



## Healthy Food Asana - Yoga and Healthy Eating



*A Yogi should always regard food as a medicine that will purify and fuel the body and mind for the maintenance of life. Thus at all times the Yogi will eat cautiously, with awareness and with a higher purpose than sensual pleasure. Written thousands of years ago.*

Yoga is the only science that has laid great emphasis on food over centuries. In fact, there is a whole branch – called Anna Yoga – devoted to food for health and happiness.

Yoga, over centuries, has developed a concept of a balanced whole foods diet and an eating philosophy. These principles of good eating use powerful techniques which help in maintaining a strong and health body, a stress-free mind and a positive spirituality within this mixed up world.

Never has this yogic philosophy of a balanced whole foods diet been felt more than today when 97% of all health disorders can be traced to a faulty nutrition and diet.

It has been observed that (East) Indian civilizations suffer least from bowel problems, constipation, indigestion and other food related disorders such as obesity. Do you know why? Because the Indian philosophy of cooking and eating draws heavily from the yogic philosophy of eating!

Yoga does not dissect food into vitamins, minerals, protein etc. The yogic philosophy is that the true benefits of these ingredients can be had only when they are NOT isolated but as much in their natural form as possible.

The key to true health is to have a balanced whole foods diet. A balanced diet ensures that all the faculties of digestion work smoothly – absorption, assimilation and elimination. A balanced whole foods diet ensures a healthy you!!

It is extremely important that all these 3 aspects work well together. If all these aspects work in harmony it is extremely unlikely that you'll suffer from health disorders and even obesity. Often “synthetic” or “processed” foods create conditions that disrupt this balance. This leads to several physical and psychological problems. Over years, this can have dangerous consequences.

Read this report on how the rapidly increasing incidence of cancer can be traced down to faulty nutrition.

So what are Whole foods? Whole foods are edible substances which are as close to their "whole" or natural state as possible. They have not been pre-processed in any way which would disturb their nutrition or flavour. They are therefore free of all processing additives or subtractions.





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The overall idea of whole foods is to buy foods which are:

- \* As whole and in their most simple form as possible
- \* In season from as close to the source as possible
- \* As chemically and additive free as possible
- \* In bulk and not pre-packaged

### **Cancer**

Read this report on how the rapidly increasing incidence of cancer can be traced down to faulty nutrition. - written by Ron Harder

Have you ever wondered why so many people are getting cancer today? Maybe the answer lies in the things that we consume. Here is some food for thought that may be of interest to you.

A survey was conducted approximately ten years ago that said that one out of every three people in North America would develop cancer at some point in their life.

That same survey was again undertaken just recently and it now tells us that ONE out of ONE people will develop cancer at some point in their life.

What has happened to cause such a tremendous increase in the rate of cancer in our society? What has happened to cause so many of our younger generation to develop this disease?

I believe the answer lies in the quality of the nutrition that we consume. We have raised a generation of "junk food" addicts, and this is a large part of our problem.

A 1999 statistic published by the American Cancer Society states this; "Scientific evidence suggests that up to one-third of the 563,100 cancer deaths expected to have occurred in 1999 were caused by nutrition, and could have been prevented".

The American Cancer Society is telling us that up to one-third of cancer deaths are caused by nutrition, but I believe the number is much higher.

Just what is the cause of cancer? The cause of cancer is not bacteria, the cause of cancer is not a virus, and the cause of cancer is not a fungus. Cancer is a metabolic disease. This means that it is caused by the inability of your body to properly utilize the nutrition that it receives.

All the cells in your body require two things in order for them to remain healthy. One of these is electrical stimulation, and the other is a high quality of nutrition.





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Think of it this way. High quality food "burns" a lot cleaner than low quality food, and because of this, high quality food will leave very little residue behind. Also, high quality food is able to provide a higher level of nutrition to the cells of your body.

If the cells of your body do not receive the level of nutrition that they require, they cannot remain healthy, and here is why.

Your body will always attempt to absorb the highest quality nutrition it can from the food that you give it, but if high quality nutrition is not available, your body will attempt to absorb the highest quality nutrition it can find.

If what you consume is not compatible with your body's matrix, and cannot be used to nourish you, it will in effect be toxic to you.

Disease cannot develop or grow on healthy tissue; it can only develop on unhealthy tissue. If you weaken your body by not supplying it with proper nutrition, it will not be able to fight off disease, and cancer, among other things, will likely develop.

In order for the tissues of your body to remain strong and healthy you must supply them with a level of nutrition that they can use.

What is a high level of nutrition? It is nutrition that is "electrically compatible" with the matrix of your body. What does that mean?

There are certain items in our world that are designed as food for us, and certain items that are not. The things that are designed as food for us will have the proper molecular configuration to make them compatible with our physical matrix.

If we consume those things that are "electrically compatible" with our physical matrix they will nourish us, but if we consume those things that are not electrically compatible with our physical matrix they will not nourish us, they will in fact be toxic to us.

Do you eat healthy? You may think you eat healthy, but if you consume those things that your body does not recognize as nutrition and cannot use, then all you are consuming is "filler", and filler is something that your body cannot properly utilize.

What is the underlying cause of cancer? The underlying cause of cancer is the inability of your body to properly utilize the nutrition that it receives.

Cancer cannot develop or grow on healthy tissue, so the only way that you can prevent cancer from developing within you is to keep your body free of toxins, consume only those things that your body can use, and be as healthy as you can be.





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Make sure that you keep your tissues supplied with quality nutrition and you will not have to worry about this dreadful disease.

**If flowery words make us happy but insults upset us, we know our minds are not yet strong.**

