



VedicHealing

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Newsletter
Summer

2013

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spice for summer.*

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as a digestive aid and mouth freshener.*

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Featured Herb:



Fennel is a common culinary spice and an Ayurvedic healing herb. Frequently after a meal, at an Indian restaurant, roasted fennel seeds are served as a digestive aid and mouth freshener. Fennel is derived from the seeds of the plant *Foeniculum vulgare*. The plant itself is used for cooking too. The seeds are sweet and aromatic. They can be used raw, roasted or processed to extract fennel oil. Fennel seeds are cooling in nature and used to balance the Pitta energy. Several health benefits of ginger have been described in Ayurveda. Fennel seeds stimulate appetite, and help in digestion and assimilation. They have been shown to be diuretic, choleric, analgesic, antipyretic, and antimicrobial. Fennel seeds have their main action on the digestive system. They are used for abdominal pain, vomiting, indigestion, diarrhea, constipation, piles, and bloating. They are also used to improve eyesight and to treat headaches and menstrual disorders.

Yogasana:



Dhanurasana (Bow Pose) is a basic Yoga pose beneficial for the organs in the abdomen and pelvis. In this pose the body is bent backwards like a bow and the arms represent the string of the bow. Lie flat on your stomach with feet slightly apart and arms besides the body. Fold your knees and hold the ankles with your hands. Inhale, raise the chest, arch your body backwards, lift thighs and keep arms straight. Hold your position and the breath as long as you can, then slowly exhale and return back to the start position. Repeat for 3-5 rounds. This pose strengthens the muscles of the back and tones the organs of the abdomen and pelvis. It stretches the chest and upper extremities and is beneficial for lung problems. Regular practice heals digestive and menstrual problems. This pose also balances the "Root Chakra" (Mooladhara) and the Fire element/Pitta energy (energy of metabolism) in the body. Always seek medical advice before starting any new exercise and discontinue if you feel pain or discomfort.

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Pranayama/Breathing Technique:



Pranayamas are breathing techniques that heal the body from inside out. In this issue we discuss Kapalbhathi pranayama (KP). KP is a very powerful technique with potential to heal many chronic diseases. It can be summarized as "forceful, repetitive, abdominal, exhalations". Sit a comfortable sitting pose like Sukhasana or Padmasana. Take a deep breath in and exhale forcefully through both nostrils (keeping the mouth closed) and simultaneously contract the abdominal muscles inwards. Repeat the exhalations rhythmically such that next successive inhalations become passive. Increase the number of repetitions from 10 to 50 and number of rounds of such repetitions from 1 to 5. By the act of balancing the nasal cycle, KP balances the sympathetic and parasympathetic nervous systems and heals the body from inside out. It is a great stress buster, energizer, and mood elevator. This breathing technique/pranayama is also very useful for lung problems like asthma and bronchitis. Always seek medical advice before starting any new exercise and discontinue if you feel pain or discomfort.

Tips for Summer:

Summer is characterized by a strong Sun, leading to excessive heat. The heat of summer can cause the Pitta (Fire) energy to go out of balance; also body's digestive power is weak during summer. Keep your body cool, avoid prolonged exposure to heat; keep hydrated by drinking fluids, like fresh fruit juices (sugarcane) and mango milkshake; avoid fried and spicy food and prefer cooling herbs like fennel, cilantro, cumin, and mint. Avoid overeating



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"GUTSY" – Try the 1 month supply for US \$69.00 or a 2 month supply for US \$149.00

and avoid eating meat. Indiscretion during summer months can lead to onset or worsening of chronic inflammatory disorders.

Natural Remedy for Acne:

Due to excessive heat and sweating during summer, acne typically gets worse. In addition to the lifestyle tips for summer (above) following would be beneficial for healing acne: wash your face frequently to avoid the sweat staying in contact with the skin for long. **Try our facepack, which contains Aloe vera, Orange peel, Multani mitti, Rose petal powder, and Sandalwood powder.** Take Triphala orally in the amount of 1 tsp at bedtime with a cup of water. Try soaked (overnight, in water) almonds and raisins for breakfast or as a snack. We supply the dry ingredients and you make a paste using honey, milk and lemon juice. A three month supply is available at our website for \$49.00

Featured Herbal Combination:

"GUTSY" – is a combination of 10 herbs: Glycerhiza glabra, Emblica officinalis, Plantago ovate, Cyperus rotundus, Tinospora cordifolia, Withamnia somnifera, Feniculum vulgare, Aegle marmelos, Plantago ovate, and Aloe vera. It is very effective for healing chronic inflammatory bowel problems like IBD and IBS. 1-tsp of this herbal supplement powder is stirred in a cup of water with 1 tsp honey and taken orally twice a day, after breakfast and dinner. This combination has helped several of our clients. Try the 1-month supply for US \$69.00 or a 2-month supply for US \$149.00.

Recipe corner:

Enjoy this delicious Mango Lassi: Mango–1, Yogurt–1 cup, Sugar–3 tsp, Ice–½ cup, and Cardamom powder–¼ tsp. In a blender, combine mangos, yogurt, sugar, ice, and cardamom powder. Blend until smooth. Pour into a glass and serve.

The contents of this newsletter were prepared by Peeyush Bhargava MD, Director of Vedic Healing, and Priyanka Khattri BAMS.