

# YOGABITES – FIVE-STAR EATING FOR BODY, MIND AND PLANET

By



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Yoga for Happiness helps conscious people like you to create your FIVE-STAR Life and claim your inner joy using the time-tested secrets of ancient Yogic wisdom, but through a unique E.M.P.O.W.E.R system, an acronym that stands for E- Ethical Values, M-Movement, P-Pranaayaama Breathing, O- Observing (Meditation), W-Way of living, E-Eating, and R- Relationships. These are aspects that anyways form part of your day to day life.

These are based on the fundamental wisdom that your happiness and inner peace have very LITTLE to do with outer circumstances but have EVERYTHING to do with connecting to your own inner being.

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## Step 1: Assimilate

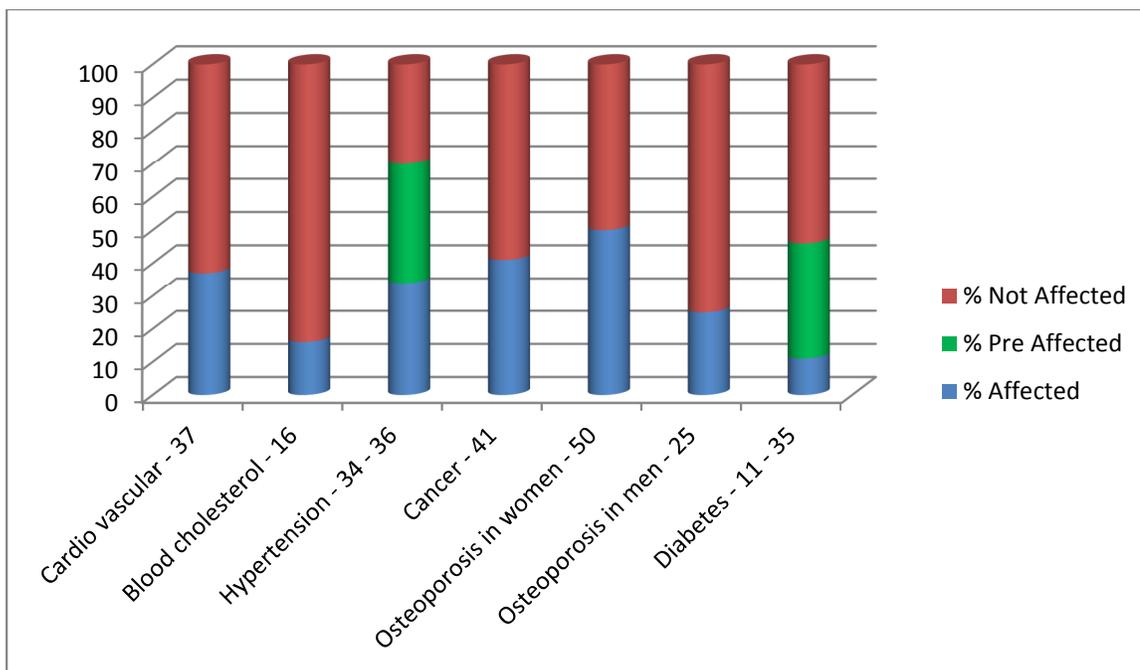
Assimilate the food, health and weight loss facts

### Why is this step important?

The reason you have NOT been successful in your attempts to resort to healthy eating is because you have **not understood** the gravity of the situation of continuing in your old ways of eating. By understanding the facts regarding how food impacts your body and the role of food in your life, you can become highly motivated to give importance to your food. By knowing how your food affects your physical state, mental emotions, intellectual abilities, your relationships and spiritual growth, you are more likely to reach for healthy food.

### Why should you be concerned about food?

It is alarming to note the heavy toll of chronic diseases that are diet-related



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- 37 percent of the population has cardiovascular disease.
- 16 percent of the U.S. adult population has high total blood cholesterol.
- 34 percent of U.S. Adults have hypertension.
- 36 percent of American adults have pre-hypertension—blood pressure numbers that are higher than normal, but not yet in the hypertension range.
- Dietary factors that increase blood pressure include excessive sodium and insufficient potassium intake, overweight and obesity, and excess alcohol consumption.

### Diabetes

- Almost 11 percent of the population has diabetes. The vast majority of cases are type 2 diabetes, which are heavily influenced by diet and physical activity.
- 35 percent of the U.S. adult population has pre-diabetes. Pre-diabetes means that blood glucose levels are higher than normal, but not high enough to be called diabetes.

### Cancer

- Almost one in two men and women—approximately 41 percent of the population will be diagnosed with cancer during their lifetime.
- Dietary factors are associated with risk of some types of cancer, including breast (postmenopausal), endometrial, colon, kidney, mouth, pharynx, larynx, and esophagus.
- One out of every two women and one in four men ages 50 years and older will have an osteoporosis-related fracture in their lifetime.

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### What kind of food should you eat?

The food you eat:

- Should have proteins, vitamins, and minerals in right proportions so that good quality of new cells and RBC red blood corpuscles are produced. ( Every 6<sup>th</sup> year new cells and tissues replace the old ones)
- Should help in body's defense mechanism or immunity from disease
- Should Be free of disease inducing and health destroying substances
- Should not **just** fill your stomach or fulfill your taste buds

What you eat whether you know it not, impacts your physical state, mental emotions, intellectual abilities, your relationships and spiritual growth.

How? For example, if there is no food for 4 days

Physical - You feel hungry, weak, and sit in one place or lie down. No physical movement.

Mental - You come to know that your dear friend passed away. You may have No strength to even feel sad or upset. All you may think is "Can someone give me food?"

Intellectual - A simple Math problem is given to you.  $6 \times 4 = ?$  You would say "I don't care whatever it is. Can someone give me food?"

Relationships – It is your mom coming to see you after 1 year. If asked "Do you want to see her?" you may reply, "Has she brought food? If not, perhaps I should see her when I have some strength to talk".

Spiritual – If someone asks "Do you want to know the mysteries of life and your life purpose?" you reply may be "Yes, after I have eaten something".

Another example,

Let's say you ate sugar which makes you restless.

Physical - You can't sit in one place

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Mental – You feel irritable, tensed and not in peaceful state. Your mind is wandering.

Intellectual – You can't decide properly, because your emotions affect your discrimination, and you can't focus on the problem. When you are in a stable and calm state, you can decide between 2 or more choices easily.

Social – When you are irritable, yelling, or not smiling, no one wants to be near you. If someone is near you, you may end up speaking or behaving in a hurtful way. You may also end up disrupting an otherwise peaceful atmosphere.

Spiritual – Restless **is just the opposite** of qualities associated with being spiritual like awareness, inner peace, being centered and rooted..

When I go to teach kids in schools on Halloween day, I notice the impact of what they ate.

So what you eat should be positively impacting your physical state, mental emotions, intellectual abilities, your relationships and spiritual growth.

In this training, we'll address eating for physical fitness.

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### What should food for a fit and healthy body do?

It should ensure the following:

- Ideal weight
- Feeling good about who you are, loving yourself for who you are, feeling comfortable in your skin and feeling self-confident
- Abundant energy
- Vitality – strong, stamina, endurance
- Aging gracefully – look and feel young
- Long lifespan
- Flexibility and lightness in the body
- Freedom from diseases, aches, and ailments

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### Why is maintaining ideal weight a must for lasting health?

There is an epidemic of overweight and obesity among children, adolescents, and adults in the United States. It is dramatically higher now than it was a few decades ago.

This is of concern because according to WHO, obesity & overweight pose a major risk for chronic diseases like diabetes, heart problem, hypertension, stroke, and some forms of cancer. Ultimately, obesity can increase the risk of **premature death**.

**More than one-third of U.S. adults (35.7%) are obese.**

- 58 Million Overweight; 40 Million Obese; 3 Million morbidly Obese
- Eight out of 10 over 25's Overweight
- 80% of type II diabetes related to obesity
- 70% of cardiovascular disease related to obesity
- 42% breast and colon cancer diagnosed among obese individuals
- 30% of gall bladder surgery related to obesity
- 26% of obese people having high blood pressure

These increased health risks are not limited to adults. These conditions that were once diagnosed primarily in adults are now observed in children and adolescents with excess body fat. Overweight prevalence is about 30% in boys and girls.

Based on where the extra fat is, it affects certain organs. If it is on chest/breast, it affects the heart. If it is on the stomach it affects digestion and if it is on the hips it affects ovaries or testicles. In general excess fat impairs immunity. It restricts mobility and physical activity.

Next to cigarette smoking, obesity is the 2nd most preventable cause of death in the US. That is enough reason as to why every obese person should be inspired to take positive action towards better eating habits.

**Now print and fill up the following exercise & homework worksheet for Step 1:**

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## Self-introspection questionnaire

a. Rate your life from 1 – 10 through the following questions

1 = Least satisfied    10 = most satisfied

b. Write one thing that you can do right now to increase your rating.

1. How satisfied are you with your current level of eating? (1 – 10)

2. What is one thing you can do right now to improve your eating even slightly?

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3. How satisfied are you with your current weight? (1 – 10)

4. What is one thing you think you can do right now to improve this?

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5. How is your current health condition? (1 – 10)

6. What is one thing you can do right now to improve your health?

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7. How is your current energy level? (1 – 10)

8. What is one thing you can do right now to improve your energy level?

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9. How satisfied are you with your current aging process? (1 – 10)

10. What is one thing you think you can do to improve your aging process?

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11. How is your current Self-acceptance level? (1 – 10)

12. What is one thing you can do to improve your Self-acceptance?

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13. How is your current ability to be stress-free? (1 – 10)

14. What is one thing you think you can do to improve your ability to be stress-free?

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