysts for the major body processes, and their actions are interrelated. The major minerals include, molybdenum, zinc, cobalt, calcium, and manganese. If you don't get enough minerals in your body, you can create a deficiency and become ill. To get the proper amount of vitamins and minerals necessary daily in your diet, eat at least one citrus fruit or one serving of potato, tomato, broccoli, cauliflower, or strawberries and also one fresh yellow vegetable or fruit and one green one; the darker in color the better.

Water - Water is the primary component of your body because your body contains between 40 and 50 quarts of water; even your brain is 74 percent water. It is just essential for nutrient digestion, distribution, body cooling, joint and membrane lubrication, waste disposal, and

fighting disease. If you want your body to perform effectively, you need to be well hydrated. It is wise to drink six to eight glasses of water daily.

Fiber - Fiber is essential for proper diet and nutrition. If you eat plenty of whole grains, seeds, fresh raw vegetables, or beans, you not only will lose weight or maintain your weight, but your heart and gastrointestinal tract will be healthy. Studies have shown that having enough fiber in your diet reduces the risk of degenerative diseases and certain cancer. It is wise to eat foods like broccoli, cabbage, cauliflower, and brussels sprouts. Most high-fiber foods will have a low calorie density so you can eat lots of them, yet you won't be consuming many calories. Fiber slows down the rate of food digestion so your blood sugar doesn't rise. Eat all of the mentioned foods with your meals or even as snacks, and you will keep your fiber intake at a healthy level.

Limit your salt - Limit your salt intake because too much sodium can increase the risk of high blood pressure, strokes, brain damage, heart attacks, fluid retention, kidney problems, and also premenstrual syndrome. It can also damage your stomach lining and cause severe gastritis. A low sodium diet can improve any of these conditions. To limit your salt intake, always taste your food before adding salt; when cooking, add little or no salt, and try not to use as much.

Sugar lacks the vitamins and minerals you need to metabolize it. Too much sugar leaves you with a vitamin deficiency that reduces your ability to maintain a healthy nervous system or even to fight stress. You should keep your sugar at only 10 percent to consider your diet healthy. Be aware of the sugar content of foods such as sodas, condiments, ice cream, most yogurts, packaged foods, etc. Reduce the amount of sugar you add to foods.

Above all, when it is possible, choose simple, unprocessed food such as making your own popcorn and eating fresh meats instead of packaged cold cuts or meats. Read those labels before you purchase foods.

Caffeine needs to be limit - Caffeine needs to be limit daily. Excessive caffeine will actually rob your body of nutrients, add stress, and will disturb your sleep cycle. You will also secrete more water-soluble nutrients that your body needs and could even have irritating excess enzymes and gastric acid.

HEALTHY EATING TIPS

Having trouble sticking to plans to eat healthy foods? Here are some tips for eating a healthy diet.

Don't we all love comfort foods? Those sweet and sinful deserts that we can never get enough of? Watching a movie wouldn't be same without the salty, buttered popcorn. When we're angry, sad, or lonely the first thing we reach for is something delicious to eat. Somehow it makes us feel better. But have you ever thought of how much better it really makes you feel? How long that feeling lasts? Once the satisfaction of eating these foods wear

off what are you left with? Have you stopped to think just what it is that you're actually getting from these foods?

The four major ingredients in comfort foods are: Sugar, Fat, Salt, White flour

Sugar - Sugar gives you an instant energy boost for about twenty minutes, but afterwards you'll get a major drop in energy lasting well over twenty minutes. You can, of course, continue eating sugar every time that you feel the drop but then you'll experience the constant sugar high-lows. If you do this in the evening don't expect a good night's sleep. It can also give you cavities and trigger headaches, not to mention that once the sugar has been digested it turns into FAT.

Fat - Fat makes everything taste good, it enhances the flavors, brings out the aromas, and adds that crispy crunch to chicken, which makes it so scrumptious. What happens to your body after the gratification of eating too much fat? Well, your blood vessels will get clogged with fat deposits, making it harder for your blood to flow smoothly. If continued for many years a possible HEART ATTACK may follow.

Salt - Salt is so good and so bad at the same time. Add a little salt to almost any food and your taste buds will be bursting with excitement. But all this excitement increases your blood pressure causing hypertension. It will make your body retain water making you look puffy all over. The fact that it raises your blood pressure should be enough to make you want to give it up. If you're still not sure that you want to give it up think about this, men who take blood pressure medication are at a high risk of becoming impotent.

White flour - White flour is what all those delicious cakes, cookies and pastries are made of. After you've satisfied your craving what do you have? You have all of the previously mentioned because deserts are loaded with salt, sugar and fat. You also have the white flour, which increases your weight and slows down your body.

One more thing to remember, many prescription drugs can decrease sexual drive, both for men and women. This means that if you maintain your body healthy you will have less chances of needing these medications. There are many ways to turn comfort food into healthy food,

Now that you have the pros and the cons it's time to make a choice. You can choose to continue enjoying these foods and deal with the consequences.... Imagine not being able to climb a moderate hill to watch a beautiful scenery because you have short lung capacity and constant fatigue. Or not being able to run around and play with you kids. On the other hand you can make the choice to enjoy the benefits of healthy foods and live a longer fuller life. A healthy body creates pleasures that last a lifetime and memories that you'll cherish.

WHAT COMES OUT

“What comes out” define about your communication, your each words coming from your lips makes a huge difference in how people respond to you

Think before you speak

What you say and how you communicate can make a big difference in how people respond to you. Your words can take you places or can come back to haunt you when you least expect

Communication is very important in any relationship, in every where. We hear this repeatedly and every good book promotes this sentiment. We try to communicate but we forget the next important lesson. How to communicate? Some suggest, "don't say anything if you don't have anything good to say," which is also good advice if we want to be quiet most of the time. If we are rude or blunt and no one wants to talk to us then we will be having a lot of conversations with ourselves. "Weigh your words before you speak," now there might be a lot of wisdom in this old saying and it might save you and others a lot of stress and grief. Just think about it.

If we write a letter to someone, we usually read it over at least once to make sure it sounds alright. We usually check for grammar and spelling before we send it off. But when we speak, we just say whatever comes to our mind without giving a second thought to our words or even the tone.

"The least amount said is better in a disagreement."

You could hurt someone unknowingly with the words you speak or the way you say them. Once the words leave your mouth, it is impossible to take them back. It doesn't matter how unintentional they may be, words can sometimes cut a lot deeper than a sword. Very often you'll hear people say, "I didn't mean to hurt your feelings," well if you didn't want to hurt feelings why couldn't you be thoughtful before you let the unpleasant words escape your loose lips.

Most people are usually nice and polite with people they barely know but end up hurting people they care about, because they don't watch what they say around them. If you are too comfortable with your loved ones and are hasty with your words, instead of taking them for granted, it might help if you could take a step back and think of them as someone else that you wish liked you.

So do you think before you speak, or do you just let it fly, not caring who gets hurt in the process? Or are you somewhere in between?

No one is perfect, and we all may let something fly when we are upset or angry... but as a rule do you try to think about what you are thinking before you let it come out of your mouth?

These days call for a serious awareness of how our words can build up or destroy people, or build up and destroy temples or church or masque. These days call for an “economy of

words” as we have polluted minds, hearts, and cultures with thoughtless and destructive words. Even when we try to be politically correct, our best intentions can create reverse discrimination. We should treasure our gift of communication as a sacred trust between a loving Creator and the people of this world. We need to learn to let our lives speak so that our words and actions are a symphony and a complementary witness to love, peace, and hope, lest our lives become a contradiction in terms. Let us learn the gift of silence when the absence of words allow God to get a word in edgewise. Let us celebrate the spoken word of love through the sounds of laughter, the articulation of mercy, the phonics of compassion. Let us choose our words wisely and realize that humility and love will always be the best way to begin a conversation.

Found this quote from Mahatma Gandhi that is good guidance for where I am today:

*“Keep your thoughts positive because your thoughts become your words.
Keep your words positive because your words become your behavior.
Keep your behavior positive because your behavior becomes your habits.
Keep your habits positive because your habits become your values.
Keep your values positive because your values become your destiny.”*

To keep your thought positive you have to remove negativity from your life and to have a positive train of thought about every situation in your life. The first thing you have to do is build your self-esteem back up to believe in yourself. Believe that you can accomplish anything in your life and you have the reliance to go after it to get it. This will help you loose a lot of negative thoughts right there. You have to remove all negative thoughts and actions from your life. Think positively about everything you want to do and it will come to you. Develop the attitude you can get anything you set out to have and once you decide this, nothing can stop you from accomplishing that. With keeping your thought train like this you are removing all the negativity from your life. Surround yourself with positive people in your life. When a positive train of thoughts sets up in your mind always the encouraged packed positive words will be coming from your mouth.

VIBRATE LOVE

Loving is a journey...never a destination

A tear will vanish. Not the heart that created it

Loving is still wandering through the arteries of our society, but not as visible as it used to be. Love can make this earth a paradise. But now a days every body has forgotten that 4 digits. Every where there is war, the war in between two country, the war in between two culture, the war in between two languages even the war in our thoughts. War not only takes the life of many peoples but takes the peace from inside of the person. We are wandering for and searching for “the peace”. But how can we get peace where there is no love. Only we can get peace if we will vibrate love in each and every person. Without this we can not make our self peaceful, our society peaceful, our nation peaceful and a peaceful world. Love is the master key that opens the gates of happiness

It should be start from you itself. You must first learn to Love yourself before you can give Love.

Tips how to love Yourself

1. **Stop all criticism:** Criticism never changes a thing. Refuse to criticize yourself. Accept yourself exactly as you are. Everybody changes. When you criticize yourself, your changes are negative. When you approve of yourself, your changes are positive.
2. **Don't scare yourself:** Stop terrorizing yourself with your thoughts. It's a dreadful way to live. Find a mental image that gives you pleasure (mine is yellow roses), and immediately switch your scary thought to a pleasure thought.
3. **Be gentle and kind and patient:** Be gentle with yourself. Be kind to yourself. Be patient with yourself as you learn the new ways of thinking. Treat yourself as you would someone you really loved.
4. **Be kind to your mind:** Self-hatred is only hating your own thoughts. Don't hate yourself for having the thoughts. Gently change the thoughts.
5. **Praise yourself:** Criticism breaks the inner spirit. Praise builds it up. Praise yourself as much as you can. Tell yourself how well you are doing with every little thing.
6. **Support yourself:** Find ways to support yourself. Reach out to friends, and allow them to help you. It is being strong to ask for help when you need it.
7. **Be loving to your negatives:** Acknowledge that you created them to fulfill a need. Now you are finding new, positive ways to fulfill those needs. So, lovingly release the old negative patterns.
8. **Take care of your body:** Learn about nutrition. What kind of fuel does your body need to have optimum energy and vitality? Learn about exercise. What kind of exercise can you enjoy? Cherish and revere the temple you live in.

9. **Mirror work:** Look into your own eyes often. Express this growing sense of love you have for yourself. Forgive yourself looking into the mirror. Talk to your parents looking into the mirror. Forgive them, too. At least once a day, say: "I love you, I really love you!"
10. **LOVE YOURSELF - DO IT NOW!** Don't wait until you get well or lose the weight, or get the new job, or find the new relationship. Begin **NOW** - do the best you can.

Remember that you are a truly loveable person ... and that you deserve

Love is the only sane and satisfactory answer to the problem of human existence. Love is loving someone without expecting anything in return; no judgments, no restrictions; no limitations; no expectations! The road to self-discovery is paved with Love. Love stretches your heart and makes you big inside. Love protects; preserves and hopes for the positive aspect of life

The universe is an expression of love - This universe is an expression of love. We live in an ocean of Love, but because it is so near to us, we sometimes need to be shocked, hurt, or experience some loss in order to be aware of the nearness and importance of love. A little fish was told that without water it could not live and it became very afraid. It swam to its mother and, trembling, told her about the need for water. The mother said, "Water, my darling, is what we're swimming in."

Every being and thing in creation is set in motion by love. The planets revolve around the sun and the sun radiates its energy to the planets. Atoms are held in a delicate but immensely powerful balance by love. Perhaps this morning you wanted some fruits and juice. Later you had a hunger for some soup and salads, stir-fried vegetables over rice. In the evening you had fruits salads. The motivation behind all of these was the hunger of the body. In the same way, Love is the motivation behind every yearning. Love puts the pen to paper; it puts a word on the tongue. Love is not the goal of anything. It is the cause of everything.

The Spectrum of Love - People mean so many different things when they refer to love. For some it means desire or lust, for others compassion, for some need, for others generosity, for some an impersonal ideal, for others devotion or yearning. Love is one power that is reflected on many levels of our being: physical. Emotional, mental, social, spiritual, and cosmic.

The failure of love - We have all been broken and disappointed in love because our love has been identified with our egoism, when it was meant to dissolve it. Our egoism has corrupted our love. It is superseding than love. Egoism can turn beauty into ugliness, generosity into selfishness, love into hatred. Hence don't make your ego comes in front of love. If you will leave your ego you can see the world with the eyes of love. Come let make each people in the world to bind each other with love and affection.

In reality generally we do love when we expect to get something. We do love when we have the perfect person to love. But there is no such perfect person, and even if there is we can not know it unless we too are perfect.

Love and health - Love has consequences for health and well-being. Engaging in joyful activities such as love may activate areas in the brain responsible for emotion, attention, motivation and memory, and it may further serve to control the autonomic nervous system, i.e., stress reduction. This specific CNS activity pattern appears to exert protective effects, even on the brain itself. Moreover, anxiolytic effects of pleasurable experiences may occur by promotion of an inhibitory tone in specific areas of the brain. Thus, love and pleasure clearly are capable of stimulating health, well-being and (re)productivity: This wonderful biological instrument makes procreation and maintenance of organisms and their species a deeply rewarding and pleasurable experience, thus ensuring survival, health, and perpetuation

The fruits of Love - Just as the cause can produce the effect, the effect can also produce the cause. The tree produces the fruit; and the fruit can produce the tree. Love has many fruits: kindness, patience, generosity, courage, self-sacrifice. Love will produce these fruits; and these fruits will engender love. This is a two way street. The effect can produce the cause. An apple contains the seed of a tree.

Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver. When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.

Responsibility does not only lie with the leaders of our countries or with those who have been appointed or elected to do a particular job. It lies with each of us individually. Peace, for example, starts within each one of us. When we have inner peace, we can be at peace with those around us. Peace can come where there is love and affection.

The religion of love is not seeking love, because it knows that love is not the goal or end, but the origin and cause of everything. We are within this field of love. We only need to open up to it. Love created us. Love guides us. And we will all return to love, either willingly or unwillingly. Let us go willingly and consciously, by realizing that love brought us here in the first place. Let us trust this truth. Let us start at this point. Let us spread love, vibrate love, and try to create a world of peace, harmony and healthy world.

"Give your hands to serve and your hearts to love." - Mother Teresa

LIVE GRATITUDE

Want to know a simple way to increase your enjoyment of life 100 percent? Develop an attitude of gratitude! Thankfulness in the heart makes all of the struggles and trials of life more bearable, and increases your joy in the good times. So how does gratitude work, and what are some things a person can do to build more of it into their life?

If you've been working on the goal of having a more positive attitude toward life, gratitude is a natural outcome. The first step in developing a more thankful spirit is to take a good look at the things in your life that are going well. Sometimes life feels like a roller coaster – up and down, up and down. But in reality, if you look well, you'll see that there are challenges happening during the up times, and good things happening during the down times.

The goal, when developing gratitude, is to accentuate the positive, as the old song says. Put your focus on those good things. Do you have children? What nicer thing is there to be thankful for than your children, grandchildren, or young friends.

Maybe you have challenges and disappointments in these basic areas of life. Maybe you have a handicapping condition or are living with chronic pain or illness. Maybe your family life is filled with heartache. Maybe the bills are piling up and you can't figure out how you can ever meet them. Does this mean that you can't find a reason to be thankful? No, of course there are reasons to be thankful.

But even more important than why you can be thankful is why you should live a life of gratitude. Studies have been done in which participants kept journals recording either things they were thankful for or each day's hassles. The results were that the thankful journal keepers had more energy, better health, more hope for the future, and generally felt better about their lives as a whole. In fact, one long term study showed the more thankful people to live almost seven years longer than the least thankful!

Religion often plays a role in developing gratefulness. If we acknowledge the benevolence of a higher power who gives us our health, food, ability to work, and even the air we breathe, it helps us realize that we are not really responsible for everything we have.

BE THANKFUL

be thankful that you don't already have everything you desire, If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow.

Be thankful for your limitations, because they give you opportunities for improvement.
Be thankful for each new challenge, because it will build your strength and character.

Be thankful for your mistakes, they will teach you valuable lessons.

Be thankful when you're tired and weary, because it means you've made a difference.

It is easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks.

GRATITUDE can turn a negative into a positive. Find a way to be thankful for your troubles and they can become your blessings.

14 WAYS TO CULTIVATE AN ATTITUDE OF GRATITUDE

Here are 14 little things we can do each day to nourish our sense of gratitude:

1. Gratitude keeps us centered and wards off jealousy and negativity.
2. Choose your friends wisely. If you strive to be spiritually strong, supportive, empowering, intelligent, energetic, and positive, seek those characteristics in others.
3. Help your friends develop more positive traits by living those positive traits yourself. Know what kind of friends will help you nurture your soul, and set out to find some.
4. Help your friends cultivate gratitude. Before you say anything about a friend's situation, remember that everyone's situation is unique. I've seen it happen to myself and to my friends. They'll be perfectly happy until someone tells them they're being mistreated. Suddenly, they're upset.
5. Don't let your friends wield such power, and work to avoid wielding such power yourself.
6. Day by day, hour by hour, make a goal to stop complaining about your life. Make a pact with your friends to cut the complaints from your conversations.
7. Give the gift of gratitude to your children. Help your children to be satisfied with the simple things while giving them the innate power and ability to achieve whatever they want in life...by living in such a way yourself.
8. Say "Thank You." Whom in your life do you appreciate? Let them know, whether it's your mom, your kids, your friends, your husband, your child's daycare provider or the helpful woman behind the cosmetics counter.
9. A heartfelt "thank you" often does the trick. Make it a habit and your attention will suddenly turn to all the things people do for you.

10. Also, write thank you notes regularly - not just after a gift exchange - and be mindful of all the ways you show your appreciation by the things you do in return.
11. Spend 15 minutes writing a letter to your children. In this note, tell them how much you love them, why you're thankful for them, and all the ways they have enriched your life. This can be something you give them now or after they have grown.
12. Be mindful of the little things. Today, strive to be aware of all the aspects of your personal, professional, and family life for which you are thankful.
13. Take a few minutes today to appreciate nature. Go for a walk and notice only those things that are beautiful. Whether you focus on the stars above, a distant mountain range, or the cottonwood tree in your backyard, try to notice the details. Give thanks for the beauty that surrounds us.
14. Together, let's work on focusing on what we have - not on what we don't have - and all the ways we can help one another have more gratitude for the gift of life.

Cultivating an attitude of gratitude

Being in the practice of cultivating an attitude of gratitude can change any body life. If you devote yourself to practice cultivating an attitude of gratitude, it will change your life, as well. Taking the time, each night, to think about the things for which you feel grateful is extremely beneficial. You are reminding yourself about what is good, and ending your day on a positive note. This positive attitude seems to carry over from one day to the next. Over time, you may notice that you feel happier, in general - that you feel down or depressed less often. You may observe a sense of calm within yourself. You may realize that "little annoyances" that would have disturbed you in the past, no longer bother you. The more you practice, the more you will notice, throughout the day, so many things for which you feel grateful.

The greatest fruits will come when you can begin to feel grateful, even on days that are more difficult and challenging. Everything happens for a reason. Our "negative" experiences often bring to us the greatest teachings of our lifetime. Sometimes the challenges of our lives help to build character. Whatever doesn't kill us only makes us stronger. These are our initiations. Like the doctor slapping the newborn so it will take its first breath, sometimes life needs to slap us awake. Often, these tough experiences create a turning point in our lives, when we realize we need to go in a new direction or travel a new path. When you can stop in the middle of a "bad day" and say to yourself, "What am I supposed to be learning from this?" - and when you can trust that, if you don't have the insight right in the moment, then you will understand it someday - then your life truly will begin to transform. When you can maintain an attitude of gratitude, even on a "bad day," then the challenging days will not feel as bad... and the "good days" will just seem that much sweeter. "There are no ordinary moments." You will begin to see the magic of everyday life.

What are you grateful for?

When you awoke this morning...did you look around inside and outside...and ****GIVE THANKS**** for all of your Blessings? For every Beautiful thing around you and sometimes not so pretty...did you show gratitude for all of your blessings?

Did you thank the sun for shining **JUST FOR YOU** today? Did you thank the clouds for the show that they produced **JUST FOR YOU**? Did you thank your Garden for its Beauty? Sometimes we forget the very Blessings right there in front of our eyes, it is never too late to start living your life with an *****ATTITUDE OF GRATITUDE*****

Wherever you are...**STOP**...Look Around. Tell the Universe **THANK YOU!** Thank you for all the blessings in my life. Hold your hands out to the sky and say **THANK YOU**. Thank others for what they do for you.

Make it a Habit to do this on a daily basis starting right now.

“May your troubles be less, your blessings more, and nothing but happiness comes through your door!”

How to Be Thankful

Steps

Pay attention to the people around you. You will find that everybody has something to worry or complain about, not just you. It's easy to focus on those who seem to have it all, but you never know what's going on inside. They might look happy, but they might be miserable as well. Don't look at others and think "I should have it like they do." Look at those who aren't as fortunate as you are and take note of how blessed you are. Count your blessings. If it helps, consider volunteering or start a relationship with someone who is not as fortunate and find small or gradual ways to help them.

Practice acceptance. Stop dwelling on how things should be, what could've been, and what you don't have. Recognize what you do have--whether you like it or not, it's yours to keep or to change. Accepting your lot in life is not about resigning yourself to unhappiness.

Become a problem solver. Get in the habit of asking yourself how you can turn the negative into a positive. The most successful people in life, and those who have the most to be grateful for, are also those who've endured tremendous trials and managed to persevere and turn it all around.

Learn to see hardship as a chance to develop character. Imagine yourself looking back ten years from now and recounting your difficult circumstances, and being proud of how you handled it and worked through it.

Take joy in the small things. watch a funny movie and have a good laugh. Life's treasures are the small pleasures; give thanks for each small gift you receive!

CARE MOTHER EARTH

Mother Earth: Our God

Out of the earth we have come and to the earth we shall return one day...

Different forms of creation rise from the earth and in the end, merge back with the earth, as waves in the sea - they are individual waves and yet a part of the sea. All life depends on earth, all life originates from earth. Earth is our God, our mother. She is the basis for everything; our happiness, our sadness are all directly linked to Mother Earth. Civilizations come and go, Earth goes on forever. WE BELONG TO THE EARTH. Bible says we came out of the dust, even dust is a part of the earth.

She's our sole provider; whether we are alive or dead or even if we become gods! When we are alive, we get everything from earth. Even after death, Mother Earth holds our remains - we merge back into the Earth. The Earth provides us with all we need to exist and asks for nothing in return. We have taken advantage of this and exploited her for profit. The abuse and destruction of the earth has increased to the point where we have not only poisoned the earth and it's creatures, but also ourselves. We are all part of the environment and what we do to the environment, we also do to ourselves, as well as to our future generations. You can take steps in your everyday life to ensure the survival of our living planet.

ENVIRONMENTAL DEGRADATION IN URBAN CITIES - AN OVER LOOK

AIR POLLUTION

Air pollution has been aggravated by developments that typically occur as countries become industrialised: growing cities, increasing traffic, rapid economic development and industrialisation, and higher levels of energy consumption. The high influx of population to urban areas, increase in consumption patterns and unplanned urban and industrial development have led to the problem of air pollution. Currently, in India, air pollution is widespread in urban areas where vehicles are the major contributors and in a few other areas with a high concentration of industries and thermal power plants. Vehicular emissions are of particular concern since these are ground level sources and thus have the maximum impact on the general population. Also, vehicles contribute significantly to the total air pollution load in many urban areas.

Pressure Increase in urban population - Between 1951 and 1991, the urban population has tripled, from 62.4 million to 217.6 million, and its proportion has increased from 17.3%

to 25.7%. Nearly two-thirds of the urban population is concentrated in 317 class I cities, half of which lives in 23 metropolitan areas with populations exceeding 1 million. This rapid increase in urban population has resulted in unplanned urban development, increase in consumption patterns and higher demands for transport, energy, other infrastructure, thereby leading to pollution problems.

Increase in number of vehicles - The number of motor vehicles has increased from 0.3 million in 1951 to 37.2 million in 1997. Out of these, 32% are concentrated in 23 metropolitan cities. At the all-India level, the percentage of two-wheeled vehicles in the total number of motor vehicles increased from 9% in 1951 to 69% in 1997, and the share of buses declined from 11% to 1.3% during the same period. This clearly points to a tremendous increase in the share of personal transport vehicles. The slow growth of road infrastructure and high growth of transport performance and number of vehicles all imply that Indian roads are reaching a saturation point in utilising the existing capacities. The consumption of gasoline and HSD has grown more than 3 times during the period 1980-1997. While the consumption of gasoline and HSD were 1,522 and 9,050 thousand tones in 1980-81, it increased to 4,955 and 30,357 thousand tonnes in 1996-97, respectively

Increase in industrial activity - India has made rapid strides in industrialisation, and it is one of the ten most industrialised nations of the world. But this status, has brought with it unwanted and unanticipated consequences such as unplanned urbanisation, pollution and the risk of accidents. The CPCB (Central Pollution Control Board) has identified seventeen categories of industries (large and medium scale) as significantly polluting and the list includes highly air polluting industries such as integrated iron and steel, thermal power plants, copper/zinc/ aluminium smelters, cement, oil refineries, petrochemicals, pesticides and fertiliser units.

Small scale industries are a special feature of the Indian economy and play an important role in pollution. India has over 3 million small scale units accounting for over 40 percent of the total industrial output in the country (CII and SII 1996). In general, Indian small scale industries lack pollution control mechanisms. While the larger industries are better organised to adopt pollution control measures, the small scale sector is poorly equipped (both financially and technically) to handle this problem. They have a very high aggregate pollution potential. Also, in many urban centres, industrial units are located in densely populated areas, thereby affecting a large number of people.

Increase in power generation - Since 1950-51, the electricity generation capacity in India has multiplied 55 times from a meager 1.7 thousand MW to 93.3 thousand MW. The generating capacity in India comprises a mix of hydro, thermal, and nuclear plants. Since the early seventies, the hydro-thermal capacity mix has changed significantly with the share of hydro in total capacity declining from 43% in 1970-71 to 24% in 1998-99. Thermal power constitutes about 74% of the total installed power generation capacity.

India's coal has a very high in ash content (24%–45%). The increased dependence of the power sector on an inferior quality coal has been associated with emissions from power plants in the form of particulate matter, toxic elements, fly ash, oxides of nitrogen, sulphur and carbon besides ash, which required vast stretches of land for disposal.

Domestic pollution- Pollution from different types of cooking stoves using coal, fuelwood, and other biomass fuels contributes to some extent, to the overall pollution load in urban

areas. The main concern is the use of inefficient and highly polluting fuels in the poorer households leading to a deterioration in indoor air-quality and health.

Other sources - The problem of air pollution in urban areas is also aggravated due to inadequate power supply for industrial, commercial and residential activities due to, which consumers have to use diesel-based captive power generation units emitting high levels NOX and SOX. In addition, non-point sources such as waste burning, construction activities, and roadside air borne dust due to vehicular movement also contribute to the total emission load.

State Air pollutant emission load - The direct impact of a growth in various causal factors/pressures is the increase in the emission loads of various pollutants, which has led to deterioration in the air quality. The total estimated pollution load from the transport sector increased from 0.15 million tonnes in 1947 to 10.3 million tonnes in 1997. In 1997, CO claimed the largest share (43%) of the total, followed by NOX (30%), HC (20%), SPM (5%), and SO₂ (2%).

Vehicular emissions - The drastic increase in number of vehicles has also resulted in a significant increase in the emission load of various pollutants. **SPM** Suspended particulate matter is one of the most critical air pollutants in most of the urban areas in the country. Its levels have been consistently high in various cities over the past several years.

Air pollution and health impacts - In India, millions of people breathe air with high concentrations of dreaded pollutants. The air is highly polluted in terms of suspended particulate matter in most cities. This has led to a greater incidence of associated health effects on the population manifested in the form of sub-clinical effects, impaired pulmonary functions, use of medication, reduced physical performance, frequent medical consultation and hospital admissions with complicated morbidity and even death in the exposed population. As per a World Bank (1993) study, respiratory infections contribute to 10.9% of the total burden of diseases, which may be both due to presence of communicable diseases as well as high air pollution levels, while cerebro vascular disease (2.1%) ischemic heart disease (2.8%) and pulmonary obstructions (0.6%) are much lower. The prevalence of cancer is about 4.1% amongst all the diseases indicating that the effects of air pollution are visualised on the urban population (CPCB 2000c). The total health costs due to air pollution were estimated to be \$517-2102 million. Also, the physical impacts were in terms of 40,000 premature deaths avoided. The results indicated 2.5 million premature deaths and total morbidity and mortality costs of Rs 885 billion to Rs 4250 billion annually.

Deforestation

Forests are essential to the web of life: they are home to millions of species, protect soil from erosion, produce oxygen, store carbon dioxide, and help regulate climate. Forests are also essential to human beings: they provide us with food, fuel, shelter, medicines, and a variety of wood products. They also purify our air and water and provide us with places of recreation and renewal. With irresponsible forest practices, many of these functions are severely debilitated.

Almost half of the planet's original forests have disappeared. Of what remains, only about 10 percent are protected..

Noise pollution - Study report says that the ambient noise levels show that they exceed the prescribed standards in most of the big cities. The major sources of noise are vehicles and industrial manufacturing processes.

Other impacts - Some of the other impacts due to air pollution include damage to materials, impact on vegetation (including yield loss), and physical and aesthetic effects (such as reduction in visibility).

Increasing rate of air pollution is the major cause of global warming

WATER POLLUTION

Festivals like Ganesh Chaturthi, Durga Puja, Diwali are occasions for great joy and celebrations. But unfortunately they also add an even greater load to our already overburdened rivers, lakes and seas . Immersion of idols made of plaster of paris, lime, cement contain toxic substances and silt the water bodies.

What were in the Traditional Practises - Traditionally idols were made either with metal or stone which were not immersed and worshipped year after other. But since all could not afford these, clay idols came into being. As clay idols can get damaged easily and keeping disfigured idol is considered inauspicious, the tradition of immersion started. Originally the clay idols were not baked to enable them to mix easily with water.

Also the clay contained beneficial things like minerals which when mixed in river water actually proved to be healthy for bathers (similar to Naturopathy prescription).

The decoration on idols used natural substances like chandan / sandal, kumkum, sholapith, flowers and leaves. Natural colours were used for colouring idols if at all they were coloured. Even flowers were not strung on thread but banana stem fibres to enable their easy decomposition.

There are other charming practises where devotees only took some mud or turmeric or flour and fashioned small mounds to symbolise gods. After worshipping, the mounds were dissolve back into water.

On the whole our festivals were environment friendly and also encourages creativity and community integration.

Present Scenario - Today idols are being made of substances like plaster of paris, lime, cement, These do not get dissolved or disintegrate fast and on settling on the beds, kill the flora and fauna. Even clay idols are being baked which does not allow it to dissolve in water easily. Moreover, the chemical dyes and colours being used to colour them contain

poisonous elements like Mercury, Zinc oxide, Chromium and Lead which even in low concentration kill aquatic life and have the potential of causes even cancer.

The decoration on the idols has also turned jazzier with our gods and goddesses being decorated with non-biodegradable and toxic material like thermocol, zari, plastic....

Just think of the effect when thousands of such idols are immersed in a limited stretch of water!!! Along with the idols also immersed are tonnes of polybags, flowers, earthen vessels, cloth, coconut and other decorations. Added clay results in siltation of water bodies while addition of biodegradable and non-biodegradable materials contaminate the water quality

All this is adding a greater load to our already overburdened water bodies. Our water is poisoned killing the innocent aquatic life and effecting our health too.

Others causes of water pollutions are -

Chemical and Industrial Processes - Almost all bodies of water in the world have some level of pollution from chemicals and industrial waste

Pesticides - Pesticides that get applied to farm fields and roadsides—and homeowners' lawns—run off into local streams and rivers or drain down into groundwater, contaminating the fresh water

Fertilizers / Nutrient Pollution - Many causes of pollution, including sewage, manure, and chemical fertilizers, contain "nutrients" such as nitrates and phosphates. Deposition of atmospheric nitrogen (from nitrogen oxides) also causes nutrient-type water pollution.

Minings - The mining process exposes heavy metals and sulfur compounds. Similarly, the action of rainwater on piles of mining waste (tailings) transfers pollution to freshwater supplies.

Personal Care Products, Household Cleaning Products, and Pharmaceuticals – the household products and pharma products are also one cause of water pollution

LIVE STRESS FREE

65 POINTS FOR STRESS-FREE LIVING

1. **Identify and live by your values.** When we know what our values are, and our goals and actions are in harmony with our values, we are seldom stressed or in conflict about what we are doing.
2. **Complete the Past.** Sometimes we hang on to voices or perceived injustices from the past, long after the person or situation is dead and gone. Forget the past.
3. **Plan for the Future.** It is important to know where we want to go and to have a rough idea of how we plan to get there. While it is important to give up final control to God or the Universe, we need a sense of focus and direction to our lives. Planning for the future gives us that sense of direction.
4. **Live in the Present.** This is key. Once we have completed the past and planned for the future, we need to stay focused in the here and now. There is very little that we cannot handle in the moment. (A clue: if you are feeling guilt, you are in the past. If you are feeling fear, you are in the future. The absence of those feelings generally means you are planted firmly in the present!)
5. **Understand that if you can dream it, you can achieve it.** If we are -- truly -- not capable of something, then it is practically impossible for us to dream about it. Knowledge of what we are capable of is in each and every cell of our being. So no matter how wild and far-fetched your dream appears, the very existence of the dream means that you can achieve it if you are willing to commit to it.
6. **Allow others to live their own lives.** Allowing others to be themselves and to live their own lives is the first step in being able to be yourself and living your own life. If you have any 'shoulds' or expectations of others, let them go. Shoulds kill relationships faster than any weapon and fill our lives with unnecessary stress.
7. **Recognize God in everyone.** Everyone (literally, everyone!) is a reflection of God. Sometimes we have to dig a little deep to see it as our perceptions, expectations and fears cloud our vision. But when we can recognize how God is mirrored in each person, our lives are calmer and freer!
8. **Create reserves where you need them.** Stress is often created through lack, either right now or right around the corner. Create reserves of time, space, money, love, vitality and meaningful action, starting where you feel most stressed.
9. **Focus on being and not doing or having.** When we are focused on who we are, what kind of person we are, we tend to be on a journey of spiritual evolution, which in itself tends to have less stress (or the stress is less stressful). When we are focused on doing or having, we are not focused on our higher selves, but only on certain dimensions of who we are (and usually on what we think that means). Be a being, not a doing!
10. **Choose to be the best you possible.** Making a choice to be our best selves, to live life to our fullest potential, typically allows us to transcend our lives and reduces

much stress because we understand that the source of stress is temporary. Also, don't forget that today, you are the best you've ever been! Revel in that fact.

Organize and manage your time

11. Plan your day efficiently each morning and prioritise all the tasks
12. Use mornings to complete "thinking" work, use afternoons to reply to messages and hold meetings
13. Don't procrastinate! Do the hard important tasks first which your mind is trying in vain to avoid
14. Write tomorrow's to-do list at the end of today incorporating unfinished work, so that you can draw a line under today and truly leave work behind.
15. Remember Parkinson's Law: "Work expands so as to fill up the time available for its completion." Studies have shown that people still get the same amount of work done even if they leave work 2 hours earlier because they simply work more efficiently, knowing it has to be complete
16. Compartmentalise your life, don't take work home unless its absolutely necessary

Nutrition!

17. Dramatically reduce or completely eliminate caffeine and high sugar foods from your diet (these substances simply mimic adrenaline and make you feel more stressed!)
18. Eat more fresh fruits and vegetables, at least 5 portions a day (reduces risk of serious illness)
19. Reduce intake of fatty foods, alcohol, and red meat
20. Drink lots of water (not other drinks) throughout the day - at least 3-4.0 liters per day
21. Take at least 30min break for lunch - you'll be more effective in the afternoon if you do
22. Remember, your body is a finally tuned system...you wouldn't put thick grease into your car instead of petrol would you, so why put it into your body?!

Exercise the stress away (in fact any activity is good!)

23. Take 30 minutes of cardiovascular activity at least three times a week (reduces adrenaline levels in the body)
24. Timetable activity into your week, e.g. join a gym or an aerobics class, or simply go for a jog
25. Think activity! Playing in the garden with the kids can be just as aerobic as going to the gym!
26. Try and do more things outdoors to get more natural light
27. Regular exercise boosts feelings of well-being, and can increase stress-resistance
28. Exercise increases immune function meaning less colds and other illnesses
29. It increases both sex drive and the pleasure gained from sex...isn't that incentive enough?!

Learn to chill man!

30. Your brain needs to switch off and relax everyday to recuperate (not sleeping or watching TV!)
31. Truly relax for at least 20-30 minutes everyday, e.g. go for a walk, massage, yoga, stretching, meditation, breathing exercises, visualisation, etc. (call the clinic for more info)
32. Research shows that our concentration goes down to 0 after 60 minutes. Take a few minutes break every hour at work and you'll find you'll be more effective
33. Compartmentalise your life once again, nothing is that important to keep you worried all the time
34. Make a conscious decision to relax every-time you find yourself stressed - its a good habit to learn!

Become emotionally intelligent

35. Recognise your own stress signals when you're feeling rushed...it is your mind and body telling you to slow down and sort something out, so make the effort to resolve the issue bothering you.
36. Fear is **F**alse **E**vidence **A**ppearing **R**eal! Learn to be more in control of your emotions
37. Don't be victimised by angry outbursts, allow your mind to calm down before addressing a conflict
38. Analyse what regularly gets you stressed and keep a stress diary...start to do something about them and then you will realise that your stresses are easier to overcome than you first thought
39. Talk to yourself! Give yourself advice on how to cope as if you were advising your best friend.

Keep sleep deep

40. Did you know that most people are working around with the symptoms of mild sleep-deprivation?! Most people need at least between 7-8 hours of sleep, and stress increases when we don't get this
41. Set a sleep routine and hit the sheets earlier...you'll be more productive the next day for it
42. Do not drink caffeine, as it can stop you from sleeping
43. Do something relaxing before going to bed, not watching TV! Go to bed with a relaxed frame of mind, and if something is bothering you, write it down and resolve to sort it out the next day
44. Eat earlier in the evening, and make the evening meal the smallest of the day.
45. Try having fruits only in your dinner before sleeping.

See the funny side

46. Keep humour in everything that you do...if you take life too seriously your stress levels will be higher
47. Everyone's life is full of hassles and inconveniences, but it is the people who don't take these too seriously that can cope better and be more effective
48. Laughter relaxes the body, increases immunity, gives you perspective, and you take yourself less seriously
49. Reframe your stressful situation...imagine how the situation would be handled on an episode of Friends

Develop stronger bonds with family and friends

50. Research shows that risk of illness is higher in those that don't have a strong social support network
51. Work towards making your family ties more positive and satisfying, connect with them more
52. Good friendships can insulate you from the effects of stress, e.g. see more friends after work
53. Share your problems with family and friends, who can give you guidance and support you emotionally...they are your therapists!
54. Develop a hobby which you can do with family or friends

Learning to let go and accept

55. Whenever you encounter a potentially stressful situation, accept it rather than pushing against it
56. Say "So What?!" Will this really matter in 5 years time?
57. Become less attached to everything working out perfectly, learn to let go of perfectionism
58. Live in the present, stop worrying about the past and the future
59. Realise that you only learn and progress as a person when you have difficulties to overcome...would a baby ever learn to walk if it didn't fall over quite a few times?!
60. Research shows that we all need some kind of life philosophy in order to function effectively as human beings, and to feel fulfilment from life. Learn more about different philosophies and ways of life and see if anything appeals to you: spirituality, humanism, eastern philosophy, religion etc

Plan your life

61. Studies show that we spend longer planning our holidays than we do planning our career and our lives
62. If you don't plan your life/career, its like continually changing trains at different stations but not knowing your destination
63. Clarify your values and attitudes - what is really important to you in life?

64. Ask yourself questions like, "How would I like people to remember me in life", "What would I like to have accomplished in my life?", "When will I be happy?" and "What would I do if I had a year to live?"
65. Once you have established your values and goals in life, start planning your life!