

# Stay Fit and Young with Yogic Diet

By: Savneet Singh

Today everyone is talking about Yoga. Yoga, often thought to be just another way of exercise, is more than just a physical activity. It focuses on mental, emotional and physical well being of an individual. Yoga inspires individuals to embark upon a journey that brings a healthy, disease-free, long, contented and spiritual life ahead. No matter the age, size, sex, health condition, religion or the mental state of a person, yoga is for everyone. There are variations which meet the needs of everyone. If you are already practicing yoga postures only, you have a further chance to improve your life by switching to 'Yogic Diet' which will enhance your physical comfort and mental peace. You will feel younger and more fit than ever before.

A yogic diet will undoubtedly make the body light, fit, and bring about better control over emotions and stress. The diet will certainly give you a better clarity of thoughts & concepts. The diet complements the yoga performed and thus the result of yoga is enhanced in just a short period of time. This diet is easy for digestion and helps in detoxification of the body naturally. In addition you will be blessed with enhanced memory and concentration after a few weeks of continuing this diet. The yogic diet will help in a better absorption of the nutrients present in the food consumed. It is a path that leads to longevity and enlightenment. The yogic diet contains proteins, carbohydrates, fats and all other nutritional food in a right balance so that the person following it gains strength, energy, self-confidence and determination.

The yogic diet strongly recommends the vegetarian diet, believing the fact that human body is not intended to eat meat because our digestive system is different from the meat eating animals. Consider the fact that it takes 3 days for red meat to pass through the digestive system whereas vegetarian food is eliminated only in 24-28 hours. In addition to health benefits, yoga propagates non-violence, thus killing an animal for food is not acceptable.

It may be very difficult for the people that have been eating a particular type of food all their lives. If you want to switch over to yogic food, first of all you need to have a strong determination to stick with the diet. You have to fast (if your health conditions allow) and take organic food. The fasting helps in self control and detoxification, and rejuvenates the body from inside out.

The yogic diet constitutes mainly of fresh fruits, vegetables, whole grain cereals, legumes, pulses, seeds, milk and its products, nuts and honey. The emphasis is that food should not be overcooked or undercooked as both practices destroy the nutrients present in it. Avoid having overly cold or hot food because it becomes difficult for the body to digest it at extreme temperatures. The food which is too spicy, salty, sour, under ripe, over ripe and bitter should not be eaten. The use of tea, coffee, alcohol, chocolate, too much sugar, garlic and eggs is also advised against. The diet should have all the essential nutrients in a balanced form.

The diet is lacto-vegetarian which means that it includes milk

products such as milk, butter, yogurt and cheese. You need to drink at least 2 liters of water everyday. Water helps in elimination of toxic substances as well as in digestion of the food. Add herbal tea, juice, milk, vegetable milk such as coconut water, soy milk or rice milk.

Totally abandon fast food like burgers, french fries, chips, soda, and commercially processed juice.

Should you decide to fast, and if your health conditions allow, consume only fruits, vegetables and yogurt a day before. On the day of the fast don't consume solid food. Have plenty of fluids such as milk, juice, herbal teas. Towards evening avoid acidic food for

***You don't have to change your diet overnight***

example orange, instead opt for grapes. Following morning have a bowl of fruit and a cup of yoghurt.

Consume foods that have little or no hydrogenated oil, sodium, preservatives, artificial flavors, sugar and trans fats.

Meats, mushrooms, frozen or irritated, tinned, canned, and reheated food are totally prohibited.

If you want to remain physically active and alert throughout the day you need food that nourishes your mind and body, thus yogic diet provides the energy for the same purpose. Have light meals. Avoid eating too much food at the same time.

Eating too many combinations of the food is not good for digestive system. Don't be in a rush to finish off what you are eating. Food eaten in a rush or noisy and chaotic environment causes heart burn and indigestion. Relax and chew your food for a longer time.

The yogic diet is just a balanced diet and you do not necessarily need to track your calories and fat intake. It doesn't ask you to go without food if you can't.

You don't have to change your diet overnight but proceed gradually towards yogic diet. You will see the results soon. This diet will bring harmony in your life suppressing the stimulating factors that cause restlessness, diseases and other mental diversions. Truly speaking following a complete yogic diet can be very difficult but if you choose to apply some of the above stated points in your diet, it is going to help a lot. It also helps with common ailments like back pain, indigestion, weight problems, insomnia, high blood pressure and many such day to day problems.

