

## **NATUROPATHY -Way of life & some suggestions / Tips for the path towards good health.**

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Man's prime duty is to maintain his health, which is his true asset. It is always better to prevent the onset of a disease than to try to eradicate it after it has occurred. Every person -rich or poor makes financial planning for his old age /retired life. It is seen that such planning done during young age disregard to health yields no pleasant results as the person catches the diseases of a rat race by 45/50 years and finds it difficult to gain control over such diseases such as Diabetes, BP Heart problem etc. because he has never followed rules of health discipline in his young age and also not gained control over his mind. If you relish the idea of taking medicines throughout life, the guidelines stated below need not be taken seriously. But one thing is logical that when a person tries to take prudent financial decision by applying his knowledge and experience, it is also necessary that investment in own health should also be done to enjoy the retired life.

1) To get up at least ½ hour before Sunrise & undertake following activities.

1.1 Keep your mouth closed and knock the lower and upper teeth together 30/40 times.

1.2 Keeping the mouth closed, try to sweep the space between the teeth and the lips using your tongue.

1.3 Vigorously rub the palms with each other 20/30 times until heat is felt.

1.4 Give a circular massage for one to two minutes on circular edge of the bony socket in which the eyes are lodged.

1.5 Finally press and release each of the following points (60 times )

Pt 5 - lies in the flesh between the thumb and the index finger...Presence of Sharp pain on deep pressure confirms the fact that you have hit the right Point.

Pt 8- lies at the outer end of the elbow crease, when elbow is bent a right angle.

- 2) Brush the teeth with Tooth powder / Tooth paste which contains Herbs ( e.g. Vicco Vajradanti )
  
- 3) To drink lemon juice (of one or half lemon) in a glass of water / or magnetized water. People suffering from cold should take the juice in warm water. Sugar, salt or honey should not be added. Thin persons should drink warm water. Fat persons should drink cold / normal temperature water.
  
- 4) To form the habit of passing stool without drinking Tea or coffee. You can massage / press chin with thumb for sometime which will stimulate the passing of stool.
  
- 5) To do exercise.
  - Fast movement exercise & Yogasanas can be done daily or on alternate days.
  - Yogasanas - few asanas which would give exercise to spinal cord and stomach should be selected. (Front, back, side wards, twist, etc.)
  - Pranayam - deep breathing
  - Eye exercises should also be done.
  - Shavasan.
  - Palms & Soles should be given exercise with Accupressure Roller.
  
- 6) At sunrise - set for morning walk for 20/25 minutes. Walk in the open spaces covered with greenery such as fields, gardens is highly beneficial when accompanied by deep breathing to ventilate the lungs.  
Morning walk gives 3 benefits namely Sunbath, Air bath and fast exercise.
  
- 7) If morning walk can be taken for certain reasons, then take sunbathe for 5/10 minutes. It is desirable that the head should be covered and eyes should be closed. Do not cover the face and never look directly at the sun.

- 8) To take Bath. Cold water bath is stimulating. Initially bath can be taken with Luke-warm water & slowly switched over to cold bath. Massage the body while taking bath or drying the body. Soap should be used rarely. Soap washes away the beneficial oils of the skin. Direction of the massage should be towards the heart. Not to sprinkle powder of any kind on the body.
- 9) At Home atleast, wear cotton loose clothes.
- 10) To consume Ideal Naturopath diet during the day. Consume  $\frac{3}{4}$  leaves of Tulsi everyday morning. Consume atleast small quantity of garlic & small onion every day.
- 11) The following points should be borne in mind regarding diet.
  - 11.1 The Diet should be balanced. It should contain all 5 ingredients of foods essential for the nutrition of the body. I .e. Proteins, Carbohydrates, Fats, Vitamins, & Minerals.
  - 11.2 The diet should be centered on carbohydrate. 80% of the calorie requirement should be derived from carbohydrate. Not more than 10 gr. of protein and 10 gr. of fat should be consumed. Saturated fats should not be consumed. Unsaturated fats can be taken in minimum quantity. Fruits, Vegetables & Green leafy vegetables should occupy prominent place in our diet.
  - 11.3 Bran should not be separated from wheat flour.
  - 11.4 Manually de-husked rice only should be uses. Polished rice should not be used.
  - 11.5 No sour ingredients like Tomatoes, Tamarind or Kokum should be added to vegetables or dal.
  - 11.6 Minimum amount of salt should be added to vegetables or dal. Salt should never be added to buttermilk or sprinkled on salads or fruits.
  - 11.7 Our food should maintain acid alkali balance in the blood.
  - 11.8 Our diet mainly consisting of cereals, pulses, legumes, food of Animal origin, cheese & butter etc is acid-genic. In order to prevent or counteract the

accumulation of acids in the body, we must also take specially food that is mainly alkali- genic such as fruits, vegetables, Tubers & Roots.

11.9 Milk consumption should be kept at the minimum.

11.10 Fried food & meat of any kind be avoided.

12) Few more practical suggestions regarding diet.

12.1 Following rules for the selection of food combination should invariably adhered to

a) Carbohydrates should never be mixed with sour foods.

b) Large amounts of proteins and large amounts of carbohydrates should not be taken in the same meal.

c) Large amounts of proteins should not be taken simultaneously with large amounts of fat.

d) Protein foods should not be taken with sour fruits.

12.2 Do not eat if you are not hungry.

12.3 Do not eat when you are under physical or mental tension.

12.4 Do not eat or drink anything that is too hot or too cold.

12.5 Chew your food well.

12.6 Do not drink water with meals. Water needs only 10 minutes to be absorbed from the stomach and in the process it carries the enzymes away. It is a good practice to drink water 15 minutes before meal and 2 hours after a full meal.

12.7 Do not stuff the belly with food. To keep healthy, it necessary at all times to remain slightly hungry.

12.8 Rest for a while after meals. Do not engage in work requiring physical or mental exertion. Sit in Vajrasan for 5 minutes after meal.

12.9 Do not take any food while suffering from fever or any other ailment.

12.10 Eat only one meal or take only fruits, one day every week.

12.11 Occasionally take fresh fruit juices.

12.12 You should drink 5/6 glasses of water in a day. Magnetized water would be still better.

12.13 Tea & coffee should be avoided or greatly reduced. Instead Herbal tea made of Tulsi, Ginger, Green leafy tea, Mint can be taken.

- 13) Take Hipbath, Hotfoot bath and spinal bath at least once a month.
- 14) Practice Jalaneti every day.
- 15) Do hot water gargling every night after brushing the teeth. Also drink  $\frac{1}{2}$  of lukewarm water before bed.
- 16) Evening after returning from office, relax for at least 10 minutes. Keep South Pole of weak/ curved magnet on forehead. Magnet specs can be put for 10/15 minutes for relaxation.
- 17) Try and reduce number of breaths taken per minute.
- 18) Always breathe through the nose. Take few deep breaths during the day.
- 19) Do not cover the face with blanket while sleeping.
- 20) Before retiring to bed (time should not vary from day to day) Do some Meditation & try to make your mind thought free at least for few minutes. While doing meditation, few Hasta Mudras can be practiced.
  - Dhyanamudra: Thumb & index finger should touch each other.  
Benefits: concentration, memory, insomnia etc.
  - Wayumudra: Bend the index finger & hold it by Thumb.  
Benefits: OA, circulation of blood.
  - Pruthwimudra: Thumb & third finger (ring) should touch each other.  
Benefits: equilibrium is set between body & mind, mental peace.
  - Suryamudra: Bend the third finger & hold with Thumb.  
Benefits: To create body heat, improve digestion/ reduce fat.

----- Lingamudra: Fingers both palms should lock each other barring left thumb which should be left perpendicular. Benefits: To improve immunity, create heat, burn body fat etc.

21) Following food i.e. vegetables & fruits should find place by rotation in your diet. These items have good effect on your body anatomy and considering the contents of these items; our body immunity will increase.

- a) Fruits : Pineapple, Sweet lemon, Lemon, Grapes, Apple, Orange
- b) Vegetables: Cabbage, Cauliflower, Gawar, Tondla, White Guard, French beans, Potatoes.
- c) Salad items: cucumber, Onions, Carat, tomatoes, Beet, Germinated Pulses.
- d) Other misc. items: Ginger, Garlic, Turmeric, Amla, and Coconut water.
- e) Green leafy veg: Corridor, Spinach, and Radish.
- f) Spices: Mohari, Hing, Methi seeds, and haldi.

Note: The above food items can be consumed by healthy person. However selection of food items for disease which is being treated will vary. E.g. Person suffering/ having tendency of kidney stone should not consume Tomatoes, Cauliflower, and Spinach etc.

22) Plan your retired life well in advance, say around 50 years. Create some hobbies, which can be pursued after retirement.

23) How to maintain your youthfulness? Death is inevitable/ unavoidable but every one wishes to maintain the health till the last breath. Life power point lies right between wrist & elbow on half way. This point should be pressed & released for about 2 minutes. This should be done by every adult over 40 years.

24) Try to gain control over mind and achieve peace of mind.

25) Ideal Diet (Naturopathy Diet)

25.1 Early morning say ½ hour before sunrise: Lemon juice of one or half lemon in a glass of water/ or magnetized water. People suffering from cold should take the juice in warm water. Sugar, Salt or honey should not be added.

25.2 8.30 am to 9.30 am: Fruits or Fruit juice, bananas, dates, raisins, dry fruit and similar foods may also be taken.

25.3 Lunch say 12 noon to 1 P M :

----- ½ cup of uncooked juice of leafy vegetables or cup of soup of such Vegetables. Jeera powder can be added for taste.

----- Some germinated pulses, raw vegetables and some sweet- sour fruits- All should be masticated well.

----- Wheat chapatis and boiled vegetables. Rice can be substituted for the chapatis.

----- Occasionally, the meal may be topped off with buttermilk.

----- In indifferent health, avoid the pulses.

25.4 3 p m to 4 p m : Fruits or fruit juice

25.5 Dinner ( 7.30 p m to 8.30 p m ) :

---- As for lunch, except that the uncooked juice of vegetables should be omitted.

----- The chapatis may be made from other cereals.

----- Occasionally Khichadi or a small bowl of rice with dal can be taken.

Notes:

- 1) Bran should not be separated from the wheat flour.
- 2) Manually de- husked rice only should be used. Polished rice should be used. Polished rice should not be used.
- 3) No sour ingredients like Tomatoes, Tamarind or kokum should be added to vegetables or dal.
- 4) Minimum amount of salt should be added for vegetables or dal. Salt should never be added for buttermilk or sprinkled on salads or fruits.