

Yoga and its benifet

Weight loss, a strong and flexible body, glowing beautiful skin, peaceful mind, good health – whatever you may be looking for, yoga has it on offer. However, very often, yoga is only partially understood as being limited to asanas (yoga poses). As such, its benefits are only perceived to be at the body level and we fail to realize the immense benefits yoga offers in uniting the body, mind and breath. When you are in harmony, the journey through life is calmer, happier and more fulfilling. All-round fitness. You are truly healthy when you are not just physically fit but also mentally and emotionally balanced.

Meditation has two important benefits:

Meditation prevents stress from getting into the system.

Meditation releases accumulated stress that is in the system.

Both of these happen simultaneously, leaving one refreshed and joyful.

Physical Benefits of Meditation:

With meditation, the physiology undergoes a change and every cell in the body is filled with more prana (energy). This results in joy, peace, enthusiasm as the level of prana in the body increases.

Meditation:

- * Lowers high blood pressure
- * Lowers the levels of blood lactate, reducing anxiety attacks.
- * Decreases any tension-related pain, such as, tension headaches, ulcers, Insomnia, muscle and joint problems.
- * Increases serotonin production that improves mood and behavior.
- * Improves the immune system.
- * Increases the energy level, as you gain an inner source of energy.

Mental Benefits of Meditation

Meditation brings the brainwave pattern into an Alpha state that promotes healing. The mind becomes fresh, delicate and beautiful. With regular practice of meditation:

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|------------------------|--------------------------------|
| * Anxiety decreases | * Emotional stability improves |
| * Creativity increases | * Happiness increases |
| * Intuition develops | |



Have you time to eat?

If you are not taking your foods regularly then it may be a cause of your ill health. Regular foods means quality foods with required quantity in time. A healthy person needs protein, mineral, vitamin, water and other micro-nutrient daily. We can find it in our vegetables, rice, grains, fruits, milk etc.

Sleep healthy become happy!

We need atleast 8 hrs to get rest if someone work hard (physical labour) for 12 hrs. For student it needs 8 hrs sleep if the student read 10 hrs in a day. For working person it needs 7 hrs sleep. For old person it needs 9 hrs sleep.

Avoid to become healthy

Junk foods, cold drinks and excess foods.

Self medication and excess medicine.

Watching too much television.

Harmful friends, Needless talking.

Ugly dresses.

Excess physical works.

Practice to become healthy

Good foods, fruits and sufficient water.

Use Herbal medicine.

Read more, listening music.

Good friends, good Talking.

Fair dresses and love to the nature.

Do Sufficient physical exercise.

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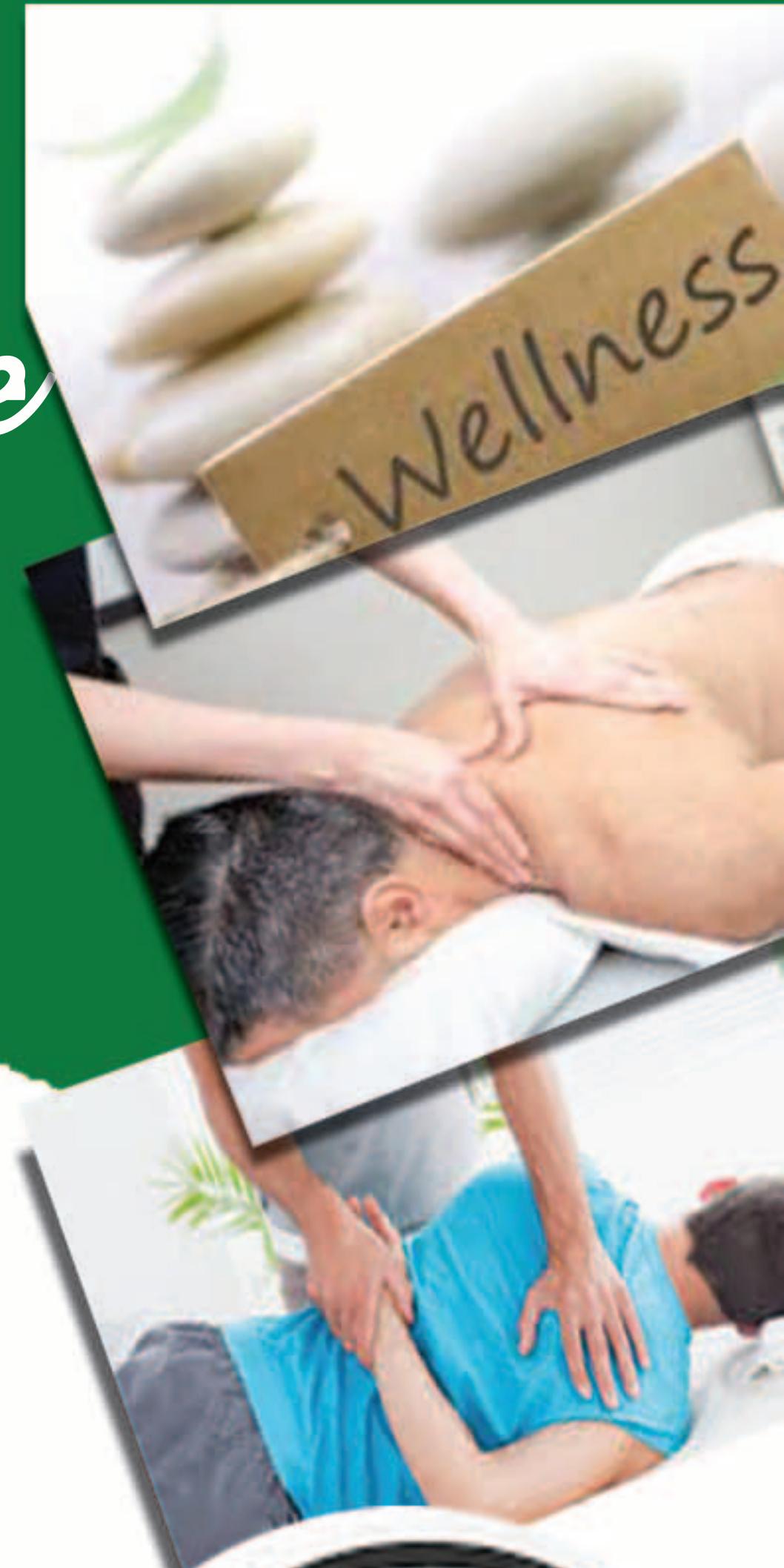
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