



# ProstateProtection PROGRAMME

# Contents

## Introduction

- Welcome to the Prostate Protection Programme Page 3
- Nature's Own Health Care System Page 3
- A Deeper Understanding Page 4

## Restoring Balance

- Step 1 - Hydration and Prostate Tips Page 5
- Step 2 - Get Adequate Sleep Page 7
- Step 3 - Prostate Protection Morning Routine Page 7
- Step 4 - Oil Massage Page 9
- Step 5 - Helpful Herbals Page 10
- Step 6 - Prostate Protection Diet Page 11
- Step 7 - Reduce Stress Page 14

## Programme Support

- How long should I follow the programme? Page 14
- Digestion Reset Monthly Page 15
- Yoghurt and Lassi Recipes Page 17
- Be Active - Sun Salutation Page 18
- Contact Details Page 20

## Welcome to the Prostate Protection Programme



Maintaining prostate health using the approaches of Maharishi Ayurveda can be an enjoyable journey that connects you once again with a vibrant state of inner and outer well-being. Are you ready for the journey? Let's get started!

My name is Linda Sinden and for the past 25 years I've been helping people restore and maintain prostate balance. You have within each of your cells the healing power of nature and it is my job to help you unlock or switch on this natural healing power within you.

This awesome healing power of nature is responsible for your body's ability to knit together a cut or a broken bone and is the intelligence behind the automatic self-repair mechanism within your body. This intelligence helps to keep your digestion, metabolism and elimination, fluid levels and all your body systems within a healthy balanced range.

Ayurveda explains prostate health is a natural result of mind-body balance. Experience in over 10,000 consultations has shown me that it is our simple everyday choices that over time creates discomfort and imbalance. In the Prostate Protection Programme we show you the key dietary, lifestyle and herbal choices to help empower you in order to restore and maintain mind-body balance.

### Nature's Own Health Care System

According to Ayurveda we have all been given a unique blueprint by nature in our body type. Our unique body type instinctively reflects how nature intends us to live. By listening to and following these natural tendencies the body is capable of achieving balance with minimal effort on our part.

Why is it then, that such a natural cycle of prostate health and flow of urination has become disturbed in you?

Ayurveda explains that prostate imbalance that reduces urine flow is caused by an imbalance of Apana Vata. When sticky impurities form in Apana Vata (due to weak digestion and poor dietary and lifestyle habits) and mix with urine, then a more irritated situation occurs that further weakens the immune system

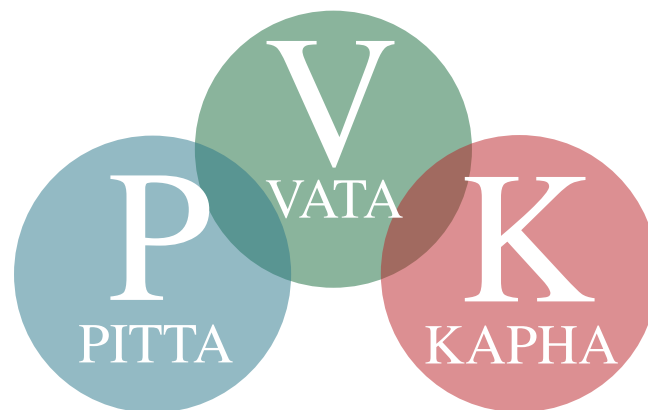
## A Deeper Understanding

From an Ayurvedic perspective the world is seen as a combination of five elements - space, air, fire, water and earth. These five elements combine to create three doshas or organising principles of nature called Vata, Pitta and Kapha.

These doshas influence our mind body balance at the junction point where thought turns into matter. They allow mind and body to communicate and any imbalance is the first sign that your mind and body are not perfectly coordinated. Restoring balance allows the possibility of a healthy mind-body system.

Each of the doshas have specific functions while at the same time regulating thousands of separate functions in the mind and body. Nature requires all three to build and maintain a human body.

- **Vata controls** movement or motion to guide breathing, blood circulation, passing of food through the digestive tract and the sending and receiving of nerve impulses from the brain.
- **Pitta controls** metabolism to process food, air, water, thoughts and feelings throughout the body.
- **Kapha controls** structure to hold cells and matter together to form muscle, fat, bone and sinew.



### Tell me about Apana Vata

Apana Vata is located in the colon and lower abdomen. It is downward moving and governs elimination of wastes (bowel movement and urine) and sexual function.

- Imbalance is linked to reduced flow of urine, constipation, diarrhoea, sexual issues and back pain.
- Imbalance is caused by suppression of urination or bowel movement, lack of fluids, lack of exercise, pressure from constipation, unwholesome processed food and leftovers, irregular eating habits, working too hard and sitting a lot.

In helping to protect your prostate health in order to maintain an easy flow, we primarily focus on establishing balance in Apana Vata using targeted herbals, along with balancing diet and lifestyle choices.

## Restoring Balance

It is the simple habitual choices you make each day that over time greatly impact your health, happiness and life satisfaction. Everyday you eat and drink, are physically active as you move about, interact with others, work, relax and sleep. Establishing prostate health and easy flow of urine will require refinement of your daily dietary and lifestyle choices.

### A Regular Daily Routine

Recent research has shown that the body has a 'master clock' and every organ has its own 'clock cells' that synchronise your bodily rhythms. For over 3000 years Ayurveda has known about the importance of timing and has outlined ideal times to eat, exercise, work, play, rest and de-stress for optimal balance. Based on my experience over the last 25 years as a Maharishi Ayurvedic practitioner, here are the key 7 dietary and lifestyle choices to help prostate health.

## 7 Step Prostate Protection Programme

### Restoring Balance

- Step 1 - Hydration and Prostate Tips
- Step 2 - Get Adequate Sleep
- Step 3 - Prostate Protection Morning Routine
- Step 4 - Oil Massage
- Step 5 - Helpful Herbals
- Step 6 - Prostate Protection Diet
- Step 7 - Reduce Stress

**Adopt these choices easily, and see how much better you feel.**

### 1. Hydration and Prostate Tips

The body is always monitoring key measures to ensure ease and survival. One of these measures is the volume of fluids in your body. To stop your urine from becoming too concentrated drink lots of water throughout the day, in between meals.

- To help spread intake over the day we suggest you take 1 Litre by morning tea, 1 Litre by afternoon tea and 1 Litre by 7 pm
- Sip Tranquillitea, [Vata Tea](#) or [Pitta Tea](#) throughout the day. Or add some herbs to boiled water to help flush out toxins, dissolve impurities in the blood and help purify the urine.

#### Recipe

Boil 2 L of water and put in a thermos flask. Add 3 basil leaves,  $\frac{1}{3}$  tsp of fennel seed,  $\frac{1}{4}$  tsp of coriander seed and 6 white pumpkin seeds or 6 fresh cucumber seeds. Drink through the day and stop by 7pm.

- Reduce fluids after 7pm as a full bladder at night can cause pressure on the prostate and disturb your sleep with the need to get up frequently to urinate.

### Urination tip

- Include lots of sweet, juicy fruits in your diet as these help nourish and purify the urine and help maintain a healthy flow of urine. Avoid extremes in diet - too dry, too oily, too greasy, too cold or too hot, too spicy or not spicy enough.
- When the urge comes to urinate - do so straight away. Habitually suppressing the natural urge to urinate can over time cause the urine to become more concentrated and in turn irritates the prostate.
- Take the time to empty your bladder completely each time you urinate. Because the urethra (the passageway through which the urine drains from the body) is already narrow, when there is some enlargement of the prostate, the urinary channel becomes even narrower. If you are in too much of a hurry, all of the urine might not be drained from the bladder. This is not a good thing, because the urine becomes more concentrated if it is not drained from the bladder each time you urinate. So take the time to empty the bladder completely.
- Reduce or avoid alcohol and coffee or caffeinated drinks as they irritate the blood tissue.

### Lifestyle Tips

- If you have to sit all day at your job, take short breaks frequently and try to stretch or take a short walk. This will restore the normal flow of energy, blood, and nutrient fluid to the prostate area.
- When the weather is cold, take care to keep your head, neck, and body warm. If your body temperature drops, it leads to urine retention, which aggravates the prostate. So keep your body temperature in a moderate range.
- Make sure that your bowel movements are regular. Constipation creates an obstruction in Apana Vata, in turn creating pressure on the prostate, increasing ama (impurities) in the blood tissues, and creating excessive dryness in the whole area. To help with regular elimination follow the Prostate Protection Breakfast recommended below.
- If you have a tendency for constipation then add 2-4 teaspoons of psyllium seed husk to some warm milk or water at night before going to bed. Or take 2-4 [Herbal Cleanse](#) tablets before bed with water.



## 2. Get Adequate Sleep

Adequate hours of quality sleep is crucial for balancing Apana Vata in you. Sleep helps to regulate stress hormones that would otherwise disturb digestion contributing to urine concentration and prostate irritation. Sleep is an active regenerative state that provides a daily reset to the brain and nervous system. The best time to go to bed is 9.30 - 10.00pm and the best time to wake up and get up is 6am. It is very important you reduce intense mental activity after 7.30 pm to allow plenty of time to unwind before bed.

- Wind down for 1.5 to 2 hours prior bed with relaxing activities. Avoid studying, computer work or mental stimulation and movies that are fast paced or violent when winding down, so your brain can switch off and relax.
- Keep the bedroom as a rest zone, free from computers, tablets, TV, books, mobile phones etc. Use natural fibres for bed linen and clothing for a more comfortable sleep and ensure your curtains keep the room dark.
- Drink a relaxing tea or [Slumber Time Tea](#) 20-30 minutes prior bed and massage your feet for 5 minutes at bedtime with non-roasted sesame oil or [Vata Massage Oil](#). This stimulates the sleep centres in the brain and is very relaxing.
- If these options don't help and sleep is an issue for you, then I suggest the following:
  - For difficulty going to sleep take [Blissful Sleep](#) 2 tablets 30 minutes prior bed with warm water or warm milk.
  - For difficulty with waking in the night take [Deep Rest](#) 2 tablets 30 minutes prior bed with warm water or warm milk.

## 3. Balancing Morning Routine

My mother used to wake me in the morning when I was young saying... 'wakey wakey rise and shine!' It turns out she was right! Waking with the birds when your cortisol levels peak around sunrise and starting the day with ease, ensures you start your day in balance.

Your body is sensitively attuned to the delicate messages of nature at sunrise, alert to the slightest influence, silent and poised in a delicate balance. It is a time of renewal for the start of a new day.

- Wake prior sunrise or at 6am. Have a glass of water beside your bed and drink it prior to standing up and getting out of bed. Standing up after taking this drink triggers the body to create downward movement in the intestines and encourages a bowel motion first thing.
- Then go to the bathroom. This is the ideal time of the day to have a bowel motion. Next clean your teeth and your tongue if it is coated.
- Have a drink of lemon or lime juice (juice of ½ a lemon or from 1 lime), lukewarm water and 1 tsp of unheated honey and 1-2 pinches of ginger powder. Stir until the honey is dissolved and then sit and drink with full attention. This tastes good and stimulates digestion and elimination too.
- Next prior shower or bath give yourself a mini body massage. This is very settling to Apana Vata and is an important choice to bring into your morning routine.
- After dressing take a few minutes for meditation, prayer, or to vision the day ahead. Starting your day with a 'quiet time' greatly eases the nervous system helping you to feel calm and composed through the day.
- Then have your Prostate Protection Breakfast.

### **Prostate Protection Breakfast**

For your first food of the day on rising stew or bake a fresh apple or pear along with 8 prunes or 5 prunes and 2 figs, that have been soaked overnight. Follow with a warm cooked whole grain cereal, seasoned with ginger, cinnamon or cardamom Cold or raw fruit in the morning is not recommended for you.

### **Baked or stewed apple or pear**

Put the whole apple or pear in the oven and bake at 176 degrees Celsius for about 30 minutes or until soft. For best results, insert three whole cloves around the circumference of the apple or pear before baking. Remove from the oven and allow it to cool before eating.

Follow your apple or pear with eight prunes that have been soaked overnight.

To stew, simmer one sliced apple or pear in two cups of water with three whole cloves for about thirty minutes or until soft. Cooking the prunes with the apple or pears is also beneficial. Remove from heat and eat at a comfortable temperature for you.





## 4. Self Massage Instructions

- Give yourself a massage prior your morning shower or bath

This is an excellent way to balance Vata as it soothes the two master systems of the body - the nervous system and the endocrine system. And it feels great too!

- Perform the self massage in the morning prior to shower or bath. Store your massage oil in a plastic flip-top bottle and warm it by sitting the container in a cup of hot water for a few minutes, or by running it under a hot tap.
- Dip your fingertips into the warm sesame oil or [Vata massage Oil](#), or place a small amount in your palm and apply it lightly to the body for 1-2 minutes or 5-10 minutes as below.

### Mini Massage 1-2 minutes

If your morning schedule does not allow the more leisurely massage then this mini massage is a great option to include in your morning routine.

- Take 1 tablespoon of warm oil and rub the oil into your scalp as if you were shampooing. Using your palm to massage the forehead from side to side with circular motions to massage your temples. Then gently rub the outside of your ears.
- Next take 1 tablespoon of warm oil and massage both feet. Use your fingertips to massage between your toes, and then briskly rub the soles of your feet back and forwards with the palm of your hand. Lastly, sit quietly to allow the oil to soak in as you relax. Then shower or bathe as normal.

### Full Body Massage 5-10 minutes

- Massage the head and ears as described above and also include the face.
- Use the flat of your hand to next massage your neck (front and back) and shoulders.
- Then vigorously massage your arms with back and forward motions on the long parts and circular motion at the shoulders and elbows.
- On the trunk of your body use large, gentle circular clockwise motions on the chest, stomach and lower abdomen. Use a straight up and down motion over the breastbone.
- Reach around without effort to massage your back and spine (as best you can)
- Then vigorously massage your legs with circular motion at the ankle and knees and back and forward strokes on the long parts.
- Lastly massage your feet and toes.
- To wash off the oil use warm (not hot) water and a mild soap. Use shampoo on your hair.

## 5. Helpful Herbals

This trio of herbals and [Tranquilitea](#) helps support and cleanse the genitourinary tract and reproductive system while supporting stress resilience, reduced aging and rejuvenation at the cellular level.

### Prostate Protection

Supports overall prostate health; helps cleanse genitourinary tract, supports reproductive system. This blend of 18 herbs, minerals and fruits helps improve the quantity and quality of reproductive fluid, boosts immunity and enhances resistance to infection. Each tablet contains 20% of the recommended daily amount of zinc, a protective element for maintaining prostate health.

- **Take 2 tablets 2-3 times daily with water until the desired result has been achieved then take 1 tablet twice daily to maintain the benefits.**



### Rejuvenation for Men

Supports and strengthens the genito-urinary and reproductive areas. This powerful herbal formula, comprised of natural antioxidants and phytonutrients, provides nourishment to every layer of the body especially targeting the blood, muscle, bone and reproductive tissue. It helps your body resist the effects of aging, correcting imbalances and repairing damaged cells. Because it works at the cellular level, it helps slow the aging process, creating deep and lasting rejuvenation

- **Take 1 tablet with warm water 15-30 minutes prior main meals.**



### Tranquilitea

Tranquilitea helps balance and soothe your mind, emotions, brain and nerves. It enhances circulation, digestion and metabolism, supports your natural ability to solve problems effectively and helps relieve and prevent stress.

- **Sip regularly through the day.**



## 6. Prostate Protection Diet

"Fresh seasonal foods, prepared by a happy cook, eaten with full attention, in a timely manner (at regular intervals during the day) when appetite is present, will have the best result."

Choosing Vata balancing foods helps to balance Vata Apana in order to protect and support your prostate. Vata is the moving, quickly changing dosha and it adapts quickly to positive changes in diet. You'll notice that your energy level is steadier and that eating Vata settling foods helps you to feel more happy and calm. As Vata dosha gives erratic digestion, well-cooked foods that we associate with winter are best for Vata dosha, such as hearty stews and soups, slow cooked casseroles, fresh-baked bread and fruit pies. Try buttered lentils, pasta or a hearty minestrone-style soup.

- Have regular mealtimes in a quiet, settled environment. Dine either alone or with people you genuinely like. Negative emotions, whether yours, the cooks, or from people around you, are likely to disturb digestion.
- Use spice to warm up your digestion - ginger, cinnamon, fennel and cardamom.
- An instant way to settle Vata is to sprinkle Vata churna seasoning over your meal at the table or use in the cooking process.
- Favour warm, moist soothing foods such as warm milk, cream, butter, warm soups and long-cooked stews, hot cereals and fresh-baked bread as they will soothe you best.
- When feeling nervous, worried or anxious a bowl of hot oatmeal, or cup of creamed vegetable soup will help you feel much better than a sugar rich drink or chocolate bar.
- Drink plenty of warm or hot liquids and avoid ice-cold and carbonated drinks which aggravate Vata. Vata Tea and Tranquillitea are particularly good for you.
- Drink Lassi, a traditional Indian drink to help rid the body of excess Vata at lunch time.
- A cooked cereal that is warm, milky and sweet is best for breakfast.
- Stop at 12 midday to have your main meal of the day when your digestion is strongest.
- For an energy boost late afternoon have Vata Tea and a date slice or biscuit. Take 5 minutes to relax as you drink your tea. This will help raise your energy for the evening.
- At dinner have hot soup instead of salad, have bread and butter and a warm dessert such as apple sponge, date pudding or apple pie. Or have a hot breakfast cereal again.
- Avoid eating late at night as your body will feel worse in the morning. A drink of warm fresh milk with cardamom, ginger, nutmeg and a little raw sugar is tasty and helpful at this time.

# Helpful food choices

Take a look at the foods to favour, and those to avoid.

## Foods to Favour

General	Less salt, less oily food, more preference to cooked leafy green vegetables, takra, kanjee, garlic, milk is good.
Grains	Whole rice, mung dahl, whole wheat, barley, rye, semolina, couscous, millet.
Vegetables	Garlic, small red onion, coriander leaves, asparagus, artichoke, tender radish, green beans, spinach, beetroot, squash, zucchini
Dairy	Ghee in small amounts, milk diluted with water 1:1 and boiled once with ginger
Sweeteners	All sugar cane products. Honey in small amounts
Oils	Less quantity of olive oil, sunflower oil
Nuts, seeds	All except peanuts. Seeds in small amounts
Spices, condiments	Turmeric, cumin, mustard seeds, fenugreek, hing (asafoetida), rock salt, pink salt, ginger, garlic, black pepper, cinnamon, cardamom, cloves, mint
Fruits	Pomegranate, grapes, watermelon, kiwifruit, apricot

## Foods to Avoid

General	Alcohol, oily food, cold food, left over food, cold ice water, carbonated drinks, heavy meal at night
Dairy	Cheese, yoghurt
Spices, condiments	Salt
Protein	Meat, Fish

## Good Digestion Tips

- **Eat in a settled environment, sitting down, with full attention.** Ayurveda explains that we digest what we taste, hear, see, touch and smell - in effect we digest every experience we have. When experiences compete for attention such as watching TV or reading while eating, food digestion suffers, contributing to a sluggish bowel.
- **Take a meal only when the previous meal is digested (from 3-6 hours).** If there is food sitting in your stomach when you eat again, the new mixes with the old partially digested foods disrupting healthy digestion, metabolism and elimination.
- **Eat at a moderate pace, not too fast and not too slow.** Being attentive to chewing your food before swallowing helps to keep the pace of eating at a comfortable rhythm and ensures the food is broken down properly for the stomach. If you swallow large chunks of food due to mindlessly eating and forgetting to chew, this puts a strain on your peristalsis - the wave like motion that moves food and drink through the intestines.
- **Speak only after the food has been swallowed.** Otherwise wind will be swallowed with your food giving rise to gas and bloating.
- **For your first helping take an amount of food that fills your two cupped hands.** This instruction makes it very easy to eat the right amount of food for you. Ayurveda makes a connection between the size of your hands and the ideal quantity of food to sustain you. So to avoid overeating take the amount of food that would fill your two cupped hands for a main meal and one hand cupped for a snack when you need one.
- **Sip warm or hot water with your meal** Cold drinks shock the body and disrupt how food moves through the stomach and intestines. So avoid ice cold drinks and favour room temperature or warm drinks over cold.
- **Sit quietly after your meals for a few minutes.** At the end of a meal your body remains busy as it gets to work breaking food down to aid digestion. While this intense process is occurring for the first 5-10 minutes after eating, Ayurveda suggests you aid your body by sitting quietly for a few minutes.
- **To aid digestion take a walk after lunch and dinner for 10-15 minutes.** After sitting quietly for a few minutes at the end of your meal, then its time to move about to aid digestion with a gentle 10-15 minute walk. This can be a gentle time to connect with loved ones, friends, colleagues and helps to keep energy high after lunchtime.
- **Reset your digestion every 3-4 weeks with a soup and juice day.** Day to day digestion is helped when we give the stomach and intestines a rest from solid food at regular intervals. More on this towards the end.

## 7. Reducing Stress

Feeling stressed is the body's response to changes that create challenging demands, but it's not always a bad thing. It can often be a source of motivation and a necessary component for survival. However, excessive or prolonged periods of stress can be bad for our health. Stress can take hold in a number of different forms

- Heart palpitations, headaches, and excessive sweating are all physical symptoms of stress.
- Psychologically, stress can present itself through bad dreams and broken sleep, irritability, lack of confidence, and depression.
- Stress can aggravate an existing illness and make you more susceptible to viruses and infection.
- Individuals under stress may find they suffer from poor appetite, resorting to cigarettes, excessive alcohol, or drugs.

Research has shown that a simple to learn mental technique called Transcendental Meditation reduces your body's stress response helping to lessen emotional, mental and physical signs of stress.

TM helps reduce stress hormones, dilates your blood vessels, decreases blood pressure, and improves mind body health in general. It's now recommended by the American Medical Association to be an effective treatment for high blood pressure, heart attack and stroke. I find my clients who do TM are happier, more at peace and resilient to stress They manage their emotions and relationships better, feel more relaxed and life is easier. The increased mental clarity also flows over into their creativity and work life. It speeds up progress and is enjoyable to do.

TM helps to restore balance from the juncture where consciousness and matter meet within you. As this field underlies your body, mind and behaviour, addressing imbalance at this level automatically creates balance in your body, mind and behaviour simultaneously.

### Programme Support

#### How long will I need to follow the Prostate Protection Programme?

If your condition has been long term then you will need to follow this regimen for a minimum of 4 weeks to help restore the body's memory of a healthy and happy prostate. It will be worth the focus as restoring a healthy prostate is great gift to your long-term health and wellbeing.

#### How will I know when I can stop following the programme?

Take note of how long it takes for your body to restore prostate ease. Then follow the programme for this amount of time again. For example, If it takes 4 weeks then follow the programme for a further 4 weeks. It is during this time that the deeper-rooted imbalance is being addressed. It is important to continue for this amount of time again to ensure that the root cause of your prostate imbalance is adequately addressed.

## Maintaining Balance of Vata

The daily routine and dietary recommendations within this programme help to keep Vyana Vata in balance thus protecting your prostate health in the future. Therefore consider adopting the key elements that you noticed have made a big difference for you.

## Reset my Digestive Power Monthly

### Why should I reset my digestion once a month?

Your digestive power goes through a daily rhythm of rising and falling in step with nature around you - slightly hungry in the morning, very hungry at noon and moderately hungry in the early evening. In between these times appetite is shut down for digestion to occur. If this cycle becomes confused then both appetite and digestion start to overlap causing symptoms such as

- A coating on your tongue first thing in the morning when you wake .
- Acid stomach, indigestion or heartburn
- Nervous or fluttering stomach
- Loss of normal appetite at mealtimes
- Constipation or diarrhoea
- Lack of interest in food
- Being overweight or underweight

Serious digestive imbalances such as irritable bowel syndrome, ulcers, diverticulitis etc.

Any of the above signs indicate resetting agni would be helpful.



## How to Reset My Digestive Power (Agni)

It is important to give your digestion a rest day every 3-4 weeks.

### Step 1: Night before

Enjoy a normal breakfast and lunch meal the day before. Then eat a light dinner by 6-7pm. Avoid spicy food, fried foods, dairy, animal products and cheese. Just before bed take 4 tablets of Herbal Cleanse. Go to bed by 9-9.30 pm. Your bowels may clear during the night or the next morning.

### Step 2: Fluid only day

Drink warm water or herbal teas you enjoy through the day. Drink one glass of apple or grape juice at breakfast, lunch and dinner time (room temperature or slightly warmed). Three or four more glasses (only) can be taken between meals.

Alternatively have juice for breakfast and lunch and make a broth soup of vegetables for your evening meal. Take only the liquid part of the soup.

Spend the day resting, reading, watching TV or performing light activity. Take a short walk in the morning and afternoon. Do not travel or complete heavy physical activity and skip heavy exercise for the day and relax. If you feel faint with hunger, take 1 tablespoon of honey with a glass of lukewarm water and lie down for 5 minutes. If the feeling persists eat a small meal. This may be due to unusually high stress that has thrown you off balance.

### Step 3: Next Day - Now restart digestion and allow it to adjust to its normal cycle.

Here's how:

**Breakfast** Eat a light warm cereal (oatmeal, cream of rice, or cream of wheat) with 1 flat tsp of clarified butter (ghee), milk and sugar. If you still feel hungry take more cereal. Caffeine drinks will throw off your agni again so avoid at this time. Then sip Vata tea or Ginger tea until lunch time (Ginger tea: slice a few pieces of fresh ginger root into a cup, pour boiling water over it. Let steep for a few minutes and sip).

**Lunch** At exactly noon have a good lunch that satisfies without being heavy or overeating. Avoid extreme salty or spicy meals, salad, cold water and alcohol. Ginger tea will aid digestion.

**Dinner** Eat dinner early, at least three hours prior bed to allow for complete digestion. Make it smaller than your lunch meal. Rice, lentils and steamed vegetables are a good option or a repeat of your breakfast cereal. Then follow the Good Digestion Tips (page 14) to keep digestion strong.

**Note:** If you are feeling sick then digestion is usually down and this is not a good time to reset your digestion. If you have an ulcer, colitis or any other serious digestive complaint, only reset your digestive power under the care of a health professional or doctor.



## Lassi and Yoghurt Recipes

### How to make a lassi drink

1. Mix 1 part fresh yoghurt (see recipe below) with 6 parts room temperature water – even up to 1:12 parts in hot summer
  2. Blend in a blender
  3. Skim off the froth at the top of the fluid.
- To make salty lassi add a pinch of rock salt, cumin and ginger.
  - To make a sweet lassi add a little raw sugar (dried cane juice eg Rapadura is best) ginger, cardamom and rose water to taste.

### How to make Yoghurt

1. Bring milk (not rapidly) just to the boil – raw unpasteurised is best, second best is organic non-homogenised A2 milk.
2. Let the milk cool to 40 degrees Celsius.
3. Add yoghurt starter (the first time you make it you will need to use a starter – a good one - but afterwards you can use yoghurt from your previous batch as a starter). Use about ¼ teaspoon of starter to 1 cup of milk. Stir the starter thoroughly into the milk (Yogourmet freeze dried yoghurt starter, made in Canada is a reliable starter)
4. Put in a warm dark place – a thermos flask works well – and leave undisturbed 5 to 7 hours.
5. Once made, don't refrigerate the yoghurt – leave it at room temperature and use it the same day it is made.



## Be Active - Sun Salutation

Being active in some way that you enjoy each day is important for your wellbeing.

- As a minimum take an easy walk for 30 minutes most days at a comfortable pace.
- Consider making the Sun Salutation exercise part of your daily routine in the morning prior your shower. It stretches all the main muscle groups, tones the internal organs and uses your body weight to provide resistance training. It is a good way to gently stretch and kick-start the metabolism in the morning. Traditionally this exercise is also used to help balance emotions and moods first thing in the morning.

## Incidental Exercise

Consider what you really enjoy doing and look for opportunities to add incidental exercise. Incidental exercise includes walking up stairs, parking the car a little further away from the shopping centre, getting off the bus a stop or two earlier so you can walk some of the way, or having a walking meeting or catch up with a friend at the park or beach. How can you include incidental exercise into your day or week?



## Sun Salutation Instructions

1. The optimal time to perform this exercise is just prior to morning yoga asanas - ideally in the early morning, facing the rising sun. If it is performed at other times during the day, the guideline is at least 1/2 hour prior to meals or at least 3 hours after meals.
2. The diagram below illustrates one full cycle of the Sun Salutation exercise.
3. A maximum of 12 cycles per session is advised.
4. There are 2 Equestrian positions per cycle. Use the same knee forward throughout each cycle. Switch to the opposite knee forward for the next cycle. Alternate the knee forward as you progress through several cycles.
5. Once in a position, hold that position for 5 seconds.
6. Please note the breathing patterns recommended for this exercise. The inhale or exhale is often completed before the end of the 5 second hold period; hold your breath until the inhale or exhale of the next position is started.
7. As you assume the 12th position, exhale for 5 seconds. If you continue into another cycle, neutral breathe for 5 seconds in position #1 before moving into position #2.
8. After completing the last cycle, lie down on your back, arms at your sides, palms facing up, resting eyes closed for 2 minutes.



## Contact Us



To be in touch with us go to our Facebook page at:

[www.facebook.com/maharishiayurveda](http://www.facebook.com/maharishiayurveda)



Or call us on: +64 9 524 5883

NZ freecall 0508 225 262

AU freecall 1.800.816.093



Or email us at: [info@getbalance.co.nz](mailto:info@getbalance.co.nz)



Maharishi Ayurveda Products (NZ) Limited

5 Honeysuckle Lane, Mairangi Bay

Auckland 0630

New Zealand

[www.getbalance.co.nz](http://www.getbalance.co.nz)