

Help Your Health – The Weekly Review Summer Session 2019– #2

Session Theme: Arthritis -Anti-Inflammatory Diet Suggestion & Source Material

Attunement

Restorative with the Breath: *Legs on the chair(or up the wall) with blanket across and lengthwise. Arms in cactus.*

Warm-Up Supine: *Morning Wake-Up Stretch,*

Printable Link to Morning Wake-Up Stretch on my website: https://yogatherapyalacarte.com/2018/01/20/morning_wake_up_stretch/

*Hip Openers with Bent Legs(Small Circles Together, Circles Apart and Large, In/Out Together), Legs/Arms UP -Ankles/Wrists Flex-Extend, **Happy Baby and Cobblers Pose** (next week we will work with the strap which can make these two specific asana easier for many)*

Warm-Up/Prone: *Child's Pose, Walk to the Right/Left, Thread the Needle, Cat n' Cow, Balancing Cat R/L @ Finding the still point for 6 breaths/switching sides then Challenging for 6 breaths bringing knee to nose and elbow to hip following with reaching back for the ankle (optional),*

Standing

Breath of Joy with Mantra (Sa-Ta-Na-Ma)

Sun Salutations using the Chair or Not.....

5 Tibetans: see previous Weekly Reviews or DVD's (all modifications/versions included)

Free Standing: **#1 Twirling/Spinning to the right.**

Supine: **#2 Leg Lifts**

Prone or Standing: **#3 Camel**

Please don't forget the two cooling breaths after each Tibetan. Placing your hands on the hips, exhaling with pursed/o shaped lips, inhaling through the nose x2.

Supine

Butterfly and Clock

Bridge Series beginning with simple pelvic tilt to full bridge to FF to windshield wipers.

Savasana: Supine and Relaxed with the bolster under the chest laying on ones back. Briefly talking about **“My Secret Space of Serenity”**, next week we will create this space and learn how to use it.

Essential Oil: doTerra “Aroma Touch ” Cypress, Peppermint, Marjoram, Basil, Grapefruit and Lavender.

Music: Barbara Thompson “Songs from the Center of the Earth”

Quote:

As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind.

To make a deep physical path, we walk again and again.

To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives. **-Henry David Thoreau**

Miscellaneous**Article which I read in class:**

‘Breath as Medicine’ -A simple Pranayama practice may bring relief for chemotherapy patients.

In a recent study at the University of California, San Francisco, patients undergoing chemo learned to practice four techniques: breath observation, Ujjayi breathing, kapalabhati breathing (rapid forceful exhalations), and alternative-nostril breathing.

They reported less anxiety, more restful sleep, and improved emotional well-being compared to patients who didn’t practice breathing techniques.

The study authors say pranayama is a promising treatment option for alleviating chemo’s side effects because it’s easy for patients to do on their own.

An Anti-Arthritic also considered an Anti-Inflammatory Diet Suggestion

Some very basic guidelines are as follows.

A diet high in: fruits, vegetables, fish, nuts, legumes and olive oil.

What to limit or avoid: red meat, saturated fats, all trans fats, fried foods, dairy, sugars incl. simple sugars, refined carbs.

We also need to look at the following and consider more in detail:

Vegetables especially Cruciferous ex: Broccoli and Cauliflower, other good choices Cabbage, Brussel sprouts, Kale and Bok Choy.

Omega 3’s (oily fish is a natural source such as Salmon/wild, fresh or canned, Herring, Sardines, Rainbow Trout and Pacific Oysters, Flaxseeds/ground or oil, Chia seeds and Walnuts) these fatty acids may prevent inflammation in the body and decrease symptoms associated with arthritis by suppressing the production of enzymes that erode cartilage.

Vitamin D which also is available in oily fish/Tuna, Mackerel, Cod and Sea Bass.

Although dairy products and bread maybe fortified with Vitamin D they also may exacerbate the inflammation and pain.

Presently there is much controversy as many science and medical sources are saying that we are mostly deficient, because we don’t allow the body to be exposed to the sun without a blocker. Suggesting that we need to have minutes every day of sun on our bodies.

Olive Oil contains anti-inflammatory properties that are attributed to its oleic acid which contains polyphenols and omega-3 fatty acids. Also containing a natural compound called oleocanthal that blocks the same inflammatory pathways as medication often used to fight arthritis pain. It is recommended to choose extra virgin and cold pressed olive oil.

Ginger -anti-inflammatory and antioxidant but be aware that ginger also acts as a blood thinner which could interact with blood thinning medications. Otherwise enjoy it fresh/sliced, grated in water or in cooking with vegetables or other healthy foods.

Vitamin C especially from dietary sources and not supplements. This nutrient is most responsible for the health of collagen which is a major component of cartilage. Excellent sources are: Bell Peppers/yellow, red, orange and green, Oranges. Guava, Mangos, Grapefruits, Strawberries, Pineapple, Broccoli, Cauliflower and Kidney Beans.

B12 – Clams, Salmon, Haddock Trout

Vitamin A -Yellow vegetables/ex: Summer Squash, Carrots, Green leafy Vegetables/Kale, Spinach, Greens, Romaine Lettuce plus fruits/Cantaloupe, Tomatoes and Apricots

Calcium -Plain low-fat yogurt, Sardines, Salmon, any seafood that contains bones, Turnip Greens, Spinach, Kale, Broccoli, Nuts/almonds, Brazil nuts and Pecans.

Anthocyanidins -potent antioxidants that produce the reddish pigment in foods like Cherries, Black Berries, Raspberries, Strawberries, grapes and Eggplant. A recent Harvard study on Strawberries etc. showed a reduced inflammation associated with arthritis.

Green Tea -EGCG, a natural antioxidant which is not found in black tea. Preliminary research suggest that EGCG (and other catechins/biological active compounds found in plants that have potent antioxidant) in tea, may stop cartilage from breaking down and possibly help to preserve joint longer.

Carotenes Carotenoid nutrients contained in many fruits and vegetables, the most commonly known is beta carotene (found in foods such as Pumpkin, Carrots, Kale, Butternut Squash, Cantaloupe, Sweet Potatoes and Spinach).

Sources on the subject of Arthritis:

My source for this information has been mainly from: “Gentle Yoga: Arthritis” by Hatherleigh Press. This is a very simple and basic explanation about the subject Arthritis as an introductory guide.

“Yoga as Medicine” by Dr. Timothy McCall

“Yoga for Arthritis” by Dr. Loren Fishman

“Yoga Therapy and Integrative Medicine” by Dr. Larry Payne Ph.D.

“The Principles and Practice of Yoga in Health Care” by Sat Bir Singh Khalsa Ph.D. Lorenzo Cohen Ph.D., Dr. Timothy McCall MD, Dr. Shirley Telles Ph.D.

“Yoga for Healthy Aging” by Dr. Baxter Bell MD

Various books by Dr. Andrew Weil MD and Dr. Deepak Chopra MD.

Plus over a decade of studies and research on the topic due to my own personal relationship with Arthritis having been diagnosed with Osteoarthritis over 20 years ago.

If you have read this far on the review, thank you and please let me know in class this coming week, if this has been helpful for you.

Thank You again....Namaste, Roxy