

A HEALTH ENHANCEMENT AND LONGEVITY NEWSLETTER

Maintaining a Healthy Heart through Maharishi Ayur-Veda

As Americans become increasingly health-conscious, the interest in controlling excess cholesterol, a risk factor of coronary heart disease, has become a national obsession. But despite mounting public interest, fundamental misconceptions about this health hazard abound. For instance, many people still believe that cholesterol is uniformly harmful. Yet this odorless, waxy, fatlike substance, manufactured by the liver, is essential to life. It is used to form each cell membrane in the body, certain hormones, and other vital substances.

Cholesterol is only harmful when there is too much in the bloodstream. Then it accumulates in the walls of the blood vessels, decreasing the flow of blood and contributing to the formation of bloodclots that could cause a heart attack or a stroke.

Scientists are now finding that cholesterol, depending on how it is carried in the bloodstream, can be divided into two camps: the good and the bad. "Bad" cholesterol is responsible for harmful deposits in the arteries. Many researchers now feel that a high count of "good" cholesterol can keep a person from developing hardening of the arteries.

With these facts, the question arises: "How should a person approach the cholesterol issue, and end up with a healthy heart?"

The Ayurvedic Perspective

Maharishi Ayur-Veda does not attempt to treat a syndrome such as high cholesterol in isolation. Instead, it aims to create balance at the root level of the physiology. In this way, it not only prevents heart disease, but restores a profound state of balance that prevents *all* disease and slows the aging process itself.

Chris Clark, M.D., Medical Director at The Raj,

observes, "Maharishi Ayur-Veda enhances the body's homeostatic mechanisms, so the body is able to regulate cholesterol itself. Trying to reduce cholesterol without taking the constitutional type and other imbalances into account may actually create health problems." In fact, recent research suggests that a diet completely free of polysaturated fat could lead to an increased incidence of cancer, since polysaturated fats are essential in protecting the integrity of the cell from being disrupted by cancer-causing free radicals. Says Dr. Clark, "Cholesterol management needs a holistic

approach, tailored to each individual's tendencies and health needs."

For this reason The Raj created its Healthy Heart program, an Ayurvedic approach to reducing and reversing coronary heart disease. Recent research has shown that in a significant number of cases a combination of low-fat diet, moderate exercise, and meditation may actually prevent the need for bypass surgery, reducing abnormalities in the coronary arteries.

"Maharishi Ayur-Veda has been offering these modalities—and more—for thousands of years," observes Dr. Clark. The Raj Healthy Heart Program offers Transcendental Meditation and panchakarma treatments—both of which have been scientifically shown to balance cholesterol. In addition, the program offers individually tailored diet and exercise plans, Yoga asanas, Maharishi Amrit Kalash (an herbal compound that reduces platelet aggregation) and other herbal supplements, and education classes which provide an understanding of healthy living based on one's mind/body balance.

Says Dr. Clark, "The average coronary bypass surgery on a 55-year-old man costs \$49,000. For a fraction of that we can use the preventive modalities of Maharishi Ayur-Veda not only to cure or prevent heart disease, but to create a higher level of well-being." ■

Your Health

Ayurvedic Physicians Take a Holistic Approach to Good Health An interview with Christopher Clark, M.D.



Q: My children always catch colds once they return to school, how can I keep them healthy?

A: Going back to school for children means renewed trips to the doctor's office. School becomes a source for viruses passing from one child to the next. Parents need an alternative approach to prevent illnesses in their children while at the same time, increasing their children's immune system.

Maharishi Ayur-Veda doesn't offer quick fix medications when your child is already sick. Instead it offers preventive steps that will strengthen your child's immune system. Strengthening of the immune system means being able to resist any disease the physiology may come in contact with.

Children tend to stay quite healthy and maintain their health if they eat the right foods, get proper rest and have a good routine. This helps the child maintain his or her own resistance and immunity. It is certainly true that some children are exposed to such things as upper respiratory viruses and do not get sick at all, while other children seem to get sick more frequently. To some extent this is due to the child's *prakriti*

(body type) and inherent resistance, but diet, proper rest, and routine will maximize the possibility of any child remaining healthy.

Diet is a primary aspect to address as Maharishi Ayur-Veda believes that strong digestion is imperative to good health. Having a strong digestion allows for the body to metabolize the nutrients in foods allowing for stronger bones and muscles.

According to Maharishi

doshas. If Kapha becomes imbalanced, it can slow digestion and produce excess mucus in the body. This slowness in digestion and excess mucus leads to colds, ear infections, etc.

Naturally, a proper diet for your child involves more fruits and vegetables. These foods combined with grains, lentils, dairy and nuts will provide plenty of protein. Sweets, ice cream, fermented or processed foods are

susceptible to colds and other respiratory illnesses. For greater strength and balanced physiological functioning, children should go to bed earlier in the evening than is generally practiced.

The recommended bed-times are: children under five should go to bed by 7:00 p.m. to 7:30 p.m.; children between the ages of five and eight should go to bed by 8:00 p.m.; children between the ages of eight and ten should go to bed by 8:30 p.m.

Along with proper diet and rest, following a daily routine makes a child's life run smoother, with less stress and strain to the physiology. Regular exercise, eating meals at the same time everyday, and going to bed at the same time each night, will provide lasting health to your child.

Children are very sensitive and impressionable. If a child has repeated health problems, the parent should ask, "Is my own life-style health promoting?" As a parent, you must not only give care and guidance to your kids, but you must take care of yourself as well. ■

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Ayur-Veda, the body is governed by three fundamental biological principles — called "doshas" — that control all of the body's functions and are responsible for the expression of various aspects of nature in the body. The three doshas are Vata (regulates movement), Pitta (regulates metabolism) and Kapha (regulates structure). During the growing years, as the physical structure of the body is forming, Kapha dosha is more predominant than the other

harder on digestion, and therefore should be reduced.

Proper rest is also very vital to strengthening the immune system. The greater the rest, the stronger the immune system. When children are tired from staying up too late, they are more

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your family, and friends.
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Seasonal Tips STAYING HEALTHY AS THE SEASONS CHANGE

The heat of summer has faded and you're just starting to enjoy the bracing air of fall when...what's this? Not a cold! How can this be? This is Vata Season—aren't colds a Kapha disorder?

Actually, colds are Vata-Kapha disorders, and they can be precipitated by the increase in Vata dosha that occurs when one season changes into the next. It is the movement of Vata dosha in the environment that causes the seasons to change and this movement also causes the doshas that have accumulated during the prior season to get stirred up in the physiology and express themselves as colds and other imbalances. This is especially true from late October to early November, when Pitta Season is changing to Vata Season.

To avoid getting a cold at the change of season, it is important to pacify Vata dosha. The influence of Vata may make your digestion less consistent or strong at this time because of the fluctuating characteristics of Vata, so it is important not to overeat. Be attuned to your hunger level, eating only when your digestive fire, or hunger is high. Otherwise you may be contributing to the formation of ama, the sticky waste-product of incomplete diges-

tion. It is the accumulation of ama that eventually finds expression in the runny noses, sore throats, and sneezes of the common cold.

This is the time to start adding Vata churna to your meals, drink lots of hot water and Vata tea, and use Vata aroma oil at night. You will also want to be careful in following the specific dietary guidelines that have been prescribed for your particular mind/body balance for this season.

CHARACTERISTICS OF VATA

Moving, quick, light, cold, rough, dry, leads the other doshas

VATA SEASON

November through February, or when it is cold and dry and windy

VATA DIET

Favor warm foods and drinks, and heavier, unctuous foods. Eat more of the sweet, sour and salty tastes. Avoid dry or cold foods and cold drinks. Eat fewer foods with pungent, bitter or astringent tastes.

Hearty Soups for Fall

Although most beans, being astringent in taste, are Vata aggravating, Split Mung dal is the exception, and thus makes a healthful base for soups during the Vata Season. Warm, hearty soups help counteract the quick, cold qualities of Vata—yet are easy on the digestion, which tends to be irregular in strength during this time.

Sweet Potato Soup

- 1 cup split mung dal
- 5 cups water
- 1 tablespoon mixed italian herbs (basil, oregano, thyme, rosemary, marjoram, sage)
- 1 tablespoon chopped fresh parsley
- ¼ teaspoon ground black pepper
- 1 teaspoon salt
- 1 teaspoon brown sugar
- 1 ½ tablespoons olive oil
- 1 ½ tablespoons lemon juice (or lime)
- 1 cup sweet potatoes, peeled and chopped
- 3 tablespoons tomato paste

Wash dal, add water and cook until dal is tender (about 1 hour). Heat the olive oil and add herbs, pepper, salt, sugar, and sweet potatoes. Saute until potatoes are tender. Add lemon juice and tomato paste. Add to cooked dal.

Serves 4