



Patanjali Yog Peeth (UK) Trust

Charity Registration Number 1115370



INFORMATION BOOKLET ON DIABETES

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DIABETES

(MOTHER OF ALL DISEASES)

UNDERSTAND DIABETES, ARE YOU AT RISK?

Diabetes is a chronic disease where the body does not make enough insulin, or becomes insensitive to the insulin which is produced. It is a condition of too much sugar/glucose in the blood.

When Pancreas (gland behind stomach) does not produce enough insulin which moves glucose out of the blood and into cells (glycogen in the liver) where it is broken down to produce energy. Resulting this a large quantity of glucose is being passed on to the blood stream and where body is unable to use the glucose in the blood for the production of energy. The excess of glucose in the blood is filtered in the kidney and passed out through the urine. There is frequent and excessive urination which give rise to constant thirst. Under stress diabetes occurs when your body begins to break down fats for energy instead of glucose, leading to a build up of ketone acids in your blood.

Eating too much of sugar is also one of the major cause. Because of the high sugar level in the blood damages the blood vessels (hardening of arteries which lead to damage of the kidney, heart or the brain).

Those who suffer from diabetes have a higher chance of developing certain serious health problems. The risk is particularly high for people with diabetes who are also obese, who smoke or who are not physically active. Diabetes is a disease that can attack at any age.

All forms of diabetes can have serious consequences if left untreated. There is no cure for diabetes, but there is much that can be done from a lifestyle perspective to improve the blood sugar level control and prevent potentially life-threatening complications.

There are two types of diabetes:

Type 1 or Insulin-dependent diabetes

Type 1 is often referred to an auto – immune disease. Your immune system attacks the cells in your pancreas destroying them or damaging them. Therefore it develops very quickly within days or a week.

- It cannot be inherited. It usually happens to young people (before the age of 40).
- Research says, the risk of Type 1 diabetes reduces in child if they been breastfed and been exposed to Vitamin D through Sunlight.

Type 2 or Non-insulin dependent diabetes

Pancreas not functioning properly your Beta – cells are 80 percent dead before we realise we have diabetes. It is closely linked to obesity and runs in the family (hereditary).

SYMPTOMS OF DIABETES

Know the warning signs. Without treatment, the main symptoms of diabetes are:

• Going to the toilet a lot	• Weight loss
• Feel Exhausted	• Increase thirst (dehydration)
• In case injury/wound- it takes longer to heal	• Body temperature reduces- feel cold
• Calf Muscles are in constant pain	• Mood became dull
• Body resistance power reduces Itchiness around the groin	• Frozen Shoulder
• Blurred vision, caused by the lens of your eye becoming very dry	• Skin becomes dry

OBESITY- Are you at Risk?

Obesity is one of major cause of Diabetes therefore we need to understand when we come obese. Following are few ways to find out if you are obese:

- **Pinch test** – if you can pinch more than an inch of fat on your waist then you have to loose your weight
- **Hip to Waist ratio-** For male is 1 or below and for female 0.85
- **BMI-** Measure height in metre (1.7m), weight in kg (65 kg), BMI = $65/1.7 \times 1.7=22.5$

(If your BMI is under 18 you are under weight and 18-25 you are healthy, 25-30 overweight, over 30 obese, over 40 very obese. *Note: obesity also linked to asthma)

You are also more at risk of developing Type-2 diabetes if you have	
• Type 2 diabetes runs in your family,	• Not been physically active enough. Lack of Exercise
• Unhealthy Diet	• Being over weight or obese.
• You have high blood pressure or high cholesterol	• Mental stress, Nervous weakness
• Unhealthy liver	• You are a woman who has given birth to a large baby (over 9 lbs/4 kg).
• You are of Asian, Afro-Caribbean or Middle-Eastern background, or	• The risk of developing Type-2 diabetes also increases, as you get older.

GUIDELINE

You are diabetics, if blood glucose level is:

11.1mmol/l or over- after eating

7.0 mmol/l or over – after fasting.

OPTIONS WE HAVE FOR PREVENTION & CONTROL OF DIABETES

- Raise awareness to reduce the risk by understanding the warning signs for early diagnosis.
- Raise awareness to reduce the risk factor of Type –II diabetes by taking proper preventive measures.
- Raise awareness & promote actions to prevent and delay the complications of diabetes.

A POORLY CONTROLLED DIABETES

High level of glucose can damage many different parts of the body as results of having too much glucose in the blood and not enough in the cell.

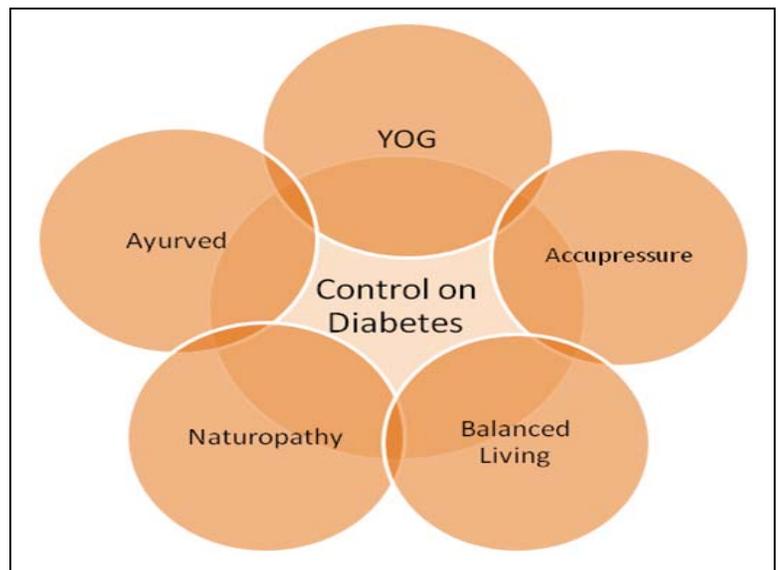
- **Coronary Heart disease/stroke:** When arteries become blocked and narrow. This can lead to high blood pressure, strokes, heart attacks and poor circulation, particularly in the legs. Being overweight and smoking increases risk.
- **Kidney function:** Damage to the kidney.
- **Eyes:** Damage to the back of the eye and can lead to blindness.
- **Nerve Damage (Gangrene):** Damage to the nerve and may produce weakness, numbness and burning, particularly in feet and legs (pin and needle).
- **Sexual Impotent**

NOW THE QUESTION IS:

“How to reactivate the Pancreas to produce insulin”?

To reactivate the beta cells in Pancreas we use five methods:

1. YOG (PRANAYAM & ASANA)
2. AYURVEDA
3. ACUPRESSURE
4. NATUROPATHY
5. BALANCED LIVING



Adopting the simple rules of above in daily lifestyle brings a healthy lifestyle and helps to prevent Diabetes.

**(For detailed information on above please refer to Book ‘Patanjali Yog Part – 1’
Second edition, March 2009)**

1. YOG

A. PRANAYAM (Breathing exercises, control of the life force {prana})

Physically, Pranayam appears to be a systematic exercise of respiration, it works on exercising your internal organs and in turn regulating hormone levels. Breathing is important for two basic reasons:

- It is the only means of supplying our bodies and its various organs with oxygen which is vital for survival
- Breathing is one of the ways to get rid of waste products and toxins from our body. 70% of waste is eliminated through breathing.

There are eight key Pranayam; **Kapalbhati Pranayam** is one of the key breathing exercises that help diabetes sufferers.

1. Bhastrika – 5 minutes	2. Kapalbhati – 15-20 minutes	3. Baahya – 3 times	4. Ujjayi – 7 times
5. Anulom Vilom -15 minutes	6. Bhamri – 5 times	7. Udgeeth – 5 times	8. Pranav – 3 minutes

Note: One should start Pranayam with 3 times Omkar, after Baahya Pranayam one should do Agnisar Kriya.

B. ASANAS (Exercise)

Asanas helps with positive effects on digestive, endocrine and reproductive systems. It improves cholesterol, Obesity, Diabetes, Lung disorder, Osteoporosis, blood vessels elasticity, relaxation, muscle strength and internal organ exercise.

Main Asanas for Stomach problems, Diabetes and Obesity:

SURYA NAMASKARA	SARVANGASANA	PAVAN-MUKTASANA
NAUKASANA	VAJRASANA	VAKRASANA
UTTANAPADASANA	LAUGHTER	ARDHA MATSYENDRASANA
HALASANA	SASAKASANA	SHAVASANA (YOG NIDRA)
GOMUKHASANA	MANDUKASANA	BALASANA

MANDUKASANA – It activates the pancreas and thereby secretes insulin in sufficient amount. This asana is very beneficial for controlling diabetes and also works wonders in stomach and heart disease.

SPECIAL ASANAS TO REDUCE WEIGHT

DVICAKRIKASANA (Cycling) & PADAVRITTASANA

Light Exercises: for maintaining healthy joints and providing strength, agility and soundness to the nervous system, Grinding- For the stomach and waist.

2. AYURVEDA

Ayurvedic medicine is an ancient Indian science that uses natural remedies to control and prevent various health problems. Prevention is better than cure – find possible causes and try to eliminate causes. All boils down to lifestyle choices; unhealthy eating habits, lack of physical exercise and stress due to hectic lifestyles can all lead to developing diabetes.

Allopathic medicine acts as pigeon whole treatment, whereas alternative therapies such as yoga are a holistic approach to better health, it can treat the root of the problem.

- ◆ The primary aim of Ayurveda is to protect health and prevent diseases.
- ◆ Health depends on the conditions of the tri-dosha (Kapha, Pitta, Vata) in the body.
- ◆ Hence, to maintain the balance of the tri-dosha through the day and the year, Ayurved prescribes health and life style rules suited to the season and the time of the day:
 - Dincharya – behavior patterns and food habits during the day and night time.
 - Ritucharya- seasonal patterns and habits.

A life style model on these perceptions not only maintains health, it protects against the onslaught of diseases. The climate also plays a vital role in its effect on the body. For instance, in the summer or in hot climates buttermilk will be useful, but not in the monsoon season. In the monsoon season buttermilk should be warmed and black pepper and ginger should be added to it before drinking.

AYURVEDIC MEDICINES

- ◆ First thing in the morning drink half cup of fresh juice of green coriander.
- ◆ Take two lady-fingers and cut them half length wise and soaked them in half cup of water overnight, squeeze and strain them and drink it.
- ◆ 300 grams of Amla powder plus 100 grams of ginger powder and take twice a day one teaspoon.
- ◆ Dissolve turmeric & Jaggery (Gur) in hot water and drink it. It relieves swelling of Liver.
- ◆ Aloe Vera juice – taking daily.
- ◆ Amla + Bitter gourd juice – stimulates the pancreas that secrete the hormone insulin
- ◆ Drink hot water + one clove + black pepper + some basil leaves.
- ◆ Chew 3 –4 basil leaves every morning (if possible)

DETOX PACK

21st century living is having effects on our bodies that even the healthiest amongst us cannot avoid. Toxins are everywhere but food is our biggest culprit - we consume pesticides, hormones, antibiotics, artificial colourings, flavourings and preservatives in the food we eat. Most people are now aware of the dramatic links some people, often children, have towards heavily processed food. If it affects them, it affects you. We absorb toxins in the air that we breathe, but not just outdoor pollution. The average UK home is now thought to be 10 times more toxic than outside. The Great News is that you can do something about it.

DETOX FOODS

Apple: it helps body to excrete food preservatives.	Avocados: makes fat-soluble toxins to water – soluble.
Artichokes: Increases the bile production to help toxins to move to bowl.	Beetroot: Helps purify the natural waste products fro the body
Cruciferous Vegetables: Helps lever to produce enzyme, neutralises toxins in body.	Garlic: removes food preservatives and helps body to be alkaline
Kiwi Fruit: works as a powerful anti-oxidant	Prunes: A natural laxative
Seaweed: helps removing radioactive waste from body, contains Iodine.	Watercress: contains chlorophyll, increase Detox enzymes in the body.
Alfalfa: its ability to bind to toxins including drugs and food additives, high in fibre.	Asparagus: Rich in Vitamin C & fibre.
Banana: Exceptionally high in minerals, helps to reduce fluid retention.	Brazil Nut: Contains Selenium, which neutralises free radicals
Carrot: contains Beta carotene, ability to bind with heavy metals in body and helps reducing cholesterol & Blood sugar level.	Sprouted Grains, Seeds & Pulses: Once it germinate, the nutritional value increased to as much as by 30%.

AYURVEDIC FOOD SUPPLEMENTS

DIVYA MADHUASHINI (Sugar killer) ◆ Lowers the blood sugar level	DIVYA MEDOHAR VATI- ◆ Effective in losing the weight & unwanted fat
SHILAJEET - Contains 84 types of mineral in natural ironic form (previously been absorbed by rich plant life. Therefore, easily absorbed by body cell). ◆ Removes deep seated toxin ◆ Stimulate immune system ◆ Kidney rejuvenation, Purify Blood, Anaemia ◆ Improves function of Pancreas (Diabetes)	TRIPHALA – It balances all three doshas – Vata (air), Pitta (fire), Kapha (kaf). ◆ Purify blood ◆ Energises liver ◆ Colon cleanser ◆ Nourishes nerve system and muscles ◆ Anti-inflammatory and anti viral
AMLA (INDIAN GOOSEBERRY) ◆ Liver toner (strengthens the liver) ◆ Glaucoma ◆ Respiratory infection (lungs) ◆ Purifies the blood ◆ Tone up heart muscles	CHANDRAPRABHA VATI – It is a wonderful preparation for urinary tract disorders and diabetes. ◆ Helps in joint pain (arthritis) ◆ Rejuvenative ◆ Nourishes tissue elements
DIVYA PEYA - The best substitute for tea. ◆ Promotes immunity in the body ◆ Stimulates power of digestion, strengthens body, liver & brain ◆ Controls cholesterol & protects from heart disease.	DIVYA SARAVKALP KWATH- ◆ Liver tonic ◆ Supports gastro intestinal health

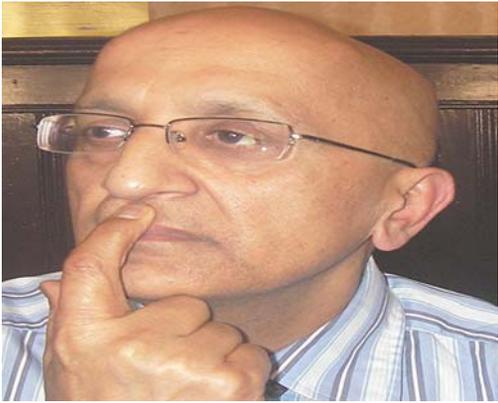
Note: these are not the replacement for your medicine let the doctor be in charge.

3. ACUPRESSURE (Pain Killer)

Acupressure is an ancient healing art that uses the fingers to press key points on the surface of the skin to stimulate the body's natural self-curative abilities. When these points are pressed, they release muscular tension and promote the circulation of blood and the body's life force to aid healing.

With the acupressure system the foreign matter is removed out of the body and necessary elements are produced by the internal immune system. This method by awakening the electrical forces of the body produces power, energy and activeness. Acupressure completely helps in removing the deformities of the nervous system. With this system, functioning of all endocrine glands like thyroid, pituitary, pineal, pancreas, etc can be regulated. With acupressure, adequate improvement in the normal functioning of the internal organs of the body can be brought about. The acupressure point for your pancreas is approximately 1 inch below the centre point in-between your ring and middle finger.

Work on pancreas, spleen, gallbladder, kidney, governor vessel and lymphatic system.

 <p style="margin-top: 10px;"><u>GOVERNOR VESSEL</u></p>	<p>LOCATION Just below the nose, in the middle of the groove above the upper lip.</p> <p>TECHNIQUE Take the fingertip or nail of the index or middle finger and apply gentle pressure perpendicularly for about 30 seconds. Breathe freely and visualize a clear mind with sharp mental function.</p> <p>BENEFITS Relieves swelling of the face and helps with the excess fluid.</p>
 <p style="margin-top: 10px;"><u>KIDNEY</u></p>	<p>LOCATION On the inside of the ankle in the depression level with the tip of the anklebone.</p> <p>TECHNIQUE Place the fingers of the opposite hand behind the ankle for support and locate the point with the thumb. Apply pressure perpendicularly or use small rotations. Repeat on opposite foot.</p> <p>BENEFIT Improves kidney function, decreases frequent urination and relieves pain in the lower back related to weakness in kidney function.</p>



GALL BLADDER



BLADDER POINT

TECHNIQUE

Measure up 4 finger widths from the ankle-bone with one hand and then use the thumb of the other hand to locate the acupoints. Apply acupressure perpendicularly and repeat on opposite leg.

BENEFIT

Regulates the functions of the bladder and kidneys and improves urinary control. It works on the endocrine, urinary and reproductive system.

Liver Point

On the top of the foot in the web between the first and second toes, just before the join of the small bones of the foot.

BENEFIT

Points calms the nervous system and strengthens the liver and immune system.

Lymph Gland

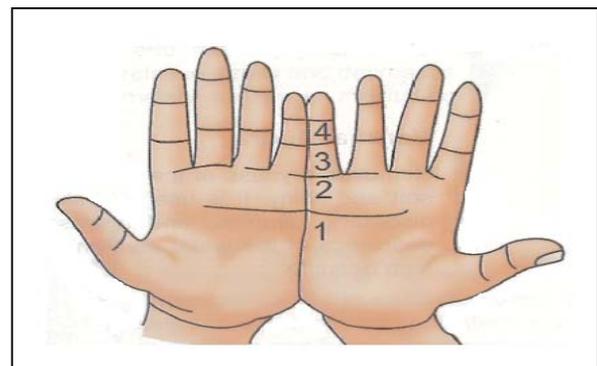
The point of this gland is in the middle of the wrist. This controls the immune system, prevents the formation of pus and help to heal the wound. This point helps to clear the toxin from the body, clears the dead cell from the system.

**** If there is pain on this point and also at the point of pancreas that indicates diabetes, increase of glucose in the blood.**

Methods of confirm whether the solar plexus is in order or not:

Join the two palm of the hand lining the heart line then upper line in the small finger of both hands should match. If line doesn't than your solar plexus has shifted.

(Note: this cannot be cured by drug).



Pic-1: Check your Solar Plexus

Keep your right palm on the joint of hand elbow and then jerk bring the left hand and try to touch the left shoulder with open thumb. Repeat 5 times and do this for right hand also.



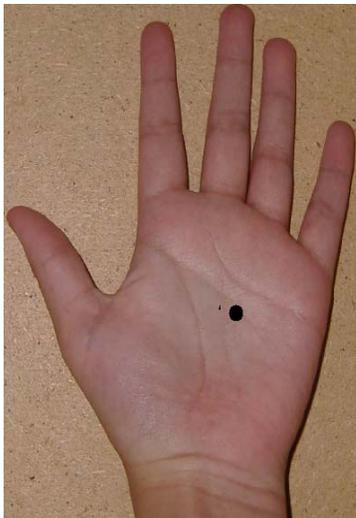
Pic-2: Correct the Solar Plexus

Acupressure on palm of the hand

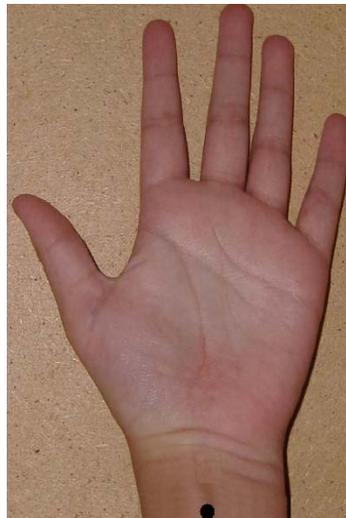
- a) Rub both palm of your hand together to warm them up
- b) First touch the finger of one hand with those of other (thumb to thumb, middle finger to middle finger and so on) and exert pressing
- c) With the help of one hand bent forcefully the finger of the other hand backward
- d) Clap both hands forcefully in the rhythm 1-2, 1-2-3 for couple of minutes

Note: this energize the nerves on palm of the hand for the acupressure to begin

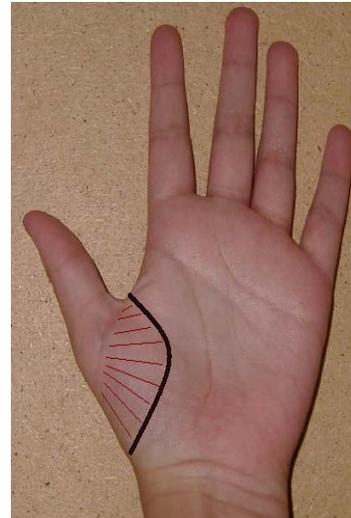
- Press for 2 minutes in middle of the right arm (the point between the palm of the hand and the crease of the elbow)
- Roll your soles on the roller
- Press the pancreas point
- Press the lymph gland point (is in the middle of the wrist just below the palm of the hand)
- Press thyroid gland point on hand regularly



PANCREAS POINT



LYMPH GLAND



THYROID POINT

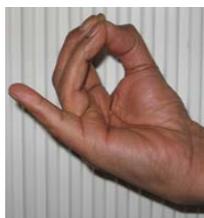
MUDRA

Mudras are developed forms of asanas, they are also very important. This whole universe has been constituted by five elements. Our body has also been made from the union of five elements. The five fingers in our hand represent the five elements. The thumb represents fire, index finger – air, middle finger – space, ring finger – earth and the little finger – water. The body remains healthy if the five elements are in balance, whereas any disturbance in this balance results in diseases. According to the science of mudras, the coordinated action of these five elements controls the internal glands, body parts and their functions are regulated and the dormant powers of the body are awakened.

- **Gyan Mudra** - Improves concentration and memory, better meditation, brain nerves become strong. helps to release stress and decreases blood pressure
- **Udan Mudra** - Cures the imbalance or blockage of nerve impulse in the region of throat. Make Prana flow freely. Improves stammer and defective speech
- **Prana mudra** - Body becomes active, healthy and energetic. Cures eye problem and improves eye- sight. Enhances body immunity.
- **Vayu mudra** - Useful in Vayu related problems -gout arthritis, Joint Pain, Paralysis, Parkinson's, Sciatica, knee pain and gas formation. It provides relief in neck and spine pain. Useful in disorders relating to blood circulation
- **Apana Mudra**- Get rid of toxins, problem related to kidney, teeth trouble, piles and constipation
- **Surya Mudra**- Keep the tip of the ring finger at the root of the thumb and press it with the thumb, it balances the body, reduces weight and obesity and increases heat in the body which helps in reducing stress, enhancement in body strength, reduces weight, cholesterol and helps in proper digestion, Liver problem and diabetes.
- **Apana Vayu Mudra** - Makes the body healthier, it is useful in heart and Vata-dosha related problems. Provides relief in the event of a heart attack and also useful in eliminating Headache, Asthma and high-blood pressure. Provides comfort if performed 5-7 minutes climbing stairs.



Gyan Mudra



Udan mudra



Prana Mudra



Vayu Mudra



Apana Mudra



Surya Mudra



Apana Vayu Mudra

4. NATUROPATHY

The principles of Naturopathy looks beyond the disease and its symptoms and recognises human beings as a whole when establishing the root cause of the ailment and finding cure in the laws of nature. According to Naturopathy, healing comes from within the body. Naturopathy involves living with nature. It is a scientific and eco-friendly way to keeping the body in good health. Nature cure treatment give importance to eating habits, fasting, dieting, baths using sunlight, mud, water, scientific massage, enema, Yog and exercise.

THE SIX CORE VALUES OF NATUROPATHY

1. Do no harm.
2. The self-healing power of nature.
3. Identify and treat the cause.
4. Naturopathy as a teacher.
5. Treat the whole being.
6. Prevention is better than cure.

NATURE CARE

Nature care means following the rules of nature and curing diseases with help of the elements of nature i.e. earth, water, sun and air in such a way that toxins collected in the body are expelled so that the body becomes pure and powerful and enables it to work efficiently.

Earth : A basic element our body is made of. Earth provides stability and structure to our body.

Water : Drinking plenty of water, 8 to 12 glasses every day (preferably Luke warm), especially in the morning has great benefits. (Boil 2 to 3 glasses of water previous night and kept in a copper vessel and drink in the morning).

Air : Pure air is a great doctor. The benefits are well explained in Pranayam.

Sun : All life on Earth gets their energy from the sun and this energy is abundant and unlimited, so it should be used to the maximum. Half an hour walk gives you Vitamin D, which helps the body to absorb calcium – necessary for healthy teeth & bones.

5. BALANCED LIVING

We are living in an era that as individuals we spend most if not all our time and energy trying to live up to the high expectations that society place on us and we on ourselves. In the hustle and bustle of living up to someone else's expectations, we often ignore our 'whole' selves; yes we manage to afford the home that shelters our family, the clothes that cover our body, the food that provides us with nourishment. However, we often neglect to stop and think about 'feeding' our mind and our spirit. Balanced Living involves adopting a holistic and balanced approach to life. The answer lies within you; all you need is a helping hand.

“By changing your lifestyle you can create a life that is full, happy, energetic, healthy and balanced”

1. Effectively reduces stress – improve insulin action.
2. Weight loss
3. Muscular relaxation – it improves the blood supply to muscles.
4. Blood pressure
5. Postures to produce stress on pancreas which is likely to produce more insulin.

Yog / meditation gently tones and shapes the body, improve posture and flexibility and contribute to feeling of well being. Profound effect on improving circulation, blood vessel elastic, reduces high blood pressure.

HOW TO REMOVE TENSION?

Learn to fall in love yourself

1. Write down all your problems. First tackle the problem which you can and than try the remaining.
2. Self- knowledge can be overrated: Ask friends and family for their help and thoughts
3. Feel happy with yourself when you tick off your 'To Do List'.
When we are unhappy regarding something then we must take action to resolve that issue.

- If you are under stress/ tension. Base of the middle toe of both legs will have a painful sensation when pressed.
- Claps your hands inter-locking the fingers than with the left hand finger press on the back of right palm (repeat with the right hand also).
- Savasana

MYTHS AND MISCONCEPTIONS ABOUT DIABETES

It is important that everyone with diabetes has access to good and regular healthcare. It is equally important to understand the true scenario behind ‘Diabetes’.

THE MYTH	THE TRUTH
Eating too much sugar causes diabetes	Eating a lot of sugar can make you overweight, which increases the risk of Type 2 diabetes.
You cannot eat sugar if you have diabetes	Sugar can still be included in your diet. Excess sugar also depend on the amount of Fat
You can catch diabetes.	Diabetes tends to run in families but it cannot be caught like a cold.
You may only ‘mild’ diabetes.	Diabetes is a serious condition.
You can be cured to diabetes.	It can be managed but there is no cure available.
People with diabetes must not exercise.	Physical activity is important in helping to control your blood glucose level and keep you healthy.
The diet for diabetes is very strict and you have to eat special food.	You should eat the same healthy diet advised for everyone. Special ‘diabetic’ foods are expensive and unnecessary.
There are herbs and other preparations, which an replace insulin or tablets	You should continue to take your prescribed medication and tell your doctor if you are taking herbal treatments.
You cannot drive if you have diabetes	You can drive if you’ve diabetes.
You will not easily be able to get a job	Having diabetes doesn’t mean that you cannot get or keep a job.

PHYSICAL ACTIVITY

We all tend to be less active these days and a lack of regular physical activity significantly increases the risk of developing diabetes in all people, especially if you are overweight.

Keeping active and healthy is a very important part of managing your diabetes. Regular physical activity (this could mean simple walking, gardening, sports etc) will help to lower down the blood glucose level, as your muscles are encouraged to use the glucose in your blood for energy. If you need to lose weight, keeping active will help you lose it. Find an activity that you enjoy and start gradually participating in it so that you are more likely to keep it up, for example- try walking/cycling instead of taking the bus or car.

TAKING YOUR MEDICATION

Take the tablets or insulin that your doctor has prescribed for you. If considering about abandoning your medication or diet, you should talk this over with your doctor or nurse, as your health will be at risk. If you are religious and wish to fast, you should speak to your family doctor before doing such practices which will manage to control diabetes while fasting.

DAILY ROUTINE

Being diabetic you need to pay special attention to your diet intake, regular exercises and discipline. Medicines will not give good results if the diet is not followed. If you pay special attention to the diet and regimen then diabetes can be controlled very easily. Diet is the biggest medicine in this case and selecting the right food is even more important. First and foremost stomach should be cleaned (i.e. bowels should be empty). Using the tools mentioned above, we are trying to get rid of toxins from the organ and then energising it through acupressure and exercises and then nourishing it with oxygen and food it requires. In this case we work upon our system not on our symptoms. And this can be done by removal of the toxins from our body and nourishing with right food.

GARGLING

Gargling with water in the morning help to remove cough accumulated in the throat & mouth.

COLD PACK

Covering the right side of your abdomen, 3-4 times for 15 minutes a day helps keeping your Liver healthy.

VAMAN DHAUTI (WEEKLY)

Sit on a Chair & drink 4-6 glass of warm water with salt at 44°C quickly, then bend forward to press abdomen. After that tickle your lvolva with finger & vomit till you feel your stomach is empty. Sip cold water & relax.

**** People with High Blood pressure, ulcer, colitis, piles, Hernia & weakness should avoid this.**

LAGHU SHANKAN PRAKSHALANA (Six Monthly) – Colon Therapy

The colon is sewage system of the body. It is the place where the body stores waste material. Proper elimination is must if one has to regain optimum healthy body.

When we do not eliminate our waste, toxins accumulate in our system which can result in indigestion, constipation, gas, bad breath, piles, colitis, asthma, insomnia, allergies, weak immune system, menstrual problems, foot & body odour, obesity, arthritis and depression.

SAUNA BATH

The sauna bath provides an environment for overall mental and physical health. The combination of body perspiration, rest and rapid cooling stimulates blood circulation, reduces tension. By opening pores in your skin and flushing unhealthy toxins through sweating it regulates body temperature and helps in a smooth circulation of blood throughout the body.

DIET (Steps to eating well in your daily life)

1. Eat three regular meals a day – Helps to control your blood sugar level.
2. At each meal include starchy carbohydrate foods:-
 - Sweet potatoes, yam and new potatoes

- Pasta
 - Brown basmati rice
 - Porridge oats, all bran and bran flakes
 - Grainy breads
 - Flour + Soya in 4:1 ratio
3. The high fibre varieties of starchy foods will also help to maintain the health of your digestive system and prevent constipation. (Peanuts soaked in water for one hour; added to salad is a good source of protein)
 4. Cut down on the fat you eat: Saturated fat – Linked to heart disease (coconut and palm oil, butter, Ghee, margarine and cheese.
 5. Eat more fruit and vegetable – Five serving a day to provide vitamin and fibre.
 - A whole banana or apple
 - A slice of melon
 - Two plums
 - A handful of grapes
 - A cereal bowl of salad
 - Three heaped tablespoons of vegetables.
 6. Include more beans and lentils into diet: These include kidney beans, butter beans, chick peas, red and green lentils, as these can help to control your blood glucose levels and blood fats. (Raw sprouted seeds – Soaked in water for 12 hours and then kept tightly covered in wet cloth for 12 hours – seed sprouts)
 7. Aim for at least two portions of Omega 3- It helps to protect against heart disease. Lin seed, Soya milk, wall nuts, Hemp seed.
 8. Limit Sugar and Sugary foods- This does not mean you need to eat a sugar free diet. Sugar can be used in foods and in baking as part of a healthy diet. It means that favourites like sugar cake, sweet potato pie, duckunoo (blue drawers), pudding, cakes, condensed milk, nourishment and malted drinks should be limited. Try using sugar- free, no added sugar or diet squashes and fizzy drinks, as sugary drinks can cause blood glucose levels to rise quickly.
 9. Reduce salt in your diet to 6g or less a day- More than this can arise raise your blood pressure, which can lead to stroke and heart disease. Limit the amount of processed foods. Try flavouring foods with herbs and spices instead of salt and soak your food for a possible before cooking.
 10. Drinking alcohol in modernisation- Zero tolerance.
 11. Don't be tempted by diabetic foods or drinks, as they offer no benefits.

12. Smoking: Being diabetic patient, it already puts an increased risk of complications, such as hardening of the arteries, and smoking puts you at a higher risk of heart attacks, angina, strokes and poor circulation. It is due to these reasons; smoking is strictly barred for diabetes patients.
13. Drink lemon with warm water first thing in the morning (to stimulate the digestive system and promote the bowel movement)
14. Confirm whether the solar plexus is in order or not (This could be done every morning)
15. Divya Peya - The best substitute for tea (While boiling add on - cardamom, saffron, cinnamon powder). Before drinking add honey and milk to taste.
16. Power Drink- 300 grams of Amla powder plus 100 grams of ginger powder and take twice a day one teaspoon.
17. Alovera Juice – Taking Daily.
18. Eat lots of raw or lightly cooked vegetables & lots of fruits.
19. Not more than 1tsp of salt in a day,
20. Eat lot of turmeric, herbs and spices
21. Avoid tea, coffee and alcohol- replace them by herbal tea.
22. Lots of beans and pulses, sprouted grains & seeds.
23. Eat more starchy foods. The best starchy food to choose are those high in fibre as they are high digested slowly making your body to control your blood sugar.
24. Vitamin D – A natural resource available to everyone through sunlight is essential for absorption of Phosphorus and Calcium in body. It also helps develop the immune system and prevent excess inflammation. All it needs is a little sunshine.

NATURAL RESOURCES TO KEEP THE DIABETES AWAY

(Important- Chew your food properly and avoid carbohydrate)

MINERALS

Calcium: To build bones and teeth to keep them strong, vital to nerve transmission, blood clotting and muscle functions. Soya milk, Soya products & Sesame seeds. It helps to prevent Colon Cancer, Osteoporosis, Migraine and PMS.

Chromium: increases the effectiveness of insulin by stimulating glucose uptake in the cell. It also helps to control levels of fat in the blood. Deficiency of this mineral can lead to high cholesterol level. Whole grain cereals, Onion, Garlic, Cheese, Molasses, and Fennel.

Copper: provides relief from Rheumatoid Arthritis. It provides structure, strength and elasticity in blood vessels, nerve, immune system, bones and joints.

Iron: It is the oxygen transporters of the blood. It keeps your immune system healthy and helps to produce energy.

Magnesium: supports vascular and Respiratory health. It prevent airway spasm in asthma, lowers high blood pressure (contributing factor in heart attack stroke), prevents migraine attack and restore normal sleep patron in women, associated with menopause.

Potassium: It works with sodium to maintain the fluid balance within the cells to keep heartbeat regular and maintain normal blood pressure. Essential for the transmission of all nerves impulses. Avocados, sunflowers seeds, pump seeds and nuts, bananas, potatoes and pulses.

Sodium: Works with potassium to regulate food balance, essential for nerve and muscle function.

Zinc: is good to maintain the bone health for older person. It is very important to have zinc food to increase your bone density. It helps in cell division, cell growth, wound healing and break down of carbohydrates. Sunflower seed, milk spinach are good source of zinc. Zinc is destroyed when food is processed, so eat them in natural form. Zinc level also goes down due to stress.

FOODS

Aduki Beans: Rich in fibre and Potassium. Useful for maintain healthy cholesterol and blood pressure. They also contain magnesium, iron, zinc and Vitamin B, which are good for energy.

Amla (Indian Gooseberry): Rich source of Vitamin C and soluble fibres.

Apple: They are good source of iron, Vitamin C, bioflavonoid and soluble fibres. It helps develop the immune system of body.

Avocados: Raw or cooked – It has potassium and chromium, which helps to regulate blood cholesterol level, without reducing good cholesterol (HDL). Source of Vitamin C and E, which prevent the narrowing of the artery and potassium will help you to control the blood pressure.

Asparagus: Rich source of vitamin B that prevents anaemia. It also contains antioxidants, vitamin C, Beta – carotene, Vitamin E. All of which will help maintain a healthy heart and skin plus it has a mild diuretic effect that can counter fluid retention.

Butter Milk: Drink butter milk, removing the butter after churning and adding a pinch of black pepper.

Bitter Gourd: It works instantly. Cut into small pieces and boil in water for 15 minutes on low flames. Sieve the juice with cloth and drink it empty stomach, this juice is very beneficial in curing diabetes. Also helps in curing the enlarged liver, and in purification of blood. The bitter Gourd juice can be taken with leaves of Basil. Helps in improving the function of Liver.

Benecol: It reduces LDL by partly blocking the cholesterol from entering into the blood.

Cucumber: It is beneficial for the diabetes patient and also very good to take in between the breakfast and meals whenever you feel hungry.

Flax Seed (Oil) (Contains Omega 3, Amino acid, Dietary fibres, Lignan, Calcium, Iron & Zinc): The flax plant is a rich source of the essential omega 3 fatty acid. This is one of the best ways to boost your intake of omega 3s and lower your cholesterol levels. Flax seeds have a pleasant, nutty flavour and can be sprinkled on cereals, yoghurts and smoothies. It can also be taken as a drizzle on salads and vegetables. It is also needed for brain function, balancing hormones and healthy skin, hair and nail. It is a great source of protein, fibre and antioxidants, Vitamin E, which is useful for maintaining immunity.

Fennel: Low in calorie, high in fibre, source of beta carotene an important antioxidant for the immune system, as well as the Folate- which is needed for healthy blood and potassium to help control blood pressure.

Figs: Richest source of Calcium, contain pectin – a form of soluble fibre that can help to reduce blood cholesterol level – and also insoluble fibre which helps the movement of food through the gut, helping to prevent constipation and other bowel problems. A hand full dried Fig remedy for constipation – and laxative effect.

Guggul: Lowers cholesterol and triglyceride while making or improving HDL to LDL ratio.

Garlic: Lowers Blood Pressure, Cholesterol and helps to remove excess fat as well as improve Blood Flow (1-2 cloves daily).

Green Peppers: Vitamin C, Beta-carotene and bioflavonoid, which acts as anti-oxidants – preventing cholesterol from blocking and damaging artery.

Lemon Juice: Excellent source of Vitamin C a healthy alternative to salt. It contains bioflavonoid which acts as antioxidants to Free Radical damages. It reduces weight. It plays a vital part in a body natural detoxification process, aiding digestion and intern, helping us to loose weight safely. It stimulate the flow of Silvia and gastric juice, they aid the lever in producing bile and their packed with vitamin C.

1. Drink lemon with warm water first thing in the morning (to stimulate the digestive system and promote the bowel movement)
2. Vitamin C – (to help with fat metabolism and weight loss)
3. Balance your blood sugar level
4. Cut down your sugar (to avoid over working liver)
5. Forget low fat (20-25% of your diet should be good fat)
6. Eat lot of fresh whole food (it support your detox system)
7. Know your digestion: Do's and Don'ts (to avoid putting stress on your digestive system, chew your food properly)
8. Take lemon water half hour before the meal
9. Steam cook sprouted Moong add tomato, onion, cucumber and ginger and some nuts. Eat regularly.

Mushrooms: good source of protein and does not contain any starch. Very beneficial for treatment of diabetes. Controls the sugar contents in Urine

Nuts: Almonds, walnuts – antioxidants, fibre that helps lower LDL, which maintain HDL level.

Neem Juice: Good for diabetes, liver stimulator & blood purifier.

Onion: Rich in antioxidants like selenium, which helps to raise HDL level.

Orange: Beneficial for whole body. It's sweet and sour taste.

Olive Oil: Rich in vitamin A. It has chemical, which lowers blood cholesterol.

Papaya: Eat raw papaya.

Quinoa [Keen-Wah]: High in protein, great in controlling blood sugar level, high in fibre and gluten free.

Sesame Seeds & Sesame seed oil: Good source of Calcium, magnesium, copper, phosphorous, Vitamin B1, zinc and fibre. These have cholesterol-lowering effect and prevent high blood pressure. Also seems to protect liver. These are also cardio protective. It is great for maintaining healthy nervous system, bone and teeth.

Soya Bean (Tofu: Soya Products): Extremely good source of Calcium, packed with the amino acids ~ (proteins) therefore, great for controlling blood sugar level and cholesterol. 25 gm of Soya beans, as a daily part of the diet can help in reducing cholesterol.

Soya Milk: Lower in saturated fat, omega 3 and 6, helps to lower cholesterol, rich in calcium and Vitamins C.

Stevia: Natural and healthy sugar substitute (in place of sugar or saccharin).

Tomato: It has zinc which is fat soluble (tomato+ olive oil) is said to control sugar content of urine through regular consumption

*** Tahini, Humous, Brazil nut, Gojiberries, Chick peas, Peers (Soya Paneer), Water Cress, Spinach, Methi, Ajwain, tamarind, pepper, ginger & sprouted Moong are food items which can be included in diet to prevent diabetes.

SPICES

Your kitchen is a treasure of medicine. Spices kept in your kitchen can be used to treat many diseases. Below is listed few examples of Spices helpful in preventing Diabetes.

Ajwain: Helps in regulating bowl movement, digestion of food, stomach ache and cough.

Cinnamon: helps to reduce blood sugar level and cholesterol. Take ½ tsp daily with cereal, oat meal or yogurt.

Cumin Seed (Jeera): Keeps the digestive system fit. After child birth Cumin seed in boiled water increases milk in breastfeeding mothers.

Curry leaves: For centuries it is used in Indian cooking, it has the potential to control diabetes and treat cancer. It contains agents that slow down the rate of starch to glucose breakdown. Also it controls the amount of glucose entering to the blood stream.

Fenugreek (Methi): (Seeds, sprouts and powder) - Fenugreek vegetable and seeds are very beneficial in the treatment of diabetes. Rich in protein and fibre which binds cholesterol in the body and aids in its elimination. Make a fine powder with fenugreek seeds and eat it on empty stomach daily with water.

Rock Salt: Rock salt is the best salt. It is light, digestive and balances the all doshas in body.

Turmeric: Fights free radicals and aids circulation, lowers cholesterol, improve blood vessel health and inhabits clogging.

USEFUL PREPARATIONS IN OBESITY & DIABETES

DALIA

500g wheat+500g rice+500g bajra+
500g moong dal(split)+20g ajavayana+
50g white til(sesame seeds)

AROgy ATTA

1kg Gahu+100g Channa+ 100g Javar+
100g Bajra+100g Mackee+
100g Jov/Barley+200g Cholayee+200g Singara

SOUPS

3 Small Zucchini+12-15 String Beans+
1/4head of small cabbage+1/8 beetroot+
1/2 small potatoes+1/2small bell pepper+2 small carrots

Boil with enough water and salt to your taste

Blend, Add roasted Jira

Add fresh lime or lemon just before eating

FAT BURNING SOUP

8 large onions+ 2 green pepper+
2large cans tomatoes+1 head celery+
1/2 cabbage + stock cubes + cranberry juice

GREEN JUICE

Drink one glass of green juice (Leaves of spinach, Methi, celery, lettuce, cabbage, green coriander, Pudina, basil, mint, cucumber, radish, capsicum, wheat grass, sprouted cereals etc.) + 1tsp honey

CHOLESTROL LEVEL IN BLOOD

To control diabetes it is very important to control the cholesterol level in blood. Many food items we consume on daily basis have high cholesterol content.

CHOLESTEROL CONTENT (MG/100GM) OF DIFFERENT FOODS

Butter - 250	Cottage Cheese - 15	Ice-cream - 45	Skimmed Milk – 5
Cheese - 100	Margarine - 65	Milk (1 Cup) - 34	Sponge Cake – 130
Cheese spread - 70	Mayonnaise - 10	Dried Milk - 85	Milk Chocolate - 190
Bread - 1			

PRODUCTS HELPFUL IN REDUCING BLOOD SUGAR LEVEL/CHOLESTEROL

- Honey + cinnamon
- Amla + Bitter Gourd Juice
- Sunflower seeds, Almonds, Pumpkin seeds, Pista
- Beans
- Wheat Floor (4 portion) + Soya Flour (1 portion)
- Soya beans
- Gojiberries
- Lin seeds – Omega 3
- Sweet potato.
- Pecon nut.

ACID / ALKALI FORMING FOODS

A balance diet should consist of 20% acid forming foods to 80% of alkali forming foods.

THE ACID FORMING FOODS = 20%

ALL MEAT	ALL SUGAR	DAIRY PRODUCT	ALL GRAINS	PULSES / NUTS
Beef	Jams	Milk	Wheat	Lentils
Pork	Biscuits	Butte-milk	Rice	Chick peas
Lamb	Pastries	Yoghurt	Oats	Dried peas
Meat broths	Soft drinks	Fresh cream	Barley	Nuts
Extracts	Ice cream	Cream cheese	Come	Walnuts
Meat soups	Sugar products	Hard cheese	Not millet	Cashews percari
All fish + shellfish	Condiments pickles Sauces	Tea Coffee Alcohol	All bread All flour esp. White breakfast cereal	Peanuts Peanuts butter

Note: 100% wholegrain products eg. Flour and rice, is less acid forming than white flour and rice. Seeds such as sunflower, sesame and pumpkin may be regarded as neutral.

Fats – butter and vegetable oils such as olive, sunflower, and safflower and sesame oils are neutral.

Cow's milk is a food for your mammals and should always be used sparingly by adults. It should be regarded as a food, not a drink and should not be served at a meal containing meat. It should be used only in moderation with cereals and starches.

THE ALKALI – FORMING FOODS – 80%

FRUITS	Apple, Fig, Lemon, Peach, Raspberry, Apricot, Gooseberry, Orange, Pear, Banana, Strawberry, Mango, Pineapple, (fresh) Cherry, Grape, Melon, Currant, Grapefruit, Dates, Kiwi, Papaya, Raisins.
VEG.	Asparagus, Cabbage, Chives, Kohlrabi, Onion, Runner Bean, Tomato, Aubergine, Calabrese, Courgette, Leek, Parsnip, Turnip, Avocado, Carrot, Cucumber, Lettuce, Pepper, Spinach, Watercress, Beetroot, Cauliflower, Endive, Marrow, Potato in skins, Watercress, Broccoli, Celeriac, Fresh pea, Mushroom, Spring onion, Brussels sprout, Celery, Kale, Mustard/cress, Radish, Swede
NUTS	Almond, Brazil, Chestnut, Hazelnut, Pine Kernel, Grains, Millet

PROMOTE QUICK HEALTH FIX AND VIRTUALLY FAT FREE, ENERGY FUEL

Vegetables and fruits are the richest source of vitamins, minerals and enzymes. Raw food vegetable and fruit juices detoxify the whole body and give greater energy to maintain good health. It is the most effective way to restore health and rejuvenate the body. Cooked food takes 5 –6 hours for digestion whereas raw juices are digested with 25 –30 minutes. Diseases are caused because of deficiencies of the body which lack essential constituents. It has been proved that raw juices have shown miraculous results in incurable diseases.

The raw juices nourish and vitalise the whole body, which absorbs juices quickly and helps in faster recovery. The whole body system is cleansed and purified and gives physiological rest of digestive organs because it contains hormones and anti-biotic substances. Fruit juices purify the blood, cast out toxins from cells, which increases the quality of urine. Whereas, vegetable juices do reconstruction work in the body and produce new cells.

1. Bitter Guard + Cucumber + Tomato- on empty stomach

2. THROAT – LIVER – KIDNEY

- ◆ 1 Papaya + ½ Melon + 3 ½ White Grapes } Fruit In A Procession

3. DEPRESSION:

- ◆ ¾ cup of steamed Spanish.
- ◆ 4 ½ of broccoli flower, 2 apple, 1 tea spoon of lemon juice } buston with Vitamin A, B and C, contains as much as calcium as milk. Replenish Vitamins re-hydrate the body. Ideal cure for headache.

4. GREEN DEVIL

- ◆ 1 small avocado, 3ozs asparagus spears, handful of parsley, 2 large oranges and lemon juice } are the source of Vitamin A and E, great cleanser, skin tonic and antioxidant.

5. WHEAT GRASS BOOSTER:

- ◆ 1 kiwi fruit, ½ large pine apple, 2 apple, ½ mug Alfa sprouts, ½ mug watercress, ½ mug parsley, ½ mug kale, ½ mug broccoli and wheat grass.
- ◆ 2 Sticks of celery+ ½ medium cucumber, hand full of Spanish +wheat grass. Use asparagus as a garnish.

6. VEGGIE SMOTHIE:

- ◆ Carrot, tomato, celery, parsley, almond and sunflower seeds, herbs and spices flavour.

7. APPLE, WATERCRESS AND LEMON JUICE

- ◆ 2 Apple + ½ Lemon + As much watercress you like – Put all these through juicer.

8. HOT CITRUS COMFORT DRINK

- ◆ 2 Lemon + 2 tsp maple syrup +1/2 tsp ground ginger + ½ tsp ground cinnamon – Put the juice in a small saucepan, stir in a water or tea and mix all together, allow to boil, then simmer for a few minutes.

9. LEMON AND OLIVE OIL DRESSING

- ◆ ½ Garlic clove (finely minced) + 1 tsp sea salt + 3 tsp extra virgin olive oil + 1tsp freshly squeezed lemon juice – Add these in a salad bowl and seasoning for taste.

10. BEETROOT + CUCUMBER + CARROT

11. CLEANSING DIET

DAY 1 – Fruits and juices only: Apple, Pears, Berries and Melons

DAY 2 – Drink all Herbal Teas: Camomile, Peppermint and Chinese Tea

DAY 3 – Eat all vegetables: raw or steamed.

DAY 4 – Vegetables soup.

REFERENCE BOOK & MEDIA MATERIAL

- ◆ **Patanjali Yog Part -1, 2nd Edition March 2009 – Sunita Poddar**
- ◆ **Aastha Channel**
- ◆ **Yog its Philosophy & Practice – Swami Ramdev**
- ◆ **Ayurveda Its Principle & Philosophies – Acharya Balkrishna**
- ◆ **Aushadh Darshan - Acharya Balkrishna**
- ◆ **Pranayam Its Philosophy & Practice – Swami Ramdev**
- ◆ **Yog In Synergy with Medical Science - Acharya Balkrishna**
- ◆ **Yog for Diabetes – DVD by Swami Ramdev**

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