

HEALTH is DEFINED as a state of mind,

wherein the Dynamic Balance

of Body & Soul & Mind & Nature

JUNE							2006							JULY							
W	M	T	W	T	F	S	W	M	T	W	T	F	S	W	M	T	W	T	F	S	S
22					1	2	3	4	26	31											
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is maintained, the metabolism is at optimum level, mind, soul & sense organs assume sublime position

The structural & functional units of human body are composed of 5 Basic Elements known as Pancha Bhootas

5 elements which includes EARTH/WATER/FIRE/AIR/SPACE

Each one of them exerts its influence on certain pt. of our Constitution

Recognition of this elemental basis of human body & outside

has profound implications in the practice of Medicine

The Secret of Health
for both body & mind
is

1) Not to mourn for the past

2) Not to worry about future

3) but to live in the present moment -
only, wisely & earnestly

(BUDDHA)

HEALTH
TIPS

IRRITABLE BOWEL SYNDROME IS A MANAGEABLE ILLNESS

Dear Dr. Donohue: My sister has nervous bowel syndrome, and her doctor said her there was nothing she could do for her. I hope you might have some ideas. Can you help? — G.B.

be troublesome. Your sister should stay away from them to see if that helps.

■ ■ ■
Dear Dr. Donohue: Is there a cure for athlete's foot? Internal? External? — C.P.

I'm pretty sure your sister's doctor said she has irritable bowel syndrome, something that is high on the list of things bringing people to doctors. Abdominal pain occurring for at least three days a month in the preceding three months, with pain relieved by a bowel movement; and having diarrhea, constipation or the two alternating with each other are the prominent symptoms of IBS. No one knows the cause. Some feel it comes about because of the uncoordinated and too-forceful contractions of the digestive tract muscles. Others believe it's due to an overly sensitive tract and an imbalance of the nerve-stimulating messenger chemical serotonin.

There are many treatments for athlete's foot, TNTC — too numerous to count. Start with the external ones, the ones you apply directly to the infected skin. Athlete's foot is a fungal infection. Antifungals include creams, powders and liquids with names such as Neosporin, Micatin, Desenex and Lotrimin.

If those medicines fail, oral medicines that usually win the battle are prescription items like Sporanox and Diflucan.

■ ■ ■
Dear Dr. Donohue: In 1944, at the age of 2, I was stricken with polio. It affected my left side. My doctor taught my mother how to use the Kenney exercises, and I regained use of my left arm, but not fully.

In 1984, I started experiencing postpolio syndrome.

I was told in my early teens not to give blood. The doctor thought my blood might still be contaminated with the polio virus. Through the years, my social group thought I was a softie because I bowed out of blood donation. My wife works in a hospital, and her friends ask her why I don't give during their drives.

What is the current feeling? — G.C.

The polio virus does not live on in the body. It's not

No single test, X-ray or scan makes the diagnosis. All other illnesses with similar symptoms have to be considered and excluded. One condition often mistaken for irritable bowel syndrome is celiac disease, sensitivity to a protein found in wheat, rye and barley.

Lots can be done. Although there is no special diet, an affected person has to note what foods tend to cause trouble and eliminate those foods from the diet. Bentyl, Anaspaz and Levsin are a few examples of medicines used to control the

AUGUST							2006	SEPTEMBER							2006
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HEALTH TIPS

1 Tuesday
AUGUST

SJOGREN'S SYNDROME

DRY MOUTH SYNDROME

213-152 Week 31

I have a dry mouth. I am advised to drink more water. While I keep it well during the day, by drinking more water it is difficult during night. Everytime I go to my dentist, he asks me whether I am a diabetic. I said to him "NO" He then asked me whether I have "God forbid" "Sjogren (SHOW GRINS) SYNDROME" I did not know what it is about. He asked me to go into INTERNET & read some of its symptoms. Before I could go on to the internet & study it, I am asked to keep half Tab of ORBIT under the tongue, before going to sleep.

SEPTEMBER 2006						
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3 Thursday
AUGUST

Dry Eyes & Dry mouth are freeminent
 Symptoms of Sjogren's (Shongrins) syndrome.
 The immune system attacks the Salivary & tear
 glands. Lymphocytes - one kind of white blood cells
 of an important component of the immune system
 has.

EIGHT GOLDEN RULES FOR A HEALTHY KIDNEY

1. **Keep fit:** Take up running, walking, Swimming or cycling for 30 minutes every day. Join a walking or cycling club for motivation
2. **Control blood sugar levels:** Diabetes if detected early can reduce the damage to Kidney.
3. **Eat Healthy:** Eat Healthy and keep weight under control. Ideal salt intake per day is 5 to 6 gms.
4. **Blood pressure should be monitored:** ---- Ideal combination is 120/80. Contact doctor if the combination is 140/90.
5. **Avoid smoking:** ---- Because it slows the flow of blood to kidneys. This impairs the functioning of the kidneys.
6. **Healthy fluid intake:** ---- Kidney stone patients should take 2 to 3 litres per day.
7. **Avoid:** ---- Using over- the - counter drugs, pain killers frequently.
8. **Patients:** With diabetes, obesity, Blood pressure, family history should check their kidney functioning.

Courtesy - Hindu 1-3-12

Restore America's founding principles

BY BONNIE M. PARSLEY

Does America value freedom any longer? Do Americans value integrity and morality or are we sinking into the abyss of greed, corruption, lies and depravity?

Politicians buy votes with promises, and when elected they pay off their special interests with our hard-earned tax money. President Barack Obama uses his power to reward unions and large Wall Street banks while punishing energy companies. Tax money is funneled to companies and industries that supported Obama's election. This "crony capitalism" is not the American way.

What happened to personal responsibility, individual initiative and our spirit of innovation? We are becoming a nation of victims and dependents. Some think that Obama's election means they won't have to work because he will take care of them. It's disgusting!

What happened to equality under the law — a prime principle upon which our government was founded? States are treated differently. What happened to a government of the people by the people and for the people? Our country is ruled of, by and for special interests.

What happened to civility, truth and respect? Obama promised to restore civility but there is more division and discord than ever.

Obama has never made the transition from candidate to president. He is in constant

campaign mode. He insults Republicans and tea party activists. He disparages anyone who disagrees with him and his policies.

And what has happened to the watchdog media? Do they not see that our freedom is being destroyed while Obama and his far-left cronies are transforming this nation? Apart from Fox News, the complicit media are an accomplice in the destruction of our country. Our nation is on fire and the lapdog media are curled up asleep.

Why do you think Obama and the Democrats hate Fox News? They disparage Fox commentators by calling them racists and bigots. They claim Fox is not a news organization. They don't want you watching Fox because you will learn what they are doing to our country.

Glenn Beck has been targeted by the left because he airs videos of their anti-American rhetoric. He educates the viewers about the history of the progressive movement in the U.S., and he contrasts it with the founding principles of this country. Watch and understand how one philosophy leads to freedom and prosperity and the other leads to tyranny.

We must restore American values. It is time to return to our founding principles — the principles that created the greatest freedom man has ever known; the principles that created the most prosperous nation on earth.

Bonnie M. Parsley is a resident of Murrieta.

Apps to Keep You Fit

With the right apps, you can turn your smart-phone into a personal trainer. Whether you want to track your progress or learn new moves, there's an app for you. Here are some of your best bets:

**For Runners: RunKeeper**

Use your phone's built-in GPS to track your run on a map and to record stats like duration, distance, and pace. Add-ons include a wealth of training workouts

**For Outdoor Activities: MyTracks**

Use this app to keep track of hiking, biking, and running routes and to view real-time statistics on your progress. At home, share your journey with friends or view it on Google Maps.

Works with: Android

Get it at: MyTracks.AppSpot.com

**For Dieters: Lose It!**

Research shows that keeping a food diary is one of the most effective ways to drop excess pounds. With Lose It!, you can create your own weight-loss goals, establish a daily calorie budget, and record your meals and workouts.

Works with: iPhone, iPod touch

Get it at: LoseIt.com

**For Indoor Workouts: GymTechnik**

Build your own exercise routine by selecting exercises from GymTechnik's large library. Each time you work out, the app shows stats from your last session so you can track any changes in your performance or body measurements. Workouts are organized by gender and goal.

Works with: BlackBerry, iPhone, Android

Get it at: GymTechnik.com

**For Yoga Lovers: Hatha Yoga**

With Bendyware's Hatha Yoga, an instructor guides you through classes and shows you the proper form for each pose. You can even customize the lessons to fit your individual goals, or pause them whenever you need a break. Bonus: The app also includes instruction on meditation techniques.

Works with: iPhone

Get it at: the iTunes app store

DOPPLER'S

ULTRASOUND

30

Saturday

DECEMBER

Reliable Test for
STROKE Prevention

365001 Week 52

Doppler's Ultrasound is a safe, effective & reliable test & also a relatively inexpensive way to determine the buildup of plaque (mounds of cholesterol) in the carotid Arteries & neck Arteries that bring blood to the brain. They show occlusions all the way to 100%.

A-bruit (BREW-ee) is a noise heard in an artery. Normal flow of blood in Artery is silent. Noise indicates an obstruction. Unfortunately, most narrowed carotid arteries do not generate a bruit. It is a good sign of trouble when it is present.

Symptoms of transient vision loss & the inability to use fingers were transient-type of ischemic attacks (TIAs).

Other TIA signs are (1) numbness on one side.

These are fleeting never lasting < an hour. These are warnings of some great danger. (2) Blurred vision (3) Double vision (4) Trouble in expressing oneself (5) Dizziness.

A stroke lies in the near future unless something is done to prevent it.

ENDARTERECTOMY is a procedure where the surgeon opens the clogged artery & removes the obstruction. It also

What is a Panic Attack?

Monday 1

JANUARY

DECEMBER 2006

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JANUARY

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A panic attack is a period of

Extreme fear in a situation that does not warrant such a fear. It comes suddenly, reaches a peak in < 10 minutes & makes the person want to flee from the situation he finds himself in - a panic attack.

During the attack some of the symptoms are:

- 1) Fast heart beat
- 2) Sweaty breaks out
- 3) People become short of breath with dizziness
- 4) They feel like they are choking to breathe
- 5) They feel chest pain & mistake for heart attack

The actual attack probably results from an outpouring of body chemicals like adrenaline.

What triggers the release of these chemicals is buried deep inside the subconscious. Lack of sleep or medication could make a person more susceptible of this attack.

If you experience of this attack more than once report to your family doctor, who may refer you to a specialist to unearth any hidden cause preventing this attack.

DOZEN HEART SYMPTOMS

2

Tuesday

(Name to ignore)

JANUARY

JANUARY 2007							MARCH 2007						
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002-363 Week 1

- 1) ANXIETY: Intense anxiety & fear of death
- 2) CHEST DISCOMFORT: Pain in the chest - (like elephant sitting on the chest)
- 3) COUGH: Persistent cough & sneezing
- 4) DIZZINESS: Light headedness & loss of consciousness
- 5) FATIGUE: feeling tired all the time
- 6) NAUSEA (loss of appetite) with abdominal swelling
- 7) PAIN in } like Arms, shoulders, Jaw
other parts of body } Neck; ELBOWS; Abdomen.
- 8) Irregular PULSE with weakness & dizziness
- 9) Shortness of breath: like asthma
- 10) Sweating Breakup out in cold sweat
- 11) Swelling in the feet & hands, legs, abdomen
- 12) Weakness. or all weakness.

EIGHT GOLDEN RULES FOR A HEALTHY KIDNEY

1. **Keep fit:** Take up running, walking, Swimming or cycling for 30 minutes every day. Join a walking or cycling club for motivation.
2. **Control blood sugar levels:** Diabetes if detected early can reduce the damage to Kidney.
3. **Eat Healthy:** Eat Healthy and keep weight under control. Ideal salt intake per day is 5 to 6 gms.
4. **Blood pressure should be monitored:** ---- Ideal combination is 120/80. Contact doctor if the combination is 140/90.
5. **Avoid smoking:** ---- Because it slows the flow of blood to kidneys. This impairs the functioning of the kidneys.
6. **Healthy fluid intake:** ----- Kidney stone patients should take 2 to 3 litres per day.
7. **Avoid:** ---- Using over- the - counter drugs, pain killers frequently.
8. **Patients:** With diabetes, obesity, Blood pressure, family history should check their kidney functioning.

Courtesy - Hindu 1-3-12

SEPTEMBER 2006							OCTOBER 2006							
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12 Possible Heart Symptoms
5 Saturday Never to ignore
AUGUST

Don't miss these possible 12 Warning symptoms
 When says let something is amiss with your heart
 Heart disease is no. 1 possible killer of US
 men & women, accounting for 40% of US deaths
 Why is heart disease so deadly?

One reason is many people are very slow
 to seek medical help even after the
 symptoms become transparent. no doubt
 they have 911 ring to come to their rescue
 but very few avail of this facility.

But heart symptoms are not always
 intense or obvious & vary from person to person
 Because it can be hard to make sense

of heart symptoms, Doctors warn against
 ignoring possible warning signs
 sorting them out, warning once if they go away
 Particularly for people > 65, it's necessary to sort out
 possible defects like cholesterol, blood pressure
 obesity, smoking, diabetes, back history
 Putting back heartburn is not true for heart problems

6 Sunday

218-147 Week 31

Don't ignore the following 12 symptoms

8 Tuesday
AUGUST

SEPTEMBER 2006							OCTOBER 2006						
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1) ANXIETY. Heart failure can cause intense anxiety or fear of death. Such patients who survive often talk about having experienced a sense of "sudden death".

2) CHEST DISCOMFORT:-

Instead do the following

10 Thursday
AUGUST

SEPTEMBER							2006	OCTOBER							2006
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- 1) **Reading** stimulates the brain + imagination ^{activate your}
- 2) **Writing** promotes the thinking & problem solving of thought-expression/process, since also promotes functioning of brain
- 3) **Exercise** (like morning & evening walks) helps circulation of blood that comes to brain
- 4) **Meditation** stimulates your brain & relieves stress & boredom
- 5) **Deep breathing** pumps more O_2 to the brain & improves functioning of brain ^{keeps U alert}
- 6) **Listening to music** strengthens right hemisphere of the brain
- 7) **Sleeping** clears out brain clutter & reduces brain fatigue
- 8) **Painting** is also an effective brain booster promotes thinking
- 9) **Breakfast** - Starting the day with a good B/F supplies more energy to the brain for the whole day
- 10) **Walking** clears your mind to clear ^{troublesome} brain thoughts
- 11) **Drinking more water** (12 glasses a day)
- 12) **Fruit juice** refreshes brain & promotes thinking

How to stop cough in 5 m5
Anything is better than Antibiotics themselves

It is free from any type of side-effects.

TREATMENT:

It is very Simple. To stop night time coughing in a child put Vicks Vapor Rub generously on the bottom of the feet at bedtime and then cover with socks. Even persistent, heavy, deep coughing will stop in about five minutes and stay stopped for many, many hours of relief.

This works 100 percent of the time and more effective than even very strong prescription cough medicines. In addition it is extremely soothing and comforting and they will sleep soundly. The head of the Canada Research Council in a radio programme of 'A talk on why cough medicines in kids often do more harm than good' describe these findings on the part of their scientists when they were investigating the effectiveness and usage of prescription cough medicines in children, as compared to alternative therapies like acupressure etc.,

I had my personal experience also in applying this therapy. My wife had a very deep constant and persistent cough a few weeks ago and it worked well (100% relief). She had felt it like a warm blanket enveloped her. The cough stopped in a few minutes. To my surprise, she had a relief from deep, uncontrollable cough to cough-free sleep undisturbed throughout night.

If you have children or grand children or if you feel sick, try it yourself and you will be absolutely amazed.

Extracted from a letter received from Ch. V. Suryanarayana

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12 Saturday
AUGUST

Impalank Health Tips

224-141 Week 32

- 1) Answer the phone by your left-^{EAR}
- 2) Do not drink Coffee twice a day
- 3) Do not take pills with COOL water
- 4) Do not take heavy meals after 5 PM
- 5) Reduce the amount of oil food consumption
- 6) Drink more water in the morning & less at night
- 7) Don't use headphones for long time
- 8) Best sleeping time is 10 PM to 5 am
- 9) Don't lie down ^{immediately} after taking medicine
- 10) Don't answer phone calls when battery is down to the last grid.
- 11) Keep ur distance from Headphone chargers

13 Sunday

225-140 Week 32

12)

13)

14) 1

15) Pray God before going to sleep

Healthy Juices

Monday

14

AUGUST

JULY							2006							AUGUST						
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1) ⁰⁸ CARROT + APPLE + GINGER) To cleanse Ur system

2) ⁰⁹ Tomato + carrot + Apple: To improve skin complexion

3) ¹⁰ Apple + cucumber + Celery) To reduce cholesterol

4) ¹¹ Bitter gourd + apple + Milk) To reduce body heat

5) ¹² Pineapple + apple + Watermelon) To nourish bladder + kidneys

6) ¹³ Pears + Banana to regulate Sugar content.

7) ¹⁴ Carrot + Apple + pear + Mango) cleans body heat

8) ¹⁵ Papaya + Pineapple + milk) Prevents constipation

¹⁶ **NOTE** The organs of your body have their sensory touches at the bottom of your feet. If U massage these points, U will find relief from aches & pains, as U can see your heart is on the left foot.

2006

OCTOBER

2006

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43 23 24 25 26 27 28 29

15 Tuesday
AUGUST

Your blood type reveals

Your Personality

Type O

227-138 Week 34

U want to be a leader always
U are a trendsetter, loyal,
passionate & self confident
Your weakness includes vanity & jealousy
and a tendency to be competitive
When U see something U want,
U keep sticking until U achieve Ur goal

TYPE A

U like harmony, peace & orga-
nization
U work well with others
U are sensitive, patient & affectionate
Ur weaknesses are: Vanity, stubbornness,
jealousy and tendency to be too competitive.

Type B

: U are a rugged individualist
who is straight forward & likes to do
things in Ur own way, creative & flexible
U adapt easily to any situation but Ur
insistence on being independent may sometimes
go too far & become a weakness too.

Type AB

: Cool & controlled; U are generally
well liked & always put people at ease
U are a natural entertainer who is tactful & fair
but U are standoffish, blunt and have
a difficulty in making decisions.

ISOMETRIC Exercises

Wednesday 16

JULY							2006							AUGUST						
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AUGUST

228-137 Week

Ageing doesn't have to doom people to loss of muscles & strength. People have to work at it to keep themselves strong. Many problems attributed to old age are problems that come from loss of strength - the inability to rise from a chair - the loss of balance. Aute walkers

You know that is DYNAMIC TENSIONS. There is the trade mark of Charles Atlas Ltd. The story goes: Charles, in trying to devise a strengthening program for himself, he devised his dynamic tension program that pits one set of muscles against another. His method worked wonders for him & this led

Another way to keep our muscles strong is ISOMETRIC Exercise. In this muscles work to their max capacity without making any movement.

With ISOMETRICS, the muscles don't shorten or stretch.

In trying to move a desk that is firmly fixed in place, instead of pushing the desk, you push yourself against an immovable object for 5/6 secs @ 2/3 of max.

of V repeats the process 5 times, leg muscles exercise is achieved by sitting in a chair & pushing against the floor like the inside of Isometric theory is that it does not enhance athletic performance, but releases tension.

Regular Health Mistakes

17 Thursday
AUGUST

To be avoided

SEPTEMBER 2006							OCTOBER 2006						
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25	26	27	28	29	30	-	43	23	24	25	26	27	28

229-136 Week 33

- ① Crossing your legs while sitting
This cuts down on blood circulation to the knee
Crossing ur legs at the ankles is preferable
It is also an elegant way to sit
- ② Not changing your TOOTH Brush
Change frequently into soft bristles
- ③ Eating out too often increases cholesterol
- ④ Skipping Breakfast reduces calories
Eat heavy breakfast then at lunch
- ⑤ High Heels Avoid & wear flat heels
- ⑥ Sleeping on a soft bed :
- ⑦ Avoid cushion Pillows
- ⑧ Not exercising is a big mistake
When felt on your health mid age
Keep walking, early morning & evening also
- ⑨ Not doing Yoga or Pranayama → Try once
- ⑩ Pray to God (before going to bed & after waking up)

A Healthy Mind Promotes Physical Wellness Too

Is Mahavir Jayanti

Acharya Mahaprajna

Mental health promotes physical health. The reverse is also true. The mind and the body are two mutually connected entities. However, the mind's influence on the body is deeper than that of the body on the mind. Mental health is connected with the feeling of equality. Without this feeling the mind cannot be healthy. The principle of equality is also the principle of mental health.

The first principle of mental health is: Know thyself. One who does not know his own strength and weakness cannot be mentally healthy. We do not know our strength because we are weak and we feel a sense of being wretched. We become excited when somebody misbehaves with us because we do not know our weakness. In such cases we overlook ourselves and try to find fault with others.

The second principle of mental health is the willingness to admit one's responsibility for whatever has been done. We are not prepared to visualise the consequences of our actions and that is why our mind has no peace. It is unhealthy to avoid responsibility for our actions. It can lead to mental illness. One needs courage to admit his faults. A weak mind does not have this courage.

One should take responsibility for the good as well as bad consequences of one's actions. It is the weak who find fault with others. They want to save their own skin. We generally like to be praised for our good actions but are not prepared to be blamed for the bad consequences of our actions.

Devotion to truth is the third principle of mental health. Truth is experience of the law governing the universe. Death is a universal law. It has no exception. All the prophets

and great men of the world met death. Nobody is immortal. Everyone who is born must die one day. Death is, therefore, a truth. In the same way karma (action) and tela (time) are also truths. One who admits the operation of the laws, which govern nature, is a mentally healthy man.

Tolerance is the fourth principle of mental health. An intolerant man is always miserable. Moreover, the behaviour of an intolerant man is always unpredictable. If an intolerant man is meditating and if the fan is stopped, his mind will be upset and his meditation will break.



THE
SPEAKING
TREE

He who commands tolerance is indifferent to losses and gains. Wealth and riches are not lasting. Heat and cold, comfort and pain and convenience do not affect the tolerant man.

They affect those who do not possess the requisite strength to face them. Those who have been born and brought up in the midst of difficulties and privations ultimately develop in themselves the spirit of tolerance.

The fifth principle of mental health is that we should present ourselves as we are. We should not put up appearances. Generally people are snobs in their social life and when people see them in their true colours they are put in a quandary. Secretiveness creates ill feelings.

Those who put up appearances not only deceive others, they deceive themselves also. They create difficulties for all. We try to create false impressions on the minds of others in order to hide our own real state. You cannot hide reality for a long time. Only he whose mind is weak tries to hide facts. On the other hand he whose mind is strong and sound will always present himself as he is.

As told to Lalit Garg.

Just as Airavata is supreme among elephants, lion among animals, Ganga among rivers, Garuda the son of Venudeva among birds, similarly was Jnataputra supreme among those preaching emancipation.

Sutra Su 1.6.21

By scriptural study, one acquires knowledge, is fixed in religion and helps others to be so fixed. Thus by studying multifarious sutras he becomes absorbed in the contemplation of what is expounded therein.

Lord Mahavira

Perhaps more than any other religious tradition, Jainism is imbued with its commitment to self-reliance. In the soul's tormented struggle to free itself from its beginningless, and possibly endless, worldly bondage, neither fate nor the gods can be of any help. Even the Jinas cannot relieve him of his karmic debts; however, it is their teaching which facilitates the soul's journey towards perfection.

Dulichand Jain

Anger, pride, deceit and greed are the four powerful enemies which stimulate sinful deeds. One who desires the welfare of his self should renounce these four flaws... Faith, knowledge and conduct together constitute the path of liberation; this is the path to be followed. The saints have averred that if it is followed in the right way it will lead to liberation, otherwise it will lead to bondage.

Lord Mahavira

Oh, My Aching Knees!

EACH YEAR, AMERICANS log roughly 19 million visits to orthopedic surgeons due to knee discomfort. That weight-bearing

joint is the source of so many problems because it is the one most frequently affected by degenerative diseases including osteoarthritis—the painful condition that occurs when the cartilage in the knee wears away and the bones scrape against one another.

More than 10 million people in the U.S. have osteoarthritis of the knee, and your lifetime risk of developing it is nearly one in two. But there is good news: Experts keep finding more steps that people can take to reduce discomfort and to prevent, delay, or slow osteoarthritis.

1) Achieve a healthy weight

According to one national survey, obese women had nearly four times the risk of getting osteoarthritis of the knee than their lighter peers; obese men had five times the risk. However, you don't need to shed a huge amount of weight to benefit your knees—losing just 10 pounds can significantly reduce your chances of developing the disease.

2) Strengthen your muscles

In a recent University of Iowa Hospitals and Clinics study, women with stronger quadriceps, or front thigh muscles, were better protected from knee osteoarthritis than weaker subjects. To build up your



What's good for the joints?
Yoga and tai chi. Bad? Clogs and high heels.

quads, do low-impact exercises like leg raises, wall sits, and squats.

3) Get moving

A lack of joint mobility has been directly linked to knee pain. Why? If you have difficulty bending your knees when you walk or run, you end up placing excess pressure on a small area around the kneecap. Regular tai chi or yoga sessions have been found to help increase one's range of motion. As an alternative, suggests Dr. David Teuscher, an orthopedic surgeon in Beaumont, Tex., "you can add at least 10 minutes of stretching to daily workouts."

4) Pick knee-friendly footwear

Clogs and stiff-soled walking shoes may feel comfortable, but they can actually cause your knee joints to carry loads up to 15% greater than flip-flops or sneakers with flexible soles do, according to a new study from Rush University Medical Center in Chicago. High heels have also been shown to increase the load on knee joints.

—by Elizabeth Goodman

Nature's Way of Treating CONSTIPATION

19 Saturday
AUGUST

2006 SEPTEMBER							OCTOBER 2006						
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A diet too low on fiber, not drinking ^{enough} fluids & lack of physical activity are the main ingredients for constipation. Sometimes prescribed medicines are also at fault.

Fiber is the indigestible part of fluids. It holds on to water as food passes through the intestinal track & keeps the food residue moist & soft. Fruits, vegetables & whole grains are fiber sources. "Whole grains" means grains which are not refined. They still have their outer coating, the bran. You can find many whole grain breads & cereals like ^{ALL-BRAN}.

Generally old people often drink less fluid than they need. Make sure you take enough liquids. Water is not the only liquid that keeps you hydrated.

After breakfast/dinner, take a long walk. Physical activity stimulates the digestive track to move food through it more freely & quickly and also keep the undigested food moist & soft.

20 Sunday

232-133 Week 33

Doctors are reluctant to suggest laxatives to their patients, because they were afraid that the patients would get into the laxative habit or that the colon will become independent of laxatives but no single laxative works for all. Try the glycerol suppository. Once you establish a regular pattern, you can avoid taking laxatives. ^{Liberal fluids} Tell them stay on regimen of activity.

HEALTH is DEFINED as a state of mind,

wherein the Dynamic Balance
of Body & Soul & Mind

JUNE							2006							JULY									
W	M	T	W	T	F	S	S	W	M	T	W	T	F	S	S	W	M	T	W	T	F	S	S
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JULY

is maintained, the metabolism is at optimum level,
mind, soul & sense organs assume sublime position

The structural & functional units of human body
are composed of 5 basic elements known as Pancha Bhoota
the 5 elements which includes EARTH / WATER / FIRE / AIR / SPACE
Each one of them exerts its influence on certain pt. of our constitution.
Recognition of this elemental basis of human body & outside world

has profound implications The Secret of Health
in the practice of Medicine - for both body & mind
is

1) Not to mourn for the past

2) Not to worry about future

3) but to live in the present moment -
calmly, wisely & earnestly

(BUDDHA)

HEALTH

TIPS

IRRITABLE BOWEL SYNDROME IS A MANAGEABLE ILLNESS

Dear Dr. Donohue: My sister has nervous bowel syndrome, and her doctor said her there was nothing she could do for her. I hope you might have some ideas. Can you help? — G.B.

be troublesome. Your sister should stay away from them to see if that helps.

■ ■ ■
Dear Dr. Donohue: Is there a cure for athlete's foot? Internal? External? — C.P.

I'm pretty sure your sister's doctor said she has irritable bowel syndrome, something that is high on the list of things bringing people to doctors. Abdominal pain occurring for at least three days a month in the preceding three months, with pain relieved by a bowel movement; and having diarrhea, constipation or the two alternating with each other are the prominent symptoms of IBS. No one knows the cause. Some feel it comes about because of the uncoordinated and too-forceful contractions of the digestive tract muscles. Others believe it's due to an overly sensitive tract and an imbalance of the nerve-stimulating messenger chemical serotonin.

There are many treatments for athlete's foot, TNTC — too numerous to count. Start with the external ones, the ones you apply directly to the infected skin. Athlete's foot is a fungal infection. Antifungals include creams, powders and liquids with names such as Neosporin, Micatin, Desenex and Lotrimin.

If those medicines fail, oral medicines that usually win the battle are prescription items like Sporanox and Diflucan.

■ ■ ■
Dear Dr. Donohue: In 1944, at the age of 2, I was stricken with polio. It affected my left side. My doctor taught my mother how to use the Kenney exercises, and I regained use of my left arm, but not fully.

In 1984, I started experiencing postpolio syndrome.

I was told in my early teens not to give blood. The doctor thought my blood might still be contaminated with the polio virus. Through the years, my social group thought I was a softie because I bowed out of blood donation. My wife works in a hospital, and her friends ask her why I don't give during their drives.

What is the current feeling? — G.C.

The polio virus does not live on in the body. It's not

No single test, X-ray or scan makes the diagnosis. All other illnesses with similar symptoms have to be considered and excluded. One condition often mistaken for irritable bowel syndrome is celiac disease, sensitivity to a protein found in wheat, rye and barley.

Lots can be done. Although there is no special diet, an affected person has to note what foods tend to cause trouble and eliminate those foods from the diet. Bentyl, Anaspaz and Levsin are a few examples of medicines used to control the

AUGUST							2006	SEPTEMBER							2006
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HEALTH TIPS

1 Tuesday
AUGUST

SJOGREN'S SYNDROME

DRY MOUTH SYNDROME

213-152 Week 31

I have a dry mouth. I am advised to drink more water. While I keep it well during the day, by drinking more water it is difficult during night. Everytime I go to my dentist, he asks me whether I am a diabetic. I said to him "NO" He then asked me whether I have "God forbid" "Sjogren (SHOW GRINS) SYNDROME" I did not know what it is about. He asked me to go into INTERNET & read some of its symptoms. Before I could go on to the internet & study it, I am asked to keep half Tab of ORBIT under the tongue, before going to sleep.

SEPTEMBER 2006						
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OCTOBER 2006						
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3 Thursday
AUGUST

Dry Eyes & Dry mouth are freeminent
 Symptoms of Sjogren's (Shongrins) syndrome.
 The immune system attacks the Salivary & tear
 glands. Lymphocytes - one kind of white blood cells
 of an important component of the immune system
 has.

EIGHT GOLDEN RULES FOR A HEALTHY KIDNEY

1. **Keep fit:** Take up running, walking, Swimming or cycling for 30 minutes every day. Join a walking or cycling club for motivation
2. **Control blood sugar levels:** Diabetes if detected early can reduce the damage to Kidney.
3. **Eat Healthy:** Eat Healthy and keep weight under control. Ideal salt intake per day is 5 to 6 gms.
4. **Blood pressure should be monitored:** ---- Ideal combination is 120/80. Contact doctor if the combination is 140/90.
5. **Avoid smoking:** ---- Because it slows the flow of blood to kidneys. This impairs the functioning of the kidneys.
6. **Healthy fluid intake:** ---- Kidney stone patients should take 2 to 3 litres per day.
7. **Avoid:** ---- Using over-the-counter drugs, pain killers frequently.
8. **Patients:** With diabetes, obesity, Blood pressure, family history should check their kidney functioning.

Courtesy - Hindu 1-3-12

Restore America's founding principles

BY BONNIE M. PARSLEY

Does America value freedom any longer? Do Americans value integrity and morality or are we sinking into the abyss of greed, corruption, lies and depravity?

Politicians buy votes with promises, and when elected they pay off their special interests with our hard-earned tax money. President Barack Obama uses his power to reward unions and large Wall Street banks while punishing energy companies. Tax money is funneled to companies and industries that supported Obama's election. This "crony capitalism" is not the American way.

What happened to personal responsibility, individual initiative and our spirit of innovation? We are becoming a nation of victims and dependents. Some think that Obama's election means they won't have to work because he will take care of them. It's disgusting!

What happened to equality under the law — a prime principle upon which our government was founded? States are treated differently. What happened to a government of the people by the people and for the people? Our country is ruled of, by and for special interests.

What happened to civility, truth and respect? Obama promised to restore civility but there is more division and discord than ever.

Obama has never made the transition from candidate to president. He is in constant

campaign mode. He insults Republicans and tea party activists. He disparages anyone who disagrees with him and his policies.

And what has happened to the watchdog media? Do they not see that our freedom is being destroyed while Obama and his far-left cronies are transforming this nation? Apart from Fox News, the complicit media are an accomplice in the destruction of our country. Our nation is on fire and the lapdog media are curled up asleep.

Why do you think Obama and the Democrats hate Fox News? They disparage Fox commentators by calling them racists and bigots. They claim Fox is not a news organization. They don't want you watching Fox because you will learn what they are doing to our country.

Glenn Beck has been targeted by the left because he airs videos of their anti-American rhetoric. He educates the viewers about the history of the progressive movement in the U.S., and he contrasts it with the founding principles of this country. Watch and understand how one philosophy leads to freedom and prosperity and the other leads to tyranny.

We must restore American values. It is time to return to our founding principles — the principles that created the greatest freedom man has ever known; the principles that created the most prosperous nation on earth.

Bonnie M. Parsley is a resident of Murrieta.

Apps to Keep You Fit

With the right apps, you can turn your smart-phone into a personal trainer. Whether you want to track your progress or learn new moves, there's an app for you. Here are some of your best bets:



For Runners: RunKeeper

Use your phone's built-in GPS to track your run on a map and to record stats like duration, distance, and pace. Add-ons include a wealth of training workouts



For Outdoor Activities: MyTracks

Use this app to keep track of hiking, biking, and running routes and to view real-time statistics on your progress. At home, share your journey with friends or view it on Google Maps.

Works with: Android

Get it at: MyTracks.AppSpot.com



For Dieters: Lose It!

Research shows that keeping a food diary is one of the most effective ways to drop excess pounds. With Lose It!, you can create your own weight-loss goals, establish a daily calorie budget, and record your meals and workouts.

Works with: iPhone, iPod touch

Get it at: LoseIt.com



For Indoor Workouts: GymTechnik

Build your own exercise routine by selecting exercises from GymTechnik's large library. Each time you work out, the app shows stats from your last session so you can track any changes in your performance or body measurements. Workouts are organized by gender and goal.

Works with: BlackBerry, iPhone, Android

Get it at: GymTechnik.com



For Yoga Lovers: Hatha Yoga

With Bendyware's Hatha Yoga, an instructor guides you through classes and shows you the proper form for each pose. You can even customize the lessons to fit your individual goals, or pause them whenever you need a break. Bonus: The app also includes instruction on meditation techniques.

Works with: iPhone

Get it at: the iTunes app store

DOPPLER'S

ULTRASOUND

30

Saturday

DECEMBER

Reliable Test for
STROKE Prevention

365001 Week 52

Doppler's Ultrasound is a safe, effective & reliable test & also a relatively inexpensive way to determine the buildup of plaque (mounds of cholesterol) in the carotid Arteries & neck Arteries that bring blood to the brain. They show occlusions all the way to 100%.

A-bruit (BREW-ee) is a noise heard in an artery. Normal flow of blood in Artery is silent. Noise indicates an obstruction. Unfortunately, most narrowed carotid arteries do not generate a bruit. It is a good sign of trouble when it is present.

Symptoms of transient vision loss & the inability to use fingers were transient-type of ischemic attacks (TIAs).

Other TIA signs are (1) numbness on one side.

These are fleeting never lasting < an hour. These are warnings of some great danger. (2) Blurred vision (3) Double vision (4) Trouble in expressing oneself (5) Dizziness.

A stroke lies in the near future unless something is done to prevent it.

ENDARTERECTOMY is a procedure where the surgeon opens the clogged artery & removes the obstruction. It also

What is a Panic Attack?

Monday 1

JANUARY

DECEMBER 2006

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JANUARY

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A panic attack is a period of

Extreme fear in a situation that does not warrant such a fear. It comes suddenly, reaches a peak in < 10 minutes & makes the person want to flee from the situation he finds himself in - a panic attack.

During the attack some of the symptoms are:

- 1) Fast heart beat
- 2) Sweaty breaks out
- 3) people become short of breath with dizziness
- 4) they feel like they are choking to breathe
- 5) they feel chest pain & mistake for heart attack

The actual attack probably results from an outpouring of body chemicals like adrenaline.

What triggers the release of these chemicals is buried deep inside the subconscious. Lack of sleep or medication could make a person more susceptible of this attack.

If you experience of this attack more than once report to your family doctor, who may refer you to a specialist to unearth any hidden cause preventing this attack.

DOZEN HEART SYMPTOMS

2 Tuesday (Name to ignore)
JANUARY

JANUARY 2007							MARCH 2007						
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26	27	28	-	-	-	-	13	26	27	28	29	30	31

- 1) ANXIETY: Intense anxiety & fear of death
- 2) CHEST DISCOMFORT: Pain in the chest - (like elephant sitting on the chest)
- 3) COUGH: Persistent cough & sneezing
- 4) DIZZINESS: Light headedness & loss of consciousness
- 5) FATIGUE: feeling tired all the time
- 6) NAUSEA (loss of appetite) with abdominal swelling
- 7) PAIN in } like Arms, shoulders, Jaw
other parts of body } Neck; ELBOWS; Abdomen.
- 8) Irregular PULSE with weakness & dizziness
- 9) Shortness of breath: like asthma
- 10) Sweating Breaks out in cold sweat
- 11) Swelling in the feet & hands, legs, abdomen
- 12) Weakness: overall weakness

EIGHT GOLDEN RULES FOR A HEALTHY KIDNEY

1. **Keep fit:** Take up running, walking, Swimming or cycling for 30 minutes every day. Join a walking or cycling club for motivation.
2. **Control blood sugar levels:** Diabetes if detected early can reduce the damage to Kidney.
3. **Eat Healthy:** Eat Healthy and keep weight under control. Ideal salt intake per day is 5 to 6 gms.
4. **Blood pressure should be monitored:** ---- Ideal combination is 120/80. Contact doctor if the combination is 140/90.
5. **Avoid smoking:** ---- Because it slows the flow of blood to kidneys. This impairs the functioning of the kidneys.
6. **Healthy fluid intake:** ----- Kidney stone patients should take 2 to 3 litres per day.
7. **Avoid:** ---- Using over- the - counter drugs, pain killers frequently.
8. **Patients:** With diabetes, obesity, Blood pressure, family history should check their kidney functioning.

Courtesy - Hindu 1-3-12

SEPTEMBER 2006							OCTOBER 2006							
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18	19	20	21	22	23	24	42	16	17	18	19	20	21	22
25	26	27	28	29	30	-	43	23	24	25	26	27	28	29

12 Possible Heart Symptoms
Never to ignore

5 Saturday
 AUGUST

Don't miss these possible 12 Warning symptoms
 When says let something is amiss with your heart
 Heart disease is no. 1 possible killer of US
 men & women, accounting for 40% of US deaths
 Why is heart disease so deadly?

One reason is many people are very slow
 to seek medical help even after the
 symptoms become transparent. no doubt
 they have 911 ring to come to their rescue
 but very few avail of this facility.

But heart symptoms are not always
 intense or obvious & vary from person to person
 Because it can be hard to make sense

of heart symptoms, Doctors warn against
 ignoring possible warning signs
 sorting them out, warning once if they go away
 Particularly for people > 65, it's necessary to sort out
 possible defects like cholesterol, Blood pressure
 obesity, Smoking, diabetic, back history
 Putting back heartburn is not true for heart problems

6 Sunday

218-147 Week 31

Don't ignore the following 12 symptoms

8 Tuesday
AUGUST

SEPTEMBER 2006							OCTOBER 2006						
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1) ANXIETY. Heart failure can cause intense anxiety or fear of death. Such patients who survive often talk about having experienced a sense of "sudden death".

2) CHEST DISCOMFORT:-

Instead do the following

10

Thursday

AUGUST

SEPTEMBER							OCTOBER						
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- 1) **Reading** stimulates the brain + imagination ^{activate your}
- 2) **Writing** promotes or thinking of problem solving
of thought-expression process, which
also promotes functioning of brain
- 3) **Exercise** (like morning & evening walks)
helps circulation of blood that carries to brain
- 4) **Meditation** stimulates your brain
of relieves stress & boredom
- 5) **Deep breathing** pumps more O_2 to the brain
improves functioning of brain & keeps you alert
- 6) **Listening to music** stimulates right hemisphere
of the brain
- 7) **Sleeping** clears out brain clutter &
reduces brain fatigue
- 8) **Painting** is also an effective brain booster
promotes thinking
- 9) **Breakfast** - starting the day with a good B/F
supplies more energy to the brain
for the whole day
- 10) **Walking** clears your mind to clear ^{translates more} brain thoughts
- 11) **Drinking more water** (12 glasses a day)
- 12) **Fruit juice** refreshes brain & promotes thinking

How to stop cough in 5 m 5
Anything is better than Antibiotics themselves

It is free from any type of side-effects.

TREATMENT:

It is very Simple. To stop night time coughing in a child put Vicks Vapor Rub generously on the bottom of the feet at bedtime and then cover with socks. Even persistent, heavy, deep coughing will stop in about five minutes and stay stopped for many, many hours of relief.

This works 100 percent of the time and more effective than even very strong prescription cough medicines. In addition it is extremely soothing and comforting and they will sleep soundly. The head of the Canada Research Council in a radio programme of 'A talk on why cough medicines in kids often do more harm than good' describe these findings on the part of their scientists when they were investigating the effectiveness and usage of prescription cough medicines in children, as compared to alternative therapies like acupressure etc.,

I had my personal experience also in applying this therapy. My wife had a very deep constant and persistent cough a few weeks ago and it worked well (100% relief). She had felt it like a warm blanket enveloped her. The cough stopped in a few minutes. To my surprise, she had a relief from deep, uncontrollable cough to cough-free sleep undisturbed throughout night.

If you have children or grand children or if you feel sick, try it yourself and you will be absolutely amazed.

Extracted from a letter received from Ch. V. Suryanarayana

SEPTEMBER							OCTOBER							
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18	19	20	21	22	23	24	42	16	17	18	19	20	21	22
25	26	27	28	29	30	-	43	23	24	25	26	27	28	29

12 Saturday
AUGUST

Important Health Tips

224-141 Week 32

- 1) Answer the phone by your left-^{EAR}
- 2) Do not drink Coffee twice a day
- 3) Do not take pills with COOL water
- 4) Do not take heavy meals after 5 PM
- 5) Reduce the amount of oil food consumption
- 6) Drink more water in the morning & less at night
- 7) Don't use headphones for long time
- 8) Best sleeping time is 10 PM to 5 am
- 9) Don't lie down ^{immediately} after taking medicine
- 10) Don't answer phone calls when battery is down to the last grid.
- 11) Keep ur distance from Headphone chargers

225-140 Week 32

13 Sunday

12)

13)

14) 1

15) Pray God before going to sleep

Healthy Juices

Monday

14

AUGUST

JULY							2006							AUGUST						
W	M	T	W	T	F	S	S	W	M	T	W	T	F	S	S					
26	31					1	2	31	1	2	3	4	5	6	7					
27	3	4	5	6	7	8	9	32	7	8	9	10	11	12	13					
28	10	11	12	13	14	15	16	33	14	15	16	17	18	19	20					
29	17	18	19	20	21	22	23	34	21	22	23	24	25	26	27					
30	24	25	26	27	28	29	30	35	28	29	30	31	-	-	-					

1) ⁰⁸ CARROT + APPLE + GINGER) To cleanse Ur system

2) ⁰⁹ Tomato + carrot + Apple: To improve skin complexion

3) ¹⁰ Apple + cucumber + Celery) To reduce cholesterol

4) ¹¹ Bitter gourd + apple + Milk) To reduce body heat

5) ¹² Pineapple + apple + Watermelon) To nourish bladder + kidneys

6) ¹³ Pears + Banana to regulate Sugar content.

7) ¹⁴ Carrot + Apple + pear + Mango) cleans body heat

8) ¹⁵ Papaya + Pineapple + milk) Prevents constipation

¹⁶ **NOTE** The organs of your body have their sensory touches at the bottom of your feet. If U massage these points, U will find relief from aches & pains, as U can see your heart is on the left foot.

2006

OCTOBER

2006

W M T W T F S

1 2 3

39 30 31

4 5 6 7 8 9 10

40 2 3 4 5 6 7 8

11 12 13 14 15 16 17

41 9 10 11 12 13 14 15

18 19 20 21 22 23 24

42 16 17 18 19 20 21 22

25 26 27 28 29 30 -

43 23 24 25 26 27 28 29

15 Tuesday
AUGUST

Your blood type reveals

Your Personality

227-138 Week 34

Type O

U want to be a leader always
 U are a trendsetter, loyal,
 passionate & self confident
 Your weakness includes vanity & jealousy
 and a tendency to be competitive
 When U see something U want,
 U keep sticking until U achieve Ur goal

TYPE A

U like harmony, peace & orga-
 nisation
 U work well with others
 U are sensitive, patient & affectionate
 Ur weaknesses are: Vanity, stubbornness,
 jealousy and tendency to be too competitive.

Type B

: U are a rugged individualist
 who is straight forward & likes to do
 things in Ur own way, creative & flexible
 U adapt easily to any situation but Ur
 insistence on being independent may sometimes
 go too far & become a weakness too.

Type AB

: Cool & controlled; U are generally
 well liked & always put people at ease
 U are a natural entertainer who is tactful & fair
 but U are standoffish, blunt and have
 a difficulty in making decisions.

ISOMETRIC Exercises

Wednesday 16

JULY							2006							AUGUST						
W	M	T	W	T	F	S	S	1	2	3	4	5	6	W	M	T	W	T	F	S
26	27	28	29	30	31									31	1	2	3	4	5	6
27	28	29	30	31										32	7	8	9	10	11	12
28	29	30	31											33	14	15	16	17	18	19
29	30	31												34	21	22	23	24	25	26
30														35	28	29	30	31		

AUGUST

228-137 Week

Ageing doesn't have to doom people to loss of muscles & strength. People have to work at it to keep themselves strong. Many problems attributed to old age are problems that come from loss of strength - the inability to rise from a chair - the loss of balance. Aute walkers

You know that is DYNAMIC TENSION. There is the trade mark of Charles Atlas Ltd. The story goes: Charles, in trying to devise a strengthening program for himself, he devised his dynamic tension program that pits one set of muscles against another. His method worked wonders for him & this led

Another way to keep our muscles strong is ISOMETRIC Exercise. In this muscles work to their max capacity without making any movement.

With ISOMETRICS, the muscles don't shorten or stretch.

In trying to move a desk that is firmly fixed in place instead of pushing the desk, you push yourself against an immovable object for 5/6 secs @ 2/3 of max of U repeats the process 5 times, leg muscles exercise is achieved by sitting in a chair & pushing against the floor like the inside of Isometric theory is that it does not enhance athletic performance, but releases tension.

Regular Health Mistakes

17 Thursday
AUGUST To be avoided

SEPTEMBER 2006							OCTOBER 2006						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	3	30	31				
4	5	6	7	8	9	10		40	2	3	4	5	6
11	12	13	14	15	16	17		41	9	10	11	12	13
18	19	20	21	22	23	24		42	16	17	18	19	20
25	26	27	28	29	30	-		43	23	24	25	26	27

229-136 Week 33

- ① Crossing your legs while sitting
This cuts down on blood circulation to the knee
Crossing ur legs at the ankles is preferable
It is also an elegant way to sit-
- ② Not changing your TOOTH Brush
Change frequently into soft bristles
- ③ Eating out too often increases cholesterol
- ④ Skipping Breakfast reduces calories
Eat heavy breakfast then at lunch
- ⑤ High Heels Avoid & wear flat heels
- ⑥ Sleeping on a soft bed :
- ⑦ Avoid cushion Pillows
- ⑧ Not exercising is a big mistake
When felt on your health mid age
Keep walking, early morning & evening also
- ⑨ Not doing Yoga or Pranayama → Try once
- ⑩ Pray to God (before going to bed & after waking up)

A Healthy Mind Promotes Physical Wellness Too

Is Mahavir Jayanti

Acharya Mahaprajna

Mental health promotes physical health. The reverse is also true. The mind and the body are two mutually connected entities. However, the mind's influence on the body is deeper than that of the body on the mind. Mental health is connected with the feeling of equality. Without this feeling the mind cannot be healthy. The principle of equality is also the principle of mental health.

The first principle of mental health is: Know thyself. One who does not know his own strength and weakness cannot be mentally healthy. We do not know our strength because we are weak and we feel a sense of being wretched. We become excited when somebody misbehaves with us because we do not know our weakness. In such cases we overlook ourselves and try to find fault with others.

The second principle of mental health is the willingness to admit one's responsibility for whatever has been done. We are not prepared to visualise the consequences of our actions and that is why our mind has no peace. It is unhealthy to avoid responsibility for our actions. It can lead to mental illness. One needs courage to admit his faults. A weak mind does not have this courage.

One should take responsibility for the good as well as bad consequences of one's actions. It is the weak who find fault with others. They want to save their own skin. We generally like to be praised for our good actions but are not prepared to be blamed for the bad consequences of our actions.

Devotion to truth is the third principle of mental health. Truth is experience of the law governing the universe. Death is a universal law. It has no exception. All the prophets

and great men of the world met death. Nobody is immortal. Everyone who is born must die one day. Death is, therefore, a truth. In the same way karma (action) and tela (time) are also truths. One who admits the operation of the laws, which govern nature, is a mentally healthy man.

Tolerance is the fourth principle of mental health. An intolerant man is always miserable. Moreover, the behaviour of an intolerant man is always unpredictable. If an intolerant man is meditating and if the fan is stopped, his mind will be upset and his meditation will break.



THE
SPEAKING
TREE

He who commands tolerance is indifferent to losses and gains. Wealth and riches are not lasting. Heat and cold, comfort and pain and convenience do not affect the tolerant man.

They affect those who do not possess the requisite strength to face them. Those who have been born and brought up in the midst of difficulties and privations ultimately develop in themselves the spirit of tolerance.

The fifth principle of mental health is that we should present ourselves as we are. We should not put up appearances. Generally people are snobs in their social life and when people see them in their true colours they are put in a quandary. Secretiveness creates ill feelings.

Those who put up appearances not only deceive others, they deceive themselves also. They create difficulties for all. We try to create false impressions on the minds of others in order to hide our own real state. You cannot hide reality for a long time. Only he whose mind is weak tries to hide facts. On the other hand he whose mind is strong and sound will always present himself as he is.

As told to Lalit Garg.

Just as Airavata is supreme among elephants, lion among animals, Ganga among rivers, Garuda the son of Venudeva among birds, similarly was Jnataputra supreme among those preaching emancipation.

Sutra Su 1.6.21

By scriptural study, one acquires knowledge, is fixed in religion and helps others to be so fixed. Thus by studying multifarious sutras he becomes absorbed in the contemplation of what is expounded therein.

Lord Mahavira

Perhaps more than any other religious tradition, Jainism is imbued with its commitment to self-reliance. In the soul's tormented struggle to free itself from its beginningless, and possibly endless, worldly bondage, neither fate nor the gods can be of any help. Even the Jinas cannot relieve him of his karmic debts; however, it is their teaching which facilitates the soul's journey towards perfection.

Dulichand Jain

Anger, pride, deceit and greed are the four powerful enemies which stimulate sinful deeds. One who desires the welfare of his self should renounce these four flaws... Faith, knowledge and conduct together constitute the path of liberation; this is the path to be followed. The saints have averred that if it is followed in the right way it will lead to liberation, otherwise it will lead to bondage.

Lord Mahavira

Oh, My Aching Knees!

EACH YEAR, AMERICANS log roughly 19 million visits to orthopedic surgeons due to knee discomfort. That weight-bearing

joint is the source of so many problems because it is the one most frequently affected by degenerative diseases including osteoarthritis—the painful condition that occurs when the cartilage in the knee wears away and the bones scrape against one another. More than 10 million people in the U.S. have osteoarthritis of the knee, and your lifetime risk of developing it is nearly one in two. But there is good news: Experts keep finding more steps that people can take to reduce discomfort and to prevent, delay, or slow osteoarthritis.

1) Achieve a healthy weight

According to one national survey, obese women had nearly four times the risk of getting osteoarthritis of the knee than their lighter peers; obese men had five times the risk. However, you don't need to shed a huge amount of weight to benefit your knees—losing just 10 pounds can significantly reduce your chances of developing the disease.

2) Strengthen your muscles

In a recent University of Iowa Hospitals and Clinics study, women with stronger quadriceps, or front thigh muscles, were better protected from knee osteoarthritis than weaker subjects. To build up your



What's good for the joints?
Yoga and tai chi. Bad? Clogs and high heels.

quads, do low-impact exercises like leg raises, wall sits, and squats.

3) Get moving

A lack of joint mobility has been directly linked to knee pain. Why? If you have difficulty bending your knees when you walk or run, you end up placing excess pressure on a small area around the kneecap. Regular tai chi or yoga sessions have been found to help increase one's range of motion. As an alternative, suggests Dr. David Teuscher, an orthopedic surgeon in Beaumont, Tex., "you can add at least 10 minutes of stretching to daily workouts."

4) Pick knee-friendly footwear

Clogs and stiff-soled walking shoes may feel comfortable, but they can actually cause your knee joints to carry loads up to 15% greater than flip-flops or sneakers with flexible soles do, according to a new study from Rush University Medical Center in Chicago. High heels have also been shown to increase the load on knee joints.

—by Elizabeth Goodman

Nature's Way of Treating CONSTIPATION

19 Saturday
AUGUST

2006 SEPTEMBER							OCTOBER 2006						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
							30	31					
1	2	3	4	5	6	7	31						
8	9	10	11	12	13	14							
15	16	17	18	19	20	21							
22	23	24	25	26	27	28							
29	30						1	2	3	4	5	6	7

enough

231-134 Week 33

A diet too low on fiber, not drinking ^{enough} fluids & lack of physical activity are the main ingredients for constipation. Sometimes prescribed medicines are also at fault.

Fiber is the indigestible part of fluids. It holds on to water as food passes through the intestinal track & keeps the food residue moist & soft. Fruits, vegetables & whole grains are fiber sources. "Whole grains" means grains which are not refined. They still have their outer coating, the bran. You can find many whole grain breads & cereals like ^{ALL-BRAN}.

Generally old people often drink less fluid than they need. Make sure you take enough liquids. Water is not the only liquid that keeps you hydrated.

After breakfast/dinner, take a long walk. Physical activity stimulates the digestive track to move food through it more freely & quickly and also keep the undigested food moist & soft.

20 Sunday

232-133 Week 33

Doctors are reluctant to suggest laxatives to their patients, because they were afraid that the patients would get into the laxative habit or that the colon will become independent of laxatives but no single laxative works for all. Try the glycerol suppository. Once you establish a regular pattern, you can avoid taking laxatives. ^{Liberal fluids} Tell them stay on regimen of activity.