

# Rishi Yoga Institute

WWW.RishiYogaInstitute.com

## August Yoga Newsletter, 2006

Devin Morgan, Director

**Quote of the month:** I am looking for a lot of people who have an infinite capacity to NOT know what can not be done.

Henry Ford

HOORAY!!! At last, here it is. Back by popular demand. The monthly Rishi Yoga Newsletter. It's been quite the experience for me to deal with my computer to save all your email addresses from cyber-space and collect so many new ones, but, it is finally accomplished and I have made sure I won't lose any of you again.

So much has happened since my last communication to you. Rishi Yoga Institute has graduated a total of 31 wonderful new teachers to add to the Yoga community. It has been the most amazing experience for me to instruct them and to watch them all grow and find their teacher's voice. I am so grateful to have had such an amazing opportunity. And some of you are fortunate enough to be sharing their expertise in classes right now.

I have a new 4 legged "child" in my life. He's a crazy little cat called Raja, he just turned one year old in June and I adore him. I rescued him and he's the greatest little buddy. Some of you have seen his picture on my tee shirt that Karen so graciously made for me. What a blessing it is to share life with a small friend with a huge heart.

The website for Rishi is up and I am really excited about that. It will be a place where you will be able to check my schedule, see workshops that are coming up and find a list of Rishi instructors. In a week or so the "store" will be open. I have a logo that I created from a painting that I did some

years ago. It seems that it was just waiting for this moment to come to life. You will be able to order tee shirts and cups and many goodies for the site.

I am going into the studio to begin work on DVDs that you will be able to order and I am taking pre-orders right now to my book "Vinyasa Yoga Foundation, form and benefit". If you have an interest in being on the list as one of the first to receive the edition, let me know by email.

Remember, I want this to be YOUR newsletter of if you have questions or comments, please email me and I will be happy to address them. If they are pertinent to all yogis and yoginis, I will add them to the next newsletter with your permission.

For those of you who are new to the newsletter, there are segments on yoga, health and just general knowledge. So, settle in, grab a cup of tea and it is so wonderful to be back in touch with you once again.

## Workshops:

### Teacher's Training

Yoga Teacher's Training begins in September so if you are interested, please visit [WWW.RishiYogaInstitute.com](http://WWW.RishiYogaInstitute.com) and you will find all of the pertinent information about the program. The class is half full at this time so if you have questions or would like to attend, please email me soon and we'll talk about it.

## Vinyasa Intensive

Sunday, August 27, 6:30PM – 8:30PM  
Back by popular demand, this vigorous two hour intensive will change your practice by developing a new sense of strength and endurance. We will begin with a brief Pranayama to center our awareness and to connect to the power of the breath. We will warm the body to prepare for the aerobic flow of the core of the practice. Sun Salutations and Standing Poses will challenge you and abdominal work will add strength to your body center. We enter a cooling down period and a wonderful Shavasana ends the practice. The feel for this session is \$20.00 and must be paid at the time of registration. If you would like to join the practice, let me know by email to register for the intensive.

## *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**

Each month this section will present a new area of the body. The terms and explanations are simple and very easy to understand. For most of us, knowing and understanding our bodies will be a whole new frontier. How very exciting to become like a child again and look into a new realm of space, our bodies. The reading may seem a little dry but stick with it, it isn't very long. And, it is on this system of the body that our whole immune system is built. And the most amazing thing about it is that we have personal control as to whether this system functions at its optimum level or not. We are not the victim of our bodies. We are ultimately in control of our own health and once we understand that, it becomes easier to do what is necessary to feel good and have a positive outlook on life.

## **The Lymph system, the protector of the body**

The lymph system consists of organs concerned with body defense, thymus, bone

marrow, spleen, lymph nodes, tonsils and smaller aggregates of the lymphoid tissue. This system is concerned with resistance to invasive microorganisms and the removal of damaged and otherwise abnormal cells.

We have approximately 1,000,000,000,000 white blood cells in our bodies. The white cells protect against infection. The blood carries the white cells from their own special network of lymph tissue to where germs threaten the health of the body. White cells remember every germ they ever fight and it's weakness (builds anti-bodies). This means they can fight a germ more quickly if it makes another attack. This "memory" is called immunity.

**Lymph:** The clear fluid that moves white blood cells within the lymph tubes. Lymph also collects proteins from the tissues and adjusts the flow of the tissue fluid that bathes the cells. Tissue fluid is called lymph as soon as it enters a lymph tube.

**Lymph Tubes:** The lymph flows along a network of tiny tubes, a network that is 70,000 miles long (L.A. Times). Lymph is a fluid like blood is a fluid but unlike blood, lymph has no pump, no "heart" to move it along. Lymph flows only when we move the muscles so that they expand and contract and squeeze the tubes to move the fluid along its way. Not enough movement and the lymph becomes stagnant and the immune system lowers. Valves in the lymph tubes make sure the lymph moves one way only.

**Lymph Nodes:** Lymph nodes are spaced at intervals along the tubes and are filters for the lymph system. The body contains approximately 100 lymph nodes. As lymph flows through the node, the white blood cells in the node identify and destroy anything that can harm the body. There are several types of white blood cells. Scavenger cells eat germs. T-cells and B-cells identify and kill germs. When the nodes are fighting infection, they swell in size and can be tender to the touch.

**Tonsils:** The tonsils are a large cluster of lymph tissue that guards the body against germs that are eaten or drunk. If the tonsils are infected (which means the white cells

are fighting germs), they swell and turn red. Blood flows more quickly than usual in the area around the infection carrying the healing white cells to the area. Extra blood makes the area swell, redden and become inflamed (feel warm to the touch).

**Adenoids:** The adenoids are a large cluster to lymph tissue in the back of the nose to protect against germs breathed in.

**Vaccination:** A small dose of the virus that has been chemically killed or weakened. One does not develop the disease but the vaccination enables the body to produce the correct antibodies (white cell memory of what it takes to fight the virus) that will protect it if it's ever exposed to the virus.

**Fever:** If the infection is serious, the body may develop a high temperature. Fever helps the white cells kill germs because they fight infection better at a higher body temperature.

**Spleen:** The spleen is the largest collection of lymphatic tissue. It rests in the body just behind the stomach. At any given time, nearly 1/5 of the blood is being filtered in the spleen and it sweeps 2,000,000 dead red cells each second. The spleen can make extra blood cells in case of an injury where there is blood loss through a wound. The spongy red tissue in the spleen filters large amounts of blood and the cells in the white pulp eat bacteria.

And so, a pretty basic look at the **Lymph system**, a most vital part of our bodies. And what a wonder the way it works. And all we as individuals have to do in order to have the use of this amazing cleansing tool, is to move our bodies. The Asanas of yoga gently move and cleanse the body by assisting in the flow of lymph through the system. Once we understand how things work, it all becomes quite simple.

Life came to us as a gift. It is up to us how we choose to use it.

## Did you know....

## Water, what it does and doesn't do for you

Reprinted from Newsletter March 2004

Hydrate, hydrate, hydrate. How many times each day do we hear those words? And, we are all aware of how important those magic eight 8oz glasses of water a day are to our general good health.

But DID YOU KNOW.....

75% of Americans are chronically dehydrated.

In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.

Even MILD dehydration will slow down one's metabolism as much as 3%

In a test performed at the University of Washington, one glass of water shut down midnight hunger pangs for almost 100% of the dieters studied.

Lack of water is the #1 trigger of daytime fatigue.

Preliminary research indicates that 8 to 10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, the risk of breast cancer by 79% and the risk of bladder cancer by 50%.

Those people who don't make adequate consumption of water a part of their daily regimen are the least likely to realize just how thirsty their bodies are or the importance of quenching that thirst in maintaining optimum health. So, the most thorough and least expensive preventative medicine for cleansing toxins and

eliminating disease is something to which we have easy and immediate access.

Bottoms up!

## Produce, decoded

DID YOU KNOW.....Those little stickers on fruits and vegetables in the supermarket carry some very important information for those of us who purchase them. The numbers tell you exactly how the produce has been grown. A sticker with four digits means the food was conventionally grown. Five digits beginning with an "8" indicate genetically engineered produce (the food's basic genetic material has been altered) and five digits beginning with "9" indicate organically grown produce (without the use of most conventional pesticides or synthetic fertilizers). Interesting.....

## Tidbits

There has been a 75% increase in Americans being treated for clinical depression over the last twenty five years.  
*Source: Barry Schwartz, Professor of Psychology, Swathmore College*

British researchers have isolated a compound in carrots that appears to be effective in preventing cancer. In laboratory tests, rats whose diets included either raw carrots or this compound called falcarinol had a much lower risk of developing colon cancer.

*Source: AARP Magazine*

84% of doctors have seen their co-workers take shortcuts that could be dangerous to patients. Even worse, fewer than 10% reported what they saw.

*Source: American Association of Critical-Care Nurses and Vitalsmarts*

Steroid injections seem to work as well as surgery in treating carpal tunnel syndrome, a repetitive injury of the wrist. In a trial conducted at several hospitals in Madrid, Spain, patients who were injected with corticosteroids had more improvement in function and reported less pain after three months than those who had surgery.

*Source: Arthritis & Rheumatism Magazine, February Issue*

Gearing up for work on Monday can cause a spike in blood pressure. Blood pressure readings rise every morning but the surge is lowest on Sunday and peak on Monday. This may account for the fact that more people have heart attacks at the beginning of the work week. Going from rest mode on the weekend to work mode on Monday may further boost rising blood pressure.

*Source: David S. Krantz, Medical Psychologist, Uniformed Services University of the Health Sciences, Bethesda, Md.*

91% of Americans support organ donation, but on 34% know how to sign up in their states. For more information visit [www.donatelife.net](http://www.donatelife.net).

*Source: Reader's Digest, April Edition*

Researchers found that working up a sweat on a treadmill or stationary bike reduced symptoms of mild to moderate depression by 47%. That is similar to the effect of antidepressants however, only those who worked out for three hours a week received the mood boosting benefit.

*Source: Cooper Institute, Golden, Colorado*

Earphones worn inside the ear can be more damaging to the ear than those worn outside of the ear if the music is excessively loud. They sit closer to the ear drum, so they create more sound pressure than traditional earphones, increasing the risk of hearing loss.

*Source: Clarke Cox, Chief of Audiology, Boston University School of Medicine*

Researchers at the Medical College of Georgia showed middle-schoolers who meditated twenty minutes a day for three months significantly lowered their blood pressure. If the reduction is maintained over time, it would lower the risk of dying from stroke or heart disease as an adult by 13%. It is important since factors such as obesity, unhealthy diets and stress have contributed to a rise in childhood hypertension. The meditation technique used was focus on the breath.

*Source: Georgia Medical College*

New dietary guidelines emphasize the importance of whole grains. People who eat more than 25 grams of whole grains per day cut their risk of heart disease by 15%, those who daily ate more than 11 grams of bran

(the highest fiber part of whole grains),  
reduced their risk by 30%.

*Source: Harvard School of Public Health*

Watermelon, bananas and grapefruit are the  
least expensive fresh fruits in supermarkets.

*Source: USDA Economic Research Service Agriculture  
Information Bulletin*

### ***How can you live without knowing these things?***

It is impossible to lick your elbow,  
annnnndddd...at least 75% of the people  
who read this will try to lick their elbow.

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.  
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*Devin*

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