

A HAND BOOK ON NATURAL HEALTH IN TODAY'S LIFESTYLE SCENARIO

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PREFACE

The book aims towards providing the basic and fundamental information on the role of nature in healthy lifestyle changes of this fast pacing world. Man must feel the earth to know himself and recognize his values. God made life simple. It is man who complicates it. It's the worst mentality of our society that everyone knows everything and preaching what one that is not practicing. It's each of us duty to come out of our own ignorance with selfless and natural mentality not to impress others but to be true to our self. Be thankful to the people who pass through our life by showing the gratitude to them especially to the DESERVED. Human life depends on plants and animals, life supports life is a thumb rule as usual.

The main purpose of this book is to understand the divinity of each gift of nature, to develop self-awareness, to explore each one's thoughts on a drugless holistic community. Thoughts can purify or contaminate the body cells. Let us have a healthy body and mind with natural life style.

Dr. RASHMI CHANDRAN

"All parts of the body which have a function if used in moderation and exercised in labors in which each is accustomed, become thereby healthy, well developed and age more slowly, but if unused they become liable to disease, defective in growth and age quickly." ~Hippocrates~

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Remembering Mahatma Gandhi

Vegetarianism which Gandhi started following while in London as a student became an unalterable principle of his life. He also became an ardent follower of the Naturopathy, a way for the maintenance of health and medical treatment. His naturopathic practices involved strict restrictions to his food, making intelligent use of water and soil for medicinal purposes. He thought calling a doctor for even very minor ailments is foolishness. Such people become slaves to their bodies instead of bringing their bodies to their control. Another principle he developed was punctuality. He was very particular in keeping his time punctually, and never did he procrastinate doing things ignoring the pre-appointed schedule. He wrote a series of articles on these principles and practices in the journal 'Indian opinion', and a collection of these articles was brought out as a book later, titled 'A Guide to Health'.

Science and Nature

Science is a powerful way of knowing that has transformed the relationship between human society and the natural world. Drawn from the Latin word for knowledge, in the broadest sense, science means a systematic way of gathering information and drawing conclusions. In a more restricted sense, science refers to information gathered using the scientific method, a systematic approach to gathering empirical (observable and measurable) data and determining facts about nature or society. Science, technology and engineering have brought terrific benefits to society, and have made astounding wealth and material comfort possible. Yet upon closer analysis, many people have observed that these forces have had ambivalent effects. Tremendous benefits made possible by scientists and the scientific method have not been without negative impacts on the Earth, and in some cases, for the poor.

Science and the scientific method do not, by themselves, indicate what humans should do. By working to minimize bias, scientists are better able to determine knowledge of the natural world. But the "exclusion" of human values from the scientific method - which might bias the results - also means that its products are considered by most people to be amoral, in other words, neither ethical nor unethical. This has resulted in the widespread perception that scientific and technological developments should continue without considering the ethical implications of their products. The scientific method attempts to

be free of bias, but the technological products of science have tremendous implications for social and environmental ethics. This principle of the Earth and its creatures having intrinsic value is particularly strong in Deep Ecology, but is in no way limited to this philosophical approach. Concern for threatened and endangered species is based on the principle of intrinsic value. Most species of organisms in the environment do not provide economic value, or at least we do not have clear evidence of how they provide direct benefits to humans. The ethical implication of holism is that entire systems have moral significance, meaning that we have duties to consider not merely individual members but the entire set of relationships and attributes of whole ecosystems. This proposition has a certain philosophical appeal, but translating it into an applied ethical practice is challenging. Few people appear capable or disposed to actually consider the well-being of ecosystems in their moral decision making. Finding an appropriate way to apply the concept of holism is on the frontier of environmental ethics.

The science of ecology has made visible the inner workings of the ecological bases of holism. It is the task of environmental ethics to propose what how we should live in order to conserve the ecological processes upon which all life depends. The environment plays an important role in the development of an organism however as the years are passing, science is proving more and more how significant the role of genes in the whole life of a person is. The irony in this biological fact is that human beings and only have the cognitive ability to change their minds by their own minds! This means that they have the ability to recognize in which sector they need improvement and then create the appropriate environment – have the appropriate experiences that will lead them to achieve this improvement. This is how we acquire new skills. Dogs do not go to karate teachers. So what follows next is pure logic. Every person that argues that is in a personal development mentality has first of all to educate himself/herself but from a peripheral direction. He has to start creating a path to follow. And this works only through sincerity, especially to him/herself. He has to accept his human nature which is followed by many mistakes and disadvantages. At the same time academic knowledge does not seem to be well rounded enough compared to the overall scientific facts, many of which are kept in anonymity for years.

Every person has to do the research by himself/herself whoever his/her teachers are or whichever recommendations he/she has. Hopefully there exists in the web a bunch of knowledge for everything we can imagine. Secondly, he/she has to decide from where he or she will be educated and advised. Others prefer their mothers, others their friends, others the priest of the neighborhood and so on. Here we mostly listen to scientific facts that came through hypothesis, experiments, publication etc. But actually I do not believe in anything. I am just exploring the ideas and pick the ones that make the most sense to me. That's why you will see me, as well, posting about things that I do not follow but find them interesting. And this is what the beginning of my book had to do with. Overall this is meant to be a rational road which by accepting irrationality as a typical human feature leads to personal development and thus to happiness.

Brief Introduction of Practicing Exercises and YOGA

Once we begin to enhance our health through a natural diet, natural exercise is our next step. Like natural eating, natural exercise is a practical necessity and foundation for reaching higher levels of natural health. Exercise or physical activity helps the body cope with the stress of everyday life. No matter how busy you are, Yoga Session will surely suit your lifestyle. People who do not exercise often reason that they are too busy to go to the gym or work out at home. These people are at risk to various diseases caused by stress and sedentary lifestyle. It is now being taught that exercise or physical activity helps the body cope with the stress of everyday life, as well as improve overall Health. However, the demand of our daily lives increase rapidly as time goes by. These demands take away our time to take care of our health. Yoga creates harmony in the body by developing strength and flexibility through different series of asanans, or poses. You learn to take your time and feel each moment by balancing work with rest, in turn creating a relaxed and energized mind and body. If you are looking to add yoga to your healthy lifestyle you may be wondering what type of yoga to choose. Aim of Yoga is the attainment of the physical, mental and spiritual health.

Many different varieties of yoga came to be practiced for different purposes. There are many different types of yoga for you to choose. It will be available to you in many other kinds and each kind will have its own values for the user to learn to follow. There are a few listed below. Hatha yoga has become the most popular kind of yoga because it is

viewed as the regular yoga. It is one of the better yoga's to start with. It is a simple practice of the yoga poses and the movements and the basic breathing. The way you move with this form of yoga is slow and easy and this gives those starting out a beginning point. Kundalini Yoga is set on the focus of the breathing that comes with the movements. It will try to let go of the energy that is held back and put it back into the lower body. This will then give it a way to flow from the lower to the upper body. This type of yoga is determined to not only have you practice the poses but it also is intent on making sure that the breathing is done with each pose. Iyengar Yoga is the one that has its focus on what is wrong with each person's body. It will incorporate the blocks, blankets, and belts to give the user a steady and supported pose. Power Yoga is a very interesting form of yoga to many people. It is one of the more famous types of yoga. It is done in a fast manner and is done with a concentration unlike the other yoga forms.

It has become known to those in the fitness venue as the hardest and best way to get physically fit. You can also be aware that there are other kinds of yoga available to you. They are the 1. Raja 2. Jnana 3. Bhakti 4. Karma 5. Tantra 6. Kashmir 7. Shavism 8. Vinyasa 9. Bikram. In addition, more are not listed. A few of them are just like the yoga practices but have been changed slightly to create a different form of the yoga. You can be certain that each of the yoga's will be different. Patanjali has recommended eight stages. They are Yamas-Yamas (abstentions or restrains) Niyamas- Niyamas (observances)-austerities, purity, contentment, study, surrender of the ego Asanas- Physical postures or exercises. Pranayama-Control of vital energy (Breathing control) Partyahara-Withdrawal of the senses. Dharana-Concentration of the mind (Contemplation) Dhyana-Meditation. Samadhi-Attainment of The super conscious state Pranayama can be mastered only gradually. It may take months or even years before the practitioner mind becomes receptive to the regulated flow of breath and he experiences the full benefits of pranayama. Proper practice of pranayama can control almost any disease but improper practice may give rise to all sorts of respiratory ailments. So one should take care to acquire control over his breath gradually.

Essentials of practice

YOGA is a Scientific System of physical and mental excellence which requires obedience to certain rules, principle and methodology in order to acquire satisfactory

results. If these rules and principles are not followed it may cause reverse results, i.e. harm and injury to the body. There is no specific time for doing yoga. In the point of view of convenience, morning is always better as you will be free for the rest of the day. Whatever time you have chosen, stick to the same time of practice every day. Practice yoga regularly and continuously. Irregular practice will not bring good results. Practice at least 15 minutes a day, for 5 days a week. 15 minutes can be gradually increased to a maximum of 1 hour. The place of yoga practice should be neat, clean and airy. Try to practice at the same place regularly. Yoga should be practiced on an empty stomach. If you have taken food, wait for two or more hours before practicing. Avoid hot food or excessive spices and try to eat a balanced diet. Relax in between asanas for 6 to 8 seconds. Take 2 or 3 normal breaths between asanas. Your body should be neat and clean nor it should be tired or under any excessive physical pain. Wear clean and light cloth while practicing. Avoid excessive intake of coffee, tea, alcohol and drugs. Try to keep the mind free from anxiety, worries and any strenuous involvement while you are practicing. Women should not practice yoga during their menstrual periods. Pregnant women should take care to practice moderately. This is the Introductory part for the exercises and yoga for the beginners.

Natural Beauty

It is only natural for human nature to desire for an appealing appearance. Walking towards the path of natural beauty is not difficult if you really desire for it. You need to discipline yourself to attain that glow on your face. If you think availing the natural beauty products will be instrumental for achieving the best skin, best hair or the best body, then you are wrong. Natural beauty is a combination of natural beauty products, natural beauty care regimens, good nutrition and definitely physical exertion. Before jumping on the bandwagon of several natural beauty treatments, it is necessary for you to understand your skin type and the changes that you wish to make for your look. Accept your unique qualities and make the most of it by using natural beauty products or even following natural beauty tips. It is not necessary to run around searching for beauty in expensive beauty products, instead explore the "natural goodness" of ingredients from your kitchen.

Here some TIPS for GLOWING SKIN

Primary thing is, there is no cosmetic for beauty like HAPPINESS. Make yourself happy which will reflect in YOU and others. All others are secondary which you can get from anybody. Avoid excessive exposure to sun. Stay protected from the sun to avoid becoming dehydration. Add more raw fruits and vegetables in your diet. Regular exercise and give proper rest to your body and mind. Consume sufficient amount of water daily to make your skin hydrated and to make the cleansing process more effectively.

The Five White Poisons

In 1962, Dr. Frank Logsdon, former pastor of the famous Moody Memorial Church in Chicago, was a dinner guest. Over the dinner table, he told a fascinating story of how he had had cancer and -- rather than going the medical route -- had gone to the Page Institute in Tampa, Florida. At this Institute, he was told to remove five white foods from his diet, and to switch to a raw vegetarian/fruitarian diet. He had done this and his cancer disappeared! What are the five white foods causing our physical problems? I will list them, starting with the most dangerous substance we put into our body.

1. DAIRY is the most dangerous substance we can put into our bodies for many of the same reasons. We are told milk is the perfect food, and needed for calcium. But we are not told that the pasteurizing of milk (heating it to temperatures of 160 degrees or higher) changes the calcium to an inorganic form, which cannot be assimilated by the body. In nature, no animal pasteurizes its milk and no animal drinks the milk of another species, nor does it ever drink milk after the age of weaning. The only source of bad cholesterol (LDL) is animal products! ANIMAL PRODUCTS ARE NOT GOOD FOOD!
2. MEAT contains white fat! The average American meat eater puts over 50 pounds of fat (cholesterol) into their body per year! This fat clogs the arteries, ultimately causing the heart attacks and strokes that will kill approximately 50 percent of our population. Meat is also the culprit in causing colon cancer, breast cancer, prostate cancer and other forms of cancer. Cancer is responsible for 33 percent of American deaths. And meat is the primary cause of adult-onset diabetes, which kills 9 percent

of our population. Meat also causes gout and arthritis and a host of other physical problems. We are told that we need meat for protein and strength, but we are not told that the cooking of meat changes the molecular structure of the protein and renders the protein in meat unusable by the body. If we look to nature, we will find that there is not a single animal in the wild that cooks the flesh it eats! Seventeen years of research has revealed meat as it is produced today to be the single most dangerous food that we put into our body.

3. SALT is another white substance that creates untold physical problems and suffering. The body needs sodium, but it must be in an organic form in order to be usable by the body. Table salt, sodium chloride, is an inorganic sodium compound formed by the union of sodium and chlorine that is extremely toxic to the body, causing it to retain fluid in an effort to keep this protoplasmic poison in suspension and out of the cells.
4. SUGAR is the fourth white substance creating our physical problems. Sugar is so changed and concentrated from its original plant form... that it is actually a drug! Just 10 teaspoons approximately the amount found in one soft drink) will immobilize the immune system by about 33 percent. Approximately 30 teaspoons of sugar will shut down the immune system for a whole day.
5. WHITE FLOUR has had all the good substances (bran and germ) removed during processing. Then it is bleached, sometimes with a bleaching agent similar to Clorox. Finally, they add some coal-tar-derived (carcinogenic) vitamins and it is sold to the unsuspecting public as "enriched." WHITE FLOUR IS NOT GOOD FOOD IN FACT IT IS HAZARDOUS TO YOUR HEALTH!

Conclusion

We all want to feel better, live healthier, and look our best. Living a more natural lifestyle will help in these areas but will more importantly simplify your life and create more balanced awareness and overall state of well-being. Our passion is to help people rediscover the ancient knowledge of natural living and integrate it into the modern lifestyle of today. The prime objective is to augment the tradition of trust (in nature) and quest for excellence in educating the masses about benefits of natural lifestyle and alternative therapies and living.

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About The Author

Dr. Rashmi Chandran M.Sc., Ph.D., Naturalist is serving as a Founder & Chairperson, Natural Health and Environmental Research (Regd.) Coimbatore, Tamil Nadu, India. Her Area of Interest includes Nature, Natural Lifestyle, Natural Health, Traditional Medicines, and Environmental Science.



Her academic credentials include Doctorate in Zoology from Bharathiar University, Coimbatore, Tamil Nadu and Post-Doctoral Research from Institute of Botany and Zoology, Faculty of Science, Masaryk University, Brno, Czech Republic. Based on her service to science, her name has been listed in Marquis (USA) “Who’s Who in the World” as one of the highest achievers. As a part of her research she has visited Czech Republic, Poland, France, Switzerland, Austria, Germany, Slovakia Republic and Qatar.

The activities pursuing includes interactive sessions with family members, students, employers, tribals and people in rural areas to motivate and to make aware of the ignorance for the self-learning process. Her vision with practice of human values and principles within family and preaching is to create self-awareness about natural life style with natural health to uplift the natural life within each mind of people (both rural and urban) to live in peace and harmony with nature and to understand our own nature by conserving the traditional values of biodiversity, cultural diversity and integrity of our nation.