



AROGYADHAM e-Newsletter

For Healthy and Happy Living

From Sevagram, Karmabhoomi of Mahatma

Patanjali Ashtanga Yoga (YOGism) for Healthy Lifestyle

Yama (moral code), Niyama (discipline), Asana (postures), Pranayam (breath control), Pratyahara (vairagya), Dharana (concentration), Dhyana (meditation), Samadhi (oneness with the Universe)

Why is physical activity so important for people with diabetes?

Moderate amounts of exercise can help cells use insulin more effectively, and that's important for controlling blood sugar. Physical activity helps make cells more sensitive to insulin for at least 16 hours. Even a single session of moderate exercise can increase glucose uptake by at least 40 percent, which lowers blood glucose levels. "If people with diabetes are able to reduce their blood glucose levels with consistent exercise, they may be able to reduce the amount of diabetes medication or insulin they need to manage their diabetes," says Dr. Philis-Tsimikas. "Plus, being more physically active can help with weight loss, and that can be an important factor in controlling diabetes."

In addition, people with diabetes often have increased risk of heart disease, stroke and circulation problems. Because regular physical activity helps to lower blood pressure and cholesterol and improve circulation, it can reduce the risk of these complications.

<http://www.scripps.org/>

Shun Facebook to kill loneliness before it eliminates you

The enormous rise of the internet and emergence of various social media platforms have left many young Indians - some as young as 14 - socially isolated, lonely and eventually in the grip of chronic depression that can take their lives.

According to Dr. Samir Parikh, director, (mental health and behavioral sciences) at Fortis Healthcare Delhi, loneliness can be a trigger to self-suicidal ideation in young people. It can also affect their overall well-being. Although in some cases, forming communities and groups on social media can be helpful but the social media can never be a substitute for the real human experience.

According to a global research, loneliness leads to fight-or-flight stress that can ultimately affect the production of white blood cells. Essentially, lonely people had a less effective immune response and more inflammation than non-lonely people, a team from the University of Chicago and the University of California-Los Angeles found.

Loneliness takes a toll on your physical health as well where you tend to survive on unhealthy diets. Stress can culminate in the form of binge eating which is dangerous as you tend to eat unhealthy food. It can also lead to a condition of hypertension and lethargy.

According to Dr. Malhotra, director (mental health and behavioural sciences) at Max Super Specialty Hospital, limit your time with smartphones and other gadgets as the vibes shared via direct personal communication have their own merit. Transitionally, being on Facebook may make a difference to your wellbeing.

The remedy is simple: invest in relationships and stay out of the virtual world as much as possible.

Dec 13, 2015 The Hitavada

Hot dogs, bacon, processed meats linked to cancer

Processed meat was defined as meat transformed through salting, curing, fermentation, smoking "or other processes to enhance flavor or improve preservation." The most common processed meats consumed in the U.S. include hot dogs, sausages, bacon, ham, canned meat and beef jerky.

The IARC (International Agency for Research on Cancer) stated that it considered more than 800 studies that investigated possible links between a dozen types of cancer with the consumption of red meat or processed meat in many countries and populations with diverse diets.

The WHO's cancer research unit now classifies processed meat as "carcinogenic to humans" based on evidence from hundreds of studies, and linked it specifically to colon, or colorectal, cancer.

The experts concluded that each 50 gram portion — about 1.75 ounce, or about two strips of bacon — of processed meat eaten daily increases the risk of colorectal cancer by 18%, the IARC said.

<http://www.usatoday.com/>

<http://money.cnn.com/>

Five simple food swaps for better health

1. Replace refined white grains with whole grains: When whole grains are refined, their husk and germ are stripped away, along with much of the fiber and nutrition. Research has shown that eating whole grains can lower your risk of diabetes and heart disease by 20 to 30 percent.

2. Replace iceberg lettuce with darker greens: Other than water and some fiber, iceberg lettuce doesn't provide much nutrition. A better choice is dark leafy greens such as spinach, arugula, kale, Swiss chard or collard greens, which are excellent sources of vitamins A and C.

3. Replace fried chips with baked: You don't have to give up chips. Many snack chips are now available in baked versions with the same crunch for less fat. Popcorn chips are another good option.

4. Replace fruit juice with whole fruit: Juices have all of the sugar of the fruit but none of the fiber. The fiber helps to slow down how quickly that sugar is absorbed, and that prevents insulin levels from spiking and then dropping.

5. Replace breakfast cereal with steel-cut oats: Because many boxed cereals are made with refined grains, they are often low in fiber and high in sugar. Switch to oatmeal and significantly increase your fiber intake.

<http://www.scripps.org/>

Yoga for Wellness and promotion of positive physical, mental, emotional, social & spiritual health