



Karuna Yoga Newsletter

Issue no: 84

June 2015

YOGA THERAPY DIGESTIVE SYSTEM (part 2)

Digestive Enzymes

I wrote last month about how our bodies stop producing enough digestive enzymes as we age for us to digest our food properly, which can lead to health problems. If you have problems with your digestive system then you may need to take supplemental digestive enzymes.

Probiotics

I also advised you about the digestive benefits of probiotics to help our bodies ward off infections and attacks from viruses. We have about 100 trillion bacteria in our gut and most of these are considered "friendly" or probiotic bacteria, performing functions benefitting our digestive and immune health. Unfortunately, and particularly with increasing age or even the use of certain drugs such as antibiotics, non-beneficial bacteria begin to take over. This causes an imbalance that can lead to common digestive concerns such as constipation or diarrhoea, gas, bloating and abdominal discomfort. If we help our gut by supplementing with powerful probiotic bacteria it will help normalise the transit time of waste material in our colons so we can have more regular and less uncomfortable bowel movements and experience less gas and bloating.

Many people buy yogurt thinking it is an excellent source of probiotics, but the sad truth is that most yogurt products may be a waste of money. Unfortunately, most commercial yogurts are **loaded with sugar and other additives**, and often are heat processed or pasteurised, which may destroy some of their live bacterial cultures. Additionally, many people have problems digesting dairy products, and the pasteurisation process may kill the lactase enzyme, which would have made the dairy product more easily digestible.

Aloe Vera Juice

We all know that aloe vera helps to heal and soothe the skin when used externally. It also has similar benefits on the lining of the digestive tract when taken as a drink.

A review published in the "British Journal of General Practice" notes that aloe vera decreases irritation and enhances healing and repair of ulcers in the stomach and intestines. Aloe vera juice also helps to decrease inflammation in irritable bowel syndrome, colitis and other inflammatory disorders of the gut. Additionally, aloe vera can increase healthy bacteria in the intestines that aid digestion. Aloe vera also helps to balance the immune system to reduce the effects of seasonal allergies, rheumatoid arthritis and other inflammatory immune disorders.

If you decide you want to try aloe vera juice for your digestive system, please make sure you buy it from a certified supplier. It is not advisable to make your own juice from the aloe vera plant as it has to be processed in a certain way to ensure it is free of toxins. The aloe latex found in the cells just below the skin of the plant can be toxic to the body if taken orally. You can safely use the plant externally without processing but not internally.

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

POSTURES TO HELP DIGESTION

<p>PARIVRITTA TRIKONASANA (revolved triangle) This posture has therapeutic benefits for:</p> <ul style="list-style-type: none"> • constipation • digestive problems • stimulating the abdominal organs • opening the chest to improve breathing 	 <p style="text-align: right; font-size: small;">RORY EARNSHAW</p>
<p>PARIVRITTA PARSVAKONASANA (revolved side angle posture) This posture has therapeutic benefits for:</p> <ul style="list-style-type: none"> • constipation • improving digestion and aiding elimination • increasing stamina • stimulating the abdominal organs 	 <p style="text-align: right; font-size: small;">DEBRA MCCLINTON</p>
<p>PARIVRITTA JANU SIRSASANA (revolved head to knee posture) This posture has therapeutic benefits for:</p> <ul style="list-style-type: none"> • stimulating the liver and kidneys • improving digestion • reducing anxiety • reducing fatigue 	 <p style="text-align: right; font-size: small;">MARTY SCONDUTO</p>
<p>SUPTA BADDHAKONASANA (reclining fixed angle) This posture has therapeutic benefits for:</p> <ul style="list-style-type: none"> • relieving indigestion and flatulence • toning the kidneys • stimulating the abdominal organs • stimulating the heart and improving general circulation 	 <p style="text-align: right; font-size: small;">CHRIS ANDRE</p>
<p>PASCHIMOTTANASANA (seated forward bend) This posture has therapeutic benefits for:</p> <ul style="list-style-type: none"> • toning the kidneys, bladder and pancreas • activating a sluggish liver • improving the digestive system • preventing fatigue 	 <p style="text-align: right; font-size: small;">MARTIN SCONDUTO</p>
<p>USTRASANA (camel) This posture has therapeutic benefits for:</p> <ul style="list-style-type: none"> • toning the liver, kidneys and spleen • enhancing resistance to infections • stimulating the adrenal and thyroid glands • increasing lung capacity 	 <p style="text-align: right; font-size: small;">CHRIS ANDRE</p>
<p>VIRASANA (hero) This posture has therapeutic benefits for:</p> <ul style="list-style-type: none"> • improving digestion • relieving gas • high blood pressure • asthma 	 <p style="text-align: right; font-size: small;">DAVID MARTINEZ</p>