

Puffiness, Fat body, Overweight & Laziness in morning??



When you wake up in the morning & look in the mirror, you may find

- your face swollen (puffy face) with feeling swelled eyelids, lips etc.
- your finger and many parts of body also swollen
- overall lots of laziness

Actually, you should feel fresh in the morning without any feeling of laziness... Correct? But, still, you find face swelling & laziness every morning? That is, your body is trying to tell you something that you should understand.

Before reading further, please, note, there is no need to worry about slightly swollen face in morning.

What is the cause?:

- Our body need sleep after sun-set (approx. from 9pm) to 4am. When we sleep, our body repairs wear-tear & recovers from fatigue by replenishing ATP store & removing waste material from tissue-muscles to blood, then out of body in urine after processing in liver.
- It is scientifically proved and accepted that, all biological process of body are at best speed and quality at 37°C. Hence, **during sleep, it is best if your body temperature is maintained around 37°C & your body gets fresh air**, so that your body especially liver can work for recovery within 7-8hr sleep time.
- If your body had recovered from fatigue during sleep, you will feel fresh & energetic in morning without any laziness.
- **But, if you are sleeping late at night (after 10pm) or in cool AC room without getting sufficient fresh air, your body will not be able to recover from fatigue & you will feel laziness in morning due to non-recovery of fatigue & non-removal of waste material.** Due to this, body will accumulate toxins and more fluid & will cause your body to swell including your face.
- **You must have noticed that when you sleep in closed AC room, it is difficult to get up early. Also, upon getting up, you must be feeling lots of laziness. But if you have get-up after sleeping in open space (terrace, balcony) or in room with open windows, you must be feeling fresher or atleast less lazy... Correct??**
- Usually after 7-8hr of sleep, body give-up sleep approx. at 5am. But if you do not get up from bed early morning, you will go into sleep again, cause unnecessary over-sleeping, & will not help you to remain fresh, instead will make you puffy, fat, lazy & old.

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What does the puffiness do??:

- Puffiness stretches your skin, eyelid etc. This increases wrinkles of face & size of your body.
- If puffiness is happening everyday, it may invite fat deposition under the skin on face and in other part of body, increases the size of your face & body, increases your weight and will make you puffy, fat & old.
- ***You will hardly find such problems with children ageing between 3-10yrs because, their physical activity & sleep are naturally perfect.***
- ***Similarly, you will hardly find such problems with labour workers, athletes and sport persons, yoga performers; again because of the same reason, their physical activity, sleep timing & method are perfect.***

How to overcome from puffy face, fat body, overweight & laziness??:

- Sleep by 9:30pm & complete 7-8hr sleep in environment of approx. 27°-35°C temperature getting fresh air (try to avoid AC room).
- Get-up at 5am, never over-sleep. Do stretching exercise like Yoga upon getting up in the morning OR do atleast once hard physical work for 20 min (running, bicycling etc.) before 5pm.
- Take sufficient (not too less, not too more) water throughout the day to keep your body hydrated, avoid tea/coffee (best is to stop tea/coffee permanently).
- Avoid physical exercise after 5pm, take light dinner by 7:30pm & let your body rest as the evening progresses, so that you can sleep by 9:30pm comfortably. Don't tire yourself by evening exercise in order to induce sleep using tiredness, it is not appropriate method to induce sleep; sleep should be induced by calmness of your mind.
- All these will help you to get correct rest & will help your body to remove waste material in order to prevent puffiness, fat body & laziness.
- Don't take stress due to fat body, overweight; the stress will not going to help you, instead it will add to your weight & puffiness.

Note: The above discussion is applicable to healthy person. This is not for person with any diseases, especially cardiovascular or renal diseases.

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