



*Empower
Yourself
for
Healthy
and
Joyful Living -
Naturally*

Smile...



*you will always
feel better
when you smile!*

Introduction

Our Body is the most sophisticated gadget on the planet.

There is nothing more important than having good health.

Our body is designed to stay healthy on its own with some help from us.

All the suggestions I am giving are free and you can follow them whenever you have time.

In this booklet I have borrowed some references from the Isha Foundation.

Sadhguru is a mystic, yogi and a wonderful guru. He has been honoured by the Government of India with one of highest awards called Padma Vibhushan.

He is regularly invited to give talks all over the world.

The Isha Foundation is run by over nine million volunteers worldwide.

Over one billion people in the world have either done Isha programmes or have been helped by Isha to stay healthy.

Yoga & Meditation

If you learn to use this body as an instrument, it is the most fantastic and powerful instrument on the planet. Yoga is towards realizing this. – Sadhguru

Feel free to look for more information on Sadhguru and Isha here:

www.isha.sadhguru.org

Most of the info I am giving and I follow – I have learnt at Isha.

Isha runs a number of programmes which I have attended and I feel much better by following them.

Some of the information in the booklet has been researched on the internet.

GO - Staying Healthy the Natural Way – 1

Always remember we are the only one in charge of our body.

To stay healthy we need to look after:

1. Our Breathing - 3 -16
2. The Food That We Eat – 17-19
3. The Water We Drink - 20
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6. Wellbeing Practice Including Yoga - 23 - 24
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10. Our Place in This World and How We Help Others – the more we help the more wonderful we feel - 28



IMPORTANT: Only make changes when your doctor advises you to do so.

Tips given are not a substitute for treatment, you need to continue your treatment, tips will help you manage your life better.

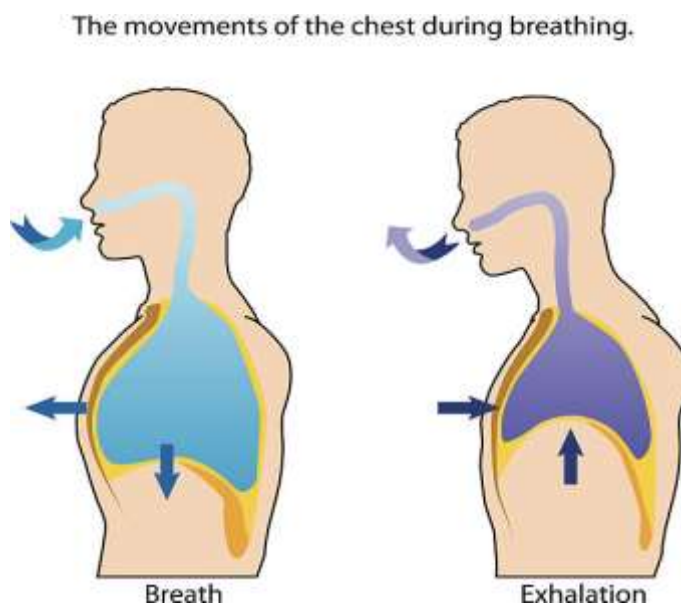
GO - Staying Healthy the Natural Way – 2

1 – Our Breathing

VERY IMPORTANT – ALWAYS BREATHING THROUGH YOUR NOSE

Breathing through the nose will keep the body strong, make the face beautiful, and prevent disease and it will help you stop snoring

Through the **nose** the air gets filtered, produces Nitric Oxide, and gets warmed before it reaches the lungs

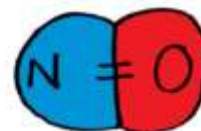


GO - Staying Healthy the Natural Way – 3

1 – Our Breathing - Nitric Oxide

Nitric Oxide

Nitric Oxide : **a miracle molecule!**



Nose Song

Nitric oxide is a powerhouse molecule that widens the capillaries, increases oxygenation, and relaxes the smooth muscles.

It is produced when air goes through your nose

Humming increases the release of nitric oxide in the nasal passage 15 fold. This is the most effective and simple method for increasing the essential gas

Practice **humming** at least 5 minutes or more a day, **do it as often as possible**

Nitric Oxide is needed all over the body and the more we produce it the better.

We can also get Nitric Oxide by eating kale, spinach & other greens and salads

Google and watch these two talks on YouTube

1. This Miracle Molecule will Supercharge Your Health with Nobel Prize winner Dr Louis Ignarro

<https://www.youtube.com/watch?v=uFQCP0y4vVM>

2. Nasal Nitric Oxide : Can You HUM Your Way to Better Health by Dr Van Dyken

<https://www.youtube.com/watch?v=6v-nTRLEXFk>

GO Staying Healthy the Natural Way – 4

1 – Our Breathing

It is biologically impossible to have an anxiety or panic attack when you are breathing slowly, deeply and evenly.

Most of us take about 20 breaths per minute.

Breathing Exercise 1

The ideal is **10 breaths or less per minute**, always breathe deep & slow.

Important: do not attempt to do any type of breathing exercises while driving, using tools or in water.



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1 – Our Breathing

Breathing Exercise 2

Nada Sadhana – Alternate Nostril Breathing

Method:

With your right thumb, close the right nostril, breathe in fully through the left nostril, now close the left nostril with your little finger and open the right nostril and breathe out fully through the right nostril, repeat for 10 minutes.

- Lowers stress and improves cardiovascular function. ...
- Improves lung function and respiratory endurance. ...
- Lowers heart rate. ...
- Promotes well-being



GO - Staying Healthy the Natural Way – 6

1 – Our Breathing



Breathing Exercise 3

Viloma Pranayama - Interrupted

Breathing

Method:

1. Sit comfortably, with your eyes closed
2. Breathe out fully
3. Breathe in for 1 sec., hold for 1 sec., breathe in for 1 sec. hold for 1 sec. and continue till the lungs are full
4. Hold for 3 or 4 secs
5. Breathe out for 1 sec. hold for 1 sec. breathe out for 1 sec. hold for 1 sec. and continue till all the air is out
6. Hold for 3 to 4 secs
7. Repeat the above

Health Benefits of Viloma Pranayama

- It brings a feeling of ease and lightness to the body.
- It brings a feeling of peace and calm.
- It rests the nerves and soothes the brain.

GO - Staying Healthy the Natural Way – 7

1 – Our Breathing

Breathing Exercise 4

Resonant Breathing

Method:

1. Sit up straight - Relax the shoulders and belly and exhale fully, palms on your thighs facing downwards, inhale softly for 3 to 5 secs.
2. Expanding the belly as the air fills the bottom of the lungs.
3. Without pausing exhale softly for 5 to 8 secs or more, bringing the belly in as the lungs empty.
4. Each breath should be like a circle.
5. Repeat regularly a minimum of 10 times.

It has been shown to:

- Assist in the control of blood pressure
- Help patients with panic disorder, anxiety and depression.
- Improves symptom control, gas exchange and lung function in asthma, COPD
- Reduces symptoms of fibromyalgia and irritable bowel



GO - Staying Healthy the Natural Way – 8

1 – Our Breathing

Breathing Exercise 5

Buteyko Breathing - Control Pause

Method:

You will need a watch or phone with a stop watch.

Close both nostrils and breathe out slowly through the mouth,

Start the stop watch and see how long you can hold your breath out for.

When you feel the first potent desire to breathe, note the time and take a soft inhale.

It is important that the first breath in after Control Pause is controlled and relaxed.

If it is laboured or gasping, the breath hold was too long.

Try it 5 times, with a one minute pause between each Control Pause.

The benefits of Buteyko breathing include **enhanced breath control**, which helps to prevent breathlessness and promote proper breathing patterns. It's used to manage and improve a variety of conditions, including asthma, anxiety, and sleep concerns.



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1 – Our Breathing

Breathing Exercise 6

Mini Breath Holds

Method:

This method teaches you how to take fewer breaths per minute.

This method helps to stave off asthma and anxiety attacks.

Inhale gently and hold the breath for half the period of Control Pause, e.g if Control Pause was 40 secs, Mini Pause will be 20 secs.

Repeat 10 minutes or more – whenever you have time during the day.



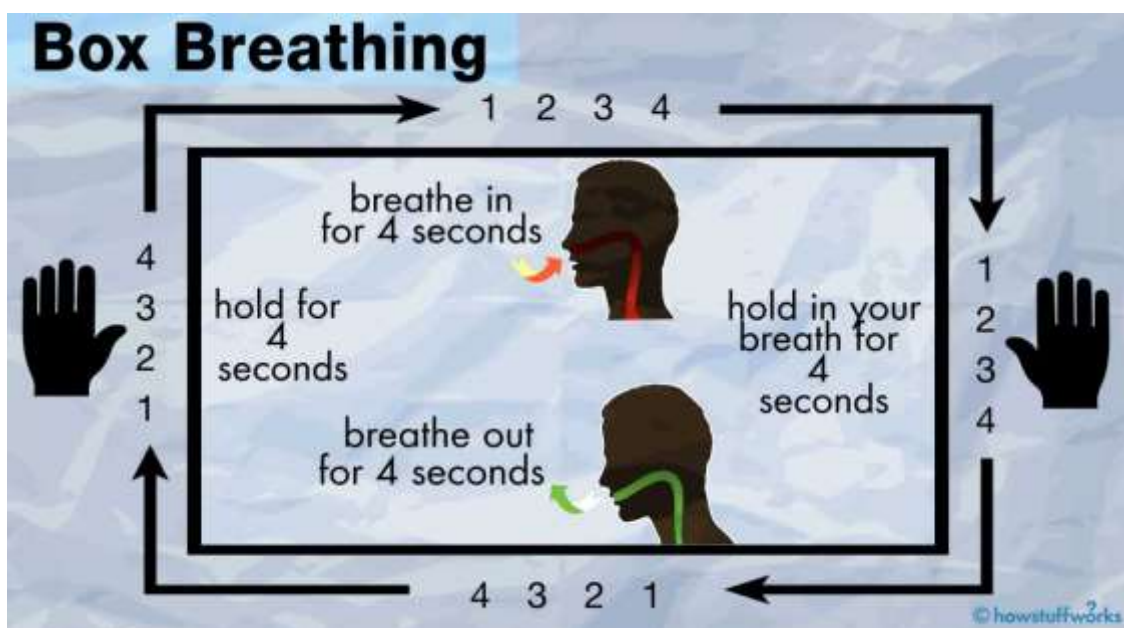
GO - Staying Healthy the Natural Way – 10

1 – Our Breathing

Breathing Exercise 7

Box Breathing

Inhale for 4 secs, hold for 4 secs, exhale for 4 secs, hold for 4 secs and repeat this for 10 cycles or more. This method makes you very relaxed.



Benefits of box breathing

According to the [Mayo Clinic](#), there's sufficient evidence that intentional deep breathing can actually calm and regulate the [autonomic nervous system \(ANS\)](#).

This system regulates involuntary body functions such as temperature. It can lower blood pressure and provide an almost immediate sense of calm.

The slow holding of breath allows CO₂ to build up in the blood. An increased blood CO₂ enhances the cardio-inhibitory response of the vagus nerve when you exhale and stimulates your parasympathetic system. This produces a calm and relaxed feeling in the mind and body.

Box breathing can reduce stress and improve your mood. That makes it an exceptional treatment for conditions such as generalized anxiety disorder (GAD), panic disorder, post-traumatic stress disorder (PTSD), and depression.

It can also help treat insomnia by allowing you to calm your nervous system at night before bed. Box breathing can even be efficient at helping with pain management.

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1 – Our Breathing

Walking Breathing Exercise 8

Walking Breathing Exercise

Walk for a minute or so while breathing normally through the nose, exhale slowly and fully and pinch the nose closed while keeping the same pace.

Count the number of steps while not breathing – when you sense a palpable air hunger, release the nose and breathe in gently, at about half what it feels normal for about 10/15 secs.

Return to regular breathing for 30 secs and repeat again for 10 cycles.

Try this method as often as possible and with practice you will be able increase the number of steps before you need to breathe again

This method helps you relax and concentrate better.



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1 – Our Breathing

Breathing Exercise 9

Tummo Breathing

Method:

Find a quiet place and lie flat on your back with a pillow under the head. Relax the shoulders, chest and the legs.

Take 30 very deep fast breaths into the pit of the stomach and let it back out. Breathe through the nose. The movement of each inhalation should look like a wave, filling up in the stomach and softly moving up through the lungs. Exhales - follow the movement, first emptying the stomach, then the chest as air powers through the nose

At the end of 30 breaths, exhale to the natural conclusion, leaving about quarter of the air in the lungs. Hold that breath for as long as possible

Once you have reached your absolute breath hold limit, take one huge inhale and hold for 15 secs. Very gently move that fresh breath around the chest and to the shoulders, then exhale and start the heavy breathing again

Repeat the entire pattern 3 times & relax. Your body will warm up with Tummo.

GO - Staying Healthy the Natural Way – 13

1 – Our Breathing

Pranayama

Prana - universal life force travels through thousands of subtle energy channels called *Nadis* and energy centres called *Chakras* in our body.

Chakras and Nadis in our body:

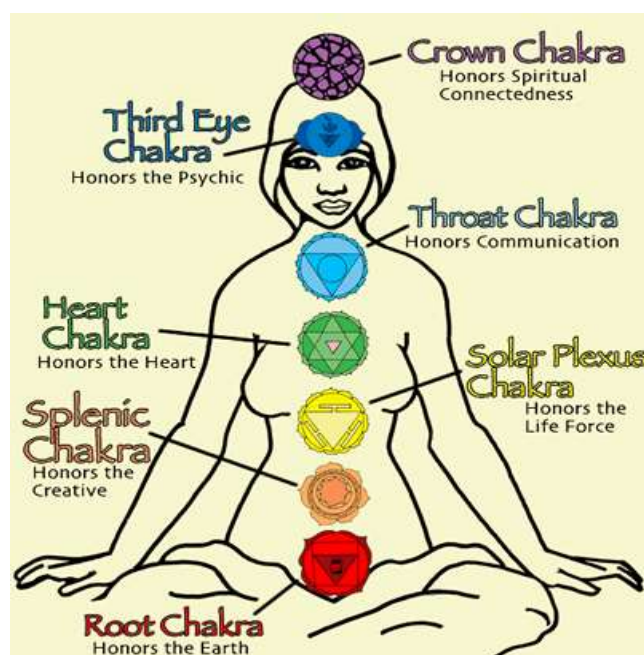
According to yogic science:

We have 114 *Chakras* & 72000 *Nadis* in our body.

Chakras are junctions where the *Nadis* meet.

There are 7 main *Chakras* as shown,

we will concentrate on three - one near the navel area, one where the ribcage meets and one in the throat area.



GO - Staying Healthy the Natural Way – 14

1 – Our Breathing

Breathing Exercise 10

By making the following sounds, minimum seven times each, we can make our Chakras and Nadis work more efficiently.

Place your palms on your thighs facing upwards, close your eyes, tilt your head slightly back and focus between the eyebrows.

Start with a long breath in and utter the sound AAAAAAAAAA.

until the air runs out - The Nadis in navel area vibrate – focus on the navel area while uttering the sound.

Second sound - take a long breath in and utter the sound OOOOOOOO.

until the air runs out, the Nadis near the ribcage will vibrate – again focus on just below the ribcage when making the sound.

Third sound you utter is with lips closed and utter – MMMMMM.

until the air runs out, this helps the Nadis in the throat area to vibrate – again focus at the throat while making the sound.

These sounds help our Chakras and Nadis to function efficiently and hopefully with practice your energy levels will go up.

GO - Staying Healthy the Natural Way – 15

2 – Food

1. The food that we eat should be easily digestible.
2. 50% of the food that we eat should be in raw form, like fruits, salads, nuts, seeds etc.
3. Eat food within 90 minutes of cooking it, you will get more energy from it.
4. Nuts like almond, walnuts, raw peanuts are wonderful. Soak them over night and they taste great next day.
5. Eat a plant based diet, meat is very difficult to digest and takes a long time to digest.
6. If you want to eat non-veg, eat seafood.
7. Avoid processed food – it's too old and you don't even know what's in it.
8. Eating the wrong food can also be cause of mental health issues.
9. Avoid sugar.
10. Avoid alcohol or drink in moderation.
11. No Smoking.
12. Drink less tea/coffee or none at all.
13. Eat less dairy products.



GO - Staying Healthy the Natural Way – 16

2 – Food

It's good to stop while before you are full – don't stuff yourself.

Adults over 25 should have only two meals a day.

Always sit and eat your food without any distraction, and eat joyfully.

Be grateful to the food that you are eating.

If you enjoy eating or drinking something – go ahead and do it, in moderation, and don't feel guilty about it.

Hard chewing builds new bones in the face and opens airways – it's good to eat food that you can chew – encourage children to chew well.



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2 – Food & Fasting

1. Last meal of the day should be at least 3 hours before sleep.
2. It's good to fast for 24 hours every two weeks, this gives our body time to repair itself.
3. Intermittent fasting is very good. If you eat your last meal early and have late breakfast, you get more than 12 hours of no food going in the body. This gives the body time to repair itself.
4. In 2016 - Japanese cell biologist – Yoshinori Ohsumi, won a Nobel Prize in Medicine. **For his research on how cells recycle and renew their content in a process called autophagy.**
5. **Over 12 hours of fasting activates autophagy** - which helps to slow down the ageing process and has positive effect on cell renewal.



GO - Staying Healthy the Natural Way – 18

3 – Water

1. Water is everywhere.
2. Water keeps us, the plants and animals alive.
3. Please note water is alive, water has memory and feelings.
4. So whenever you drink water – drink with love and gratitude – water will make you feel better.
5. When water reaches our house, it has travelled for miles and it is in disturbed condition, best to put the water in a jug and leave it for 8 hours before drinking. This will give water time to settle down.
6. Listen to talk by Sadhguru – The Mystical secrets of water – is very good, you can Google it and listen on YouTube.

<https://www.youtube.com/watch?v=1kKGzCL4D5w>



GO - Staying Healthy the Natural Way – 19

4 – Exercise

Our body is meant to be moving, the more we move it the better we will feel.

The minimum everyone should walk for is thirty minutes every day, it is well worth it.

When you have time - listen to Stanford University psychologist Prof Kelly McGonigal on YouTube.

<https://www.youtube.com/watch?v=IxNIS1W5rg8>



GO - Staying Healthy the Natural Way – 20

5 - Meditation

{ You learn to use this body as an instrument, it is the most fantastic and powerful instrument on the planet. }
Yoga is towards realizing this. – Sadhguru

Benefits of meditation:

1. Improved cardiac health
2. Greater coherence within the brain
3. Improved sleep
4. Improved attention and focus
5. Reduced menstrual disorders

You can Google and do the following meditations:

Isha Kriya –

<https://www.youtube.com/watch?v=EwQkfoKxRvo>

Isha – Infinity guided meditation -

<https://www.youtube.com/watch?v=xdfs4Bo3-Yw>

Chit Shakti meditation for health -

<https://www.youtube.com/watch?v=xdfs4Bo3-Yw>

Chit Shakti meditation for love –

<https://www.youtube.com/watch?v=m66MfhgXcT0>

Chit Shakti meditation for peace –

<https://www.youtube.com/watch?v=HcylCTyJInc>

Chit Shakti meditation for success –

<https://www.youtube.com/watch?v=fU34Oz90pEI>

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6 – Wellbeing / Yoga

There are hundreds of talks by Sadhguru here are few you can listen to:

1. Mind, Brain and Consciousness with Neurologist

Steven Laurey - <https://www.youtube.com/watch?v=E8HR3LSUXrk>

2. Consciousness the Ultimate Intelligence -

<https://www.youtube.com/watch?v=4evBv-ljZAA>

3. Tips to Eat Food -

<https://www.youtube.com/watch?v=vEA2puiERK0>

4. Tips to Drink Water -

<https://www.youtube.com/watch?v=uqdfZbv7hIM>

5. Remove Negative Energies with These Tips -

https://www.youtube.com/watch?v=_5y17FLzyc

6.10 Tips to Sleep Well -

<https://www.youtube.com/watch?v=aKu4drldWwU>

Chronic human problems like type 2 diabetes, heart problems and cancer, can be managed by lifestyle changes.

I was able to stop my medication 8 years ago by changing my lifestyle.



GO - Staying Healthy the Natural Way – 22

6 – Wellbeing / Yoga

Simple Yoga

If you Google - Isha – Upa yoga

<https://www.youtube.com/watch?v=QjGF2MLdlz8>

You will find all the instructions to do a very simple yoga on YouTube – do it daily – it only takes 30 minutes.

Cancer

There is wonderful e-book on Cancer by Sadhguru
Cancer - A Yogic Prospective.

It's a free download – just Google and download it.
It tells you, what cancer is, how you can avoid it and if you have cancer, tells you how to cope with it the yogic way.

Google and watch: Sadhguru – Cancer on YouTube

<https://www.youtube.com/watch?v=RC40bzuYN5Y>

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7 – Sleep

How to Sleep Well – 6 Tips From Sadhguru

1: Take a Shower

Always shower before you go to bed. It will make a lot of difference. Maybe cold showers are difficult in cold weather, so take a lukewarm shower, but do not go for hot showers in the evening.

2: Don't Sleep Right After a Meal

It is best to eat at least three to four hours before you go to bed so that the digestion is over. Before going to bed, drink a glass of water.

3: Light a Lamp

One more thing you can do is just light an organic oil lamp. Use a cotton wick, do not use something else. You can use linseed oil, rice-bran oil, sesame oil, olive oil or any organic oil with a cotton wick. Make sure you blow it out before sleeping

4: Remember That Time Is Running Out!

Keep this in your mind that you are truly a mortal. Not just in words, really see that your life could end at any time.

If you are conscious of your mortality, you will do only what you truly care for in your life.

How to Sleep Well – 6 Tips From Sadhguru - Continued

5: Put Things Aside

Do this just before you go to bed. In the last three minutes, put aside everything that you have gathered throughout the day – the body, the content of the mind, and the small things.

Do not ignore the small things; these small things can become big things if ignored.

I have seen how some people carry their own private pillow because it is very important to help them sleep.

If you take these actions, you will wake up with something else altogether different. You will wake up with more light, energy and possibilities than you have imagined possible.

6: Sleeping Position

Do not keep your - “Head North” - when sleeping, any other direction is fine, (for Northern hemisphere)

If you place your head to the north and stay that way for 5 to 6 hours, the magnetic pull will cause pressure on your brain

GO - Staying Healthy the Natural Way – 24

8 – Being Part of Nature

We as human are a very small part of nature.

We should work hard to be in tune with nature.

We should go for forest walks, walks on the beach and in the garden.

Walk with bare feet whenever possible.

Touch the earth with your bare hands.

Admire the plants and flowers.

Plant trees wherever possible.

Think of plants as our friends, they are giving us oxygen and we are giving them carbon dioxide.



GO - Staying Healthy the Natural Way – 25

9-10 – Being Happy & Grateful / Helping Others

When you get up in the morning - smile, because you are alive – it feels wonderful.

Whatever job or project you are starting, decide you are going to enjoy it before you start.

You will be surprised how easy and fun that job becomes.

When you feel happy and grateful - your health will be much better.

Helping others: You will always feel wonderful when you are helping others, helping the community or helping your family and friends.

In turn this improves your health.



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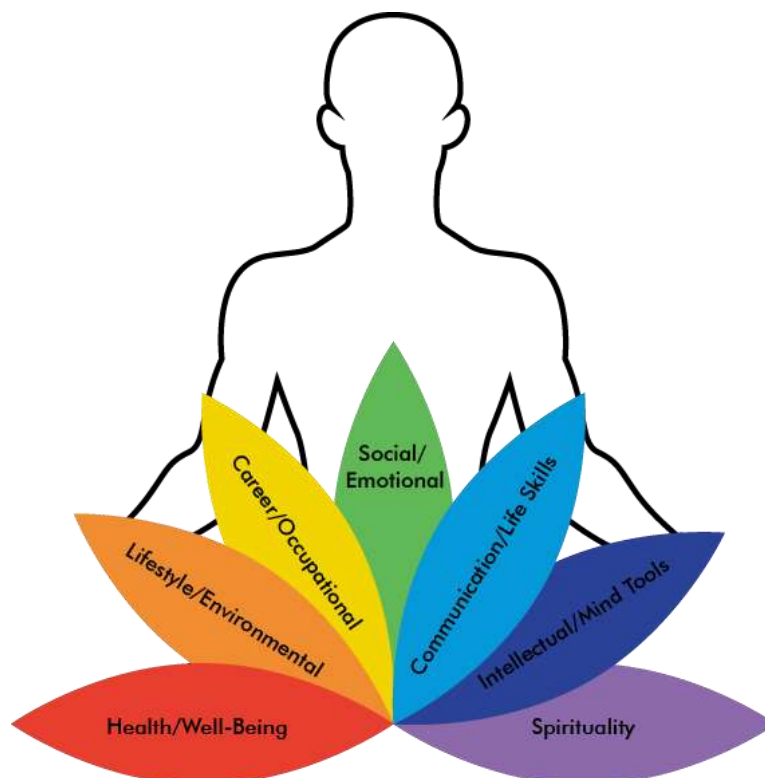
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Wellbeing - Our Diet

Our diet is not only what we eat, it also includes – what we watch, what we listen to, what we read and the people we hang around with.

Always be mindful of things you put into your body, emotionally, spiritually and physically.

The Greatest Secret in the world is silence,
Silence is the basis of all sound,
Observe silence whenever possible
and for as long as possible.




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