



# Karuna Yoga Newsletter

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## YOGA THERAPY BOOSTING YOUR IMMUNE SYSTEM

The immune system is the defence mechanism of the body and protects us from disease. It is the white blood cells in our body that inhibit the invasion of micro-organisms. There are two types of immunity: natural and acquired. Yoga strengthens both, and regular practice of the recommended asanas can help to counter the disorders that affect them.

### Viruses

Cold and flu **viruses** cause symptoms including sore throat, blocked and runny nose, fever, headache, lethargy, muscle ache, coughs and sneezes. The duration of symptoms depends on the health of the immune system. These viruses are more prevalent in the winter time; closed rooms and heating systems mean the virus may be more easily spread from person to person. A diet high in fresh vegetables and unrefined foods is recommended, avoiding processed foods, sugar, tobacco and alcohol. Care should be taken that enough fluids are consumed and include soups and broths in your diet.

### Digestive health

It is so important to have **digestive health**, where the majority of your immune system lives. The digestive-boosting nutrient is **probiotics** or “friendly bacteria.” It plays a crucial role in promoting absorption of the maximum amount of nutrients from food in your stomach. What’s more, many studies have been done to confirm that probiotics lower the risk of diarrhea associated with the use of antibiotic drugs.

### Friendly Bacteria

Friendly bacteria should make up about 85% of the bacteria in your gut; however, several studies report that with aging, friendly bacteria becomes significantly reduced. That means people in an older age group may be at risk of constipation, diarrhoea, irregular bowel movements, gas or bloating and abdominal discomfort. Numerous studies show that probiotics could actually support a healthy immune system. A 2010 study by the University of Pennsylvania School of Medicine suggests that introducing probiotics into the gut may improve your immune system.

### Yogurt

People believe that eating **yogurt** is an excellent source of probiotics, but the sad truth is that most commercial yogurts are **loaded with sugar and other additives**, and often are heat processed or pasteurised, which may destroy their live bacterial cultures. Additionally, many people have problems digesting dairy products so eating yogurt is not a good option. For this reason, **using a high-quality probiotic supplement is the only way to guarantee maximum health benefits.**

## POSTURES TO HELP BOOST THE IMMUNE SYSTEM

<p><b>SETUBANDHA SARVANGASANA (bridge)</b></p> <ul style="list-style-type: none"> <li>• Sends a fresh supply of blood to the brain, resting and revitalising the mind and body</li> <li>• Improves digestion and strengthens the abdominal organs</li> <li>• Therapeutic for asthma, high blood pressure, osteoporosis and sinusitis.</li> </ul>	 <p style="text-align: right; font-size: small;">DAVID MARTINEZ</p>
<p><b>SUPTA BADDHAKONASANA (reclining fixed angle)</b></p> <ul style="list-style-type: none"> <li>• Gently massages the heart and helps open blocked arteries</li> <li>• Improves blood circulation in the abdomen</li> <li>• Massages and tones the abdominal organs</li> <li>• Regulates blood pressure</li> <li>• Relieves indigestion and flatulence.</li> </ul>	 <p style="text-align: right; font-size: small;">CHRIS ANDRE</p>
<p><b>SUPTA VIRASANA (reclining hero)</b></p> <ul style="list-style-type: none"> <li>• Reduces fatigue and stimulates the whole body</li> <li>• Enhances resistance to infections</li> <li>• Massages the heart and increases blood flow</li> <li>• Relieves indigestion, acidity and flatulence</li> <li>• Reduces inflammation in the knees.</li> </ul>	 <p style="text-align: right; font-size: small;">KATRINE NALED</p>
<p><b>ADHOMUKHA SVANASANA (downward dog)</b></p> <ul style="list-style-type: none"> <li>• Brings fresh blood to the heart and lungs and increases the fitness of the whole body</li> <li>• Stabilises blood pressure and heart rate</li> <li>• Cures breathlessness, palpitations and extreme fatigue</li> <li>• Improves digestion</li> <li>• Therapeutic for asthma, sciatica and sinusitis</li> <li>• Relieves headache, insomnia and back pain.</li> </ul>	 <p style="text-align: right; font-size: small;">MARTY SCONDUTO</p>
<p><b>SALAMBA SIRSASANA (headstand)</b></p> <ul style="list-style-type: none"> <li>• Builds stamina</li> <li>• Reduces heart palpitations</li> <li>• Strengthens the lungs</li> <li>• Increases the haemoglobin in the blood</li> <li>• Relieves the symptoms of colds, coughs and tonsillitis</li> <li>• Improves digestion</li> <li>• Therapeutic for asthma and insomnia.</li> </ul>	 <p style="text-align: right; font-size: small;">RORY EARNSHAW</p>
<p><b>VIPARITA KARANI (legs up the wall) or SALAMBA SARVANGASANA (SHOULDERSTAND)</b></p> <ul style="list-style-type: none"> <li>• Improves digestion</li> <li>• Reduces palpitations</li> <li>• Relieves asthma and bronchitis</li> <li>• Regulates blood pressure</li> <li>• Relieves stress and nervous disorders</li> <li>• Prevents varicose veins.</li> </ul>	 <p style="text-align: right; font-size: small;">MICHAEL VENERA      RORY EARNSHAW</p>