



## TOPIC OF THE MONTH September 2014

### Inside Out Posturing . . . Continued. Garbha Pindasana and Kukkutasana

Garbha Pindasana and Kukkutasana begin some work on the back of our body. The back of our body houses important organs as well; there we have the kidneys, adrenals, and ureter channel.

Yoga Mala and Hatha Yoga Pradipika say between garbha pindasana and kukkutasana the liver, spleen, and intestines are purified, the nervous system is regulated and toned due to the massage of the adrenals, and urinary tract stimulated.

The threading of the arms squeezing through the calf and thigh exerts pressure on the lymphatic vessels of the arms helping to cleanse the lymph tissue. In cancer therapy, patients are taught a method of massaging the arms to move lymph. In our case we are taking a preventative approach and cleansing the lymph system BEFORE disease sets in.

#### **Your Kidneys and your Ureter Channel**

The reference to the urinary system refers to garbha pindasana's effect on your kidneys and ureters. Your kidneys are part of the detoxification of your body; **they filter excess water and water-soluble wastes from your blood** ridding toxins and other wastes that would otherwise build up in your body and cause you to become ill.

Just like we have fat soluble and water soluble vitamins; we also have fat soluble and water soluble wastes. Your liver filters out the fat soluble wastes while your kidneys filter the water soluble wastes. **Many toxins from excess protein and sugar to bacteria and yeast make their way into your urine.** This makes your liver and kidneys your main organs of detox, although the spleen, lymphatic system, and colon are quite involved as well. Ridding toxins from our bodies is very important in today's toxic environment. We are exposed to more toxins than ever before — newborn babies are found to have upwards of 200 known toxins in their blood.

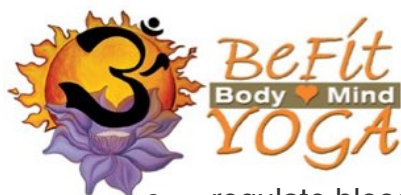
<http://www.cnn.com/2010/HEALTH/06/01/backpack.cord.blood/>

Health is not only the ability to take in and digest nutrients, but also the ability get toxins out — and better yet would be to avoid as much toxic exposure as you can.

In your lifetime your kidneys will purify more than one million gallons of water! Enough to fill a small lake. Amazingly, if you lose a kidney one kidney can increase in size by 50% within two months to step up to the task of both kidneys.

The kidneys are important because they keep the composition, or makeup, of the blood stable, which lets the body function. In addition to preventing the build up of wastes and extra fluid in the body, they:

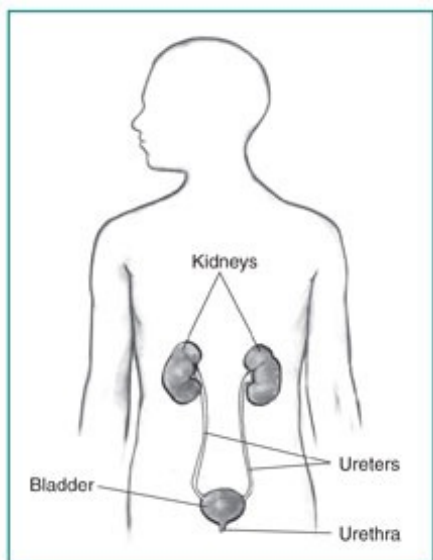
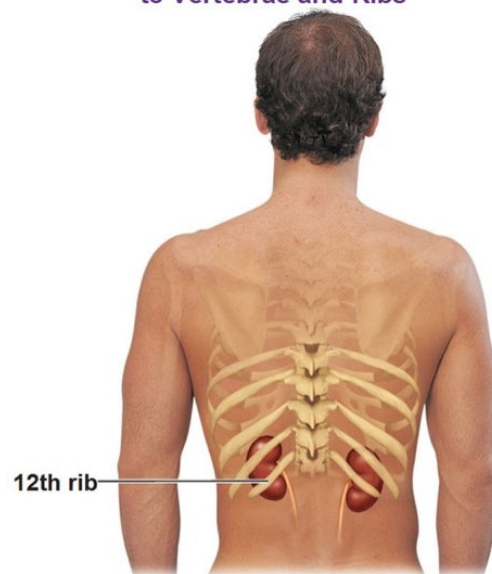
- ॐ keep levels of electrolytes stable, such as sodium, potassium, and phosphate
- ॐ make hormones that help



- regulate blood pressure
- make red blood cells
- bones stay strong

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#### Relationship of the Kidneys to Vertebrae and Ribs



The kidneys are two bean-shaped organs, each about the size of a fist. They are located just below the rib cage — under the floating ribs, one on each side of the spine. Every day, the two kidneys filter about 120 to 150 quarts of blood to produce about 1 to 2 quarts of urine, composed of wastes and extra fluid. The urine flows from the kidneys to the bladder through two thin tubes of muscle called ureters, one on each side of the bladder. The bladder stores urine. The muscles of the bladder wall remain relaxed while the bladder fills with urine. As the bladder fills to capacity, signals sent to the brain tell a person to find a toilet soon. When the bladder empties, urine flows out of the body through a tube called the urethra, located at the bottom of the bladder. In men the urethra is long, while in women it is short.

Each kidney is made up of about a million filtering units called

nephrons.

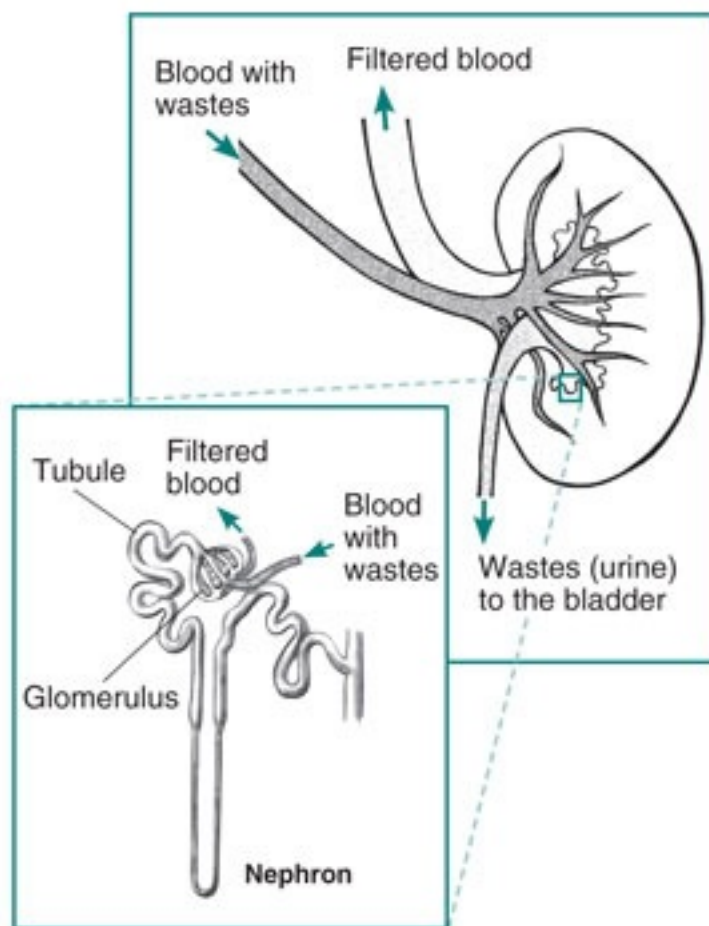
**When we are rocking and rolling on our backs in Garbha Pindasana, it is not necessarily just the kidneys we are trying to roll on — but also the adrenals (which I will talk about next) — we are primarily rolling over the ureter channels helping our body get rid of the waste and helping to prevent blockages in the ureters.**

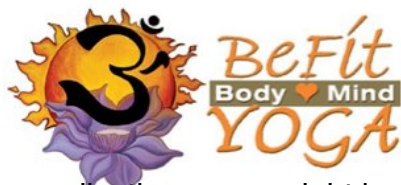
Let's take a look at urine ...

#### Let one thing be perfectly clear

Urine is another tool to give you daily insight to what is going on inside. Pay attention to your urine.

If you notice changes in the way your urine looks or





smells, the cause might be something as benign as what you ate, such as beets or asparagus. Or, your body could be telling you something you should pay attention to — like **dehydration**.

If you are not taking in enough water your urine will be dark yellow color and will have odor. One way to know if you are well hydrated is that your urine is clear and has no odor.

Here is a brief overview of what to look for when evaluating your pee, if you notice any of these symptoms follow up with your doctor.

### **Painful Urination or Cloudy Pee**

See your doctor! Painful urination is a sign of a UTI or bladder infection. While you may stop a UTI in its tracks with Cranberry juice — 100% unsweetened cranberry juice, drinking 1 quart per day for a couple days usually clears it up. However if you did not catch it soon enough it could lead to a bladder infection so you will need to have this checked by your doctor.

ॐ More info on UTIs below.

ॐ Another temporary cause of painful pee could be a long bike ride where your urethra got a little numb. This pain is only temporary and should pass within 24 hours.

ॐ Diet could also effect painful urination — if your diet is extremely acidic this too can cause some pain upon urination. If you have ruled out signs of infection and you haven't had a bike ride recently I would add lots of greens and vegetables to your diet to see if this makes a difference.

ॐ Or in the case of cloudy pee it could be a build up of metabolites in your blood.

### **Red or Pink Pee**

See your doctor. This could indicate blood in your urine — but there are other reasons too. Best to see your doctor to determine what is going on.

### **Green or Brown Pee**

Could be a sign of something more serious and warrants a trip to your doctor. It could be a bile issue, when your bile ducts are backed as spoke about earlier your bile will not be able to get into your digestive tract and will spill into your blood where it ends up in your urine.

Your body has many ways of signaling you something is out of order, learning to read your body's cues is an important part of your health — paying attention to our waste products is another way to take control of your own health. Here is a link with further information about your pee: <http://www.lifespa.com/the-perfect-pee/>

### **The perfect pee**

Light in color, about 1-1/2 quarts per day, no pain, you feel your bladder completely emptied, and it is not too frequent. While pH varies, in general you want a morning midstream pH of about 7.

### **Kidney / Urinary Stones**

How to prevent them — or if you've already experienced them, how to reduce your risk of it happening again!



Kidney stones most often lodge in the ureter channels. The ureters are a thin muscular tube (actually the muscles are within the walls) that carries waste products from your kidneys to your bladder. If the ureter becomes blocked by a kidney stone, it may swell up (hydro-ureter) and cause the muscles to spasm. The spasms can be very painful.

Kidney stones can be as small as a grain of sand or, at the extreme, grow to be as large as a golf ball. More typically, kidney stones that cause problems are as small as two millimeters in diameter (conversely, larger stones may pass without any symptoms). Stones that grow large enough can block the flow of urine out of the kidney. Most commonly, they move into a ureter, sometimes, they become lodged there. Some of the stones are sharp and spiked, these are the stones most often to get lodged as the spikes grab onto the ureter walls. Once lodged, they create irritation, swelling of the ureter lining, and muscle spasm of the wall — making the lumen (the inside space of a tubular structure) even smaller. There are also parts of ureters which are more narrow to start with and the stones lodge in these tight areas the most. It's the backing up of urine and the resultant stretching of the system that causes pain. It's important to note that some 90 percent of the more common small kidney stones pass out of the body by themselves without invasive treatment.

When a stone in the ureter causes severe pain, this is known as renal colic. If the ureter becomes swollen, you may experience symptoms such as:

- ॐ nausea and vomiting
- ॐ feeling like you need to urinate all the time
- ॐ pain when you urinate

A blocked ureter can also cause an infection in the kidney because waste products cannot pass, which may cause a build-up of bacteria. The foods and information below not only help prevent kidney stones but may also be useful in the advent of a stuck stone.

### ॐ **Prevention is easier than curing . . .**

Calcium and vitamin D supplements increase risk of kidney stones especially for women (here again is the whole food story — calcium rich foods help to prevent urinary stores . . . putting calcium in supplements and taking only the elemental calcium increases risks).

- o There is a lot of new data surfacing that calcium supplements not only don't help your bones but they are quite detrimental, increasing your risk of kidney stones and artery calcification. Here are some links to some of the research:  
<http://chriskresser.com/calcium-supplements-why-you-should-think-twice>  
<http://www.sciencebasedmedicine.org/calcium-supplements-and-heart-attacks-more-data-more-questions/>  
<http://www.greenmedinfo.com/blog/how-too-much-calcium-can-break-your-bones>  
<http://www.medscape.com/viewarticle/812233>  
<http://www.npr.org/blogs/health/2013/02/25/172876965/most-people-can-skip-calcium-supplements-prevention-panel-says>



<http://www.greenmedinfo.com/blog/confirmed-lower-your-bone-density-lower-your-breast-cancer-risk?page=1>

<http://articles.mercola.com/sites/articles/archive/2009/07/18/the-milk-myth-what-your-body-really-needs.aspx>

- o Basically calcium supplementation does not only promote kidney stones — it has been connected to artery calcification. And furthermore the very reason people take calcium — for their bones — is also detrimental. As it turns out calcium supplementation makes your bones brittle albeit a bit thicker. What we want in our bones is tensile strength — protein provides this — not calcium. Adding further insult is that many calcium supplements are made from waste calcium that is loaded with toxins, and calcium can interfere with digestion making it even harder to absorb nutrients . . . Data is now confirming what we have been told was not effective . . . that is **we can get all the calcium we need from foods — NOT dairy foods though . . . greens especially, and fermented foods (due to vitamin K2 content in fermented foods)**. Just because you are dumping all this elemental calcium in your body does not mean your body is going to use it to build your bones . . . .
- o Vitamin K2 is essential to have in your body and diet — Vitamin K2 tells calcium where to go, if you are deficient this could be another reason for the build up of calcium in places it should not be. Vitamin K2 is amply available in certain cheeses — especially brie and gouda and in fermented foods.

ॐ Soy. and high protein diets also increase your risk of kidney stones.

Preventative measures:

- ॐ 2 popular probiotics may reduce or help to break down kidney stones, they are Lactobacillus case and Bifidobacterium breve. study posted at: <http://www.greenmedinfo.com/article/lactobacillus-casei-and-bifidobacterium-breve-reduce-urinary-oxalate-excretion> Studies are pointing to lactic acid bacteria (LAB) degrading oxalate in the intestinal lumen, reducing urinary oxalate excretion. As always though check with your health care specialist before randomly added supplements to your diet.
- ॐ Citrus fruits - We also know that low amounts of citrate in your blood predispose you to kidney stones. Lemonade therapy or orange juice is a natural no side effect way to increase your citrate levels in your blood and reduce your risk of kidney stones. Just use fresh squeezed versions of both and not store bought versions that are little more than glorified sugar.
- ॐ Mineral water rich in calcium, magnesium and bicarbonate also has a positive effect on reducing the risk of recurring kidney stones.
- ॐ Omega3 fatty acids help to prevent formation of kidney stones.

Other substances that have been researched to help prevent or treat kidney stones:



- ॐ Coconut water. Treatment with coconut water inhibited crystal deposition in renal tissue as well as reduced the number of crystals in urine. Furthermore, coconut water also protected against impaired renal function and development of oxidative stress in the kidneys. The results indicate that coconut water could be a potential candidate for phyto-therapy against urolithiasis.
- ॐ Pomegranate juice — pure 100% pomegranate juice. Pomegranate juice is becoming a winner — one of the few juices I will drink. It is very astringent, so it has cleansing and clearing properties. Latest research is showing that pomegranate juice cleans your arteries right out!
- ॐ Plantain - a weed growing in your backyard. You can add it to salads and cooked vegetables, and make it in teas.
- ॐ Hibiscus - Nice to make tea and add a cinnamon stick and a couple anise seed pods. After it is steeped add a little honey as hibiscus is a little bitter — and astringent.
- ॐ Evening primrose

If you do have kidney stones, here is an article on an ayurvedic herb to ask your doctor or Ayurvedic doctor about that may be helpful: The ayurvedic herb, kulattha has been used in treating kidney calcification: <http://www.greenmedinfo.com/article/ayurvedic-herb-kulattha-superior-potassium-citrate-treating-kidney> I am not familiar with this herb so you will need to follow up with your practitioner.

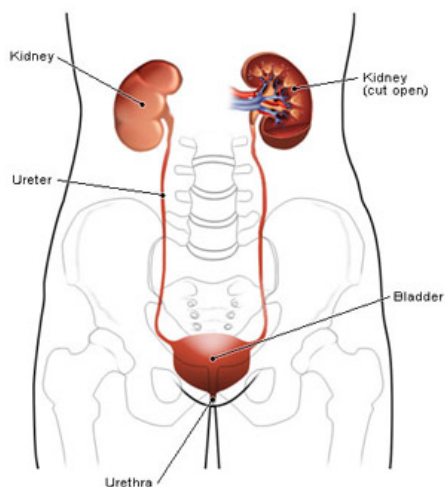
### Garbha Pindasana and Rolling on your Back

While there is no proof that rolling on your back prevents or breaks up painful kidney stones (although medically they have a device they attach to your back that pounds away at the stone trying to break it up . . .), **rolling on your back does help move wastes from your kidneys to your bladder where you can rid it from your body more easily.** And maybe in the process help pass wastes before they have a chance to form into a kidney stone.

**For the rolling motion,** I have been told to roll directly on the spine as this helps to align the vertebrae — some people like to roll on either side of the spine to get more pressure on the tissues that are around the spine. I think either can be useful — maybe doing a little of each in your practice is the most beneficial.

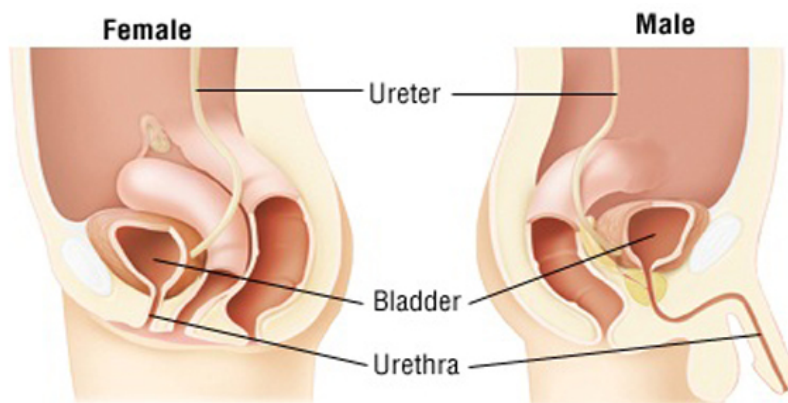
The rolling motion on your back massages your adrenals helping to cleanse and balance your **Adrenals**.

Which will be our next topic — a continuation of garbha pindasana from the inside out — garbha pindasana's benefit to your adrenals, cortisol, and stress.



## UTI's -Kukkutasana's benefits include Cleansing the Urethra -- the urinary tract.

Garbha pindasana cleanses the first part of the urinary system -- the kidneys and ureters. Kukkutasana finishes the cleansing of the urinary system with its influence on the urethra. The urethra goes from the bladder to outside the body, to rid our body of the water soluble wastes that the kidneys cleaned out. In women the urethra is much shorter than it is in men.



Kukkutasana is supposed to help clean the urethra, when I looked in medical books and on the internet about what methods best "clean the urethra" I was quite shocked at what I read ... Mostly it seems to be men who care about cleaning their urethra ... Whether in a clinical setting or one of the home methods I read about — I would NOT recommend either approaches. Both would disrupt the balance of beneficial bacteria in the urethra only to bring on long term problems.

In lieu of a lack of data if pressure in the lower abdomen helps cleanse the urethra; my hypothesis is the pressure of the heels -- which is accentuated threading your arms through your lotus -- may help put a little pressure on the urethra helping to squeeze out bacteria that may be lining the inner walls.

Put aside medical and home "bleaching" methods to clean the urethra, one of the best ways to keep your entire urinary system healthy is through fluids. Staying well hydrated with fresh water being the most important, here are a few other tips to prevent UTI and keep the urinary system healthy:

**Apple cider vinegar:** one teaspoon in a glass of warm water can help to eliminate the bacteria that causes urinary tract infections.

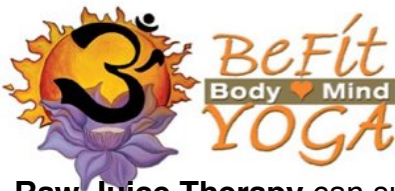
**Asparagus** can prevent and treat urinary system problems.

**Bicarbonate of soda:** one teaspoon in a glass of water can instantly treat urinary tract infections.

Pure unsweetened **cranberry juice** is also good therapy for the urinary system as folk lore tells us. Cranberry juice actually works by making the bacteria slip right out the urethra ... It has a natural occurring simple sugar in it called D-mannose (also found in berries, peaches, apples, and some plants) that provides the slippery element — and the bacteria can not hold on to the urethra walls. Funny how simple that is ....

**Coconut water** is also a tonic for the entire urinary system.

**Fermented foods** will also benefit our urinary systems.



**Raw Juice Therapy** can successfully treat urinary tract infections. The best organic natural foods to juice for your urinary system are: **apple, apricot, peach, lemon, carrot, celery, cranberry, cucumber, parsley and watercress.**

### **Urethra and our Vajra Nadi . . .**

An interesting aspect in yogic lore about the urinary tract is also that the Vajra Nadi originates in the urethra on its course to the lower brain. Vajra means thunderbolt . . . the vajra nadi is one of the sex nadis, however it is not complete. It starts in the 2nd chakra and only goes to the lower brain, not all the way to the crown like some of the other “preferable” sex nadis do.

There are 6 nadis that carry the energy of pure love or consciousness called Kundalini Shakti. 5 of these 6 Love nadis go base to crown, taking different “paths” — the more direct path your energy chooses to take the better balanced your sexual energy is. The five that go base to crown originate in the first chakra and culminate in the higher spiritual centers in the brain — these nadis that go base to crown give us the contented feeling of true love when we connect with our partner.

The vajra nadi which does not go base to crown, delivers a sexual “satisfaction” that is not fulfilling, it lacks the feeling of having a true love “oxytocin” connection with your partner; which can result in a feeling of not being satisfied and needing more to get satisfied — leading to a depletion of our life energy.

When our dormant Kundalini Shakti starts to move (in our teens when we start to get interested in sex) . . . It can take any one of these 6 nadis for our spiritual journey of love and sex. Some nadis are more direct than others — the more direct a nadi the more balanced an individual is. If our first experiences of sex are not bound to love we risk the chance of our kundalini shakti entering the vajra nadi — leaving us unsatisfied sexually. If our experiences of sex are bound to love we have a greater chance of taking one of the nadis that go base to crown giving us more contentment in our love lives.

If you feel like your kundalini shakti has entered the wrong nadi (maybe from sex without love or something inappropriate); not to fear it can be rerouted! To experience true love our kundalini Shakti has to travel back down to the first chakra (from what I understand we may need a short period of “letting the fires cool down”) and from there it can re-enter a more direct nadi if we **make the intention to include true unconditional love in our relationships.**

Poses that stimulate the vajra nadi (Laghu Vajrasana, supta vajrasana, bharadvajasana — second series postures) are said to help us bring awareness to this nadi in our energetic body so we can direct our love energy appropriately. Hopefully kukkutasana cleanses this nadi as well as our urethra!

John Douillard has an excellent article on this titled “The Ayurvedic Energies of Love & Sex <http://www.lifespa.com/sex-road-less-traveled/>