

Are you walking enough?

As BKs, we spend a lot of time sitting. Of course, we have very good reasons for doing so: Amrit Vela, murli time, classes, bhatthis. Also service including computer work, driving etc...

We may also spend time standing on the same spot when cooking or delivering a lecture or workshop. We think that we are "active" but in fact, it is not the type of activity the body needs to maintain good health.

No time to "exercise"? The best and simplest of all is ...walking! Walking can easily be adapted to our personal level of fitness, here are a few examples: young and healthy? Do half an hour of brisk walking a day. Not so young and not so healthy? Twenty minutes of normal pace walking three times a week. Elderly and frail? Holding on to a wall or a chair, walk "on the spot" for a few minutes increasing the time progressively as you can.

Listed hereafter are some of the many benefits of walking: helps general blood and lymph circulation, increases oxygenation of all cells including the all important brain, gives a push to the digestion, helps liver function, strengthens the lungs, increases overall fitness level therefore decreasing the risk of heart disease, high blood pressure, diabetes, cancer, osteoporosis. Walking helps lose weight, enhances mental alertness, overall energy level, promotes good sleep, helps with depression, stress and anxiety as well as benefits the overall emotional and mental health.

Not convinced yet? OK, here is more....! Acupressure studies and text books show that all the organs of the body are represented on the sole of our feet. Massaging them stimulates the function of these organs. By simply walking, we press all these points in turn in a natural way. See diagram 1:

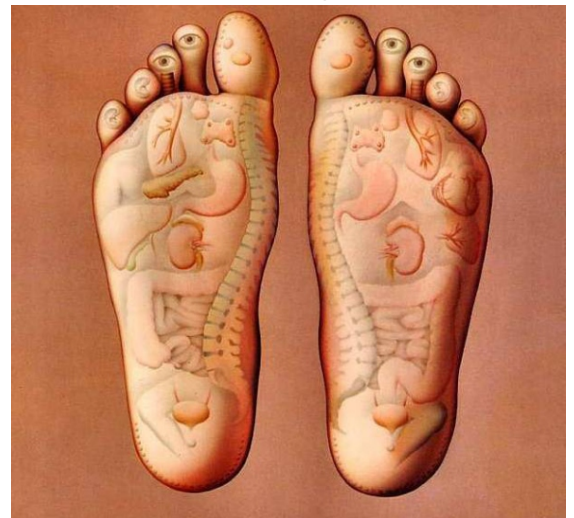


Diagram 1

About NHS Health Watch

The service we once knew as PALS (the Patient Advice and Liaison Service) is no more. The government has re-allocated the service to a combination of:

* Health Watch an agency that monitors the NHS, is available in some hospitals, but doesn't deal with complaints and advice. Telephone: 0300 683 333

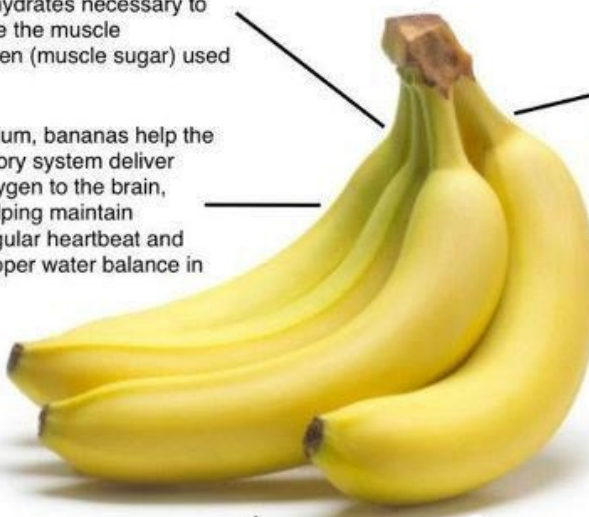
* GPs who are now formed into Clinical Commissioning Groups, fulfil the majority of PALS' functions.


If you need help regarding


- * health enquiries or concerns;
- * talking to someone/raising awareness on how the NHS is dealing with you or your family;
- * the NHS complaints procedure and how to get independent help or how to make a complaint;
- * support groups and agencies working with the NHS;
- * dealing with NHS management of resources (via patient groups);
- * or you require more information...


Your GP is now your first port of call for the majority of your NHS needs.

The Amazing Benefits of Bananas





Energy

 Bananas supply proper carbohydrates necessary to replace the muscle glycogen (muscle sugar) used


Potassium
 High in potassium, bananas help the body's circulatory system deliver oxygen to the brain, helping maintain regular heartbeat and proper water balance in


Brain Power
 Potassium-packed fruit helps learning because it makes the pupils more alert. Students find that they have more brain power and do better on exams when they eat bananas at breakfast and lunch.


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Increase happiness

 Bananas release a mood regulating substance called tryptophan which is converted to serotonin in the brain and thus elevates mood & makes us happier!

Help Smokers Quit
 Bananas contain B vitamins and other minerals that lessen the effects of nicotine withdrawal both physically and psychologically


PMS
 Bananas contain vitamin B6. This vitamin regulates blood glucose levels and helps us in times of stress and helps to suppress cranky moods


Jorge Valera Naturista

How to Whiten Your Teeth with Banana peel



Take a piece of the inside of the banana peel and gently rub around on your teeth for about 2 minutes. The amazing minerals in the peel like potassium, magnesium and manganese absorb into your teeth and whiten them.

IMPORTANT NOTE:

Type 2 diabetics wanting to control their blood sugar need to AVOID bananas (unless they are completely green) and ripe plantain as they cause a blood sugar spike and stress the pancreas.

About Vitamin D

Vitamins are essential for vital health. Vitamin D functions as a hormone regulating calcium use and influencing many bodily functions including blood pressure, heart health and the immune system, including helping inhibit cancer. Human skin can make vitamin D when exposed to enough sunlight – if you have darker skin or are indoors a lot of the time, you may need a vitamin D supplement. A lack of D can cause rickets in a child or osteoporosis in an adult.

Vitamin D is present in oily foods, vegetarian sources include: cow and goat's milks, fats such as butter and margarine, cheese; breakfast cereals and mushrooms (particularly shiitake).

Canada Health provide the following advice regarding vitamin D intake - eat foods rich in D and take a supplement of 400iu (10µg) per day - their recommendations are as follows:

Children 0 - 12 months: 400 iu (10µg) per day

Children 1 - 8 years: 600 iu (15µg) per day

Children and Adults 9 - 70 years: 600 iu (15µg) per day

Adults 70+ years: 800 iu (20µg) per day.

Note: µg means microgram. Some advice may seem irrelevant but, we have families, too.