



Study can be carried out to determine and avoid foods digested by acid, opting for those digested by enzymes. Study yogic and Ayurvedic diets, seeking recipes to make the body more alkaline. This fosters remission periods and creates the space for a positive practice cycle to unfold. Dramatic changes take place quickly when the right dietary mix is found. It is common to avoid yeast and dairy and opt for whole and freshly cooked foods, pomegranate juice and honey. Careful research into fasts and their application may be useful in eliminating toxins and must be applied cautiously to avoid depleting the body of nutrition.

If you are used to eating meat, eggs and fish, potatoes, bread, pasta and rice, it is important to take care with

dietary shifts, especially if you are underweight. Implement pulses, nuts, dried fruits and seeds gradually, and if they don't agree with you try lower fibre cereals, fruit and vegetables. The palate needs time to adapt to new flavours and will be inspired when you see the benefits of avoiding aggravating substances. Sufficient iron and calcium are essential and if in doubt visit a dietician for assistance.

TAKE LOTS OF REST.

This is essential. Sleep is the natural healer providing cellular regeneration. The medical profession currently state there is no cure for Crohn's Disease. They told me the same about my asthma 38 years ago. I'm glad I decided to be my own physician and find my own remedy. I'd call it Grace, which gives us the energy to find solutions against all odds. Yoga practice affects each layer of our being and commences with an intention, such as healing. Asanas,

pranayama and meditation affect the subtle layers and vital centres, gradually filtering into the physical body. Overactive adrenals (endocrine glands) require homeostasis and in applying the correct practices, circulation increases, swelling in the abdomen reduces and vitality improves. This may include an increased need to rest at the onset of the journey. The deeper insight that grows with practice, cultivates the unbending intent required to support us, especially when we slip back a little. Somewhere within, we all know there's a point at which we need to question life in order to experience its deeper meanings.

Next month

Yoga for Crohn's Disease Part 2 – recommended remedial practices.

For more information about Pranasana Yoga, Relaxation and Breathing Techniques please visit

www.pranasanayoga.com

