



Karuna Yoga Newsletter

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YOGA THERAPY DIGESTIVE SYSTEM (part 1)

Digestive Enzymes

As you reach your 40s, 50s, 60s and beyond, your body stops producing enough digestive enzymes for you to digest your food properly and you can start to experience problems. Your digestive system becomes distressed and inflamed as it works harder to digest food. The food particles aren't broken down effectively and turn toxic in your colon. Nutrients aren't absorbed properly and before long your health starts to deteriorate and the ageing process is accelerated.

Research has linked enzyme deficiency in the gut with chronic illnesses, such as **chronic fatigue, depression, autoimmune disorders, migraines, brain fog and confusion, asthma and eczema, joint pain and even heart disease.**

Symptoms of enzyme deficiency include **gas, bloating, indigestion, heartburn, fatigue, poor sleep, allergies and candida.**

Gas and bloating are often a result of difficulty breaking down carbohydrates in the form of raw vegetables or beans.

Acid indigestion is often caused by a problem in breaking down protein.

If your gut isn't working properly, then your body can't absorb the nutrients it needs to produce your body's stores of energy and you begin to suffer health problems such as constant tiredness and chronic fatigue. The undigested food particles won't leave the body as waste but leak back into your bloodstream from your colon causing you all kinds of mysterious symptoms.

Taking supplemental digestive enzymes is possibly the best way to ensure you have the balance of enzymes to break down all the food groups. I would recommend a product called Zym-otic from www.nutrigold.co.uk You can read all about this product on their website.

Digestive Benefits of Probiotics

Did you know that at least 70% of your immune system lives in your gut? So we need good gut bacteria to ward off infections and attacks from bugs and viruses.






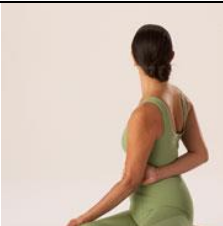
Probiotics are also essential to bone health.

The Benefits of Probiotics

- Probiotics produce substances that fight infection.
- Gas and bloating decrease in the presence of probiotics.
- Probiotics are responsible for the production of B vitamins in the gut, which are vital for your bones and other body functions
- Healthy bacteria prevent the attachment of "bad" bacteria to the intestinal wall.
- Probiotics boost the immune system.

Contact Lynne on 00302892042356 or email lynne.gully@iremia.net

POSTURES TO HELP DIGESTION

<p>UTTHITA TRIKONASANA (triangle) Regular practice of this asana taps energy stored in the tailbone, which is an important source of vitality and strength.</p> <ul style="list-style-type: none"> • Stimulates digestion, relieving gastritis, acidity and flatulence • Alleviates backache. 	
<p>UTTHITA PARSVAKONASANA(intense side stretch) In this asana both sides of your body are stretched intensely which enhances lung capacity.</p> <ul style="list-style-type: none"> • Stretches and tones the abdominal organs • Increases stamina • Improves digestion and helps the elimination of waste. 	
<p>ARDHA CHANDRASANA (half-moon) Regular practice of this asana increases concentration and keeps the spine supple and well-aligned.</p> <ul style="list-style-type: none"> • Relieves gastritis and acidity • Strengthens the abdomen, ankles, thighs and spine • Stretches the groins, hamstrings, chest and spine. 	
<p>UTTANASANA (intense forward stretch) This is a both calming and recuperative asana, which rests and energises the heart and lungs.</p> <ul style="list-style-type: none"> • Relieves stomach ache by neutralising acidity • Strengthens the knee joint and its surrounding tissue and muscles • Cures insomnia and relieves fatigue. 	
<p>NAVASANA (boat) Regular practice of this asana tones the muscles and abdominal organs. The use of a belt allows you to hold this posture without straining your stomach and back.</p> <ul style="list-style-type: none"> • Relieves indigestion and flatulence • Improves digestion. 	
<p>BHARADVAJASANA (torso stretch) Regular practice of this asana massages, tones and rejuvenates your abdominal organs. This asana can also be practised seated on a chair.</p> <ul style="list-style-type: none"> • Helps to treat disorders of the kidneys, liver, spleen and gall bladder • Relieves indigestion and flatulence. 	
<p>MARICHYASANA (torso twist) Practising this asana on a chair allows the twist to be achieved without strain and is recommended if you have lower backache.</p> <ul style="list-style-type: none"> • Increases blood circulation to the abdominal organs • Aids digestion and reduces flatulence. 	