



One day SchOOl on Health





One day school on health is a community based curriculum containing the essential things everyone should know about their health. This includes:

1. Knowledge of the way to breathe
2. Knowledge of movement and structure of the body
3. Fluid balance in the body
4. Maintaining the iron (haemoglobin) level needed in blood
5. The influence of nutritious food.

BREATHING

- Breathing should be small and calm
- Breathing should be silent
- The person breathing should be like a statue or have the habit of breathing very silently
- People who exhale violently, who inhale loudly or very deeply are over breathing.
- Over breathing is harmful to health. It destroys health.
- The primary reasons for over breathing are poverty, economic problems and other stressful issues in life.
- Keeping the mouth open unconsciously, yawning with an open mouth, heaving or sighing often and giggling are all habits which lead to over breathing.

If we rectify our over breathing habits we will have better breathing and more balanced health.

UNDERSTANDING THE SCIENCE OF BREATHING

Oxygen is considered the air of life and carbon dioxide (CO₂) is considered a waste gas. In the atmosphere we have 150mmhg oxygen and 0.2mmhg of carbon dioxide. The volume of oxygen and carbon dioxide in blood should be 100mmhg and 40mmhg for the correct balance. Only then will the PH level be in equilibrium; this is what we call pure blood. A person having this

blood flow in their body will be free from all diseases related to over breathing. When we use extra pressure to breathe, we lose carbon dioxide from the lungs. When we breathe this way, the carbon dioxide levels drop and we are unable to absorb the necessary amount of oxygen. The right proportion of carbon dioxide is necessary just like the right proportion of cement and sand are necessary to make a building structure strong.

Over 400 diseases can be attributed to over breathing. This can be seen in serious illnesses such as asthma, blood pressure and epilepsy and minor ailments like excessive sneezing, after-bath itching, dandruff, pus in the gums, ceaseless stomach problems and chest pain. If we stop our over breathing habits we will see changes in our health happening automatically.

Airborne diseases transmitted through air pollution will not infect people who breathe through the nose because our noses are like natural filters that protect us. Our noses are designed like natural air conditioners. When air passes through the nose, the air is humidified and cleaned before it enters the lungs. The sinuses are responsible for cleaning the air that we breathe. Mucous traps particles acting as a natural air filter. The nose and sinuses warm the air before it reaches the lungs. This clean, warm and humid air is then absorbed and moves into the circulatory system, which distributes oxygen to all areas of the body.

When we breathe through the mouth the air that enters the lungs is unfiltered. Polluted air can then transform into sputum (phlegm) which is the beginning of various diseases. To rectify our breathing habits we should practice closing our mouths whilst engaging in all activities and consciously avoid doing activities with an open mouth. This will increase our mental and physical efficiency.

The more pressure we use when breathing, the more we

imbalance the flow of oxygen. Breathing should be silent, still and calm. Fear can be overcome through awareness of breathing. When we are in fear we suddenly inhale more air. But if we can control our breathing this, in turn, will enable us to overcome the fear.

Through awareness we can close our mouths during the day, but we also need to ensure that our mouths are closed at night when we sleep. The heaviest breathing happens in our bodies during sleep; the worst activity being snoring and sleeping with an open mouth.

One of the main reasons we sleep with our mouths open is having a late evening meal. The digestion process after a late dinner encourages over breathing and forces us to sleep on our backs. Once the habit of sleeping on our backs is established our mouths open automatically. The upper eyelid and lower jaw is controlled by the same nervous system; when the upper eyelid closes the lower jaw relaxes. Thus sleeping on the back opens the mouth. So if we sit and sleep, or sleep on our backs, or on our stomach, we tend to open our mouths more. We should therefore adopt the habit of sleeping on our sides (especially on the active nostril side), eat an early evening meal and consciously close our mouths during the day time.

Throat pain and tonsillitis only arise when we breathe through the mouth. If children avoid the habit of sleeping with their mouths open this can help them to prevent throat related illnesses.

This knowledge of breathing is not new. If we clearly understand the scriptures written in 600 BC by the Chinese philosopher Lao-tzu, and in 200 BC by the yoga philosopher Patanjali, they advise us to reduce the volume of breath. Lao-tzu said: "a healthy person breathes as if he does not breathe at all".

DENTAL HEALTH

The indigenous people of America have a long tradition of closing their mouths. The skulls of their great grandfathers and grandmothers placed in their temples show that none of their teeth are missing from the skulls. These skulls are of people aged more than one hundred years old and not a single tooth is missing. This is only possible because of their custom of keeping their mouths closed.

Keeping our mouths open contributes largely towards dental problems. Keeping our mouths open leads to a loss of saliva. If we exhale through the mouth we lose saliva. The loss of saliva leads to the loss of teeth and the health of gums and teeth deteriorating. The major toothpaste companies are now asking us to brush our teeth with salted toothpaste. Salt has been a major ingredient used by generations to clean teeth.

Keeping our mouths shut and preserving saliva is just as important as brushing and cleaning our teeth. Children with dental problems usually have the habit of permanently opened mouths. If children are taught to close their mouths, the problem of tooth decay will be hugely reduced.

The beginning of all stomach related disorders are also due to the reduction of saliva. If we research the symptoms of different diseases, we can see that one of the main symptoms for fever, cold, breathlessness, chest inflammation, chest pain, thyroid problems and diabetes is dryness of the throat. Keeping our mouths closed and drinking water regularly are both essential for better health.

STRUCTURE AND POSTURE

In some places in Africa a mother will walk 35 miles to collect water. Knowledge passed to her from her elders to walk with

a closed mouth and to walk in a straight line, following the path, enables her to walk without struggle. Carrying a pot of water on her head and a child on her hips, she walks the distance twice a week to collect water for her family. The energy efficiency of walking in these people is only because their breathing and walking habits are balanced and natural.

Movement is the basic element controlling the path of breathing, which is the reason why we cannot find a difference in the walking patterns of animals and birds. Do two birds walk in two ways? Do 10 crows fly in 10 different styles? Do all humans walk the same? Do our mothers walk like our grandmothers? No. Do we walk like our mothers? No. Do our fathers walk like us? No. How did this change take place in us? These changes can be seen in the footwear we use. Do all the parts of our footwear wear away evenly? No; different parts of the footwear chisel away in various ways, which shows how a lot of changes take place in our walking, standing and sitting postures. Fashion plays a big part in this.

In the past, we were people living through agriculture; people living by the one way paths in forests and agricultural fields. How many of us continue to live like this? Now, we have national highways and wide pavements which allow us the freedom to walk askew. Everybody should practice the habit of walking in a straight line, like birds do. It is easier to rectify the breath defects in a person who practices this.

Walking with a closed mouth in a straight line up and down a small slope of 50 meters for 15 to 20 to 30 minutes daily is an apt exercise which will contribute towards ending diseases related to sputum culmination such as cholesterol, breathlessness, diabetic related difficulties, heart related problems and all breath related diseases.

Animals living in their natural habitat do not get pain in their joints, but due to the shift in human walking habits, we often suffer from joint pain. We generally walk to talk or gossip. Walking should not be just for enjoyment; walking should be done as an awareness exercise - with our mouths closed.

Similarly, we should not sit and slouch. We should learn and practise sitting in a straight position where the bone at the bottom part of our feet and our ears are in a straight and upright position.

When we stand our legs should be in an upright position, parallel to each other like the number eleven rather than in awkward zigzag positions which cause harm to the body structure. If we continue these bad habits for long periods they will lead to breathing related difficulties and structural problems.

It is because of carrying out the right habits that we can still see very healthy people living in the forests of Africa, Australia, America and India, especially indigenous people. There has been no change in their breathing and walking patterns. People who have not altered their breathing and walking patterns will be much healthier than those who have modernised or developed their habits.

The life spans and general health of animals who breathe less are much greater than those who breathe more. A tortoise inhales only three times a minute and has a lifespan of 300 years; the longest living being in the world. Elephants breathe 12 breaths a minute and live up to 120 years. We should have a breathing pattern that measures 10 to 12 breaths per minute. The life spans of animals that remain in their own habitats haven't reduced in time. Only man's lifespan is decreasing. "All efforts to increase the lifespan of man have been a futile exercise". By eradicating deadly diseases we are able to avoid mass deaths, but no attempt or effort is taking place to increase an individual's lifespan.

In Kerala, India, diabetes has recently started showing in people between the ages of 25 and 35. A large population of men in Kerala now have heart problems and the majority of women have thyroid problems. To help correct imbalances in our body structure, we advise to walk full (stretched) and walk straight. To create the habit of walking in a straight line, standing straight, standing stretched and avoiding standing crookedly. The habit of standing is not good for us. Guards, security, traffic police, police and soldiers are taught how to stand and walk. But the general public are not taught this. We stand in queues and elsewhere in crooked positions, imitating fashion and distorting the structure of our legs and waists. All this is visible in the footwear we use. Footwear has a lot of influence on our walking habits. We should be careful and aware of footwear. While choosing footwear we should make sure that it is flexible, that it can bend easily. However much we pay for footwear, if it does not bend easily it will not do our posture any good.

Footwear should be strapped to our ankle. Footwear should carry us. We should wear footwear like we wear a shirt. Footwear should not be loose and slip away. Sandal models with a clip between the toes, where we exert pressure and walk, pave the way to slant the toes and we can notice wear and tear of the slippers at that point. How does a person walk with a loosened skirt, trousers or sari? We grab the material and walk in a gripped way. We should not walk with loosened footwear. In a public place, when people run away from a calamity, we can notice all the sandals left behind. The use of high heels, unscientific and fashion footwear extinguishes the health of our bodies. So, whichever company products we purchase, the footwear should bend easily and there should be a strap behind the ankle.

WATER/DIET

70% of our bodies contain water, if we squeeze our bones,

brain or intestines; the major portion of it is water. The solid portion is much less; it is the same with blood. It is through blood that oxygen flows.

There should be sufficient blood in the body for it to reach the brain. An adult should have a volume of 5 litres of blood. When does the volume of that blood decrease? If a person sleeps without drinking sufficient water, the volume of blood in that person decreases. Simultaneously when the volume of water decreases, common social diseases like headaches, difficulty with vision, vision becoming blurred, memory loss, loss of hair, black spots on the face, rashes on the face, gas trouble and constipation occur.

What is the sufficient volume of water we need? On average a healthy person urinates seven times a day. This urination should be during the day time not at night. A person who urinates in the night will usually be a person who over breathes. If a person in the habit of bedwetting is made to close the mouth and sleep, the person will not wet the bed. If someone wets the bed during sleep it means he has opened the mouth during sleep. There is a fixed volume for urinating. We should be urinating six or seven times a day, about one to one and a half litres of urine per day. It is calculated that adults lose up to one litre of water a day through sweat. A person who talks a lot, who opens their mouth and snores, and who always keeps their mouths open will lose an extra 1 litre of water. When we go to the toilet and open our bowels we lose 300ml of water. So in the natural process we lose about 3 litres of water from our body daily. If we drink this volume of water at once it is not going to absorb in the body. A person should drink 40ml per kilogram of body weight, which is 2 litres for 50kg body weight, taken in two or three gulps (about 200ML) at intervals through the course of the day. Why do we drink it at intervals? If we pour lots

of water into a flowerpot we will see it drain away. Instead, if we water the plant a little at a time, the plant will be able to absorb the water that it needs.

When the water level decreases in the body the mouth gets dry and signals to the brain that it needs water. At this stage, a person may already have a headache, often this is a persistent headache; they will often be consuming medicines such as paracetamol to ease the headache. When water reduces in a glass or a bottle, gravity makes the level reduce at the top not at the bottom. If we do not drink sufficient water, the water in the body reduces from the skull. Have we seen children falling down at the school assembly? What is the reason? They go to school without drinking water. When the water in the skull evaporates, the child falls down unconscious. Within seconds the child sits upright, why? When the bottle falls down the water reaches the bottleneck. Likewise when the child falls down, the water reaches the skull and the child sits up; the main reason for this is a shortage of water. Drinking sufficient water is directly related to breathing.

If oxygen has to flow correctly to the brain the water quantity should be in its correct proportion in the blood. If the mouth dries up; that person will have stomach complaints, headaches, dandruff and will over breathe. These are the important factors regarding water.

A balanced diet and nutritious food are also important for good health. Getting enough iron from food is the most important. People all over the world, from poor and rich backgrounds develop anaemia, a serious illness caused by a lack of iron. Iron is a part of blood. The oxygen in blood can only flow to all parts of the body if we have the right proportion of iron in our blood. When the iron in blood decreases, the flow of oxygen in blood to other parts of the

body also decreases. When the oxygen decreases, illnesses start showing. To avoid these illnesses we should maintain the correct proportion of iron.

How do we verify our blood content? A drop of blood in a laboratory will get the result of our blood count. How much quantity of iron does a person need? Men should have a count of 12% to 16% and women 12% to 14% in the blood volume. That means, a minimum count of 12% for everyone.

If we consume two dates, one teaspoon of sesame or two tablespoons of leafy vegetables daily, we will not develop an iron deficiency. Iron can also be found in the liver of chicken, mutton and in red meat.

With personal awareness of breathing and movement, by reducing the volume of air that we breathe and drinking sufficient water, we can improve and maintain our health. The main points to remember from 'One day school on health' are to:

- Keep our mouths closed.
- Reduce our volume of breath.
- Close our mouths while doing any activity.
- Use flexible footwear with a back strap.
- Create the habit of walking in a straight line like animals and birds walk.
- Sleep only on the side.
- Drink sufficient water regularly: 40ml water for every kilogram of body weight.
- Eat an early evening meal and do not over eat.
- Maintain the correct proportion of iron in blood.
- ● Create the habit of holding water in the mouth whilst bathing.

The habit of standing for long hours is unhealthy.

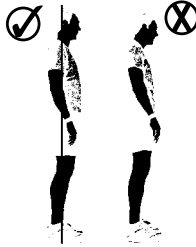
While standing the feet should be parallel.



Feet should be parallel

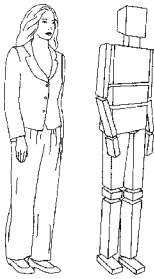
Feet shouldn't fall inwards or outwards.

When standing feet should not fall inwards or outwards.

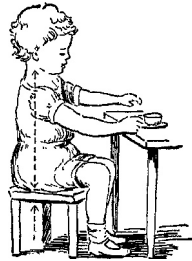
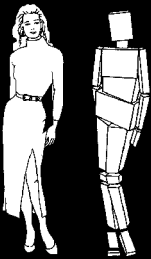


**Balancing area
Upper body should be straight**

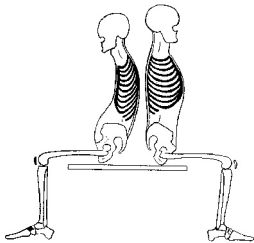
While standing ear, shoulder, hip, knees and ankles should be in a straight line.



Imitating fashions and work related habits makes the body unsteady.



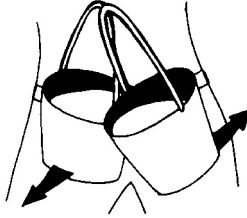
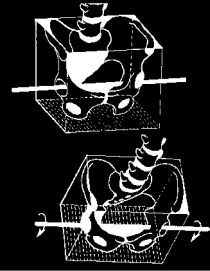
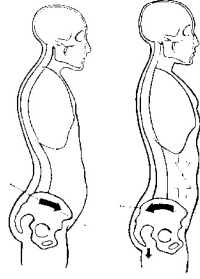
While sitting the shoulders, ears and hips should be in a straight line.



The habit of sitting straight creates steady breathing.

If the ribs shrink while sitting, breathing defects occur.

Footwear should be flexible and have an ankle support.



High heeled footwear destroys the balance of the hip.

Walk with an upright upper body.



While walking feet should not fall inwards or outwards.



Feet shouldn't rotate outwards

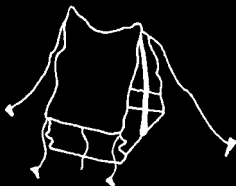


Feet shouldn't fall inwards (Overpronunciation)

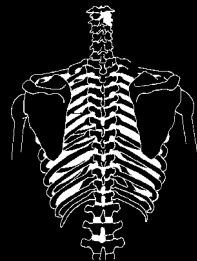
Always walk in a straight line.

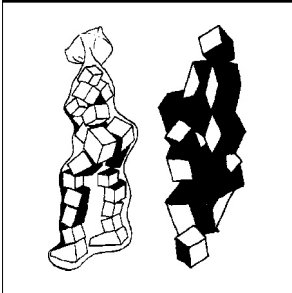
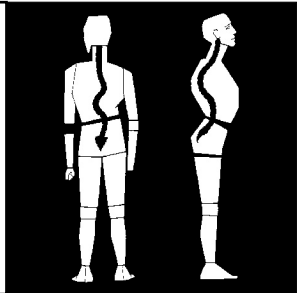
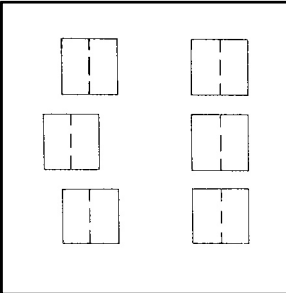
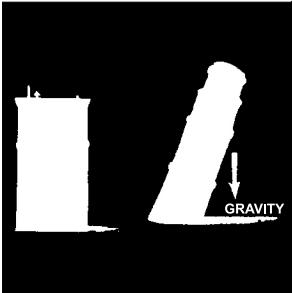


Try walking in a straight line to practice proper foot and ankle stabilization.

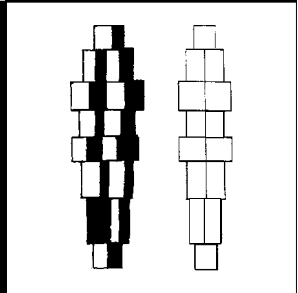


Maintain the structure of your body without crouching you shoulders

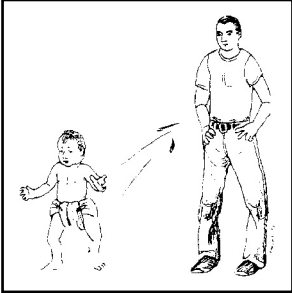
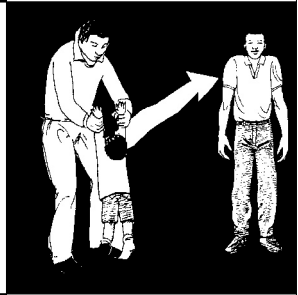
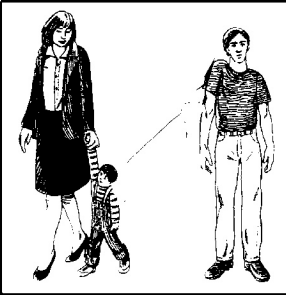




Walk with an upright upper body.



The structure and posture of the body changes with movement and breath imbalance.



Unless you correct your breathing you will continue to have asthma, allergies and nasal problems.

Sighing regularly, sniffing, upper chest breathing, yawning, taking long breaths before speaking and breathing through the mouth are obvious indicators of over breathing.

Over breathing changes the PH of blood and produces many symptoms of diseases.

The right volume of breath maintains the right PH level at 7.5 - 7.35

A healthy person breathes less, breathes still, breathes calm.

<p>Sleeping with an open mouth and snoring invites diseases.</p>	<p>A child sleeping with closed mouth will be free from the habit of bed wetting</p>	<p>Mouth breathing contributes towards tooth decay, dental protrusion and persistent gum diseases. Losing saliva leads to continuous problems in the throat and the stomach.</p>
<p>Airborne diseases like tuberculosis and swine flu(H1N1) can be prevented by breathing through the nose.</p>	<p>Nasal breathing and closing your mouth while working, improves efficiency and precision.</p>	<p>Correct breathing volume is essential for better health.</p>
<p>Your body does not store oxygen like nutrition, it acts involuntarily.</p>	<p>A healthy person breathes only 4 to 6 litres of air a minute.</p>	<p>If the flow of breath exceeds the width of 12 fingers, that is over breathing</p>
<p>A healthy person does not take more than 12 breaths per minute.</p>	<p>An increase in the volume of air increases the pulse rate.</p>	<p>Overbreathing increases panting and pulse rate.</p>
<p>60-80 beats per minute is the right pulse rate.</p>	<p>The pulse rate and heart rate indicates the volume of breath.</p>	<p>The more you breathe the less your health.</p>

<p>Long term over breathing leads to the build up of organ damage, resulting in the development of illnesses specific to the hereditary traits of each person.</p>	<p>To balance the volume of breath, the right proportion of Iron (haemoglobin) and volume of water are necessary in blood.</p>	<p>Forceful over breathing reduces the amount of carbondioxide in the lungs.</p>
<p>Carbondioxide is not just a waste gas. It is essential for all metabolic functions.</p>	<p>The volume of oxygen in the atmosphere is 150mmhg and that of carbondioxide is 0.02mmhg.</p>	<p>The volume of oxygen in pure blood is 100mmhg and that of carbondioxide is 40mmhg.</p>
<p>In impure blood the oxygen is 40mmhg and that of carbondioxide is 47mmhg.</p>	<p>Haemoglobin falling below 12 in blood leads to breathing defects.</p>	<p>Increase the iron in blood by consuming any one of these daily : a portion of green leafy vegetables, one teaspoon of sesame seeds, two dates.</p>
<p>Right breathing is the elixer of life.</p>	<p>The maximum volume of breathing increases at night between 11pm and 4 am</p>	<p>Consciously using both sides of the mouth to chew and only sleeping after digestion reduces over breathing.</p>
<p>Sleeping on your back or on your stomach opens your mouth.</p>	<p>Sputum develops in the lungs when we breathe through our mouths. Prevent the formation of sputum by breathing through the nose.</p>	<p>Over breathing leads to mental turbulence and vice versa.</p>

SYMPTOMS	OF OVER	BREATHING
Blocked nose, running nose, sneezing, coughs, chest tightness, frequent yawning, airborne allergies, snoring.	Light headed feel, poor concentration, numbness, sweating, dizziness, vertigo, tingling of hands and feet, trembling headache, faintness, raising or irregular heart beat, chest pain.	Some degree of anxiety, tension, depression, apprehension, dry mouth, bad dreams, nightmares, chronic exhaustion.
Dry and itchy skin, sweating of inner palm, excessive urinating, bed wetting, excess day sleeping.	All breathing exercises are irrelevant. The right breathing is still and calm.	When over breathing is rectified, dandruff and all skin problems can automatically vanish.
Remarkable changes can occur among epilepsy, multiple sclerosis and Parkinson's patients between 7 days and 7 months.	Correct breathing stops tonsillitis, sinusitis, sneezing, blocked nose, asthma without recurrence.	To improve breathing, drink according to your body weight. per/kg body weight = 40 ml 5kg weight = 200 ml 50kg weight = 2 litres
Our bodies can absorb only 2 or 3 mouthfuls of water at a time. Create a habit of drinking water regularly to avoid a dry mouth.	Make a habit of holding water in your mouth whilst bathing to improve your breathing pattern and prevent symptomatic aggravation after bathing.	Walk with a closed mouth and control panting. This movement and breathing retraining programme makes you free from cholesterol, diabetes and joint erosion problems.
As soon as you wake up in the morning, breathe out normally, and check how many seconds you can hold your breath comfortably. If it is below 40 seconds, you need to improve your breathing pattern.	Always sleep on your active nostril side which will open a blocked nose and improve your breathing habit.	Use a paper plaster to keep your lips closed whilst you sleep. This will improve your quality of sleep, stop you from snoring and enhance your breathing performance.





Adi Ayurveda

Adi Ayurveda advocates that the route to perfect health can only be attained through a balance of structure, posture, breath and nutrition.

A balance in posture can only be achieved if there is a balance in structure.

A balance in structure can only be achieved if there is a balance in the breath.

A balance in the breath can only be achieved if there is a balance in the bodily fluid and sufficient haemoglobin in the blood.

Adi Ayurveda aims to create harmony in the body by correcting imbalances of structure, posture, breath and nutrition.

The common cold, asthma, epilepsy over 400 diseases which are unseen in other living beings and found only in man can be understood and solved through the right movement - breath awareness program.

To overcome the huge economic and other burdens related to these diseases, we welcome you to our One Day School on health program.

Bodytree Trust India

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