



Week 16

Overview of Lecture

Using natural therapies to alleviate common ailments.
Being efficient in our approach to health problems.

USING NATURAL THERAPIES

Using natural therapies to alleviate common ailments Being efficient in our approach to health problems.

1. Improving brain function.

Good brain function requires enough vitamins, glucose, protein, and oxygen to fuel the brain when studying or working at a desk for long hours. Sodium and calcium are also needed to neutralise the carbon dioxide, lactic acid and ammonia waste products that result.

Beans, spring onions and any leafy greens plus fruit and egg yolk are good foods to help brain function. Other foods that should be used sparingly are butter and cheese.

Poor brain function can not only result from poor nutrition but bad posture that results in a lack of blood flow to the brain. A quick remedy is yawning, tilting your head back or squeezing your head. rotating your ankles or pushing your chest out as you stretch your arms back with fingers laced and turned out can be highly effective.

Head stands or similar are helpful and improving blood flow to the sacrum can have particularly good results.

2. To lose weight

A diet that includes an increased amount of iodine from foods such as seaweeds. basing your diet on vegetables mainly and reducing or eliminating animal products because they are difficult to transmute. reducing even vegetable protein might be necessary. Increasing the intake of good foods can reduce the craving for unsupportive foods and having a morning meal can stimulate appetite. Sit ups with knees bent like in hero pose reduce appetite and cat pose variations help slim the entire body. Any efforts towards shoulder stand help improve metabolism.

3. Dandruff

Comes from being too acidic and eating too much yang foods. Malnutrition and stress plus washing your hair too much can also contribute to this problem. Simple side stretches can be highly effective in treating dandruff.

4. Eye problems

Can be helped by stimulating the ear lobes, especially near-sightedness. Near-sightedness comes from contracted muscles in the eyes and can be helped by performing eye exercises. Twisting your body and stretching the sides of the neck can help with reducing eye fatigue. zinc in grain and seafoods including seaweeds can help with improving any eye problem.

5. Hearing problems

Stretching or stimulating the bottom of the feet and repeatedly bending the sides of the neck can help greatly with tinnitus and other hearing problems. Reducing the amount of tension at the back of the neck through massage or cobra variations can be highly effective.

6. Flat feet

Practicing reclining hero regularly for eight minutes at a time and jogging uphill both open the top of the foot and lift the arch.



Training Program

7. Heartburn

Keeping the chest forward and stretching the sides of the body will generally cure heartburn immediately.

8. Insomnia

Stretch all the muscles. muscles can also be relaxed with happy childhood thoughts/memories and a firm mattress. Your muscles need to be relaxed to sleep so being able to lower your centre of gravity is important.

9. Sleepiness

Can be alleviated by pounding the back of your neck with your head down.

10. Bad breath

Try eating raw vegetables and well mineralised water... check the teeth.

11. Headache

Try cooling the head and tapping the tight side of the head at the back of the ear upwards to relieve blood congestion Balding and a weak lower back are associated with baldness. Headstands and a diet to improve bladder function that relieves tension in the scalp can prevent baldness.

12. Constipation

A diet rich in whole grain and fibre rich vegetables are necessary but relief can come from stretching the belly and rubbing the anus.

13. Snoring

Straightening the neck usually cures snoring but this usually is caused by a bloated belly and or a twisted back. Simple neck relaxing exercises can help prevent the symptom. Shaking the body vigorously and removing the pillow can help meantime.

14. Teeth Grinding

Can be cured by reducing salt, and cold-water bathing to help the body to relax.