



DESIGN YOUR OWN HEALTH (UTSAV)

Following the first Utsav program at Soma Wellness, Ooty, in July 2016, a second Introductory Utsav Program was held exactly one month later at Bhavan Building Auditorium of Rajasthani Sangh, Coimbatore, on August 7, 2016. The packed, 3-hour-long program included a welcome address followed by lighting of auspicious lamp and an interesting presentation on Yoga & Naturopathy by Dr. Neetu Jain, PhD, from Prajna Institute of Yoga & Allied Sciences. A large part of presentation was devoted to Holistic Health for a healthier, happier and harmonious life. At the end, the audience had a chance to openly discuss solutions to a healthy lifestyle and the speaker enjoyed the lively discussion that ensued. The event was a great success, with one participant saying: "I never realized the link between breath and mind; this has been a real eye-opener and a great way to spend a Sunday afternoon." The program could not have been a success it undoubtedly was without the dedication of esteemed members and office bearers of Rajasthani Sangh, Coimba-

tore, and the invaluable behind-the-scenes work of Mr. Nilesh Bafna, CA, Coimbatore.

In addition, from September 23rd to 25th, 2016, 30 people from 7

cities successfully completed a 3-day residential Utsav camp at Soma Wellness, Ooty conducted by PIYAS led by Dr. Neetu Jain with some eye opening and life-transforming experiences.



Dr. Neetu Jain seen with dignitaries of Rajasthani Sangh lighting the lamp at Bhavan Building Auditorium, Rajasthani Sangh, Coimbatore.

CU JOINS PIYAS FOR HEALTHY COOKING

Christ University (CU) campus hotel management team and psychology students recently partnered with PIYAS for healthy cooking. The aim was how to incorporate natural foods in diet for Health, Harmony and Happiness. Representatives from PIYAS were Healthy Cooking Specialists Mrs. Prabha Gulecha and Mrs. Shilpa Bhansali. They are classically trained chefs who help to create healthy cooking training programs based on principles of naturopathy. "While we come to teach, we always learn and we learned that hotel management team at CU is passionate about natural and healthy food and this has been an amazing experience for us," said Mrs. Gulecha. Demonstration was successful and featured 10 dishes.



Representatives from PIYAS seen with Christ University staff & students in above pictures.



EDITORIAL TEAM

Dr. Mahendra Balar
Dr. Neetu Jain
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STOP ATTACKING YOURSELF!

Autoimmune diseases arise when immune system attacks body's own cells, tissues, and/or organs. These attacks lead to signs and symptoms of autoimmune diseases. The number of cases of autoimmune diseases is rising for reasons not well understood. Some of the common autoimmune diseases are rheumatoid arthritis, systemic lupus erythematosus (SLE), Crohn's disease, ulcera-

tive colitis, multiple sclerosis, ankylosing spondylitis, Hashimoto's thyroiditis, psoriasis and Grave's disease. Some researchers believe that women are at an increased risk because their immune systems tend to be more sophisticated than men's. Once diagnosed with autoimmune disease, likely appropriate treatment may be commenced. Immunosuppressive medications, steroidal anti-

inflammatories or hormone replacement therapy relieve pain and/or treat the outcome of disease temporarily but do not address the underlying cause for immune system going haywire nor do they prevent disease progress. Some recent research has implicated preserved or canned foods, environmental pollutants, infectious agents, and stressors as the cause. Gut is an area where numerous encounters with antigens or infectious agents occur. Transitioning to a natural diet and toxic- and stress-free environment is very crucial for management. Detoxification, the naturopathic way, diet modification, yogic practices and hydrotherapy play a vital role in the management.

"Natural forces within us are the true healers of diseases."

Hippocrates.

OPTIMISM AND SURVIVAL

It's obvious that healthy people live longer than sick people. If optimism actually improves health, it should also boost longevity -and according to two studies from the U.S. and two from the Netherlands, it does. The first American study evaluated 839 people in the early 1960s, performing a psychological test for optimism-pessimism as well as a complete medical evaluation. When the people were rechecked

30 years later, optimism was linked to longevity; pessimism took a substantial toll; the most pessimistic individuals had a 42% higher rate of death than the most optimistic. The mortality rate rose 19%. A newer U.S. study looked at 6,959 students who took a comprehensive personality test when they entered the University of North Carolina in the mid-1960s. During the next 40 years, 476 of the people died from a variety of causes, with cancer being the

most common. All in all, pessimism took a substantial toll; the most pessimistic individuals had a 42% higher rate of death than the most optimistic. The two Dutch studies reported similar results. In one, researchers tracked 545 men who were free of cardiovascular disease and cancer when they were evaluated for dispositional optimism in 1985. Over the next 15 years, the optimists were 55% less likely to die from cardiovascular dis-

ease than the pessimists, even after traditional cardiovascular risk factors and depression were taken into account. The other study from Holland evaluated 941 men and women between the ages of 65 and 85. People who demonstrated dispositional optimism at the start of the study enjoyed a 45% lower risk of death during a nine-year follow-up period.

QRMA - HEALTH ANALYZER

QRMA is a simple tool which helps to determine the health status of the major body systems, organs and glands of an individual. The testee simply holds a sensor in one hand and the QRMA gathers the electromagnetic signals from the body for quick analysis. If there is any subclinical or

disease condition present, the emitted electromagnetic signals are different and the QRMA detects and analyzes these signals. The QRMA gives 38 individual reports like cardiovascular and cerebrovascular system, liver, lungs, pancreas, kidneys, skin, and obesity to name a few including a com-

posite report that highlights the most important areas of health concerns. This simple technology is used by many health care professionals world-wide

and has an accuracy rate of over 85%. The QRMA allows us to make recommendations for prevention of disease as well.



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POSTURE PERFECT

Good posture is crucial for our body's optimal functioning. When our body is in a good posture, there is less stress on joints, good circulation, more endurance in muscles, nervous system works better, and organs function better. It is much less work for our body to be in a good posture than when it is in bad posture. This means we are less fatigued at the end of the day. Poor posture causes poor circulation, compresses spinal cord, strains muscles and joints, and hampers digestion. Poor posture and suboptimal functioning of body systems eventually leads to disease processes. Yoga is the best way to improve and maintain posture. Improving posture is gratifying and one of the ways to make us feel our best and it keeps us active throughout our life.

MAKHANE - LOTUS SEEDS

Makhane, also called lotus seeds or fox nuts are low in fat and high in carbohydrates and a good source of fiber, magnesium, potassium, phosphorus, iron and zinc. Their low sodium and high magnesium content makes particularly useful for those suffering from heart disease, hypertension, diabetes and obesity. Their anti-aging enzyme content is believed to help repair damaged proteins. Kaempferol, a natural flavonoid found in Makhane prevents inflammation and aging. In addition, lotus seeds are rich in phyto-nutrients, the disease fighting nutrients. Due to their relatively low glycemic index, Makhane have a beneficial effect in diabetics. According to Ayurveda, their astringent properties benefit the kidneys. The seeds can be eaten raw or roasted.

Flour of Makhane blended with other legumes like Dals and soybean or millets like Bajra and Jowar makes a gluten-free, protein-rich food supplement to combat malnutrition.



Makhane for a healthy snack.



Participants of UTSAV-U in Soma Wellness Centre, Deccan Resorts, Ooty, going through yoga session of Dr. Neetu Jain in above pictures.



Mr. Rajesh Jain, MD, Deccan Resorts, Ooty, addressing the participants of UTSAV-U in above picture.

SUFFERING FROM SEASONAL ALLERGIES

Do you have recurrent sneezing, itchy eyes, runny nose, cough, or dry itchy skin? Then you most probably have seasonal allergies. There are other less common symptoms that can be confused with chronic infection. Some people have post-nasal drip, sore throat, or chronically congested para-nasal sinuses associated with headaches, fatigue and mild difficulty breathing. If you have any of these symptoms and think that you cannot get over, make an appointment with us.

GALLERY

UTSAV-U residential camp in Ooty in September 2016.

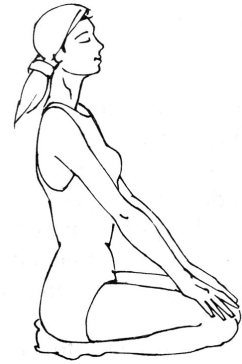


UTSAV-U introductory talk in Coimbatore .



- Vajrasana helps in controlling the vajra nadi and the mind.
- Vajrasana improves flow of blood and nervous impulses in the pelvic region.
- This pose increases the efficiency of the digestive system.
- It is a useful post-meal posture especially for people suffering from indigestion.
- It is very useful in stomach ailments such as peptic ulcer and hyperacidity.
- It strengthens pelvic musculature which helps to prevent hernia and aid women in childbirth.
- It is the only meditative pose for persons with sciatica and sacral disorders.

Note: Yogasanas must be practiced under expert guidance.



HAVING A BEST FRIEND

A story tells that two friends were walking through a desert. During some point of journey they had an argument, and one friend slapped the other one in the face. The one who got slapped was hurt, but without saying anything, wrote in the sand "Today my best friend slapped me in the face." They kept on walking until they found an oasis, where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but the friend saved him. After he recovered from the near drowning, he wrote on a stone "Today my best friend saved my life." The friend who had slapped and saved his best friend asked him, "After I hurt you, you wrote in the sand and now, you write on a stone, why?" The other friend replied "When someone hurts us we should write it down in sand where winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave it in stone where no wind can ever erase it."

Moral of the story: Do not value the things you have in your life. But value who you have in your life

TESTIMONIALS

I was 32-year-old when diagnosed with triple vessel disease in 2004. I underwent angiography and was advised immediate bypass surgery. I refused surgery and while on medications I came to Prajna Yoga and Naturopathy Centre. I was severely short of breath when I presented to Dr Neetu Jain with inability to walk even a couple of meters. I enrolled myself here to practice yoga and try alternative line of treatment for my problems. I was following diet and taking nature cure treatments as advised. My conditions improved significantly and have been doing well since without the surgery and only medical management.

Vimal Patwari
Businessman, Vijaywada.

I have been suffering from Vertigo since last 4-5 years. I have giddiness and light-headedness during travel and also unable to fix my vision on the computer or drive on my own. It became severe in April '15 and have taken 100-150 tablets in a month after consulting 4-5 doctors. I had learnt yoga at Piyas 8 years ago and had discontinued. However, this time I decided to come back and try my luck with vertigo at PIYAS. And it worked!! In a matter of 4 days my giddiness vanished and I am feeling perfectly fine now.

Monica B
Lawyer and Company Secretary, Bangalore.

I unfortunately suffered from ankylosing spondylitis (AS) and wasn't able to even get up from bed without help. AS results in severe pain in joints between spinal bones. I was not able to sleep in night, movement was constrained and there was severe pain. My wife Shilpa, being the fitness-freak was totally against me taking pain-relief tablets. So she suggested me PIYAS. Reluctantly, I agreed to try it, as I wasn't really aware of yoga and naturopathy. I met Dr. Neetu Jain and explained her my condition. Since I only had a week's time, she advised me to come twice a day. I took around 14 sessions, during which I practiced back-related yogasanas and under-

went naturopathy treatments. I was also advised healthy food (sprouts/foxnut/papaya/fenugreek, etc). My condition started improving gradually, and by the 7th day I was able to walk alone, without support. When I returned back to Mumbai, I kept my practices on and within a month's time, I was up and around. Since then, I have continued my practice and touchwood, since the last 1.5 years, have been in good shape. I am really thankful to Dr. Neetu and her team.

Amit Bohra
BE, MBA,
Mumbai

RAW FOOD VEGANS HAVE HEALTHY BONES

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Archives of Internal Medicine, March 28, 2005, Luigi Fontana, M.D., Ph.D.

It has long been thought that low bone mass is usually a sign of the bone-thinning disease osteoporosis, and that it certainly increases ones risk for fractures. But a recent study at the Washington University School of Medicine in St. Louis, which was published in the March 28 issue of the Archives of Internal Medicine, found that although people who follow a raw-food vegan diet (no animal products) had lower bone mass than those eating a more

typical American diet, their bones were healthy, with normal "turnover rates", and with no signs of osteoporosis. The raw food vegan group studied had less inflammation, indicated by low levels of C-reactive protein, which is made by the liver as a response to inflammation in the body. They also had lower levels of IGF-1, one of the most powerful growth factors regulated by calorie and protein intake. High levels of IGF-1 have been linked to risk of breast cancer and prostate cancer. Bone mass is not neces-

sarily the best indicator of bone health, as this study shows. Normal turnover rates and the absence of osteoporosis are the best biomarkers of overall bone health. Bones can be dense but brittle, and bones can be not as dense as medical doctors would like to see and yet be strong and flexible, which is what you will find with people who eat a very healthy diet. So a bone density scan does not tell the whole picture; ones diet and lifestyle practices are actually a better indicator of bone health. And you saw above that the raw food vegans had lower levels of IGF-1 (a

growth hormone); of all the thousands of hormones that occur in animals, only one hormone is identical in two different species. The two species: human and cow. The hormone: IGF-1. All dairy products contain IGF-1. To give yourself the best odds of avoiding cancer, avoid consuming IGF-1.

"Milk money is misspent money."

Cameron Wells, MPH, RD,

Physicians Committee for Responsible Medicine on School Milk Nutrition Act of 2015.

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