

Hope This Meets You — in Good Health —

The Newsletter of the ISKCON Health and Welfare Ministry

Issue No. 14 / 2008



Message from the Minister

Srimad-Bhagavatam, an ancient Vedic scripture, mentions that in Kali-yuga, the present age, people have but short lives. One reason for this reduced life span is that people do not follow the authorized scriptural restrictions that regulate diet and sexual activity and that prescribe abstinence from intoxication. Another reason is irregularity in daily activities such as waking up, sleeping, and eating.

In Kali-yuga, the duration of life is shortened not so much because of insufficient food but because of irregular habits. By keeping regular habits and eating simple food, any man can maintain his health. Overeating, over-sense gratification, overdependence on another's mercy, and artificial standards of living sap the very vitality of human energy. Therefore the duration of life is shortened (*Srimad-Bhagavatam* 1.1.10, purp.).

In *Bhagavad-gita* Lord Krishna recommends the following:

He who is regulated in his habits of eating, sleeping, recreation and work can mitigate all material pains by practicing the yoga system (*Bhagavad-gita* 16.17).

Lord Krishna also prescribes how we can further reduce stress by purifying the activities of the mind:

And satisfaction, simplicity, gravity, self-control and purification of one's existence are the austerities of the mind (*Bhagavad-gita* 17.16).

Although the ancient Vedic scriptures offer us the deepest insights into self-realization and God realization, they also give us a simple, yet most profound, understanding of how to live peacefully and happily within this world.

In the service of Srila Prabhupada,

Prahladananda Swami
ISKCON Minister for Health and Welfare

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QUOTES FROM SRILA PRABHUPADA

■ **YOU INQUIRE WHETHER** you can make cheese? Why cheese? Make sufficient ghee. If you can send ghee to India that would be nice service as there is scarcely any ghee there. Cheese is not good. We should produce ghee so all our centers can have enough ghee.

— Srila Prabhupada, letter to Kirtanananda Dasa, January 7, 1974.

■ **REGARDING MY BACKACHE**, the 10% balance appears to be out of my body, but after all, the material body can be infected at any time, so we should not bother very much about it. We must simply go on with our activities in Krishna Consciousness.

— Srila Prabhupada, letter to Tamal Krishna Dasa, May 6, 1969.

■ **PRABHUPADA:** They foolishly say “struggle for existence,” “survival of the fittest,” but who is fit? He does not know. Fittest means one who does not get next a material body. He is fit. Because as soon as you get a material body, *nunam pramattah kurute vikarma* [“He certainly becomes mad after materialistic living and engages in all kinds of sinful activity.” (*Bhag.* 5.5.4)].

— Srila Prabhupada, morning walk, August 23, 1976, Hyderabad.

■ **SO FAR YOUR HEALTH** is concerned, Hawaii is very good climate. You can take bath in the sea, and that will keep your health. Take *dal*, especially *urad*, a little cheese, peanuts, green vegetables, especially squash leaf.

— Srila Prabhupada, letter to Sudama Dasa, December 10, 1973.

■ **FOR YOUR TOOTHACHE** trouble you can brush your teeth with the following mixture: common salt, one part, and pure mustard oil, quite sufficient to make it a suitable paste. With this paste brush your teeth, especially the painful part very nicely. Gargle in hot water, and keep always some cloves in your mouth. I think

that will cure your troubles. It doesn't require to extract any teeth.

— Srila Prabhupada, letter to Kirtanananda Dasa, February 14, 1969.

■ **REGARDING YOUR FASTING**, if you are sick, then fasting is the best medicine. For disease and unwanted guests, if you do not give them food, they will go away.

— Srila Prabhupada, letter to Revatinandana Dasa, January 16, 1975.

■ **THE NEXT IMPORTANT** phrase is *mitamedhyadanam*, which means that one should eat very frugally. It is recommended in the Vedic literatures that a *yogi* eat only half what he desires according to his hunger. If one is so hungry that he could devour one pound of foodstuffs, then instead of eating one pound, he should consume only half a pound and supplement this with four ounces of water; one fourth of the stomach should be left empty for passage of air in the stomach. If one eats in this manner, he will avoid indigestion and disease. The *yogi* should eat in this way, as recommended in the *Srimad-Bhagavatam* and all other standard scriptures. — *Bhag.* 3.28.3, purport.

■ **ON A MORNING WALK** in Denver, July 1, 1975, devotees inquired from Prabhupada about fasting. They gave the example that one of Prabhupada's disciples had taken to reading non-Krishna conscious books on health and had gone on a thirty-day fast, which some of the devotees said was the reason his consciousness had changed and he had left Krishna consciousness.

“If one can fast, that is *tapasya*,” Prabhupada said, “but it should not be artificial. Just like Raghunatha dasa Gosvami. He was fasting, but he was not just fasting. People fast artificially and become weak and cannot work; that is not required. If you fast and at the same time you do not become weak, then that is recommended. And if after fasting you cannot do



service, then what is the use of fasting? Raghunatha Gosvami was fasting, but he was thrice taking bath and offering obeisances hundreds of times. His regular activities were not stopped, and he was taking every alternate day a little quantity of butter. That's all. It is not possible to imitate him. We have to work.”

— Satsvarupa dasa Goswami, *Prabhupada Nectar*, One Volume Complete Edition, vol. 3, note 13, p. 442.

■ **HE [KARDAMA MUNI]** looked healthy because he had directly received the nectarean sound vibrations from the lotus lips of the Personality of Godhead. Similarly, one who hears the transcendental sound vibration of the holy name of the Lord, Hare Krishna, also improves in health. We have actually seen that many *brahmacaris* and *grhasthas* connected with the International Society for Krishna Consciousness have improved in health, and a luster has come to their faces. It is essential that a *brahmacari* engaged in spiritual advancement look very healthy and lustrous.

— *Bhag.* 3.21.45-47, purport.

■ **ACCORDING TO AYUR-VEDIC** medical science the three items *kapha*, *pitta* and *vayu* (phlegm, bile and air) maintain the physiological condition of the body. Modern medical science does not accept this physiological analysis as valid, but the ancient Ayur-vedic process of treatment is based upon these items. Ayur-vedic treatment concerns itself with the cause of these three elements, which are mentioned in many places in the *Bhagavatam* as the basic conditions of the body.

— *Bhag.* 3.28.11, purport.

■ One should also be clean, within and without. To be outwardly clean, one should regularly bathe with soap and oil, and to be inwardly clean one should always be absorbed in thoughts of Krishna.

— *Cc. Madhya-lila* 23.109, purp.

TALKING TONGUES

Is your tongue trying to tell you something?
Hear its health message by looking in the mirror

By Raga Manjari Devi Dasi

Sarah stuck out her tongue. “Mmm,” Ayurvedic doctor Rama Prasad responded, “There’s stiffness in the right hip, bloat, lower back pain, cold feet, and depression.” Sarah’s jaw dropped wider. Without saying a word, Rama had read her state with astonishing accuracy.

“The tongue does not lie,” explains Rama, who has been examining tongues for decades, finding they clearly convey one’s health and habits. Sarah was sceptical at first, knowing nothing about Ayurvedic medicine, but she adhered to Rama’s advice after his observations. “Following the dietary, lifestyle, and herbal advice for a fortnight, my symptoms improved and I also noticed changes on my tongue,” Sarah says.

When an orthodox doctor probes the tongue, they are looking for obvious problems with the mouth or tonsils. But when you stick your tongue out at a Chinese or Ayurvedic doctor, you show a lot more than simply the state of your throat. “Your tongue speaks volumes about your mind-body state,” Dr. Prasad explains. “It is a holographic map of every aspect of you. Once you learn to identify the markers, it is very easy to read.” Chinese doctor Charles Chow agrees, “A tongue reading is

much simpler than pulse diagnosis. Patients can also see where the problem is and monitor changes themselves.” It is widely acknowledged that tongue diagnosis is more objective than pulse diagnosis, and whereas pulse diagnosis takes decades to master, basic tongue diagnosis can be taught in a weekend.

Setting tongues wagging

Tongue analysis is an ancient diagnostic skill recorded in traditional health sciences worldwide. In Ayurveda it is known as *Jihvaa Pareeksha*, in Japanese *Zetsu Shin*, and the Chinese call it *She Zhen*. The tongue’s colours, contours, and coating all reflect our general health and specific problem areas. In conjunction with conventional diagnostic tests, tongue analysis can give us a clear picture of the condition of organs and systems, often revealing the cause of a condition presenting a confusing collection of symptoms. Bian Que (471-221 BC), one of the pioneers of Chinese tongue diagnosis, said he could see the patient’s insides from the tongue, identifying past and present patterns as well as predicting future conditions.

Chris, a chronic fatigue patient, found that tongue diagnosis directed his recovery route. “Before Rama identified my

spleen weakness, I was trying everything without much improvement. I’m 80% better now that I know the allergens to avoid and ways to strengthen the spleen.”

Modern medical science is now taking notice of tongue signs. After a landmark study in China revealing significant tongue changes in 12,000¹ cancer patients, US researchers led by Dr. Robert Schoen, director of Gastrointestinal Cancer Prevention at the University of Pittsburgh Cancer Institute, is recording computerised images of patient’s tongues to note any correlation between cancer and tongue signs. Dr. Schoen explains the rationale behind this, “The tongue is one of the first parts of the gastro-intestinal tract that’s visible.” The tongue is also known as the “sprout of the heart” as it is directly connected to the cardio-vascular system. Hence, eighteenth-century doctors would routinely inspect the tongue in fever patients to monitor how the heart was holding up.

According to ancient Indian and Chinese medicine, all the body’s meridians connect to the tongue just as they connect to the feet, hands, and ears. Because of its proximity, digestive disorders are particularly obvious from tongue analysis. The tongue clearly indicates the body’s internal digestive enzymes, assimilation, inflammation, stagnation, and hydration. The “shag pile carpet” adorning the tongue after fasting is digestive toxins exiting the body. “Periodic purification, a pure diet, and daily use of a tongue scraper helps to clear digestive toxins accumulated on the tongue,” suggests Dr. Rama Prasad.

Keeping it clean

“While thou livest keep a good tongue in thy head,” advised William Shakespeare.² Nobody wants a furry tongue and bad breath. Removing the superficial layer of plaque and bacteria settled on the tongue reduces the risk of bad breath, tooth decay, gum disease, throat infections, and heart disease according to modern research. It will not, however, alter the appearance of deep pathological tongue signs.

Ancient Egyptians, Romans, and Indians all practiced regular tongue scraping to remove toxins and prevent disease. Using a tongue scraper has been shown to be more effective than a toothbrush or mouthwash, and it does not make one gag or dry the mouth as alcoholic mouth rinses can. Research shows that up to 75% of toxic volatile sulfur compounds (vsc’s) are removed by a tongue scraper, whereas only 45% reduction is achieved by brushing the tongue with a toothbrush.³ Previously, halitosis was attributed more to tooth decay or stomach problems, but current studies show that up to 86% of all bad breath is caused by harmful tongue bacteria that are not removed by brushing, flossing, or gargling alone. This foul odor is produced by toxic vsc’s, and the *Journal of the American Dental Association* (September 2000) advises that one remove these with a tongue scraper.

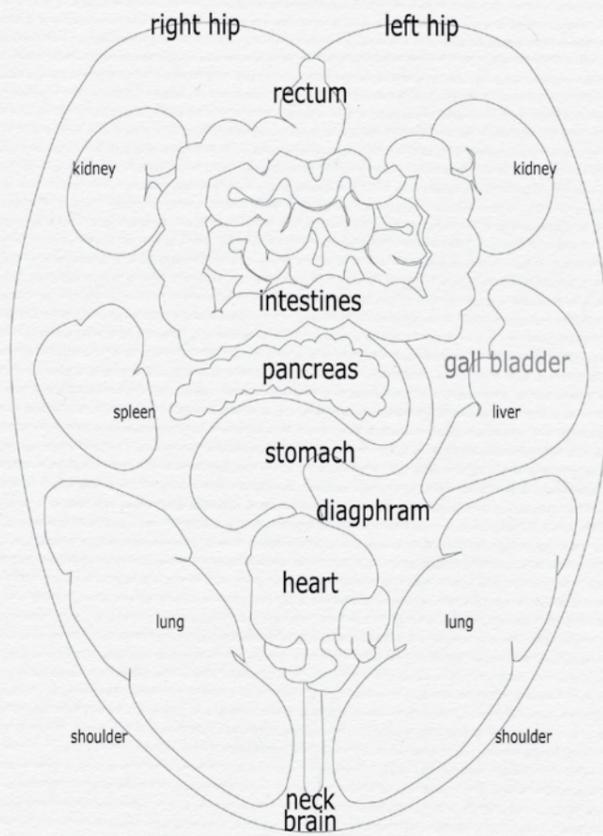
A healthy tongue

Before assessing your tongue, it helps to know what a healthy tongue looks like. Likened to a little kitten’s tongue,

Notes

- 1 12,448 cases of the clinical observation of cancer patients’ tongues, *Journal of Oncology (Chinese)* 1987; 7 (3).
- 2 *The Tempest*, Act 3, Scene 2.
- 3 *Tongue-Cleaning Methods: A Comparative Clinical Trial Employing a Toothbrush and a Tongue Scraper*. Vinicius Pedrazzi, Sandra Sato, Maria da Glória Chiarello de Mattos, Elza Helena Guimarães Lara, and Heitor Panzeri University of São Paulo [J Periodontol 2004; 75 (7): 1009-1012].





Tongue Town Map
Mirror image of the tongue.

it is uniformly pink, similar to a skinned chicken. It is oval in shape, neither too thick nor too thin and has an even width. When sticking out it is naturally straight rather than veering to one side. The tongue of a healthy person will remain still and strong, not quivering, flaccid or stiff. A healthy tongue has a thin transparent or white coating. It displays all taste buds and is free from red or glassy patches, deep cuts and denuded patches. It is neither too dry nor too wet and it does not emit a bad odour or taste. The veins on the underside of the tongue will not be distended. If your tongue looks like a map of the world, do not worry. Dr. Prasad explains its significance, "Some people have genetic geographic tongues which indicate certain hereditary signs that are not necessarily negative."

Just say ahhh...

The traditional Tibetan greeting of sticking your tongue out evolved because they understood how to analyse a person through their tongue. They also kept their tongue firmly in cheek to hide their deeper secrets! Decipher your tongue talk by analysing its alignment, colour, surface, and shape. Remember that coffee, tea, drugs, cigarettes, or food colour can affect the colour of the tongue. It is best to look at the tongue in natural light or halogen lighting and in the morning before eating or drinking. Incandescent light makes the fur look yellowish and fluorescent light makes the tongue look bluish or purple when it is not. Poke your tongue out in a relaxed rather than a forceful way so you do not distort its shape. Pop your tongue back in every ten seconds to stop it from dehydrating or changing colour. Decipher your tongue's messages by correlating signs with the tongue map.

Ten aspects of tongue diagnosis

CRITERIA	ASPECT OF LIFE	HEALTHY SIGN	UNHEALTHY SIGNS
Alignment	Balance in life	Centrally aligned	Left/right aligned
Color	Immunity, energy	Pinkish red	Gray, red, white
Edges	Peripheral, absorption	Same as tongue body	Thin, eroded, dented
Fur	Undigested matter	Very little	Gray, yellow, white

CRITERIA	ASPECT OF LIFE	HEALTHY SIGN	UNHEALTHY SIGNS
Marks	Current imbalances	Absent	Cuts, ulcers, glassy
Movement	Low energy, control	Still	Shaky, shivering
Shape	Life, philosophy	Oval	Wider/narrow, long/short
Surface	Energy supply	Even	Uneven, wrinkled
Texture	Vitality, robustness	Visible buds	Dry, burnt, milky
Thickness	Accumulation	Translucent	Thin/thick, hot & swollen

Tongue signs

Alignment

Veers to one side when sticking out: Tension on that side of the body or weakness on the other side.

Colour

Pale: Anaemia, low blood pressure, coldness, or poor circulation and general depletion.

Yellow: Excess bile in liver or gall bladder.

Blue: Heart problems or blood stagnation (also present in healthy pregnant women).

Very red: Inflammation, acidity, heat, or high blood pressure.

Surface

Thick white coating: Toxins in the respective organs/systems, which may include Candida albicans, and mucus.

Thick yellow coating: Chronic heat, congested liver or gall bladder. This may also be related to food colourings, drugs, or smoking.

Cracks: Connective tissue in this area is weak and undernourished and hence tight.

Red patches: Inflammation or acidity in this area.

Denuded patches: Depleted energy in this area.

Raised areas: Vascular congestion in this area causing probable pain.

Shape

Indents around edges: Malabsorption of nutrients often seen in malnourished people with digestive disorders.

Thick tongue: Fluid retention or lymphatic congestion.

Thin tongue: Dehydration, depletion and fatigue.

Pointed Tip: Muscle tension and inflexibility.

Rounded tip: a flexible yet firm physical and mental condition.

Pointed tip: a rigid physical condition.

Very wide tip: flaccid muscles.

Forked Tip: Indecisive and rapidly changeable moods.

Stiff: Mental and physical tension.

Movement

Trembling: Debilitated nervous system and internal gas.

Rigid tongue: High mental and physical stress.

Flaccid tongue: Low energy and poor circulation.

Emotional issues

These are evident through changes in the related organ's zone.

Anger: Liver region

Grief: Lung region

Worry: Spleen region

Fear: Kidney region

Depression: White coating over colon region or black discoloration on the tip.

Tongue town map

Note any areas displaying a different color, texture or thickness (see picture).

References

Barbara Kirschbaum, *Atlas of Chinese Tongue Diagnosis*, Eastland Press, 2000.

Giovanni Maciocia, *Tongue Diagnosis in Chinese Medicine*, Eastland Press, 1995.

Ayurvedic doctor Rama Prasad practices and teaches tongue diagnosis at Ayurveda Elements, Sydney, Canberra, and Melbourne, Australia, (02) 9904 7754. www.ayurvedaelements.com.

Chinese doctor Charles Chow consults patients at Ginseng Chinese Medicine Centre, Chatswood, Australia, (02) 9419 7131.

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ACUPRESSURE for DUMMIES

Emotional Freedom Technique

Emotional Freedom Technique (EFT) is a simple and effective tool for helping with physical and emotional problems. It can give relief from many different troubles, including:

- Grief
- Anger
- Negative memories
- Anxiety
- Cravings
- Phobias
- Panic attacks
- Traumatic stress
- Guilt
- Pain relief

In EFT there is no need to painfully relive past traumatic events. The procedure is efficient and often takes only a few minutes. It is based on the principle that imbalances in the body's energy system (meridians) negatively affect one's psychology. Correcting these imbalances, which is done by tapping on the ends of the meridians, often leads to significant improvement in symptoms.

One of the great things about EFT is that it is simple enough to do as a self-treatment (although for serious issues it may be necessary to work with a trained therapist first).

The body's energy system

EFT is based on the same principles as acupuncture (an ancient Eastern medical art) which maps the subtle energies in the body. Our bodies have a profound electrical nature. Electrical messages are constantly sent throughout our bodies to enable us to see, hear, feel, taste, or smell. Our electrical systems are vital to our physical health. Unfortunately, Western medicine usually focuses exclusively on the chemical nature of the body and does not pay much attention to these powerful, but subtle, energies.

How we feel is very much connected to the body's energy sys-

tem. When we experience negative emotion the energy flowing through our meridians is disrupted and that imbalance causes emotional intensity. Tapping on the end points of the meridians (given on pages 9 and 10) balances the energy system, removes the disruption, and the emotional intensity disappears. Similarly, a disruption in the energy system can also be a contributing factor in physical symptoms (e.g., pain, tension, or disease). When EFT is applied to these symptoms it can help them reduce and in some cases stop.

EFT is useful for both emotional and physical symptoms.

The Basic Recipe

The Basic Recipe of EFT is easy and, once memorized, only takes a minute. Applying the basic recipe is like going bowling. In bowling, there is a machine that sets up the pins by arranging them properly, then one rolls the ball down the alley and knocks over the pins. Similarly, the Basic Recipe's "set up" brings up the negative energy of the issue we want to work on, then the tapping sequence clears that energy from the system. The Basic Recipe consists of the: 1) Setup; 2) Tapping sequence; 3) Gamut procedure; and 4) Tapping sequence again.

1. The setup

Repeat three times the affirmation, "Even though I have this [problem], I deeply and completely accept myself" whilst rubbing the "sore spot" (or tapping the "karate chop" point, fig. 6).

There are two "sore spots" (fig. 1) and you can use either. Go to the base of the throat where there is a U-notch. From the top of the notch go down 7 cm and over 7 cm to your left (or right). You should now be in the upper left (or right) portion of your chest.

If you press in that area (within 5 cm) you will find a sore area. If it is too sore, then press lightly. If there's any medical reason you shouldn't be probing around there, switch to the other side or tap the "karate chop" point instead (fig. 7). The karate chop point is at the center of the fleshy part of the outside of your hand between the top of the wrist and the base of the little finger.

2. The tapping sequence

It's easier to use your dominant hand to do the tapping. Tap with the tips of two fingers. Tap solidly, but not hard enough to hurt yourself. Tap about seven times on each point. Most tapping points exist on both sides of the body — it doesn't matter which side you use. The reminder phrase is repeated while tapping and is usually part of the setup affirmation. E.g., the setup affirmation: "Even though I have *this phobia*, I deeply and completely accept myself." In this case, "*this phobia*" would be the reminder phrase.

The tapping points are the following:

1. At the beginning of the eyebrow (EB), just above and to one side of the nose (fig. 2).
2. On the bone bordering the outside corner of the eye (SE), the side of the eye. (fig. 2)
3. On the bone under the eye (UE) about 3 cm below your pupil (fig. 2).
4. Under the nose (UN) (fig. 2).
5. On the chin (CH) (fig. 2).
6. The collar bone point (CB) (fig. 3) is at the junction where the sternum (breastbone), collarbone, and the first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone. From the bottom of the U, move your forefinger down toward the navel 3 cm and then go to the left (or right) 3 cm.
7. Under the arm (UA) (fig. 4) on the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 10 cm below the armpit.
8. On the outside edge of your thumb (TH) (fig. 5) at a point even with the base of the thumbnail.
9. On the side of your index finger (IF) (fig. 5) (the side facing your thumb) at a point even with the base of the fingernail.
10. On the side of your middle finger (MF) (fig. 5) (the side closest to your thumb) at a point even with the base of the fingernail.
11. On the inside of your baby finger (BF) (fig. 5) (the side closest to your thumb) at a point even with the base of the fingernail.
12. The last point is the karate chop point (KC) (fig. 6) which is mentioned in the setup.

3. The gamut procedure

This procedure looks a bit funny, but is useful in fine-tuning the brain. During this procedure the brain is stimulated by eye movement, humming (which stimulates the creative right hemisphere), and counting (which stimulates the logical left hemisphere). The gamut point (GP) (fig. 7) is on the back of either hand 1½ cm back from the edge of the hand between the little finger and the ring finger. This procedure does not need to be done during every round of the Basic Recipe. However, it can be useful if an issue we're working on isn't getting any better even after doing the other parts of the Basic Recipe several times.

While continuously tapping the gamut point:

1. Close the eyes.
2. Open the eyes.
3. Look hard down right (hold head steady).
4. Look hard down left (hold head steady).
5. Roll eyes in a circle (as though your nose is a clock's center and you are trying to see all the numbers in order).
6. Same as 5, only reverse the direction in which you roll your eyes.
7. Hum three seconds of a song.
8. Count quickly from 1 to 5.
9. Hum three seconds of a song.

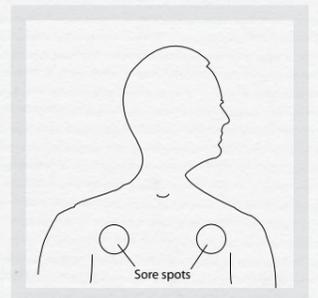


fig.1

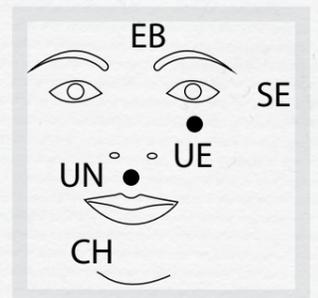


fig.2

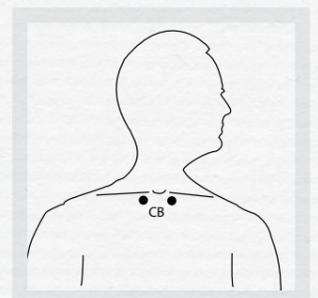


fig.3

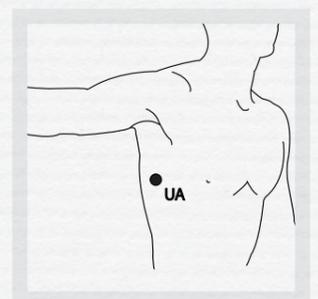


fig.4

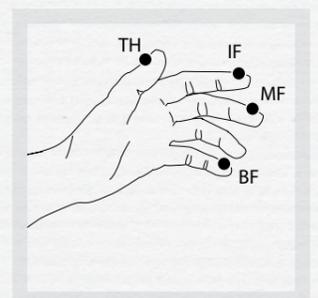


fig.5

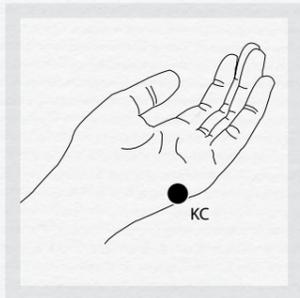


fig.6

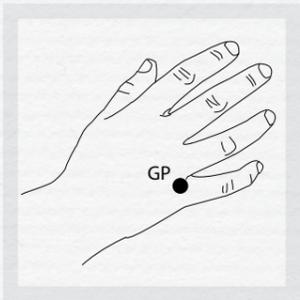


fig.7

Tips

EFT is simple. Just customize the Basic Recipe with an affirmation and reminder phrase aimed at your problem. Then do as many rounds as necessary until the intensity around the problem is gone. This process, when used with persistence, can help clear away many problems, including physical ones.

Testing

EFT balances energy disruptions as they exist *now* while you are tuned into the problem. It is useful to follow the progress made when using EFT by evaluating how much the intensity around the issue goes down using a scale of 0 to 10 (where “0” represents no intensity and “10” represents maximum intensity). At the beginning of tapping give the issue a number from 1 to 10 depending on the level of intensity when you tune into the issue. Then apply rounds of the Basic Recipe and check after each round what is happening to your emotional intensity. Once your emotional intensity reaches “0” then you are finished working on that issue for now.

Aspects

The idea of aspects is important since some problems will not be completely relieved until all aspects of it are addressed. For example, we might have achieved an intensity level of 0 while just thinking about an issue (e.g., a phobia). However, when we are actually confronted with it we again feel intensity. This often happens when a new aspect of the problem comes up in the real situation that wasn't there when we were just thinking about it. In this situation, apply the Basic Recipe to the new aspect of the issue until the emotional response goes down to 0. Where several aspects are present, we may not notice much relief until all aspects are reduced to 0. If we have an involved problem and are unable to identify specific aspects of it, then it can be useful to do three rounds of the Basic Recipe on it each day for thirty days.

Be specific

Perhaps the biggest mistake made by newcomers is to use EFT on issues that are too global — in other words, we put together a number of problems under one heading. For example, “low self-esteem” is usually a general label for an accumulation of various specific problems (e.g., abuse, rejection, and failure). The general problem is like a forest in which each specific issue (or aspect) is one tree. When we neutralize a negative event with the Basic Recipe we cut down one of these trees. If we continue cutting down trees, after a while the forest will thin out and we will feel better. Therefore, it is helpful to break down general problems into specific events and use EFT on each event. Fortunately, there is a generalization effect which means we may not have to deal with absolutely every single event. For example, someone with many traumatic memories often finds that after neutralizing only five or ten of them the intensity of the rest reduces as well.

Case study

Rich was a Vietnam veteran who had been in therapy for seventeen years. He had: 1) Over 100 haunting war memories, many of which he relived daily; 2) A terrible height phobia; and 3) Severe insomnia. After applying EFT, every trace of these problems vanished. He was first treated for his height phobia which, after about fifteen minutes of applying EFT, was gone. He was then treated for a few of his most intense war memories — all of which were neutralized within an hour. Rich then learned EFT and worked on the rest of his war memories himself. Within a few days all 100 memories were neutralized. Consequently, his insomnia disappeared and (with medical supervision) he was taken off his medication. Two months after being treated he was still free of problems.

This article is an adapted version of the EFT Manual by Gary Craig. The full version can be downloaded for free at: www.emofree.com.

YOGA FOR CELIBACY

Dhamesvara Gaura Dasa



“I suffer from urinary problems, that is, I feel like I have to urinate once an hour, which is not normal for a 23 year old man. Furthermore, I sometimes have nocturnal discharges and sometimes experience a mild testicular pain, or a feeling of heaviness in the testicles. Do you have some easy-to-explain yoga exercises for such issues?”

— From a letter published on a eConference for brahmacharis (celibate students).

Observing celibacy

Testicular pain or heaviness is a very common and natural phenomenon while observing celibacy. It happens due to semen overproduction while the body is not trained to absorb it physically, or is not absorbing it fast enough. Such overproduction is a natural and unconscious bodily reaction caused by the nearly unavoidable sexual stimuli in contemporary culture through pictures of young bodies on billboards, TV programs, magazines, scantily dressed people, etc.

Even a slight agitation stimulates the unconscious mind, causing hormones to “order” the testicles to produce semen for a possible impregnation of a female. If such contact does not follow, the body is left with a surplus of semen that is not absorbed, resulting in heaviness and pain. This is a simple and purely biological process. That is why we have strict rules of behavior for celibates, namely, avoid the company of the opposite sex — physically *and* virtually! — as far as possible.

“Brahmacari-yoga”

In addition to those rules, there is a “*brahmachari-yoga*” method that can help you neutralize the above-mentioned predicament, train yourself not to become agitated, and remedy testicular pain or heaviness. It is called “Baddha Konasana”. *Baddha* means caught or restrained, and *kona* means angle.

1. Sit on the floor with your legs stretched straight in front of you.
2. Bent your knees and bring your feet closer to your trunk.
3. Bring your soles and heels of your feet together and catch them near the toes.
4. Bring your heels near the perineum (the area in front of the anus extending to the scrotum). The outer sides of both feet should rest on the floor and the back of your heels should touch the perineum.
5. Widen your thighs and gently let gravity lower your knees towards the floor. Do not bounce your knees up and down.
6. Interlock the fingers of your hands, grip your feet firmly, and stretch your spine erect. Hold this pose for as long as you can.

Baddha Konasana is enough for relieving pain and heaviness. If you need this *asana* for improving your kidneys, here is a more advanced and elaborate version:

7. Place the elbows on the thighs and press them down.
8. Exhale and slowly and carefully bend forward from the hips, but not from the spine. First rest the head, then the nose, and lastly the chin on the floor, all without any strain. There should be no excessive force in bringing the trunk towards the floor; it should be done through relaxation.
9. Hold this position from half a minute to a minute with normal breathing.

10. Inhale, raise the trunk from the floor, and come back to sitting position.
11. Release the feet, straighten the legs, and relax.

Of course, practicing *hatha-yoga* is not a goal in itself; we just need the result to become stronger and healthier devotees of the Lord. Therefore, to make it easier, there are two “shortcuts” for Baddha Konasana.

Shortcuts

The first shortcut is to practice this *asana* with your back pressed firmly to a wall, pillar, or any stable flat surface. It makes huge difference, as keeping a firm balance in this *asana* is very difficult.

The second shortcut is to remove your hands from holding your feet and to place them on top of your knees pressing them firmly to the ground once you have become more flexible and your feet do not slide away (this could happen after few days of practice or so).

Caution

Be careful of your inner knees while practicing this pose. Do not practice it if you have pain or chronic strain in your inner knees or thigh muscles. Furthermore, you should not force the knees to the ground but gradually move the knees always from each other by gently lengthening from the inner groin area out to the inner knees. And to prevent the spine from dropping while sitting in the pose, you can add one or more folded blankets under the hips to elevate the pelvis, but not the legs. The idea is to get the front of the body to open.

Urinary disorders

This posture is also recommended for people suffering from urinary disorders. It keeps the kidneys, prostate, and urinary bladder healthy. It alleviates sciatic pain and prevents hernia. If practiced regularly, it relieves pain and heaviness in the testicles, the very first effect you should notice after just a few days of practice.

Meditation

When you become flexible enough so that this sitting posture will not require your attention any longer, it is one of those few sitting postures conducive for meditation. In this way, you can sit and chant your rounds with a stable body and a mind fixed and concentrated on the Holy Name.

DOES YOUR KITCHEN NEED AN OIL CHANGE?

Compiled by Kancana-valli Devi Dasi

it rancid, giving the oil a bad odor. To remove the rancid odor, the oil is then deodorized (a process carried out at very high temperatures). Almost all cooking oil found in shops has been treated this way (the exception being extra virgin olive oil, which retains its healthy ingredients).

Types of bad fat

- Hydrogenated and partially hydrogenated
- Trans
- Refined, bleached, and deodorized (RBD)
- Interesterified

Sources of bad fats

- Vegetable oils (for frying, baking, and cooking)
- Margarine, shortening, and spreads
- Most pre-fried or deep fried food (e.g., French fries, fried chicken, chicken nuggets, fish fillets, chips, taco shells, and doughnuts)
- Most baked food (e.g., buns, pizza bases, crackers, biscuits, cakes, and pies)
- Pre-mixed ingredients (e.g., pancake mix, hot chocolate, salad dressing, croutons, and breadcrumbs)

However, all of these products are available *without* bad fat.

Avoiding bad fat

Are you serving bad fat? You will not know unless you check... Partially hydrogenated oils and trans fats are commonly used in restaurants and fast food outlets and are also found in many pre-fried, baked, and prepared foods from supermarkets. Consumers should ask about fats (including oils) and should avoid the bad ones. While many commercial vegetable oils contain bad fat, non-hydrogenated versions are available. The only way to know for sure if the oil you use contains bad fat is to check labels and talk to your suppliers.

Clear your kitchen of bad fat

1. Check ingredients on labels. In case there is no list of ingredients on the product you are buying, ask your supplier or the manufacturer.
2. Change your oils, spreads, and prepared foods to non-hydrogenated, non-trans, unrefined, unbleached, undeodorized, and uninteresterified alternatives.

Understanding fats

Some fats are healthy, some are not. Or, to put it another way, some fats heal (good fats), and some fats kill (bad fats). To have a healthy lifestyle we need to remove bad fats from our diet and make sure we eat good fats.

Bad fats

Bad fats inhibit and damage many important processes in the body. They increase the risk of:

- Heart disease
- Cancer
- Diabetes
- Degenerative diseases

These illnesses are the cause of death in 68% of Westerners and come mainly from unhealthy lifestyles, not genetics. Bad fats also interfere with the functioning of good fats.

What makes a fat “bad”

Most “bad fats” are created by processing oils in a bad way. Such processing increases the shelf life of oils — a quality highly prized by the food industry. Processes that make fats “bad” include hydrogenization (which creates trans fats, that is, fats artificially created through a chemical process that changes a liquid oil into a solid fat); refining, bleaching, and deodorizing (RBD); and interesterifying. Intense cooking methods, such as frying, can also make fats toxic.

Cooking oil is routinely “treated” with corrosive base and acid and bleaching clays. This removes healthy ingredients that would otherwise shorten its shelf life. Bleaching oil turns

Good fats

The new fad in “no fat” diets is unhealthy. Good fats are required for normal cell, tissue, gland, and organ function, for health, and for life. When we do not get enough good fat, every part of the body gradually deteriorates. No cell, tissue, gland, or organ can function normally without fat. Good fats enhance flavor, suppress appetite, and improve the absorption of oil-soluble nutrients in foods. Oil-soluble nutrients are poorly absorbed when there is too little fat in our food.

Benefits

- Increase stamina
- Improve brain function
- Moisturize skin
- Lower cancer and cardiovascular risk
- Help weight reduction
- Improve gut integrity
- Reduce symptoms of allergies and inflammation
- Dampen the over-response of the immune system in autoimmune conditions
- Speed the healing of injuries
- Inhibit the development of osteoporosis
- Improve stress response
- Increase calmness
- Reduce hyperactivity
- Improve hormone function

Types of good fat: essential fatty acids (EFA)

EFAs are in good fats essential for health. They are substances that must be provided by foods because the body cannot make them. There are three main kinds of EFA: omega 3, omega 6, and omega 9. Omega 3 is deficient in the diets of most people in affluent societies (about 93% of the population gets less omega 3 than required for good health). This makes omega 3 the essential nutrient most often lacking in people’s diet. It is therefore the most therapeutic nutrient to supplement of all of the essential nutrients.

EFA sources

EFAs can be found in seeds and nuts, especially flax, sunflower, sesame, hemp, and olives.

EFAs and saturated fats

EFAs and saturated fats have opposite effects in the body:

- **EFAs** increase insulin sensitivity and make platelets *less* sticky, making a clot in an artery (e.g., stroke, heart attack, or embolism) less likely.
- **Saturated fats** increase insulin resistance and make platelets *more* sticky.

Saturated fats are natural. They are found in coconut, chocolate, milk and meat products. The body uses them for energy and in cells and tissues. Saturated fat does not cause problems as long as we get enough EFAs in our diet (and as long as we do not eat too much of them!).

Cooking tips

- Do not burn food! (The burnt part is toxic...)
- Steam, poach, boil, or pressure cooked food as much as

possible — these are all healthy cooking methods.

- Use hard fats for frying, e.g., ghee or coconut, rather than liquid fats. When used in frying, hard fats are damaged less than liquid fats.
- Good fats should be added to food after the cooking process is completed.

Decreasing toxicity in food preparation — the worst first!

- Hydrogenated
- Bleached / deodorized
- Fried
- Refined
- Browned / baked
- Blanched, boiled, steamed
- Dried
- Frozen
- Raw

Guidelines from new research

In the USA, the Department of Health, Human Services, and Agriculture has been advised to revise dietary guidelines to include new information that omega-3 fatty acids may reduce the risk of coronary heart disease, while *trans* fatty acids may increase that risk. Since heart disease kills over 500,000 Americans each year, even a small improvement in dietary habits could save thousands of lives.

The differences between margarine and butter

Butter

- Is slightly higher in saturated fats (butter has 8 grams, margarine has 5 grams).
- Increases the absorption of many other nutrients.
- Tastes good and enhances the flavor of other foods.
- Has been around for centuries.

Margarine

- Only has nutritional benefits because they are added.
- Is very high in trans fatty acids.
- Triples the risk of heart disease (over eating the same amount of butter).
- Increases total LDL (the bad cholesterol) and lowers HDL (the good cholesterol).
- Has been around for less than 100 years.
- Is only one molecule away from being plastic.

Butter and margarine have the same amount of calories.

Reference: Udo Erasmus, *Fats That Heal, Fats That Kill: The Complete Guide to Fats, Oils, Cholesterol and Human Health*, Alive Books, 1993.

Herbal Help

How herbs can help medical problems

(Part 7; continued from the previous issue, No. 13/2007.
This is the last part in the Herbal Help series)

Raga Manjari Dasi and Rama Prasad Dasa



Neem leaves



Dandelion plant



Calendula flower

Cystitis

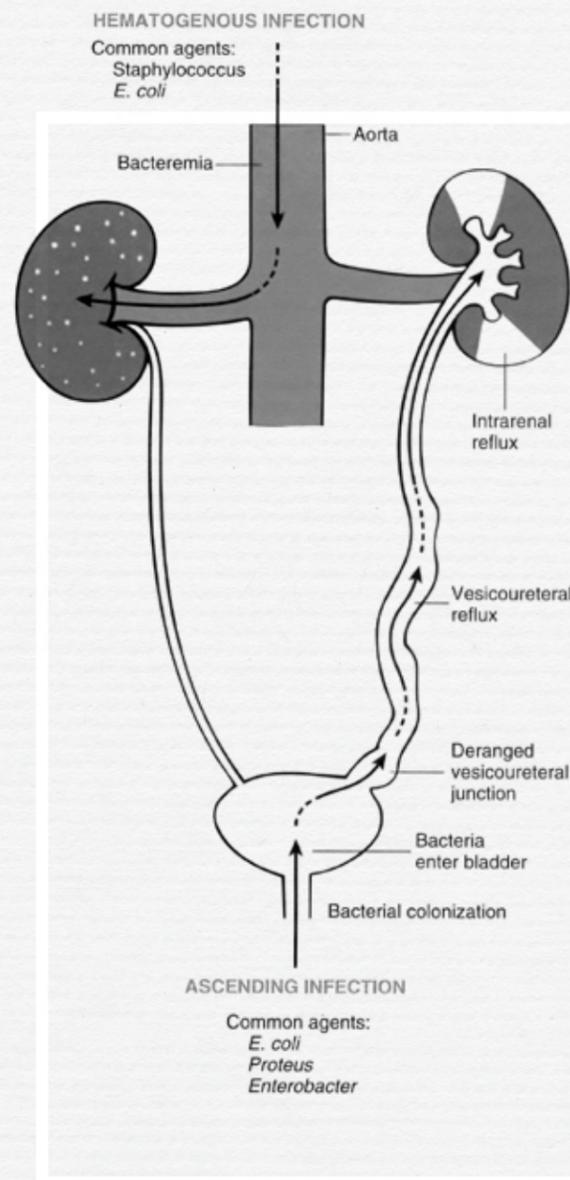
Ayurveda sees cystitis (inflammation of the urinary bladder) as a sign that the body is acidic or toxic. Bacteria or fungus proliferates in an *ama*-filled body resulting in the burning, itchiness, and pain of a urinary tract infection. *Pitta* constitutions are more predisposed to this condition with their increased tendency to acidity and inflammation. In conjunction with an alkaline diet, there are powerful antibacterial herbs to eliminate the infection. These include *uva ursi*, buchu, sandalwood, Indian myrrh, couch grass, *gokshura*, calendula, golden seal, and *neem*. Herbs to soothe and strengthen the urinary tract often used are corn silk, dandelion root, marshmallow, alfalfa, horsetail, *bala*, and *shatavari*. An infusion of equal parts fennel, coriander, and cumin seeds can be very effective as well. Try *triphala*, senna, or slippery elm bark powder to flush out acidic digestion.

Lifestyle changes

Since urinary tract infections thrive in excessive heat, avoid sunshine, have a *pitta* pacifying diet, and take lukewarm rather than hot baths. Foods that can help alkalize the system include barley water, coconut water, cranberry juice, rice, and almonds. Wash the area with tea-tree soap, or very dilute tea-tree oil water after going to the toilet rather than using toilet paper, which can spread the infection. Condoms, sex, synthetic underwear, and tampons can all aggravate cystitis. A hip-bath in juniper, lavender, and a little tea-tree essential oil can ease the burning. Supplements such as calcium ascorbate, Echinacea, zinc, and B complex will assist the immune system to eliminate the infection.

Case study

Anna had acidic reflux and recurrent cystitis over the past three months. As she was a *pitta* constitution, she was advised to follow the *pitta* pacifying diet — particularly avoiding acidic fruits, tomatoes, chilies, red meat, alcohol, and vinegar. She took *triphala* nightly and a combination of *bala*, *shatavari*, and slippery elm powders three times a day. Drinking 1 liter of an infusion of corn silk, buchu, *uva ursi*, and barley water for a week, her cystitis and reflux disappeared.



Worms

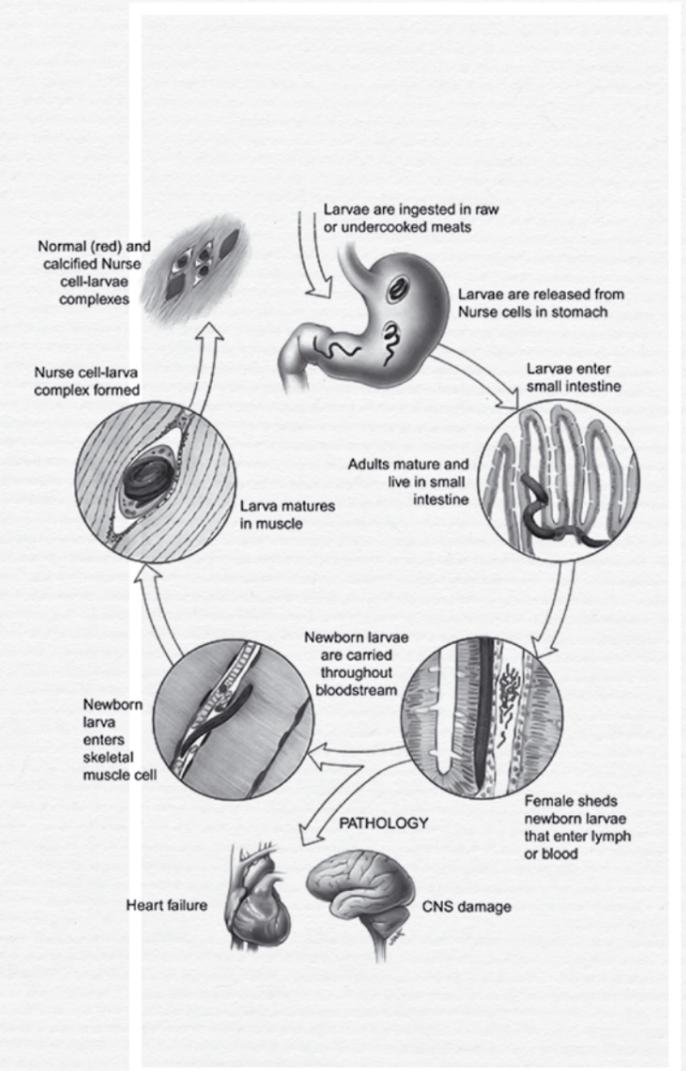
Since worms are a common occurrence in India, they have developed very potent remedies to treat these irritating infestations. The herbal remedies are all bitter blood purifiers, which are sometimes difficult to feed to children, though the powder can be placed in capsules. Another alternative to herbs is homeopathic cina, which is usually very effective. Herbs administered for worms include garlic, *neem*, *vidanga*, onions, grapefruit seed extract, black walnut hulls, wormwood, pomegranate bark, and cloves. When worms have settled in the liver then liver herbs such as *picrorrhiza*, gentian, and turmeric are used. To completely cleanse the body of worms a laxative such as *triphala* or castor oil should be taken for a minimum of three consecutive days.

Lifestyle changes

Sweet and sour foods create a sticky internal environment that worms love to settle in. Therefore, to evict the worms reduce sweet and sour foods such as sugar, refined carbohydrates, and citrus fruits and replace them with plenty of green leafy vegetables, and seeds. Sesame seeds and pumpkin seeds are specific medicine for tapeworms. Grated carrot is effective against thread worms. And papaya seeds, or the sap from an unripe fruit, is used to treat round worms. Pomegranate juice offers excellent protection against all worms. Avoid sources of infection such as livestock, meat, seafood, dirt, and sand by going vegetarian and wearing shoes and gloves when in the garden. As worms can cause malnutrition all major vitamins and minerals along with acidophilus powder should be taken until digestive strength is regained.

Case study

Gopal was a 6-year-old boy who loved to play trucks in the sand pit — unfortunately so did the hookworms! He was given 3 *neem* leaves a day, and veggie capsules with *vidanga* and cloves in them. After two weeks on this treatment he was given a small dose of *triphala* to flush the worms out.



Turmeric May Help Prevent Alzheimer's and Parkinson's Diseases

An ancient remedy may enliven your brain as well as your food



Turmeric, also called “the spice of life” since ancient times, has anti-inflammatory and anti-oxidative properties that have aroused great interest, as well as its effects on cholesterol and cancer. This spice was, and is, undeniably pleasant in its own right as sources of flavor and zest, but often serves other, more practical, purposes as well.

Does curry prevent Alzheimer's disease?

Scientists continue to learn more and more about the health benefits of various spices and herbs, whose exotic chemical constituents can affect many aspects of our physiology beyond our taste buds. First there is gastrointestinal function, but if some of those spicy compounds pass from the intestines into the bloodstream, the entire body becomes their laboratory, so to speak — including, of course, the brain.

Consider this: elderly (aged 70-79) residents of rural India, who eat large amounts of curry, appear to have the lowest incidence of Alzheimer's disease in the world: 4.4 times lower than that of Americans. Does that mean that curry helps prevent Alzheimer's? Perhaps, but it's impossible to say, because innumerable other factors (dietary, genetic, social, economic, lifestyle-related, etc.) would have to be taken into account, and systematically ruled out, before any such conclusion could be drawn. Nevertheless, the correlation is suggestive, and there are scientific reasons for believing that there may indeed be a real effect there.

The key component of curry is turmeric

Curry, perhaps the quintessential Asian spice, is a pungent seasoning prepared from cumin, coriander, turmeric, and other spices native to that continent. It is the turmeric in curry that has attracted the attention of scientists, in part because turmeric has a long history of medicinal use in India, particularly in the traditional medical philosophy known as Ayurveda.

The turmeric plant (*Curcuma longa*, also known as *Curcuma domestica*) is a member of the ginger family. As a spice, turmeric serves not only to jazz up the food but also to help protect it from spoilage and protect its nutritive value, because it contains potent antioxidant chemicals whose action inhibits the oxidative degradation of foodstuffs.

The chemical compounds in turmeric that are primarily responsible for its antioxidant action are curcumin and several related compounds called curcuminoids. They belong to a broad class of compounds called polyphenols, many of which have been found to have major health benefits in humans.

Curcumin may prevent Alzheimer's and Parkinson's diseases

Researchers noted that both Alzheimer's disease and Parkinson's disease are linked to significant oxidative damage to the brain, including nitric oxide-based damage to a specific protein called synuclein. The damage is caused by free radicals, and laboratory studies have shown that antioxidants can protect neurons (brain cells) from the ravages of amyloid, a hard, waxy deposit, consisting of proteins and polysaccharides, that results from the degeneration of tissue. A well-known antioxidant, such as vitamin E, is used to slow down the development of the disease. Vitamin E, however, turns out not to be the right kind of antioxidant for the job, mainly because it is a poor scavenger of nitric oxide-based free radicals produced during inflammation. Therefore, researchers (at UCLA) looked for a powerful antioxidant of the right kind, and found curcumin.

Curcumin, the main active ingredient in turmeric, is several times more potent than vitamin E as an antioxidant, and it protects the brain from lipid peroxidation and scavenges nitric oxide-based free radicals. It is also known to be nontoxic and virtually free of side effects. If turmeric can protect foodstuffs from oxidative degradation, it can do the same, more or less, for our bodies, which are composed entirely of former foodstuffs.

Turmeric has many uses as an anti-inflammatory

It is the anti-inflammatory properties of turmeric that have aroused the greatest interest in the medical community, although its ability to lower blood cholesterol is also recognized, as well as its anticancer effects in laboratory animals and humans.

Among the most prevalent kinds of inflammation is that of arthritis, and turmeric is widely used to ease the pain of this disease, in both of its major forms: osteoarthritis and rheumatoid arthritis. Inflammation takes many forms, however, and it can occur in many places throughout the body. One such place is the brain, where Alzheimer's disease becomes manifest, in part, through the formation of a kind of plaque called amyloid.

Other benefits

Among the many conditions for which turmeric is sometimes used (but note that these are unproven uses by modern medical standards) are gastrointestinal problems (dyspepsia, upper abdominal pain, bloating, colic, flatulence, and diarrhea), intermittent fever, edema (swelling), bronchitis,

colds, worms, leprosy, kidney inflammation, cystitis (inflammation of the urinary bladder), headaches, chest infections, and amenorrhea (the abnormal suppression or absence of menstruation). Externally, it is used for bruising, leech bites, festering eye infections, inflammation of the oral mucosa, inflammatory skin conditions, and infected wounds.

How many of these uses are legitimate, even if unproven, and how many are based on nothing more substantial than wishful thinking and the placebo effect? Who knows? Our scientific (as opposed to folkloric) knowledge of herbal medicine is still immature, with vast areas yet to be explored before we can be certain of what really works and what does not, and why.

Add Some Spice to Your Life

To obtain turmeric and the beneficial natural curcuminoids it contains, you could eat curry every day, or you could take generous, scientifically validated amounts of the ancient Ayurvedic agent turmeric. Curcuma provides health benefits that, as we have seen, may include support for mental as well as physical function. It brings an honored healing tradition into modern times and adds, literally, a bit of spice to your life.

Adapted from: www.pspinformation.com/nutrition/herbs/turmeric.shtml.

Turmeric the “Multi-Anti” Spice

In herbal medicine, turmeric (in the form of an extract of *Curcuma longa*) has been found to have the following effects:

- **Antihepatotoxic** — it has a protective effect on the liver
- **Antihyperlipidemic** — it inhibits the excessive buildup of lipids (fatty substances, such as cholesterol) in the blood
- **Anti-inflammatory** — it reduces inflammation
- **Antioxidant** — it scavenges free radicals and inhibits lipid peroxide formation, especially in the liver
- **Antitumoral** — it inhibits the formation of tumors, including cancerous ones
- **Antimicrobial** — it inhibits the action of microorganisms such as bacteria
- **Antifertile** — it has a contraceptive effect
- **Anti-insect** — that's right, it acts as an insect repellent, a bonus



21 Reasons to Breastfeed

Extract from Leslie Burby's “101 Reasons to Breastfeed”

- Breastfeeding promotes bonding between mother & baby**
Breastfeeding stimulates the release of the hormone oxytocin in the mother's body, which promotes the development of maternal behavior and also bonding between mother and offspring.
- Breastfeeding satisfies a baby's emotional needs**
All babies need to be held. Studies have shown that premature babies are more likely to die if they are not held or stroked. There is no more comforting feeling for an infant than being held close and cuddled while breastfeeding.
- Breastfed babies are healthier over-all**
Breast milk provides perfect nutrition for growth, health, and development.
- Breastfeeding reduces mother's risk of breast and ovarian cancer**
If all premenopausal mothers breastfeed for 4 to 12 months, breast cancer could be reduced by 11%. If all mothers lactated for 24+ months, then the rate could reduce by nearly 25%.
- Formula feeding increases girls' risk of developing breast cancer in later life**
Women who were breastfed as children (even if only for a short time) had a 25% lower risk of developing breast cancer than women who were bottle-fed as infants.
- Formula feeding is associated with lower IQ**
Children who are breastfed had both better intelligence and greater academic achievement than children who are formula fed.
- Breast milk is always ready and comes in a nicer package than formula does**
Need we say more?
- Breast milk contains immunities to diseases and aids in the development of baby's immune system**
Formula provides neither of these benefits.
- Formula feeding increases risk of baby developing type I diabetes**

10. Formula feeding increases chances of baby developing allergies, asthma, and respiratory infections

11. Breastfed babies have less chance of cardiopulmonary distress while feeding

Bottle-fed babies are at increased risk of cardiopulmonary disturbances, including prolonged airway closure and obstructed respiratory breaths due to repeated swallowing. Infants can experience oxygen saturation below 90% when bottlefeeding.

12. Breastfeeding results in less sick days for parents

Since breastfed babies are statistically healthier than their formula fed peers, the parents of breastfed babies spend less time out of work taking care of sick children.

13. Breastfeeding is easier and cheaper than using formula

After the initial start up period, breastfeeding is very easy. All you have to do is lift up your shirt and let the little one latch on. No shopping for formula, bottles, and other supplies. No mixing, heating, refrigerating and cleaning up of formula. If you sleep with your baby, or sleep the baby next to your bed, you can forget about all the disturbing night time rituals associated with formula use. All you have to do is roll over, let the baby latch on, and go back to sleep.

14. Breast milk acts like a natural tranquilizer for baby and mom

Mother's milk contains chemicals that seem to work like "knock-out drops" for tired babies. Even if baby doesn't fall asleep, he/she will certainly calm down and become more agreeable. If you choose to breastfeed into toddlerhood, you may find that the "terrible twos" never materialize. Also, nursing mothers often joke about falling asleep on the job. The sleep inducing qualities of nursing a baby are remarkable. In fact, new mothers have to be careful to hold a nursing baby in such a way that they will not drop the child when they inevitably nod off.

15. Breast milk tastes better than formula

Human breastmilk is remarkably sweet and light. Formula is pasty and bland. Which would you rather eat?

16. Breastfed babies require fewer doctor visits

Since breastfed babies are statistically healthier, they see the doctor less often.

17. Fewer waste packaging products

No wrappers, canisters, or disposable bottles. If every child in America were bottle-fed, almost 86,000 tons of tin would be needed to produce 550 million cans for one year's worth of formula. If every mother in Great Britain breastfed, 3,000 tons of paper (used for formula labels) would be saved in a year. Bottles and nipples require plastic, glass, rubber, and silicon; production of these materials can be resource-intensive and often leads to end-products that are not-recyclable. All these products use natural resources, cause pollution in their manufacture and distribution and create trash in their packaging, promotion, and disposal.

18. Natural pain relief for baby

Breast milk contains chemicals (endorphins) that suppress pain. A baby also derives comfort from being held close and suckling.

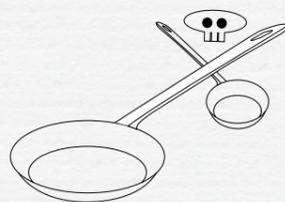
19. Perfect food for sick baby

When a formula fed baby gets a gastrointestinal ailment they are usually put on an artificial electrolyte solution because formula is too hard for them to digest. Breast milk, however, is easily digested, and soothing to the intestines, so there is no need for artificial and expensive electrolyte solutions. If a baby gets a respiratory illness, formula may cause even more mucus. In contrast, breast milk contains antibodies to these ailments, as well as being highly digestible and not contributing to excess mucous formation.

20. Facilitates proper dental and jaw development

Suckling at the breast is good for a baby's tooth and jaw development. Babies at the breast have to use as much as 60 times more energy to get food than do those drinking from a bottle... As [the babies jaw] muscles are strenuously exercised in suckling, their constant pulling encourages the growth of well-formed jaws and straight, healthy teeth.

21. It's what breasts were designed for!



Pans of Horror — the Dangers of Teflon

Find out why I threw out my favorite fry pan so you can protect yourself and your family, too

Annie B. Bond

My family fry pan is made of teflon, and although I'd heard some concern about teflon in the past, it was regarding teflon

particles lodging in the stomach, I filed it away and decided not to worry about it because I like the pan. The pan is gone now. Better safe than sorry.

Teflon is a member of a family of chemicals called "perfluorochemicals" (PFCs). According to the Environmental Working Group, the nonprofit advocacy organization who initiated the breaking of the story, "PFCs virtually never breaks down in the environment and has been found to contaminate most of the US population, including 92 percent of children tested to date."

The EPA urges a teflon chemical ban and is requesting voluntary compliance from companies. Teflon-coated products include cookware, water- and stain-resistant clothing and furnishings, cosmetics and more, and could be a

serious health risk to young girls and women of childbearing age. The concern is an increase in birth defects and reproductive problems.

Adapted from: www.care2.com/greenliving/dangers-of-teflon.html (Posted at Aug 19, 2000).

Editor's note: For further reading on "Teflon flu" and related health issues, see www.ewg.org, the website of the Environmental Working Group, especially "EPA studying whether Teflon poses health risks", published November 24, 2003 at www.ewg.org/node/16446.

Got the Blues? Try a Cold Shower

Jennifer Viegas, Discovery News

Dec. 18, 2007 — Treatments for depression range from medicines that can come with scary side effects to electric shock therapy, but a new paper suggests a simple cold shower might sometimes cure, and even prevent, the debilitating mood disorder.

Cleanliness may be a pleasant side effect, but the key lies in the water temperature.

The study's author, Nikolai Shevchuk, believes the biological explanation revolves around a part of the brainstem known, appropriately enough, as the locus ceruleus, or "blue spot."

Shevchuk, who formulated the theory while working in the Department of Radiation Oncology at Virginia Commonwealth University School of Medicine, told Discovery News that short, cold showers may stimulate the blue spot, which is the brain's primary source of noradrenaline — a chemical that could help mediate depression.

"The possible antidepressant effect may also have to do with the mild electroshock delivered to the brain by a cold shower, because of the unusually high density of cold receptors in the skin," he added, explaining that these nerve endings are 3-10 times higher in density than those registering warmth. Shevchuk proposes that depression may be caused by two factors. The first is a genetic makeup that predisposes an individual to the disorder. Prior research has documented that depression can run in families, but since some sufferers report no prior family history and many people develop depression later in life, genes do not appear to explain all cases.

He suspects a lifestyle lacking sufficient physiological stress, such as brief changes in body temperature, may also be a contributing factor.

A paper on the theories has been accepted for publication in the journal *Medical Hypotheses*.

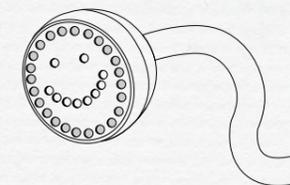
Shevchuk said that, throughout the evolution of mammals and primates, individuals got plenty of exercise and were exposed to frequent changes in body temperature, such as when forced to swim in cold water while hunting or when chasing prey in very hot weather.

He links these temperature jolts to the phenomenon of homeopathy, whereby small doses of something harmful may actually promote healing by stimulating the body's repair and recovery systems. Electric shock and deep brain stimulation treatments operate on a somewhat similar principle, only with frightening potential side effects, such as memory loss and cognitive impairment.

Cold showers could also have adverse effects, particularly for heart patients and other already at-risk patients, so Shevchuk advises those who wish to try out the treatment to check with their doctors first. The recommended approach is to take a cold shower — around 68 degrees — for 2 to 3 minutes once or twice daily, preceded by a five-minute gradual adaptation to the temperature.

The approach could explain the discovery by psychiatrist Thomas Wehr of the National Institute of Mental Health that people who chronically suffer from depression in the summer benefit from frequent cold showers. Traditional Chinese medicine has also prescribed cold-water swims or baths as mood-lifters.

Source: <http://dsc.discovery.com/news/2007/12/18/depression-cold-shower.html>.





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