



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)

Excessive cell phone use linked to cancer, genetic mutations

Excessive use of mobile phone can lead to oxidative stress in cells that is linked to cellular and genetic mutations which cause development of tumors, says a study. Oxidative stress is a process that damages all aspects of a human cell, including DNA, through the development of toxic peroxide and free radicals.

The researchers of the study looked for clues in the saliva of cell phone users to further explore the relationship between cancer rates and cell phone use. Since the cell phone is placed close to the salivary gland when in use, they hypothesized that salivary content could reveal whether there was a connection to developing cancer, reports Science Daily. Comparing heavy mobile phone users to non-users, they found that the saliva of heavy users showed indications of higher oxidative stress. More importantly, it is considered a major risk factor for cancer.

www.topnews.in

Healthy lifestyle may mean healthy pregnancy

According to a new study published in bmj.com, certain lifestyle factors may improve women's chances of having a healthy pregnancy. The researchers analyzed data from more than 5,600 women in England, Ireland, Australia and New Zealand to pinpoint lifestyle factors at 15 to 20 weeks of gestation that were associated with complication-free pregnancies. Helpful lifestyle factors included in this study are eating fruit, having a healthy weight, having lower blood pressure, having a job, and stopping drug and alcohol abuse. The findings suggest that encouraging women to make healthy choices before and during pregnancy may increase the likelihood of normal pregnancy outcomes. Among the potentially dangerous lifestyle factors that women can change (modifiable factors) were being overweight, having high blood pressure and the misuse of drugs, including binge drinking, the researchers of this study said. Although the study identified risk factors associated with pregnancy complications, it did not prove cause-and-effect relationships.

www.nlm.nih.gov

Are microwave ovens dangerous?

Microwave ovens pose three different kinds of health threats (1)The microwave radiation itself can leak out and damage human cells and tissues, (2) Microwaved foods have been shown to elevate cholesterol and stress and decrease white blood cells, (3) All appliances working on electricity produce a toxic electromagnetic field (EMF) of approximately 60 hertz.

In a microwave oven, alternating current forces atoms reverse polarity at a startlingly high rate. This creates such violent friction that the water inside the food molecules begin to vibrate and heat up. Unfortunately, this action also deforms, impairs and tears molecules apart.

Harmful effects of microwaves are weakened immune systems, lowered resistance to bacterial and viral infections, Cataracts, Birth defects, Cancer and Many other serious illnesses

www.safespaceprotection.com

High fiber diet prevents prostate cancer progression, study shows

According to a study by University of Colorado Cancer Center, a high-fiber diet may have the clinical potential to control the progression of prostate cancer in patients diagnosed in early stages of the disease. The study compared mice fed with of inositol hexaphosphate (IP6), a major component of high-fiber diets, to control mice that were not fed with IP6. Then the study used MRI to monitor the progression of prostate cancer in these models and found dramatically reduced tumor volumes, primarily due to the anti-angiogenic effects of IP6. Basically, feeding with the active ingredient of a high-fiber diet kept prostate tumors from making the new blood vessels they needed to supply themselves with energy. Without this energy, prostate cancer couldn't grow. Likewise, treatment with IP6 slowed the rate at which prostate cancers metabolized glucose.

<http://www.sciencedaily.com>

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

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