

Rishi Yoga Institute

WWW.RishiYogaInstitute.com

Devin Morgan, Director

November Yoga Newsletter, 2006

Quote of the month: The future belongs to those who believe in their dreams.

Eleanor Roosevelt

Happy Thanksgiving to one and all. There are some interesting tidbits on Turkey or Tofurkey day (whichever one happens to be the meal of your choice) in the Tidbit section of the newsletter. And this time of year is always a great time to really reflect on all of the wonderful blessings that have filled your life during 2006. It really is insightful to sit down to dinner on Thanksgiving Day and reflect, being truly grateful for all the wonderful people and things we are fortunate enough to enjoy.

I ask you to do that at the end of each Shavasana and it's such an important part of our practice. Where we put our attention IS WHAT GETS OUR ATTENTION. If we're thinking of all the negative and sad aspects of our lives (past, present or future), we are missing all of the positive and joyous aspects of the moment to moment now that we are living. It's true that we are influenced by our past, but we need not be dictated to by it. And yes, we are influenced by our plans of the future but they are just that, plans. We can only experience time and space in a moment to moment set of experiences that are encompassed in what we call NOW. And when we can experience the now of our lives, we realize how complete and perfect we really are.

And so, as Thanksgiving Day approaches, here is a list of things for you to think about (if you have read it already, it is well worth acknowledging again):

- If you have food in the fridge, clothes on your back, a roof overhead and a place to sleep you

are richer than 75% of the population of the world.

- If you have money in the bank, in your wallet and spare change in a dish someplace, you are among the top 8% of the worlds wealthy.
- If you woke up this morning with more health than illness, you are more blessed than the million who will not survive this week.
- If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture or the pangs of starvation, you are ahead of 500 million people in the world.
- If you can attend a church meeting without fear of harassment, arrest, torture or death, you are more blessed than three billion people in the world.
- If your parents are still alive and married, you are very rare indeed.
- If you can read this message you are blessed in that someone is thinking about you, (that would be me) and you are wealthy enough to have an internet connection and power on and furthermore, you are more blessed than over two billion people in the world that can not read at all.

- If you can hold up your head with a smile on your face and are truly thankful, you are more than blessed because the majority can but most do not.

And so, as the holiday approaches, let's just take the time to be truly grateful for who we are and for all that we share.

Devin's schedule

So many of you have asked for an update on my schedule sooooo, here it is.....

Tuesday 10:30AM Yoga, Bally's in Studio City

7:30PM Yoga, Total
Woman in Northridge

8:30PM Tai Chi, Total
Woman in Northridge

Wednesday 8:30AM Yoga, YMCA in Porter Ranch

12:30PM Yoga, Total
Woman in Woodland Hills

8:00PM Yoga,
Reservation only class, call me at 818-326-1839 for info

Thursday 10:30AM Yoga, Bally's in Studio City

6:30PM Yoga,
Reservation only class, call me at 818-326-1839 for info

Friday 7:00AM Tai Chi, Total
Woman in Woodland Hills

8:30AM Yoga, Total
Woman in Northridge

12:00PM Yoga,
Reservation only class, call me at 818-326-1839 for info

4:30PM Yoga, Total
Woman in Woodland Hills

* 6:30PM Yoga, Align
Studio in Tarzana

Saturday 11:30AM Yoga, Total
Woman in Northridge

12:30PM Yoga, Total
Woman in Northridge

Sunday * 9:30AM Yoga, Align
Studio in Tarzana

11:30AM Yoga, Total
Woman in Woodland Hills

Private sessions are available.

*Align Studio is located on the South East corner of Ventura and Shirley in a mini mall. The fee for the classes at Align is \$10.00 per class.

Workshops: Breast Cancer, Prevention and Healing

This workshop will be presented in Spring, 2007

Teacher's Training

The next Teacher's Training will begin mid-January, 2007. If you are interested, you can find information at my website, www.Rishiyogainstitute.com and if you have questions, please contact me by email or by telephone. Registration will begin November 1st.

Vinyasa Intensive

A two hour flow practice focusing on Sun Salutations and standing poses. This workshop builds strength and stamina and a strong sense of determination. It is demanding and not recommended for beginners. Participants will push the envelope of their abilities and leave the workshop with their practice forever changed. If you have never done an intensive before, please speak with me before registering. We will meet **Sunday, November 19 from 3:00PM until 5:00PM.** The fee for the intensive is \$20.00.

Body Talk

A monthly article written in easy to understand language to introduce you to the miraculous systems of the body and how they work to keep you healthy

Body Talk this month will address “Oxidative stress” within the body and just what that means to us.

What is oxidative stress? Today the free radical theory of aging has garnered wide acceptance in the medical community. In a nutshell, it says free radicals attack the individual cells in your body. They tear down cellular structure, deplete the cell of energy, and mangle the DNA. The damage left behind is known as oxidative stress. Over the years, the collection of damage is called aging. Skin becomes dull looking and wrinkled, energy is more easily depleted and organs become vulnerable to diseases.

Well, here’s an easy way to look at it. Go to your kitchen and slice an apple in two parts. Put one part in a vacuum-sealed plastic bag, and squeeze all the air out of it. Now, leave them both on your kitchen counter when you go to bed. When you wake up, you’ll find the one in the bag looks like the night before, fresh, crisp and juicy. The one you left out will be brown, soft and dried out. That is oxidative stress first hand. One is still “healthy” while the other is “sick”.

Alright, now we know what it is. Where does it come from? Let’s take a look at our bodies. Every bit of us is made up of cells and the cell is the most fundamental “unit of life”. Our entire bodies are made up of a collection of different size groupings of these little life forces. Your cells make up tissues. Your tissues make up organs. Your organs make up you. What is true for your cells is true for you. Simply put, you are the sum of all your cells. Healthy cells create healthy humans. When we’re tired, we don’t usually think about what is going on at the molecular level that is creating that “tired” feeling (unless you are a molecular biologist, that is). Yet it is at that cellular level that the experience of tiredness begins.

In each cell, there is a little powerhouse called mitochondria. They take the food you eat and the oxygen that you breathe and generate all the energy our bodies use. When they’re not debilitated by oxidative stress, they continue producing energy at full steam. But if they are damaged, that damage slows down the workings and your energy-producing machinery begins to run

slower and slower. Imagine trying to swim through molasses and the molasses gets thicker by the hour. You’d not only swim progressively slower, but you’d have to expend more and more energy. That’s what it’s like for the mitochondria as they are affected by oxidative stress.

Ironically, the very thing keeping us alive seems to be killing us: Oxygen. Specifically, it’s what happens to the oxygen in your mitochondria that generates those devastating free radicals. Once the energy is created by the mitochondria, they then distribute the energy to your body’s cells through a process known as the Electron Transport Chain (ETC). Electrons get handed from one molecule to another, like passing buckets of water from person to person to put out a fire.

Occasionally, your mitochondria fumble an electron. That generates a free radical. Free radicals run wild through your body’s cells, attacking proteins, lipids, and DNA. It is estimated that your body takes about 200,000 hits from free radicals every day, or 73 million a year. Now, while we have free radicals jumping out from behind rocks at us, we also have antioxidants that are manufactured within the body to take care of those free radicals. But by the time you hit 30 your supply begins to diminish. Why?

You see, free radicals are very indiscriminating. They don’t pick and choose which cells and molecules they attack. They not only assault your cells, they also destroy your body’s endogenous (produced from within) antioxidants. What happens next is a simple matter of physics. Where there are a greater number of free radicals attacking than there are antioxidants defending, the cell loses. That loss is aging and disease.

Don’t despair. There’s some good news. The human body graciously accepts exogenous (supplemented antioxidants). CoQ10, vitamin C, E, Glutathione and alpha-lipoic acid.

Last month Body Talk explained CoQ10 and all of the wonderful cardiovascular benefits it produces. Alpha-lipoic acid (ALA) recharges and recycles CoQ10 keeping it in

your system for extended periods of time giving you extended protection for your heart throughout the day. We all know that vitamins C and E are wonderful antioxidants and glutathione is your cell's master detoxifier. Once vitamins C and E and CoQ10 neutralize a free radical, its job is finished and it becomes a free radical itself (totally harmless) and passes through the body. Here is where ALA comes in. It has the ability to recharge and recycle these other antioxidants. It turns them from weak free radicals to powerful antioxidants once again. And ALA can actually recycle itself.

Every metabolic process that your body undergoes leaves "waste". The less metabolic waste a cell has, the better it functions. Glutathione sweeps away waste and flushes it down the drain. Here's the bad part. When you reach somewhere around 30, glutathione levels begin dropping. Now taking a supplement just doesn't work because the molecule is so large, it can't get past the human body's digestive tract. But, and here's the good news, your cells are stimulated to make their own glutathione by alpha-lipoic acid.

And if you want to rule out the possibility of oxidative damage to your brain, you must neutralize free radicals at the precise moment they are produced. Alpha lipoic acid does just that. It literally "grabs" the free radical, immediately renders it impotent, and then sends it through your body's waste disposal system. ALA also cleanses the brain cells from the ravaging effects of accumulated toxins, pollutants, and metals. Today, we know that dementia and other brain "disorders" have been directly linked to these toxins. Well, ALA chelates (breaks down and removes) the heavy metals such as nickel, mercury and lead that are so prevalent in today's food sources. And the benefit is almost immediate.

So, adding alpha-lipoic acid to your supplements can really be a wonderful help to keeping those cells young and healthy longer. You can buy supplements in just about any health food store but make sure they are **TIME RELEASED** supplements since ALA has a half life in the body of about thirty minutes. As you know, I've been recommending AgeLessRX for quite some

time now as the ALA supplement that I use and really believe in. The name has been changed to Minus 10 so if you look for it, make sure to ask for it by its new name. And, remember, this particular brand can only be purchased at GNC. But if you prefer another store or another brand of ALA, make sure it is a time released supplement. Source: The Secrets of Ageless Living, Medical Research Institute, San Francisco, Ca

Did you know....

Body Pretzel is coming!!! A 30 minute DVD with verbal instructions and a visual to use as a guide. It will be available the end of November so if you would like to have one and have not already ordered yours, please let me know by email and I'll have one set aside for you. The cost of the DVD is \$15.00 and I am taking pre-production orders.

Here's a little Yoga Dictionary for those words you hear all the time in class and have no idea what they mean...

- Namaste – The divine that resides within me acknowledges and greets the divine that resides within you.
- Asana – The literal translation means "seat" however you hear it in yoga class meaning posture.
- Pranayama – The literal translation is "breath control" but we use it in class to define the time in our practice when we use our breath to find our emotional and psychological center and to draw life force or Prana into the body.
- Tadasana – The literal translation means "standing mountain". Standing mountain is the basis for all the standing poses we practice.

I use Sanskrit terms infrequently simply because none of us speaks Sanskrit and it's hard enough to do the poses when they are clearly defined without trying to figure out what in the world I am talking about in a foreign and ancient language. If you have any other questions about the terms or the practice, please feel free to email me and I'm happy to answer them if I am able.

All right, here is one for all you coffee enthusiasts. Coffee can decrease the risk of

diabetes. Drinking six cups a day (but who could sleep at night after six cups of coffee during the day?) slashed risk of diabetes by 54% for men and 30% for women according to an 18 year Harvard study. Even drinking only one cup each day reduced the risk by several percent. Drinking at least two cups of coffee a day can reduce risk of colon cancer by 25% and risk of gallstones by 50% and risk of liver cirrhosis by 80%. Now remember, it also has enough acid to dissolve a hamburger patty (much like good ol' Coca Cola) and is hard on the stomach for every one and can even promote acid reflux in some. It can cause heart palpitations and make the hands and feet sweat. So, go ahead and have that one cup in the morning and get some of the benefits without overdoing it.

Source: Tomas de Paulis, PhD, Vanderbilt University Medical Center, Nashville, Tenn

Rishi Yoga Institute is opening a store on our website. I'm so excited about it 😊 Several years ago I painted a rather large painting and I'm going to use that for the logo on T shirts, sweat shirts and workout clothes. It be will open before the first of the year and I hope before Christmas. You'll be able to order direct from the website and it will be delivered to your home. I'll send out a notice to everyone when the store is open. And I want to mention that you are able to access the monthly Newsletter on the website as well so if you would like to have other people share it with you, you certainly may refer them to our site.

November is a special time for laughter! And what better way to laugh than through the joy of Yoga. Kim Selbert, a Laughter Yoga Leader taught by the founder of Laughter Yoga, Dr. Kataria, is leading a 4 week program this month. Sessions meet November 2, 9, 16 and 30. The group gathers at 7:30PM and completes at 8:45PM and sessions are held at Kern & Associate Physical Therapy, 2901 Wilshire Blvd., Suite 440 in Santa Monica. You don't have to have Yoga or any exercise experience to do Laughter Yoga. It's non-religious, non-competitive and non-political and there are no jokes told. All you need is a willingness to learn how to laugh in a small group. The cost is \$15.00 per session or \$50.00 for 4 sessions if paid in advance. For further

information, contact Kim Selbert at 310-471-5773.

A common myth is that if your cholesterol levels are normal, you won't have a heart attack. Most heart attack sufferers have normal cholesterol levels. Heart attacks are typically caused by blood clots that form on top of irritated, inflamed areas of plaque. When these clots grow, they can lodge in an artery and cause a heart attack. Lowering LDL (remember from last month, LDL = lousy or bad) creates a less favorable environment for clot formation. Still, some researchers speculate that statins, such as atorvastatin (Lipitor) work not so much by lowering cholesterol but rather by reducing the arterial inflammation that promotes clots. In fact, studies have shown that statins reduce heart attack risk even in patients with normal cholesterol levels. An **IMPORTANT NOTE** is that while taking a statin, do not take more than 100mg of vitamin C or 100 IU of vitamin E daily. These vitamins inhibit the drug's anti-inflammatory effects. Also, be sure to take good care of your teeth! Brush and **FLOSS** daily. And get a professional cleaning at least twice a year. The bacteria that causes gum disease and plaque in the teeth can also promote inflammation and plaque in the arteries.

Source: Memet C. Oz, MD medical director of the Integrative Medicine Center and director of the Heart Institute at New York-Presbyterian Hospital – Columbia University in New York City

Incision sites must now be marked by surgeons. The US rules, established by the Joint Commission on Accreditations of Healthcare Organizations also require the surgical team to take a "time-out" before starting surgery. This ensures that the right patient is on the table and that all doctors, nurses and other medical personnel agree on what procedure is to be performed. Mistakes such as operating on the wrong side of a patient or performing the wrong procedure, were reported about 300 times from 1995 to 2004. If you're undergoing surgery, ask your surgeon to mark the surgical site while you are awake or ask a friend or family member to observe.

Source: Richard Croteau, MD, Joint Commission on Accreditation of Healthcare Organizations, Oakbrook, Illinois

Here is something we all need to address within our own families. This may be the first generation in which children live shorter lives than their parents. A major reason for this is the epidemic of diabetes. From 1990 to 1998, the incidence of diabetes increased by 70% in people ages 30 to 39 and 40% in those 40 to 49. What used to be called "adult-onset" is now known as type 2 diabetes and it's occurring at younger and younger ages. **One in three** children in the United States will eventually become diabetic, one in two Hispanics and African Americans will develop the disease. Obesity is partly to blame since people who are overweight have a much higher rate of diabetes. As responsible parents and family members, we must get our children out from in front of the television and computer and get them outside moving around. We must limit their intake of empty calories and sugar, sugar, sugar. We as adults are totally responsible for their health and well being and they learn by watching and mimicking us. Set a good example for your children, grand children and nieces and nephews. Give them the solid ground they need for optimum health throughout their lives.

Source: Dr. Dean Ornish, MD

The abuse of prescription drugs is rampant among middle and high school students. 2.3 million kids ages 12 to 17 abused prescription drugs in 2003. A National Institute on Drug Abuse survey estimates that there's been a 25 percent increase each year since 2001 in the use of sedatives and barbiturates among high school seniors. Adolescents are taking these drugs while their brains are still forming. Their decision making skills are being honed and when you disturb that with pharmacology over and over again, the brain may not reach its capacity and may not mature fully. Their ability to make decisions and process information may be compromised perhaps for the rest of their lives. About 5 million school age children take a prescription drug every day for some sort of behavior disorder. As a result, kids learn at an early age that if you take a pill, you get a mood change. And that it is absolutely okay to do it. Teens take prescription drugs from the medicine cabinets of their parents or parents of friends and can buy prescription drugs easily over the internet. 89% of websites

selling controlled pharmaceuticals have no prescription requirements. 1 in 10 12th graders admits to using Vicodin at least once in the last year and Vicodin could easily be more than ten times more powerful an opiate than heroin. By the time children hit 8th grade, 21% (1 in 5) will have tried some kind of drug. It's such a scary thought, isn't it? But there are some things you can do to minimize the danger at home.

- Toss expired and leftover prescription meds
- Keep your meds to a minimum and keep them out of reach
- Keep track of the number of pills in each package
- Monitor internet searches
- Watch for mood changes in your child
- Make sure you know your child's friends and create a friendly home for your child to bring their friends.
- If there is a sudden swing in grades, it's a sign that there is something changed in your child.

It is up to us as concerned family members to keep our children safe from becoming one of these dreaded statistics.

Source: Columbia University, National Center on Addiction and Substance Abuse

Tidbits

Never put your purse anywhere you wouldn't put your shoes! The bottom of your purse usually has the same kind of gross stuff on it that the bottoms of your shoes have on them. Most women rest their purses on the floor of the car, the floor of the restroom, the floor of the department store fitting room, etc. We don't think about it, we just place it in the most convenient place when we are out and about. Then we bring it home and place it on a table, the kitchen counter, the bed, etc. That purse has been in the same place as the bottoms of your shoes and you certainly wouldn't rest your shoes on the kitchen counter. There are just as many germs on that purse as there was any place you rested it. That's a pretty yucky thought but something that is really important. This information was emailed to me from Beverly and Bud. And it is greatly appreciated just as

a reminder that we can become ill from things we never even contemplated.

Multivitamins and calcium supplements fight precancerous polyps. The use of vitamins and calcium also makes it less likely that colorectal polyps will return in patients who have already had them removed. Nearly all cases of colon and rectal cancer start as benign polyps.

Source: Richard Whelan, MD professor of surgery and director of colon and rectal surgery, Columbia University College of Physicians and Surgeons, New York City

Don't use starch on clothes you're storing for the winter. Starch attracts bugs and mildew.

Source: Reader's Digest

The average refrigerator door in America is opened 38 times a day.

86% of the American people DO NOT exercise at all!

7,100 is the amount of calories consumed by the average American during a typical Thanksgiving Day feast.

And how's this one, the average American gains 7 pounds from Thanksgiving to New Years Day.

So is it any wonder that at any given time, 44% of American women are on a diet on any given day.

I love this one...Kozo Haraguchi ran 100 meters in 22.04 seconds. Now what makes that so amazing is that he is 95 years old. Hats off to Kozo.

And here are some interesting tidbits about Coke...

- In many states, the highway patrol carries to gallons of Coke in the car to remove blood stains from the highway after accidents.
- You can put a T-bone steak in a bowl of coke and it will be gone in two days.
- To clean corrosion from car battery terminals, pour a can of Coke over the terminals to bubble away the corrosion.
- The active ingredient in Coke is phosphoric acid. Its PH is 2.8. It will

dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.

- To carry the concentrated syrup of Coca Cola, the commercial truck must use the hazardous material place cards reserved for highly corrosive materials.
- The distributors of Coke have been using it to clean the engines of their trucks for about 20 year.

And our children drink it in the 'SUPERSIZE'.

And how sad is this... 11% of the average Americans lifetime is spent watching television.

Source: AARP Bulletin

Bilberry extract (buy it at any health food store) improves night vision and gives relief from dry eyes and eyestrain.

Source: Peter Canter, PhD, Universities of Exeter & Plymouth, UK

Avocados are chock-full of magnesium and potassium, a combo that's crucial for preventing osteoporosis. Magnesium stimulates calcitonin, a hormone that retains calcium in bones and potassium prevents the loss of calcium through urination.

Source: First Magazine, 9/18/06

Get the best results from nasal spray by holding it in your right hand while spraying into the left nostril and vice versa. This directs the medication where it is needed and away from the sensitive area that separates the nostrils, which is prone to bleeding.

Source: Philip Lieberman, MD University of Tennessee Health Science Center College of Medicine, Memphis

If you rub the backs of your upper arms and feel bumps, you may just not be getting enough essential fatty acids. Fish and nuts offer these and eating an ounce of nuts daily and fish twice each week (or taking an omega 3 supplement) will correct this dietary shortfall in as little as three weeks. These fats help to form a lipid layer, so they're necessary to keep skin soft, supple and healthy. They are also essential for proper brain function so a shortfall of these nutrients can cause forgetfulness and concentration difficulties.

Source: Fred Pescatore, MD, director of the Center for Integrative and Complementary Medicine, New York City

How can you live without knowing these things?

If the population of China walked past you in a single file line, the line would never end because of the rate of reproduction.

And, shrimp can only swim backwards ☺

If you are in possession of a little known fact, email me and I'll share it with everyone.

If you have any questions, feel free to email. devin777@earthlink.net

Devin

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