

Guidelines on Health Promoting Lifestyle and Dietary Habits

Based on yogic principles

LIFESTYLE

1 – Walk a minimum of ½ hr of an uninterrupted **walk** in the fresh air everyday, alone or in company. Charan jap is a form of meditation. Kill 2 birds with 1 stone, i.e. exercise and meditate simultaneously!

2 - Spending some of your waking time **alone** everyday will prove to be one of your best investments. If not in sadhana then find time to assess your self and reflect on your posture in life, e.g. while cooking, on the bus, away from any screen!

3 – Rub your entire body vigorously with a hot wet towel everyday to the point where **your skin** becomes pink with the stimulation. This gets rid of dead skin and will improve your lymphatic system

Or, have a cold shower for long enough for the increased **circulation** to show on the surface. Specially good if you feel hot, lethargic or overemotional.

4 – **Sing** a song or a mantra from your heart for at least 5 minutes daily – your emotions will stir and your spirit will find expression in the world.

EATING

5 – Substitute white rice and bread with whole grain cereals. **Cut wheat flour** products down to 3-4 times per week. Whole grains release nutrients slowly keeping you satisfied and calm for much longer. The integrity of the grain will match your integrity.

In temperate climates let **whole grains** become 50-60% of your daily food intake. This avoids major oscillations in your pH and blood sugar levels and prevents most emotional cravings.

6 – Include **seaweed** as a condiment/garnish, part of your regular diet. If you don't eat fish certain important minerals, abundant in the sea, can be ingested that way.

7 – Include simple **pickles or plain yogurt** with your meal. These fermented products help digestion and balances the bacteria in your gut.

8 – **Seeds** such as sesame, pumpkin and sunflower are a potent food which, when toasted, add flavour and nutrition to anything plain. More oily nuts are also good but with greater discretion.

9 – If you can pleasantly digest **milk** protein then take boiled warm milk instead of cold simply pasteurized milk which causes dampness in the body and uses up a lot of heat. Other milks are better tolerated by adults.

10 – **Fruit** is cold and sweet and usually acidic. It cools you, shoots up your blood sugar and compromises your blood pH very quickly. Once a day is plenty in temperate climates. Consider substituting it with something more stabilizing such as a mixture of grains/seeds/pulses.

11 – Things to reduce and probably stop sooner rather than later: meat [especially red], coffee, black tea, sugar, tobacco [most drugs, unless for medical reasons], alcohol.

OTHER

12 – Smile for no reason from time to time. Sleep before midnight is worth twice as much.