

Rishi Yoga Institute

WWW.RishiYogaInstitute.com

Devin Morgan, Director

October Yoga Newsletter, 2006

Quote of the month: Obstacles cannot crush me. Every obstacle yields to stern resolve. He who is fixed to a star does not change his mind.

Leonardo da Vinci

Happy October. Before we know it, the leaves will be turning and the goblins will be knocking on the door saying "trick or treat". Autumn is such a wonderful time of year. After the heat and smog of the summer, the cool mornings and the crisp evenings are such a welcome change.

So many of you have been so supportive of my little video/TV. adventure and I want to thank you for all of your good wishes. I've filmed twice and the second taping went so much smoother than the first. It isn't quality work for either the camera person or for me but we are both learning. It's just so much fun and I saw such marked improvement from the first session to the second. Like our Yoga poses. Each time we do an asana, it makes a deeper impression on our subconscious and in our muscle memory and it is through that repetition that we grow. I have been asked by so many of you to do "Shoulder Pretzel" that I am going to film it at my next session. The quality won't be that of a professional tape but you will be able to do it at home and receive the benefit of a wonderful tension and stress reliever for the neck and shoulders. That DVD will be ready for release in November so if you are interested in purchasing it, the cost will be \$15.00 and you can reserve it through email. I am only going to do a limited release the first time so please let me know as soon as possible. In the meantime, I'm just a workin' away to create a full practice that you might use at home or when you travel to keep yourself in your yoga space.

There has been a change in my schedule as some of you are aware. Beginning on October 7, I will be opening some new classes. I will no longer be an instructor at Bally's in Encino. I am so sorry to have to discontinue teaching there but there is a change in the system and it is just unacceptable to me. I will miss those classes very much. Some of you have been with me for over 2 ½ years and it is sad to see an end to an era. But, when one door closes, another opens. I will be teaching at a studio in Tarzana instead. Some of you have a schedule that I handed out in class however that schedule is **not correct**. My new classes are as follows:

Sunday 9:30AM - 10:45AM at Align Studio in Tarzana.

Sunday 11:30AM - 12:30PM Total Woman Gym & Spa in Woodland Hills (gym membership is necessary to attend the class)

Friday evening, 6:30PM - 7:45PM at Align Studio in Tarzana

I spoke with the studio owner and he is willing to have the classes be paid when attended. The fee for the class is \$10.00 and that will hold as long as there is good attendance. If it falls, then it will be necessary to buy a package used within a specific time in order to receive the \$10.00 price. It's a small studio and only holds about 18 people so we'll just see how it goes. I'm looking at a larger facility in case

the class warrants it but for now, we'll just take it one step at a time.

The good part is, I will have control of the temperature ☺ and there won't be a fan blasting in your ears while you practice. The floor is hardwood sooooo, so more nasty carpet. Change is always difficult but I really think that this is going to be for the better. For those of you who will not be joining me at the new location, thank you so much for all your support and devotion during the last few years. It's been so wonderful to teach you and to watch you develop in your practice. And, I will keep you on my mailing list so you will still receive the newsletter and know when special events are taking place. You are always welcome to email me with any question you might have whether you are in my classes or not. I will always be just a click of the mouse away.

Remember, regardless of the instructor, yoga is always there to help you grow in every way possible. Now, **the address of Align Studio is 19458 Ventura Blvd.** It is in a mini mall on the south east corner of Ventura and Shirley. Shirley is just a few blocks west of Tampa and is a stop light. The studio is at the far end and in the corner of the mall.

And on another note, Carol Little gave me the most wonderful book and I would like to share it with you. I've read a few pages in some of my classes so some of you have already had a taste of it. The title is "Unstoppable" and the author is Cynthia Kersey. It is one of the most inspirational books I've ever read (and I've read quite a few). It tells 45 stories about people who had a dream and fulfilled it in spite of the most insurmountable odds you can imagine. So, if you're feeling thwarted (and who doesn't at one time or another) pick up a copy. It will give you the courage and the power to continue on your path.

The Body Talk section of the newsletter will discuss Coenzyme Q10. This is the stuff that works on a cellular level to keep us energized and to maintain a healthy heart so be sure to spend some time and read through all the information. It's lengthy but really easy to read.

Please, enjoy this month's newsletter and remember, if you have any questions, just

email me and I'm glad to answer.

Sometimes my service provider blips and you will be told you are "spam". Well, you're not spam to me so if you just fill out the little form they send to you and email it back, I'll be glad to contact you. Have a wonderful month and keep smiling.

Workshops:

Teacher's Training

The next Teacher's Training will begin in 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.

Women's Workshop:

Back by popular demand, the Women's Workshop is a sharing of information gathered from many years of research. Not an asana practice but rather lecture and question and answer time, this session is geared to feminine information. We will discuss and learn to use Chi energy to bring focus to healing, mental as well as physical. A portion of the session will be devoted to facial muscles and how to keep them (as well as the skin) healthy and glowing. We will discuss products readily available on the market to keep you vital and fit and some very inexpensive things you can do to promote glowing skin. We will discuss lymph system health and learn some very simple ways to keep healthy breast tissue at any age. The session will close with a Chakra meditation to ignite positive, healing energy within the body and the mind. We will meet on **Sunday, October 8 from 6:30PM to 9:00PM.** The fee for the workshop is \$40.00.

Goal Setting Workshop:

Spend a Saturday evening making a commitment to your goal. This workshop will delve into your personal belief system and see if your subconscious is standing in the way of your reaching your dream. You will answer private questionnaires that will help you to determine if your beliefs about yourself and your abilities are really

appropriate to your life today or if they are simply beliefs that you are carrying from childhood and don't relate to who you are at this stage in your life at all. Beliefs that our parents, teachers and friends shared with us were accepted by our subconscious as true very early in life and may still have power over us even though we don't realize it. This is a very powerful workshop so come prepared to open yourself to the possibility of dynamic change in the way you see your world and live your life. We will meet on **Saturday, October 14 from 6:30PM to 9:30PM**. The fee for the workshop is \$45.00. Couples rate, \$80.00.

Breast Cancer, Prevention and Healing

Recent statistics show 1 in 7 women have some sort of breast cancer and I don't have the statistics on men. Cancer is not gender specific as we know. This workshop is dedicated to the discussion of the prevention of breast cancer and to the healing of those who are dealing and have dealt with the illness. We will discuss conventional methods of treatment as well as holistic methods and we will cover many things that women and men can do on a daily basis to prevent it from happening. There will be guest speakers who have dealt with it and come through to the other side of it and a question and answer session so that you may hear from them the importance of determination and attitude. You will receive handouts containing methods for dealing with a medical team so that pertinent questions are asked and answers received that will give anyone the confidence to continue on in a knowledgeable and informed manner and you will receive contact information for many of the organizations dedicated to the prevention and cure of breast cancer. We will meet on **Sunday, November 5 from 6:30PM to 9:00PM**. The fee for the workshop is \$45.00.

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

This month we are going to discuss Coenzyme Q10 (CoQ10). Sounds like an automotive additive, doesn't it? Well, it isn't. It's what makes us tick. We need it to release energy in our cells and without it, we would just come to a stop.

It acts a lot like the spark plugs in your car engine. Spark plugs convert gasoline to energy inside the pistons of the engine. The energy drives the pistons which drive the car. Coenzyme Q10 in your cells works the same way. If one of your spark plugs isn't working right, your car engine stops running well. If all the spark plugs aren't working, your car stops working at all, even if the gas tank is full. Something very similar happens in your body if you run low on coenzyme Q10. Your cells can't produce enough energy to keep your body running properly.

CoQ10 works on the mitochondria of your cells. I heard you, "what's a mitochondria?" Well, they are little power plants that provide the energy that runs your body. In a very complex process, CoQ10 shuttles tiny, electrically charged particles back and forth in the mitochondria among three essential enzymes that are needed to generate energy. All you really need to know about this is that without CoQ10, this whole process grinds to a halt.

In Japan, Italy, Sweden, Denmark and Canada, CoQ10 is considered a drug and is widely prescribed in treatment of heart failure. Here in the states, there is no drug company that makes CoQ10 and it's considered a food supplement so you can buy it from most health food stores and of course, the mighty Trader Joes. All CoQ10 supplements are imported from Japan.

CoQ10 and the heart

The biggest benefit seems to come from the way CoQ10 improves energy flow in your mitochondria. Your heart muscle has the most mitochondria of any muscle in your body and it also has (or should have) the highest level of CoQ10. People with heart failure, though, frequently have low CoQ10 levels, which is probably why they often improve when they start taking CoQ10. Their hearts start to pump harder and circulate their blood better. It doesn't have any side effects and doesn't cause any bad drug interactions. Best of all, studies show that heart failure patients who take CoQ10 feel better overall and have to spend less time in the hospital. The usual dose for heart disease is anywhere from 100 to 300 mg a day and since you can't overdose on CoQ10, these doses are quite safe. If you have heart disease and want to begin taking CoQ10, **YOU MUST DISCUSS IT WITH YOUR PHYSICIAN**. The sooner you begin taking it after your diagnosis, the better it will work but it will take several weeks before it begins to help. You **MUST** continue to take your medication. It should be taken along with, not instead of, any drugs your doctor prescribes. A few months after you begin taking CoQ10, your symptoms may get a lot better. You may even want to take less of your prescription medicines. **NEVER** try to change your heart drugs on your own. You **MUST** speak with your doctor.

CoQ10 may give you another heart benefit as well. It seems to reduce the "stickiness" of your platelets, the tiny cells that form blood clots. If your platelets are less likely to clump together to form an artery-blocking clot, you're less likely to have a heart attack. And be aware that some studies show that CoQ10 might interact with blood thinning drugs and make them less effective.

CoQ10 and blood pressure

CoQ10 could help lower your blood pressure especially if it's high because of a heart problem. It works like this: CoQ10 helps your heart work better and when your heart pumps more efficiently, your blood pressure goes down. It may also help if your blood pressure is high for no particular reason (essential hypertension). Somewhat less than half of the people with essential hypertension are low on CoQ10. If you are one of them, taking supplements may help.

Ask your doctor about having a blood test to test your CoQ10 level. If you want to try CoQ10 for your blood pressure, talk to your doctor first. And it takes a while to start helping. You'll have to take about 200 mg a day for several months before you see a drop. In the meantime, you must **CONTINUE TAKING YOUR BLOOD PRESSURE MEDICINE**. CoQ10 should be taken along with, not instead of, any drugs your doctor prescribes. After you take it for several months, your blood pressure may drop and you may need less of your prescription however **NEVER** try to change your high blood pressure medicine on your own – you must talk to your doctor.

Cholesterol and CoQ10

Those artery-clogging cholesterol deposits are made in part when the LDL ("bad" and if you can't remember which is which, this is a little mind trick I use. In the LDL, the first L stands for lousy and in the HDL, the H stands for happy) cholesterol in your blood reacts with oxygen. CoQ10 may help to keep your cholesterol from oxidizing, which in turn keeps it from plugging up your arteries. Some researchers claim it works even better than Vitamin E or carotenes, but there really haven't been enough studies to substantiate that as yet. If you have high cholesterol, your doctor may prescribe a drug such as lovastatin (Mevacor) to bring it down. These drugs work well, but they may also block your production of CoQ10 because some of the processes blocked by the drug are the same steps needed to make CoQ10. If you need to take medicine to lower your cholesterol, talk to your doctor about taking CoQ10 supplements as well.

Improving immunity

Your CoQ10 level drops when you've got a serious illness. Taking supplements might give your immune system a jolt and help you produce more infection-fighting antibodies, but it takes at least a month of daily supplementation for the effect to kick in.

Improve athletic performance

Because CoQ10 is so important for production of energy in the body, a lot of serious athletes are interested in it. There's some evidence that it is a safe, natural way to improve endurance. The better shape you're in, the better it works although it

seems to help even ordinary couch potatoes.

Improve energy

Taking CoQ10 can help improve your overall energy level. This is good for anyone who works long hours, and it's very good for the elderly, people recovering from cancer treatment and people with chronic fatigue syndrome.

How do we get it?

About half of the CoQ10 in your body comes from the foods you eat, almost all the rest is made in your liver. Many foods have at least some CoQ10 in them so the average person eats about 5 mg a day. Good sources of CoQ10 in food include oily, cold-water fish such as tuna, mackerel and sardines. Vegetable oils such as soy or canola oil are also good sources. Wheat germ, rice bran and soy foods such as tofu all have some CoQ10 in them. You have to eat a lot of those foods to get any real amount of CoQ10. To get 30 mg in one sitting, you'd have to eat a whole pound of sardines or more than 2 pounds of peanuts. The process of making CoQ10 in your body is very complicated. It takes at least 15 steps and needs plenty of Vitamin C, Vitamin E, selenium and the B Vitamins.

All things considered, it's a lot easier to raise your level by taking supplements. These are fairly inexpensive and a 30 mg capsule costs about a quarter. It's best to take the gel caps if you can get them. They're easier to swallow and give you the small amount of oil you need to absorb the CoQ10 better.

CoQ10 supplements are extremely safe. They don't cause any drug interactions or side effects and you can't overdose on them. Bear in mind though, that they won't do anything for you if your CoQ10 level is normal. The supplements only help if your level is low.

Source: Alan H. Pressman, D.C., Ph.D., C.C.N., host of the nationally syndicated radio show "Healthline with Dr Pressman"

Did you know....

About 1 in 4 Americans has high blood pressure but only two-thirds of these people

actually know about it and only half of those who know are taking steps to control it. Blood pressure varies so much, the term high blood pressure refers to persistently high readings. One high reading is meaningless. And a visit to the doctor can raise your blood pressure due to waiting in the lobby or fear of what he/she may tell you. Before you begin blood pressure medicine, make sure you take readings at home (you can buy kits in just about any pharmacy in town) several days in a row before you consider going on medication.

Source: Integrated Health Solutions, Michael Castleman

Calcium has complicated effects on your hormones, nervous system and blood vessels. If you get enough of the mineral, your blood pressure stays low. If you don't, you risk developing high blood pressure. To get more calcium in your diet, feast on low-fat and non-fat dairy products, salmon, sardines, shrimp, green leafy vegetables and tofu or you may take supplements.

Source: Integrated Health Solutions, Michael Castleman

Warts are viral infections caused by approximately 70 different strains of human papilloma virus, or HPV. Warts affect some nine million Americans every year. The wart virus spreads from person to person by direct contact. It usually enters the skin through a cut, crack or scratch, then incubates for 2 to 6 months before developing into the characteristic lump. If you pick or scratch at the lump before touching broken skin elsewhere on your body, you can transfer the virus to the new site. That's how you get multiple warts.

Warts usually go away by themselves after a while.

Source: Andrew T. Weil, M.D, director of the program in integrative medicine, University of Arizona College of Medicine

White specks in the finger nails may mean you are lacking zinc, a problem for up to 83% of women and since a zinc deficiency impairs the immune system's ability to produce white blood cells and antibodies, it increases the risk of catching colds, the flu and other infections. A supplement of 15 to 25 mg (with a bread free meal, phytic acid in grains can bind with zinc and cut its

absorption by 50%) will aid in strengthening your immune system.

Source: Research, University of Colorado at Boulder

One of the best ways to arrest macular degeneration is by following a simple five pill supplement regimen. Daily doses of 500 mg of vitamin C, 400 IU of vitamin E, 15 mg of beta carotene, 80 mg of zinc oxide and 2 mg of cupric oxide. You need to take these in supplements because there is no way you can get these amounts from food alone.

Source: Research, Emily Chew, National Eye Institute

And here's one that is amazing... A tight necktie may increase risk of glaucoma by constricting neck veins, boosting fluid pressure inside the eyes to dangerous levels. If you can't get your finger in between your neck and your collar easily, it's too tight.

Source: Robert Ritch, New York Eye and Ear Infirmary. Published in the British Journal of Ophthalmology

Tidbits

The U. S. consumes 21 million barrels of oil per day.

Source: Sacha Zimmerman, Readers Digest

The American Cancer Society won't hire smokers.

Workaholic Americans will forfeit about 570 million vacation days in 2006. We wasted 424 million last year.

Source: expedia.com

Research shows that when you eat your daily protein and fat at breakfast or lunch, you tend to lose weight and have more energy. Eating the same foods at dinnertime tends to increase weight, blood pressure and heart disease.

Source: Maoshing Ni, Dr. of Oriental Medicine

Many beverages with bubbles such as sodas contain phosphoric acid, which diminishes bone mass and increases the risk for osteoporosis.

Source: AARP Bulletin, Vol47 No. 7

The average hospital patient is the victim of about one medication error per day. There

are at least 1.5 million preventable adverse drug events each year.

Source: Institute of Medicine

Seniors accounts for one third of the national prescription and over the counter drug use in America today and are more susceptible to side effects than their younger counterparts.

Source: Bottom Line Health News

The healthy HDL is more important than the bad LDL and total cholesterol numbers.

Walking 30 minutes daily elevates HDL as much as any medication and melts the belly fat that otherwise fans the inflammatory fires caused by toxic forms of cholesterol.

Source: Dr. Roizen and Dr. Oz, Readers Digest

Bell peppers, especially the red ones, may help boost your immune system. They are excellent sources of vitamin C (three times as much as oranges and beta carotene).

Source: Dean Ornish, MD

And here's an outrageous one, the average child in America has seen over 40,000 simulated murders on television, movies and video games by the time they are 12 years old. It's no wonder they grow into desensitized adults.

Source: LA Times

How can you live without knowing these things?

Leonardo de Vinci invented the scissors.

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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Excerpts from "Vinyasa Teachers Training Manual"
ISBN 0 9729261 0 1