

Om Sri Sai Ram

ATTAINING SOUND HEALTH

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Instrument: *Raj Prakash*

DISCLAIMER: *All information that's included here is for education. Always consult your physician for all problems. You may want to check with your doctor about alternative approaches that you are going to take for your health problems. However, the guidelines given are deemed to be safe and very effective.*

“Among the four Vedas, the Atharva Veda is the one that has given the Science relating to longevity, known as **Ayurveda**. Ayurveda transcends time and space and is valid for all places, at all times. It relates to the spirit, the mind, and the body, and it has an integrated approach.”

- *Baba*

A CHILD IN IDEAL HEALTH

- Very happy (blissful)
- Very smart (intelligent)
- Very energetic always
- Effulgence on face
- “Tall”
- Trim in body
- Clear skin
- Perfect eyesight
- No allergies; great immunity
- Perfect teeth
- Strong bones
- Great stamina
- Totally free from ailments

**HOW ARE TODAY'S
CHILDREN TYPICALLY ???**

TYPES OF NUTRIENTS NEEDED BY YOUR BODY

- Vitamins
- Minerals
- Proteins
- Enzymes
- Fats
- Carbohydrates
- Bioflavonoids
- Water

FUNCTIONS OF NUTRIENTS: A GLIMPSE

- Calcium is needed for the formation of strong bones and teeth.
- Sufficient calcium protects against allergies, viruses and tooth decay. Higher intakes of calcium, monounsaturated fat, and servings of dairy products were associated with lower body fat.
- Magnesium is needed for the production and transfer of energy
- A shortage of potassium brings nervous irritability, mental disorientation, and low blood sugar.
- Copper aids in the development of brain and bones.
- Iron is needed to make haemoglobin, the substance in the red blood cells which carries oxygen in the blood. It aids resistance to infection.
- Vitamin A is essential for healthy eyes, hair, skin and teeth, and good bone structure. It plays a part in maintaining good appetite, normal digestion and the making of red and white blood cells.
- The process of bone formation requires an adequate and constant supply of nutrients, such as calcium, protein, magnesium, phosphorus, vitamin D, potassium, and fluoride. However, there are several other vitamins and minerals needed for metabolic processes related to bone, including manganese, copper, boron, iron, zinc, vitamin A, vitamin K, vitamin C, and the B vitamins.

ALMONDS IN BREAKFAST

Each child should eat 5-10 soaked and peeled almonds with breakfast. Almonds should be soaked for 10 hours or more overnight. They must not eat raw almonds or in any form where almonds have been subjected to heat. In the soaked & peeled form, almonds are superb; here is why:

- a. Great source of proteins and calcium, both needed by growing bodies
- b. Very *satvic* food – good for spiritual development
- c. Helps to remove excess heat from the body
- d. Baba emphasizes on this for His students
- e. Delicious
- f. Easy to incorporate

PRACTICAL GOOD FOOD RECOMMENDATIONS

- Replace usage of white sugar with raw sugar, pure honey, or other natural sweeteners. (Do not cook honey, though)
- Almonds – soaked & peeled (not raw or roasted/fried)
- Use of fresh, non-sour, diluted curd
- Vegetables (mineral powerhouse)
- Nuts (pecans, cashews, walnuts)
- Dry fruits (dates, raisins, apricots)
- Include ghee in the diet
- Use of milk
- Fruits - nature's treat and vitamin powerhouse
- Avoid incompatible food combinations
- **RAGI**

WHY IS WHITE SUGAR SO BAD !!

(In Nutshell)

- ❖ White sugar contains no vitamins or minerals so in order for sugar to be metabolized it must draw on the body's reserve of vitamins and minerals.
- ❖ Creates sugar imbalances in the body and thus creates a host of general and specific weaknesses
- ❖ Creates a great deal of excess heat in the body
- ❖ Baba said that the primary cause of cancer is the bone powder residues contained in white sugar

Hence ...

WHY IS WHITE SUGAR SO BAD

- Sugar can suppress the immune system.
 - Sugar can contribute to hyperactivity, anxiety, depression, concentration difficulties, and crankiness in children.
 - Sugar can produce a significant rise in triglycerides.
 - Sugar can cause drowsiness and decreased activity in children.
 - Sugar can reduce helpful high density cholesterol (HDLs).
 - Sugar can promote an elevation of harmful cholesterol (LDLs).
 - Sugar can cause hypoglycemia.
 - Sugar contributes to a weakened defense against bacterial infection.
 - Sugar can cause kidney damage.
 - Sugar can increase the risk of coronary heart disease.
 - Sugar may lead to chromium deficiency.
 - Sugar can cause copper deficiency.
 - Sugar interferes with absorption of calcium and magnesium.
 - Sugar can promote tooth decay.

Continued ...

WHY IS WHITE SUGAR SO BAD

- Sugar can produce an acidic stomach.
 - Sugar can raise adrenaline levels in children.
 - Sugar can lead to periodontal disease.
 - Sugar can speed the aging process, causing wrinkles and grey hair.
 - Sugar can increase total cholesterol.
 - Sugar can contribute to weight gain and obesity.
 - High intake of sugar increases the risk of Crohn's disease and ulcerative colitis.
 - Sugar can contribute to diabetes.
 - Sugar can contribute to osteoporosis.
 - Sugar can cause a decrease in insulin sensitivity.
 - Sugar leads to decreased glucose tolerance.
 - Sugar can cause cardiovascular disease.
 - Sugar can increase systolic blood pressure.
 - Sugar causes food allergies.
 - Sugar can cause free radical formation in the bloodstream.

Continued ...

WHY IS WHITE SUGAR SO BAD

- Sugar can cause toxemia during pregnancy.
 - Sugar can contribute to eczema in children.
 - Sugar can overstress the pancreas, causing damage.
 - Sugar can cause atherosclerosis.
 - Sugar can compromise the lining of the capillaries.
 - Sugar can cause liver cells to divide, increasing the size of the liver.
 - Sugar can increase the amount of fat in the liver.
 - Sugar can increase kidney size
- Sugar can cause depression.
 - Sugar can increase the body's fluid retention.
 - Sugar can cause hormonal imbalance.
 - Sugar can cause hypertension.
 - Sugar can cause headaches, including migraines.
 - Sugar can cause an increase in delta, alpha and theta brain waves, which can alter the mind's ability to think clearly.
 - Sugar can increase risk of blood clots and strokes.

BAD STUFF TO AVOID

- Use of white sugar in any form
- Cola drinks
- Hard cheese & pizza (*paneer* is fine)
- Hot foods
- Microwaved foods
- Non-veg (even eggs, fish, or chicken)
- Stale, not fresh, not looking or smelling good
- Foods cooked more than 24 hours ago and reheated (though refrigerated)
- Deep fried foods; excessive use of oil in cooking
- Excessive tea or coffee
- Regular use of iced drinks or water

SOME MAJOR FOOD INCOMPATIBILITIES

- Milk with any of the following:
 - Banana, Yogurt, Salty foods.
- Melons with everything
- Honey and ghee

SOME BASIC CONCEPTS

AGNI (The Gastric fire):

Agni is the biological fire which governs processing of food.

AMA (Toxicity):

- ◆ *Ama* is the sticky substance resulting from undigested/uneliminated part of foods, pollutants, and other foreign matter.
- ◆ *Ama* circulates throughout the body looking for weak areas to get lodged and create disease.
- ◆ *Ama* is the root of health problems.

HOW TO DEVELOP AGNI

What strengthens <i>agni</i>	What weakens <i>agni</i>
Pure feelings; <i>Namasmarana</i> ; Bhajan; Meditation	-
Joy, bliss, peace	Stress; tension; anger; jealousy
Eating smaller portions in meals	Eating full stomach, or overfull
Eating pure, wholesome, <i>satvic</i> , compatible foods	Eating undesirable foods
Eating ragi	-
Eating at proper times	Irregular eating pattern
“Playing low key” if not hungry	Eating full/heavy when not hungry
Drinking water – sufficiently and in the right way	Insufficient water intake or incorrect use of water
Physical Exercises	Sedentary life style
<i>Abhyanga</i> (full body oil massage)	-

RAGI

(in uncooked form)

- ◆ Highly *satvic* food
- ◆ Rich in broad spectrum set of nutrients
- ◆ Easily digestible (yet filling)
- ◆ Improves *agni*
- ◆ Detoxifies the body
- ◆ Detoxifies the emotions
- ◆ Contains oil (good fat)
- ◆ Keeps blood sugar balanced (pumps its sugar in the blood over 6-8 hours.)
- ◆ Removes troubling excess *vata*

STRENGTHENING & BALANCING SLEEP

- ◆ **Light stomach** brings on good sleep. Finish dinner some 3 hours before the bedtime and keep it light and nourishing.
- ◆ **Light mind** greatly helps to bring on sound sleep. Do not get to bed with burdens or conflicts. *Namasmarana* is a great practice to lighten up the mind to prepare for sleep. Prayers and spiritual reading are also wonderful.

ABHYANGA (Whole Body Oil Massage):

BENEFITS

- a. *Abhyanga* improves blood circulation, opening up capillaries blocked due to stress or toxic matter
- b. Improved blood circulation means more nutrients and oxygen absorbed by the cells, hence better overall health
- c. *Abhyanga* causes improved gastric fire (metabolism & appetite)
- d. More sound sleep results
- e. It helps with elimination of toxins from the body
- f. Elevates energy level
- g. Helps calm the mind and nerves and sharpen the mind

ABHYANGA: Procedure

- ◆ Morning time is best; any other time is second best
- ◆ Daily massage is best; alternate days frequency is second best
- ◆ It is best to warm the oil before applying (using hot water).
Warming can also be done by rubbing between palms each time oil is taken.
- ◆ Apply on whole body – head to toe, front & back, top & bottom (also soles).
- ◆ Rub, rub, rub
- ◆ Application and rubbing should take 20 minutes
- ◆ Straight/circular motions
- ◆ Take shower/bath after the massage
- ◆ Leave some oil on. Don't need to remove every bit of oil.

ABHYANGA: Oils to Use

- ◆ For this daily luxurious ritual, necessary for perfect health, three primary oils are: (1) Sesame oil (2) Olive oil (3) Sunflower oil
- ◆ Most common oils: Cured organic sesame oil; Cold pressed organic olive oil; Cold pressed organic sunflower oil
- ◆ Olive oil and sunflower oil are found in health stores and other fine stores. Non-cold pressed/non-organic are second best.
- ◆ Use cured, organic sesame oil. You can order from www.mapi.com for example (or by calling 800-255-8332). Non-cured/non-organic sesame oil is only second best.
- ◆ Many benefits of massage listed are due to vata balancing which is achieved by sesame oil. Sesame oil is **EXTREMELY** beneficial.
- ◆ The special property of olive oil is to remove excess heat from body.
- ◆ Massage with sunflower oil is helpful in reduction of weight.
- ◆ 50-50 mixture of olive oil & sesame oil is the best as rule of thumb. 50-50 mixture of sunflower oil & sesame oil may be chosen if needed.



Sri Sathya Sai Charanarpanamastu!

Doshas and their effects

Functions of Vata, Pitta, Kapha

Vata: [The principle of mobility]

Movement, breathing, blood circulation, heart beats, natural urges, nerve transmissions, motor functions, sensory functions, secretions, excretions.

Pitta: [Assimilation & Transformation]

Body heat, body temperature, digestion, absorption, and assimilation of food or anything taken in, including information received through the senses, understanding, hunger, thirst, intelligence.

Kapha: [Principle of Earth & Water; structures & stabilization]

Stability, energy, strength, lubrication, growth of a child, immunity, forgiveness, love, emotional security.

Doshas and their effects

Mental ill-effects of excess Vata, excess Pitta, excess Kapha

Vata:

Ungroundedness, fear, emptiness, anxiety, restless mind, emotionally insecure.

Pitta:

Anger, hate, jealousy, compulsion, irrational push or force, emotionally intense, undue perfectionism.

Kapha:

Greed, attachment, holding on to unnecessary thoughts & emotions, possessiveness.

Namasmarana:

- Simplest sadhana
- No education or training required
- Dissolves past karma
- Safest sadhana; no adverse side effects
- Panacea – cure for all ills, all problems of all types
- The savior for the desperate/helpless
- Removes fear and doubt
- Cleanses the mind
- Provides incredible strength and courage
- Renews the person completely
- Provides Divine Guidance
- Best done with Love or surrender or visualizing the Glory

Try to fill all “void” spots in the daily life with Namasmarana

Four Aspects of FOOD:

- 1. Quality (What?)*
- 2. Quantity (How much?)*
- 3. Timing (When?)*
- 4. Manner of Partaking (How?)*

Importance of regular bowel movement:

If the elimination is delayed -

- ◆ toxins are reabsorbed by the small and large intestines
- ◆ the intestinal flora is weakened affecting the absorption of nutrients

Tips for achieving regular bowel movement:

- ◆ Keep blood sugar balanced over the entire day
- ◆ Heal pancreas
- ◆ Develop agni and control food
- ◆ Eat easily digestible foods
- ◆ Include more of fiber in diet
- ◆ Take a cup of warm milk with 1-2 teaspoon(s) of ghee before bedtime
- ◆ Strengthen sleep
- ◆ Drink warm water in the early morning

Correction of the mind

- Student: “Swami, my mind really bothers me. It’s really troublesome. Swami said, “it’s not just you. It’s everybody’s problem. Only the quantity differs.”
- Proper bowel movement is very important for keeping mind clear and rational.
- Proper diet to keep the agni bright is critical to have mind clear and rational.

Habit Changing Tips

- ◆ Don't have "perfect or nothing" attitude.
- ◆ Make one or two rules and stick to them. After attaining fixation in the habit system, bring in additional steps.
- ◆ Do not make many changes or drastic changes at once – that won't last.
- ◆ Dedication and discipline are required. Working with senses will be absolute must.
- ◆ Namasmarana helps with the control of mind and invokes Divine Grace.
- ◆ Journal writing is recommended. Never write any negativity.
- ◆ Know that any habit system is to be followed in most circumstances but that's really not easy.
- ◆ Don't worry too much about being different, if you are on right path.
- ◆ Expect troubles: analogy of traveling on a road with -
 - speed bumps
 - construction sites
 - road rage
 - detours

Common Sources of Ama

- ◆ Bad foods, undigested food
- ◆ Polluted tap water
- ◆ Anger and stress

Prevention against cancer and its restrike

- ◆ Stay away from white sugar completely
- ◆ Stay away from all known major secondary factors
- ◆ Keep agni bright by food regulation and other means
- ◆ Perform gentle detoxification frequently through semi-fasting

Diabetes (Swami's directions)

- Insulin is not good. Patient can go into coma. Avoid insulin. Tablets are OK.
- Pancreas is not the real problem. It is mainly wrong diet and lack of exercise.
- Eat rice or chapatis less. People eat too much. Blood sugar rises rapidly after eating.
- If you eat corn or ragi, blood sugar will rise slowly and that's healthier.
- For those who eat corn or ragi, blood sugar is not a problem.
- For diabetes, best thing is diet control and exercise. Doctors don't treat diabetes correctly.
- Green leafy vegetables are good. No cauliflower! Cabbage is good.
- All fruits with black seeds like apples, pears, grapes, watermelon, etc. are good. Custard apple is not good. Papaya is very good.
- All roots, especially potatoes, have to be avoided.

Heart Disease (From Swami)

- The cause of heart disease is “hurry, worry, and curry”. Too much hurry causes worry and stress – not good for heart!
- Avoid too much oil in the foods (curry).
- Eating garlic everyday can reduce cholesterol.
- Almonds without peel can also reduce cholesterol. Soak them in water overnight, remove the peel, and eat in early morning.
- For reducing blood pressure, reduce salt. Less salt, less BP; more salt, more BP.

Reducing Cholesterol

- Eating garlic everyday can reduce cholesterol. (Swami)
- Almonds without peel can also reduce cholesterol. Soak them in water overnight, remove the peel, and eat in early morning. (Swami)
- Mixture of pure organic ghee and pure honey in 2:1 ratio reduces cholesterol significantly.
- Minimize or eliminate fatty foods.
- Regular exercise is important to balance kapha nature.

Chronic fatigue Syndrome (From Swami)

- There is no bacteria or virus as the cause.
- A lot of energy is wasted through bad and polluted thoughts and improper and indiscriminate use of senses. This is the cause.
- Replace the polluted thoughts with good thoughts and divert senses towards the Divine, thus, thinking good, seeing good, hearing good, and doing good. This way, those patients can recover the lost energy and can get well.

Hair Density

- Develop agni and eat good to ensure rich blood
- Vigorous scalp massage: at least once, preferably twice, per day
- Splashing eyes with cool water (and washing face) to reduce heat in the head
- Generally, reduce pitta in the system
- Oil massage on head at least twice a week

Eye Care

- Eye muscle exercises: at least once a day
- Splashing eyes with cool water
- Early morning sun rays are very helpful. Sunlight illumines different cells of the retina of the eye. Soak closed eyes with the sun. (Swami)
- “Jaggery improves eyesight.” – Baba

Splashing Technique

Hold cool water in mouth. Splash cool water on the open eyeballs. Continue until the water in the mouth is warmed up, at which time spit out the water from the mouth. Refill the mouth and resume splashing the eyes. Perform the whole process for a period of 5-10 minutes.

General Methods for Reducing Pitta

- Perform Namasmarana or meditation (including Omkar) daily
- Avoid hot and very spicy foods
- Avoid pitta-aggravating foods
- Control anger consciously
- Do splashing with cool water (on open eyes and forehead)
- Bedtime milk with cooling spices