

Yoga As Part Of An Anti-Aging Plan

While the topics under discussion are obviously yoga and having or making an anti-aging plan, it has become obvious over the last few years that anything done to improve personal health, increase flexibility, optimize the cardiovascular system, improve strength, increase the efficiency of organs and glands, and/or keep a person mentally alert and feeling glad to be alive has a place in any anti-aging plan. Even though my contention is certainly going to be that yoga can produce all the effects mentioned, and maybe more, some people will simply not be attuned to donning a leotard, lighting candles, chanting to the tunes of other-worldly CD's, and attempting to bend their bodies into positions they know they cannot attain anyway! There will be people interested in the aging process who are genuinely willing to do a lot to create an effective anti-aging plan but who are just not interested in yoga. While I cannot address each possible consideration in such a short article which is dedicated to the specific topic of yoga, I can say that any exercise program or regular activity can produce many similar physical results. Regularly challenging the mind, by puzzles, by learning new skills, or by placing oneself in social situations rather than withdrawing from them can certainly help maintain not only intellectual vigor but encourage physical activity and help defend the body against the effects of an unrestrained aging process. Attention to proper nutrition is valuable in this process as well. In fact, there is no reason why anyone should not, or would not, use all of the above suggestions as part of an anti-aging plan whether they practice yoga or not! Yoga, while effective in this plan is not the only thing that someone should be doing, nor should they wait until they are "old" to begin the process. In fact, the sooner the better. Starting a child on a path that includes health, fitness, intellectual stimulation and growth, and a love of life and the people around us is a means of insuring that the child will, as Mr. Spock says, "Live long and prosper." To speak in generalities about yoga as part of an anti-aging plan is a simple task. It produces physical fitness, encourages overall health of mind and body, helps keep the intellect stimulated, helps with the removal of toxins from the body, increases flexibility, helps improve the effectiveness of the immune system...the list goes on. However, what can be said specifically about yoga and aging? After all, those comments are just words that I have placed upon a page. Well, others have placed such words as well, and have been applauded by the medical community as well as the general public. For example, in their acclaimed book "YOU: The Owner's Manual: An Insider's Guide to the Body that Will Make You Healthier and Younger", authors Michael F. Roizen, Mehmet Oz, who are concentrating on the physical side of life, applaud the daily practice of yoga as it relates both to life and to aging. The authors are both MD's. Dr. Roizen has provided health care to eight Nobel Peace Prize winners and more than 100 Fortune 500 CEOs and CFOs, and countless others. He has been in the Best Doctors in America since 1989. Dr. Oz is professor and vice-chairman of surgery at Columbia University. He is also medical director of the Integrated Medicine Center and director of the Heart Institute, New York Presbyterian/Columbia Medical Center. Below is an excerpt from an interview conducted by WebMD.com. Dr.

About the Author

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