

YOGA AND DIET: THE BASICS

1. The aim of yoga practice is increased consciousness, love, and service.
2. Whenever you eat anything, notice how you feel afterwards.
3. Moderation is Yoga.
4. Whatever you decide to eat, you will do best if you REALLY enjoy it!
5. Choose to eat whole foods, as they occur in nature.
6. Vegan diet helps protect the environment; beans have more protein per pound than beef, and 16-40 times as many can be grown with an equivalent amount of land and water.
7. The Digestive Tract is the central system of the body. It is central to your health.
8. All digestion begins in the mind. Stress in the mind interferes with digestion. Prayer before meals, and quiet while eating is recommended.
9. Vegan diet itself helps to keep the mind steady: Harvard research has shown that before animals are killed, they secrete hormones of fear; and when they are then eaten, the breakdown products of this food choice increases levels of anxiety in your mind.
10. The dense, saturated fats found in animal foods directly interfere with blood flow in your blood vessels. Blood pressure, low density lipoproteins are increased.
11. Heart disease, strokes, cancers of the skin, breast, colon, prostate, pancreas, esophagus, gallbladder, thyroid, leukemias and lymphomas have all been found to be higher in non-vegans.
12. Thyroid goiters, Down syndrome, Alzheimer's disease, and multiple sclerosis have also been found to be higher in non-vegan populations.
13. If you choose to be vegan, take B12, 1000 mcg daily.
14. Reference material is located at the websites of Neal Barnard, M.D., Dr. McDougall, VegeSource.com, milk sucks. Com, and theunmilk.com.