



Prevention Practices — An ounce of prevention is worth a pound of cure

Living a preventative lifestyle against diseases is one of the easiest ways to stay healthy. This is much easier than trying to cure a disease after it has taken hold of the body. Many Ayurvedic practices are around this idea; Ayurveda basically has a practice for keeping every system of the body healthy to prevent disease. It is just a matter of working it into your lifestyle and forming a regular habit. Here are some ways to get started and when, how, and how often to do them.

Don't overwhelm yourself when starting, pick one practice that appeals to you and is easy to implement into your lifestyle. When you feel comfortable with that one, then look at another. Slowly integrating these changes into your lifestyle will make it easier for you to navigate and maintain.

These practices help our body eliminate toxins and restore our tissues with herbs that increase our anti-oxidants fighting free radicals and disease in our bodies. These are some of the root ways of preventing disease.

Scrape your tongue - do this every morning!

While we sleep over night our body is busy detoxifying and cleaning up. In this process toxins are left on our tongue — that white film on your tongue in the morning is called ama in Ayurveda — ama is basically undigested toxic sludge . . . you want to scrape that off your tongue first thing in the morning!

Also tongue scraper helps dispel the bacteria that accumulate at the back of your mouth and form the root cause of halitosis, this is much more effective than any breath mint ...

Scraping your tongue also:

- ॐ Reduces Cavities
- ॐ Refines Tastebuds
- ॐ Improves Oral Hygiene
- ॐ Safe, Natural & Easy

In clinical tests, tongue scraping has been proven to reduce odors and bacteria by 75%! It's the safest, most effective way to get fresher, cleaner breath in just a few seconds a day.

Sesame Oil Gargle = Oil Pulling — Daily

After brushing, gargle with sesame oil. Use food grade organic unfiltered sesame oil; I add a couple drops of clove oil to a jar and keep it in my medicine chest; take a swig swish, gargle, and spit, don't swallow! For about 10 minutes. Gargling with warm sesame oil pulls toxins out of the mouth and gums, strengthens the teeth, gums, and jaws as well as protecting the voice. Then use your index finger to massage the remaining oil into the gums with small, counterclockwise motions. A gum massage stimulates gum tissue, lubricates cells, and cleanses digestive fire.

Neti Pot = Nasal saline rinsing - Do this 2-3x per week — more often during spring & winter months.



Use $\frac{1}{4}$ - $\frac{1}{2}$ tsp salt in copper or stainless steel neti pot and fill with warm water (approx. body temperature). *The addition of salt ensures the osmotic pressure of the water is equal to that of the body fluids, thereby minimizing any irritation to the mucus membranes. If a painful or burning sensation is felt, or a feeling of stuffiness--it is an indication that there is either too little or too much salt in the water.*

Detailed instruction:

Take the neti pot, stand squarely and lean forward over a sink. Close the eyes for a moment and relax.

Tilt the head slightly to one side and back make sure your nostril is the lowest point, breathe through the mouth.

Gently insert the nozzle into the uppermost nostril.

The nozzle should press firmly against the side of the nostril so that no water leakage occurs, but do not be forceful.

Tilt the neti pot in such a way that the water runs in the nostril, not down the face, adjust your body position to let the water run out the other nostril. *IF you feel like water is going up your nose, readjust the position of your head, or if you feel the water run down your throat, readjust. It takes a few times of playing around with the exact position you need.*

When half the water has passed, remove the nozzle and gently blow through the lower nostril, then both.

Repeat other side.

Drying the nostrils:

Softly blow and snort into the sink, do not use a tissue as this will put water in the Eustachian tube. Use your belly as in kapalabhati pranayama. This will clear out mucus and water.

Bend forward in a forward bend, relax and snort (more water will come out). Turn your head to one side and snort, then repeat on the other side (while in the forward bend).

You want to follow this practice by putting a few drops of sesame oil or Ayurvedic nasya oil in your nose and sniff it up into your sinuses, or you could put it on a Q-tip or your pinky and gently moisturize each nostril. This can be done everyday — even when you do not do neti. More on this below.

Best practiced first thing in the morning. The entire process, after learning, will take less than 5 minutes.

Benefits: Jala neti removes mucus and pollution from the nasal passages and sinuses. It helps prevent the common cold, relieve allergies, and sinusitis, helps manage asthma, pneumonia, and other respiratory tract diseases. It also runs over the optic nerve, cleansing this nerve.

It helps the practitioner to maintain a fresh and youthful appearance. It has a cooling and soothing influence on the brain and is beneficial in the treatment of migraines. It alleviates anxiety, anger, depression, removes drowsiness and makes the head feel light. A balance is brought about between the right and left nostrils and the corresponding right and left hemispheres of the brain inducing a state of harmony and balance throughout the body. Most importantly however, neti helps to awaken ajna chakra.

References: Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati AND Bobbi's personal experiences ;)

Why Copper?

ॐ Copper is an essential nutrient required by the body

ॐ Copper is an anti-plaque and anti-bacterial agent

ॐ Copper sterilizes water by killing microbes

In oriental cultures, the ancient Egyptians, and even the Aztecs stored water overnight in copper pots to sterilize the water.

Nasya Oil (apply drops of oil to nasal passages) — do this most days and every day in winter months.

After neti — or even just daily — you want to lubricate your nasal passage with sesame oil or special Ayurvedic oil with herbs in it called nasya oil. Use an eye dropper and drop a few drops of sesame oil in your nose while tilting your head back. Sniff forcefully as you alternatively press on each nostril. You should feel the oil hit the back of your throat.

Keeping your nasal passages lubricated allows the cilia or little hairs that line the nasal passages to do their job and filter the air we breathe. When the nasal passages get dried out the cilia do not function properly.



Nasya Oil soothes and protects the nasal passages and helps relieve sinus congestion. Daily nasal lubrication helps to release tension in the head and relieve accumulated stress. Nasya Oil is also traditionally said to improve quality of voice, strengthen vision and promote mental clarity.

Oil Massage (abhyanga) - every time you shower

Abhyanga"-- the ayurvedic oil massage -- is an integral part supporting our immune system through keeping our lymph flowing. Traditional ayurvedic texts wax eloquent on the benefits.

Choosing an oil below based on the season (adding essential oils is nice), take a small amount of oil while you are still wet, do long strokes on your bones and circular motions around your joints and organs. Massage your entire body including your forehead and soles of your feet (this is especially nice at night). Once a week include your head and scalp in the massage. The best time to do your massage is just after your shower, before you towel dry.

ॐ Winter = Sesame oil with citrus or warming essential oils are nice in the winter

ॐ Summer = Coconut oil, organic virgin with spearmint or cooling oils

ॐ Spring = olive oil (extra virgin organic) or mustard oil along with spicy and cleansing essential oils.

I have many other oil/lotion homemade clean and rejuvenating recipes for the body and mind available at this link, scroll down to "Homemade Toiletries": <https://www.befityoga.com/philosophy-lifestyle/yoga-nutrition/>

Here are some of the benefits traditionally associated with regular performance of this pleasant daily ritual:

ॐ Increased circulation, especially to nerve endings

ॐ Toning of the muscles and the whole physiology

ॐ Calming for the nerves

ॐ Lubrication of the joints

ॐ Increased mental alertness

ॐ Improved elimination of impurities from the body by stimulating our lymphatic system

ॐ Softer, smoother skin

ॐ Increased levels of stamina through the day

ॐ Better, deeper sleep at night

Your Lymphatic System and a daily oil massage — aka Abhyanga.

This routine comes with a lesson on your lymphatic system:

Our lymphatic system is like our body's water ways. Lymph is the fluid that circulates through our lymphatic system. It is formed from fluid that leaks out of the capillaries -- our capillaries are known as little leakers ;) (because the arteries have pressure from the pumping of the heart, some of the fluid leaks from the capillaries into the spaces between the tissues in our body, the leaked fluid is called interstitial fluid or tissue fluid). The Lymph vessels "suck" up this interstitial fluid through little spaces in the vessels. This fluid contains pieces of cells, proteins, salts, waste, urea, glucose, and various substances that change composition depending on what is being leaked. This fluid is then moved along the lymphatic vessels toward our thorax.



Lymph nodes are filters of our body, they lie along the lymphatic vessels -- lymph nodes have white blood cells called lymphocytes, as the interstitial fluid passes through the lymph nodes the fluid is filtered and any bacteria is destroyed by the white blood cells within the lymph nodes. We have lymph nodes behind our ears and jaw, in our underarm area, and the majority in our gut.

The cleaned fluid is then transported via the lymph vessels to the thoracic duct (a large duct behind the sternum -- It is the largest lymph vessel in the body, being about 16 in (41 cm) long and 0.25 inch (0.6 cm) wide) from there the interstitial fluid goes up to the left subclavian vein where it is dumped back into our blood for use (our right head, neck, chest and arm lymph fluid is delivered directly to the right subclavian vein). The best way our body can get the fluid from the thoracic duct upward to the subclavical vein is through our breath (due to pressure changes)! Deep thoracic breathing is especially beneficial in moving this cleaned lymph fluid.

Lymph has a very important job in our body, but it does not have the heart to pump it, it is moved by breathing, walking, intestinal activity, muscle action and massage. Lymph fluid moves much slower than blood -- and it relies on our body movements -- as muscles tighten, lymph vessels are squeezed and lymph is pushed along its path.

Oil Massage to benefit your lymph system:

The lymph vessels are close to the skin surface. They run along similar channels as the blood vessels but they are different in that they are easy to compress whereas blood vessels are not. A lymphatic massage is more of a light massage that stretches the skin as you rub in oil.

Ear Oiling - Once per week; I like to do this ritual on Sundays

In lieu of using Qtips which are problematic in creating blockages, I found these Japanese wooden ear scrapers in a little pharmacy owned by Japanese (here in Maui). They work very well to help move slow moving wax out of your ear canal.

- ॐ Then wash around the inner ear with hydrogen peroxide and allow a few drops to go in the ear canal where you can hear it bubbling.
- ॐ When the bubbly subsides I put one drop of olive oil with garlic in it in each ear and massage (you can also use Mountain Rose Herbs [Ear Oil](#)).
- ॐ I follow that with an essential oil massage around the outside of my ear (do not put essential oils in the ear canal!). In a nickel sized about of carrier oil I will add 1-2 drops each of helichrysum, juniper berry, cilantro, and peppermint — this is enough for both ears. Massage all around your ears with this oil; then pull up on each ear alternating 10-20x, then pull back, pull down while massaging each ear lobe, push the ear forward and massage, then massage all around — the mastoid bone (behind ear), along the bottom of the skull to the back of your head and down the brainstem area.



Eyes

Ayurveda also has a practice for the eyes . . . I have not tried it yet but plan to. It is basically putting melted ghee in an eye cup, placing the eye cup to your eye and blinking . . . I omitted it from this article due to the fact you have to be extra careful with sterilizing your eye cups and using clean oil to prevent getting bacteria in your eye.



Other special practices that are good for your eyes are cucumber slices or tea bags. Lie down for a nice 10-15 minute rest pose with slices of cucumbers on each eye or a steeped then could black tea bag.

A suggestions for your eyes if they feel tired or sore — or you feel they need a little extra cleaning is to make warm salt water compress or saline solution by boiling 1/2 teaspoon salt in 8 oz. water for about 15 minutes. Let it cool to body temperature, soak a washcloth in it; gently compress the eye while lying down for about 10 minutes.

Nutraceutical Morning Tonic — Every Morning . . .

This is a wonderful way to start your day and very helpful in building immune strength — getting herbs into your life in as many ways possible is the best way to insure good health. I can not stress this enough!

Every morning (along with my green tea habit) I have an herbal elixir tea. It varies per season and what is going on in my body. Here are some basics to start with:

Winter = Tumeric & black pepper/Lemon/honey (or maple syrup)/ginger/Tea. I like to add black seed to this most days, echinacea tincture, along with other various tinctures and herbs.

Summer = Tumeric & white pepper and fresh lime juice Tea. I like to throw in whatever is in my garden . . . mint, fennel, marjoram, dill, tulsi . . . whatever I have growing :)

Spring = lemon/cayenne/honey/tumeric & black pepper/ginger Tea

The Ayurvedic philosophy believes the first item you ingest sets the mood for the remainder of the day. Some of the benefits:

- ॐ Warm water serves to stimulate the gastrointestinal tract and peristalsis—the waves of muscle contractions within the intestinal walls that keep things moving.
- ॐ Lemons and limes are high in minerals and vitamins and help loosen *ama*, or toxins, in the digestive tract.
- ॐ Tumeric is the best medicine in Ayurveda, it aids digestion, maintains the intestinal flora in our digestive tract, and has anti-biotic (that does not kill good bacteria—only bad), anti-inflammatory, anti-viral, antioxidant, and anti-cancer properties.
- ॐ Ginger improves digestion and break down of foods, improves circulation, relieves congestion, breaks down blood clots, and has anti-inflammatory properties. It is a good remedy for the common cold and coughs.

A note about honey: honey should be raw and not heated above body heat. Ayurveda says honey is a “scraper” meaning it helps to scrape fat and toxins out of tissue, when heated this property in honey reverses and makes things “stick” in our body instead.

Abdominal Churning = Nauli (in Sanskrit) — can be done daily — not during menstruation and never if trying to get pregnant or during pregnancy.

The Hatha Yoga Pradipika states that Nauli stimulates the digestive fire, thereby removing toxins, indigestion, and constipation. It is an internal cleansing to aid with excess phlegm, mucus, and fat. It is one of the most highly recommended yogic exercises to do daily. In addition, Nauli strengthens the abdominal muscles and massages the internal organs.

This practice needs to be done on an empty stomach. Detailed instructions:

- ॐ To learn Nauli first learn uddiyana bandha; bend your knees slightly and put your hands on either leg just above your knees, bending forward. Take an inhale and look up slightly arching your back, then round your back exhaling slowly as you completely empty your lungs **this is important** you hold your breath out as you learn these exercises. Holding your breath out tuck your chin into the notch in your sternum (this is jalandhara bandha), keeping your glottis closed act as if you are going to inhale (but don't!), this will suck your diaphragm up creating a big hollow under your ribs. Hold as long as possible (no straining) then release the belly and diaphragm before you breathe in. Work this for a several weeks to a several months before progressing. If you are having problems "sucking" your belly up, make sure you are relaxing your abdominals, the "suck" comes from the vacuum you've created with your breath, not from lifting up with your abdominal muscles. *Uddiyana bandha will not only strengthen your abdominals but will stretch the diaphragm allowing you to take deeper breaths and breathe more comfortably. It also keeps the zone between the diaphragm and chest wall healthy and slippery allowing the diaphragm to move freely.
- ॐ If you have been practicing the uddiyana lift and are starting to feel the abdomen sucking up, you can try the next step, which is to lift and drop the stomach repeatedly. You lift just as you practiced above, to drop the stomach just release your lift--this should take no effort. Firstly try a couple rounds slowly maybe getting three lift/drops per round; then try to do it a little faster. Remember to do this on an exhale retention, release the stomach before you inhale (at the end of each round), and to not hold your breath so long that you feel faint or dizzy. *This practice will help you develop control of your abdominal muscles and diaphragm.
- ॐ The next step is to practice gaining more control and manipulation of your abdominal muscles. Begin by first doing the uddiyana lift as above, then pull in and contract the sides of your abdomen making your rectus abdominis muscle (the top most layer of abdominals) pop out like a fibrous band running from your xiphoid process to your pubic bone, creating a hollow on both sides of the muscle. The contraction to do this involves contracting the obliques (abdominal muscles that run diagonally over your torso) while you push out the rectus abdominis muscles. This practice is a step toward Nauli that helps give you control and teaches you how to isolate your abdominal muscles.
- ॐ Finally, to work in to Nauli suck up your abdomen as in the uddiyana kriya and then try figure out how to roll your abdominal muscles side to side (going both ways; right to left and left to right). You can begin this motion with a little lunging movement side to side to use momentum to help get the motion rolling. After some time you want to make it smooth as in a wave like motion. This may take months or years to figure out, but eventually you will realize you have control of your abdominals to do this!



Coffee enema . . . Weekly ... or Monthly in my case. While Ayurveda is a fan of herbal or oil enemas (called basti) the coffee enema I learned more through my Functional Medicine circles. This practice helps the liver detox our bodies — this is so important in today's toxic soup we have created in our environment.

In a healthy individual, in an ideal world we would do this practice once per week; in reality in my life I end up doing it once or twice per month. In someone who is fighting candida or cancer daily or even multiple times per day are useful. The coffee enema is a big part of the [Gerson Therapy](#).

You can get good supplies [here](#).

Coffee enemas are powerful detoxifiers, they work by increasing our liver to produce Glutathione S transferase — a master detoxifier of our body. Glutathione binds to toxins and escorts them out of our body with the coffee. I taking my coffee the other way these days . . .

Benefits:

- ॐ Reduces toxicity levels in our body by 600%!
- ॐ Helps the liver repair itself.
- ॐ Cleans and heals our colon and improves peristalsis (moving matter through our tubes).
- ॐ Increases energy and mood; improves mental clarity decreasing depression, bad moods, and sluggishness.
- ॐ Helps eliminate parasites and is especially good at eliminating candida.
- ॐ Improves digestion, bile flow (helps us digest fats), and eases bloating.



ॐ Can help with chronic health condition when used in conjunction with lifestyle habits and clean plant based foods.

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HOW TO DO A COFFEE ENEMA

One method of detoxing the liver is coffee enemas. While many conventional doctors scoff at the idea of coffee enemas, they were included in the Merck Manual (the world's best-selling medical textbook) until the mid-1970s as a treatment for a variety of conditions.

Coffee enemas are used to improve energy levels, prevent bloating, improve mood, and reduce toxicity of the whole body by prompting liver cleansing and tissue repair. They also jumpstart the production of glutathione (the "master antioxidant") which is a powerful detoxifying agent.

DIRECTIONS:

- 1 Combine two tablespoons of organic, light roast ground coffee with 3 to 4 cups of filtered water.
- 2 Bring coffee to a boil, simmer for 15 minutes and remove from heat.
- 3 Allow the coffee to cool (very important!)
- 4 Strain to remove any coffee grounds.
- 5 Add to an enema pot or bag and administer as you would any enema. (Lie on your right side in fetal position with your knees bent inwards and up towards your stomach. Insert the nozzle about 2 inches into the rectum and allow the liquid to begin flowing.)
- 6 Try and hold the liquid in for 10-15 minutes before releasing.

Tips:

- Once you become used to holding in the coffee enema, you can try moving around or even do some gentle yoga moves. This helps achieve a better detoxification by moving the coffee throughout the intestines.
- Alternatives to coffee are apple cider vinegar that is undiluted and raw, organic green juice, or organic herb teas such as green tea.

How Often Should You Use a Coffee Enema?

- If suffering from a chronic disease such as cancer: 1-4x daily
- Healthy individuals: 1x a week

Potential Side Effects:

Adverse reactions may include intestinal cramping, loss of appetite, fever, electrolyte imbalance, and diarrhea. These consequences can further lead to dehydration, constipation, and infection. Seek guidance from a qualified health practitioner before beginning a daily coffee enema regimen.

The TRUTH about
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