

Inner Healing Academy

Courses & Coaching

Newsletter: June 2022: Issue 10



We've Gone Nutty!



Nuts provide many health benefits. Did you know that they can help to keep your heart healthy, protect against some cancers, improve bowel health and keep your blood pressure in check?

Nuts should be stored in an airtight container in a cool place like the fridge or, if you prefer to store at room temperature, they should be stored away from direct heat or light. Nuts can also be frozen.

Let's examine the specific benefits of Brazil nuts, almonds and walnuts.

Brazil Nuts

These nuts are energy dense and provide a highly concentrated source of selenium. Selenium is an essential mineral, meaning it must be obtained via your diet. It plays a crucial role in DNA synthesis, reproduction, thyroid hormone metabolism and protects against oxidative stress. Eating Brazil nuts can help to regulate your thyroid gland, reduce inflammation, support fertility and boost your immune system.



Almonds

Almonds are a terrific source of antioxidants which help protect the molecules in your cells and thus reduce inflammation, minimize aging and help protect against disease. You'll find these powerful antioxidants in the brown layer of the skin so it's best to eat natural, whole almonds as these have the skin still intact.

Walnuts

Amazingly, walnuts can reduce the amount of cholesterol in your body to under 5%. This is helpful because excess cholesterol clogs up the arteries and prevents proper blood flow. Walnuts are also capable of improving your mood. This is due to their high levels of omega-3 fatty acids which act as a natural antidepressant. It's a good idea to eat a handful each day with a meal to gain the maximum benefits.



What is Yoga really all about?



The yoga tradition dates back at least 5,000 years. The practice was developed by the Indus-Sarasvati civilization in Northern India and yoga was first mentioned in the oldest sacred Indian texts, the Rig Veda. Gurus from India introduced yoga to the West in the late 19th and early 20th centuries. As we can see from this timeline, the West has only been aware of yoga for a very short time but it is being practised today by more and more people.

Yoga considers that mind, body and spirit are all one and inseparable. The word 'yoga' derives from a Sanskrit word 'yuj' which means union or to join. It also conveys the meaning of being able to direct and focus the attention.

Today, in the West at least, yoga has become synonymous with physical exercise but asana, as it is known, is just one of the many options available for healing and self-improvement. In the Yoga Sūtras the physical asanas were only offered as an adjunct to the spiritual and healing Sūtras. They were given to help participants be seated in a position that is firm but relaxed. Prior to 400 CE the sage, Patanjali, created the Yoga Sūtras and only 3 of the 196 Sūtras mention physical yoga postures. So the physical exercise component of yoga is extremely small and has been completely taken out of all proportion by those in the West.



Swami Ramananda, the President of the Integral Yoga Institute in San Francisco and a greatly respected senior teacher in the Integral Yoga tradition, recognizes the true goal of yoga when he states: "The goal of Yoga is to experience this innate (spiritual) nature and to allow that aspect of our being to guide the way to everything. At peace with ourselves, innately we are in a loving relationship to what is outside of us. It is our nature to express love. When our action is an expression of love, there is joy in that. The classic approach we find in the Sūtras from Yoga's tradition is to make, on the one hand, an effort to experience the spirit in stilling the mind, and on the other hand, to live in line with our spiritual values."

Yoga promotes mind-body-spirit health and involves a combination of focused meditation, physical activity, breathing and manipulation of energy. This healing system acknowledges that the body is not a stand-alone entity but comprises other interrelated bodies such as the mental and vital bodies. Healing of the whole rather than just one part of the body structure is necessary to achieve lasting health. Each body, since it is interrelated with the whole, will affect every bodily structure. Yoga is firmly regarded as an holistic approach to health and is classified by the National Institutes of Health as a form of Complementary and Alternative Medicine.



Since yoga can be a solitary practice, it is great for engendering self-empowerment. There is an understanding, via the meditative aspect of yoga, that healing is self created. All healing comes from within and the mind is a crucial element in the process. Emphasis is placed on the necessity of cultivating a positive mind set as this helps open up the possibilities for healing.

When people are suffering from stress, the body goes into flight-or-fight mode. This is when the sympathetic nervous system is activated due to the sudden release of hormones. When the sympathetic nervous system is engaged for lengthy periods of time or with extreme frequency this adds further stress to the body. Yoga practice brings a sense of calm and returns the mind and body to a balanced state. This allows the parasympathetic nervous system to be engaged which slows the heart rate, increases intestinal and gland activity and relaxes sphincter muscles in the gastrointestinal tract.

Prolonged and dedicated yoga practice refines and purifies the body's energy field. This enables an expansion of consciousness due to the higher and purer form of energy vibration. The mind becomes calm and purified. It has more habitually positive thoughts, and feelings become more joyful. This alignment of mind, body and spirit heals at every level of the gross and subtle bodies.



There is a strong spiritual healing component to yoga as it was originally developed. It was considered that connection to the Divine or consciousness was crucial for good health. Quantum physics today is reasserting this view as the experiments undertaken by physicists Max Planck, Niels Bohr, Albert Einstein and others have clearly shown. These experiments involving quantum particles have opened up a whole new layer of reality and have revealed a causal relationship between energy and matter. It has been demonstrated that consciousness is able to alter the nature of matter and manipulate energy. The West would do well to be refreshed on the initial Yoga Sūtras which stressed the spiritual healing benefits of yoga rather than physical posturing, and bring a renewed focus to the stream of consciousness in order to achieve true and lasting health.

Want to learn more?

Courses

Go Dairy Free & Thrive
[CLICK HERE to learn more](#)



GO DAIRY FREE
& Thrive

Learn how to give up dairy
and safely replace it on this
★ 5-star course

Go Vegan Successfully
[CLICK HERE to learn more](#)




ebook

Go Dairy Free & Thrive ebook

A quick and easy guide explaining how and why to go dairy free. Includes easy recipes, a baking guide, a plant-based shopping guide and much more.

[CLICK HERE to learn more](#)



Videos

Learn from recognized experts in the fields of nutrition and holistic health.

These enlightened conversations will encourage you on your journey to wholeness.

[CLICK HERE to view](#)

Delving deep into healing, nutrition & spirituality



podcast



Inner Healing Academy
Hosted by Dr Kim Benson: Educator, Author, Coach