



TOPIC OF THE MONTH **September 2014**

Inside Out Posturing . . . Continued. Garbha Pindasana and Kukkutasana

Garbha Pindasana and Kukkutasana begin some work on the back of our body. The back of our body houses important organs as well; there we have the kidneys, adrenals, and ureter channel.

Yoga Mala points out the Garbha pindasana also purifies the liver and spleen due to the heels pressing into the abdomen as we pull our arms through our legs (past the elbows when possible) squeezing our heels in toward these organs. Also the act of pulling our arms through our legs exposes the back of the body better so the rolling motion is more effective. Also of benefit here; the arms squeezing through the calf and thigh exerts pressure on the lymphatic vessels of the arms helping to cleanse the lymph tissue. In cancer therapy, patients are taught a method of massaging the arms to move lymph. In our case we are taking a preventative approach and cleansing the lymph system BEFORE disease sets in.

Pattabhi Jois states in Yoga Mala between garbha pindasana and kukkutasana the liver, spleen, and intestines are purified, the fat of the lower abdomen dissolved, and diseases affecting the bowels and urinary tract, as well as excess phlegm, are cured.

Your Kidneys and your Ureter Channel

The reference to the urinary system refers to garbha pindasana's effect on your kidneys and ureters. Your kidneys are part of the detoxification of your body; **they filter excess water and water-soluble wastes from your blood** ridding toxins and other wastes that would otherwise build up in your body and cause you to become ill. Just like we have fat soluble and water soluble vitamins; we also have fat soluble and water soluble wastes. Your liver filters out the fat soluble wastes while your kidneys filter the water soluble wastes. **Many toxins from excess protein and sugar to bacteria and yeast make their way into your urine.** This makes your liver and kidneys your main organs of detox, although the spleen, lymphatic system, and colon are quite involved as well. Ridding toxins from our bodies is very important in today's toxic environment. We are exposed to more toxins than ever before — newborn babies are found to have upwards of 200 known toxins in their blood!

<http://www.cnn.com/2010/HEALTH/06/01/backpack.cord.blood/>

Health is not only the ability to take in and digest nutrients, but also the ability get toxins out — and better yet would be to avoid as much toxic exposure as you can.

In your lifetime your kidneys will purify more than one million gallons of water! Enough to fill a small lake. Amazingly, if you lose a kidney one kidney can increase in size by 50% within two months to step up to the task of both kidneys.

The kidneys are important because they keep the composition, or makeup, of the blood stable, which lets the body function. In addition to preventing the build up of wastes and extra fluid in the body, they:

ॐ keep levels of electrolytes stable, such as sodium, potassium, and phosphate

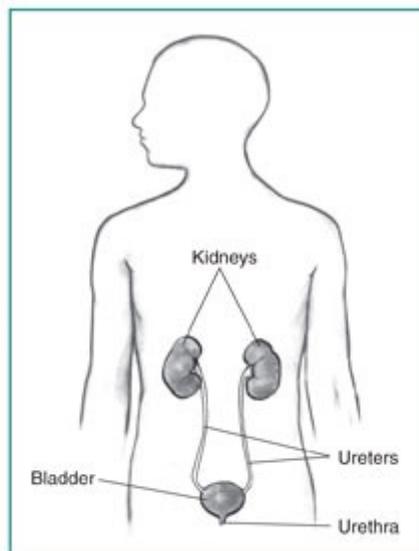
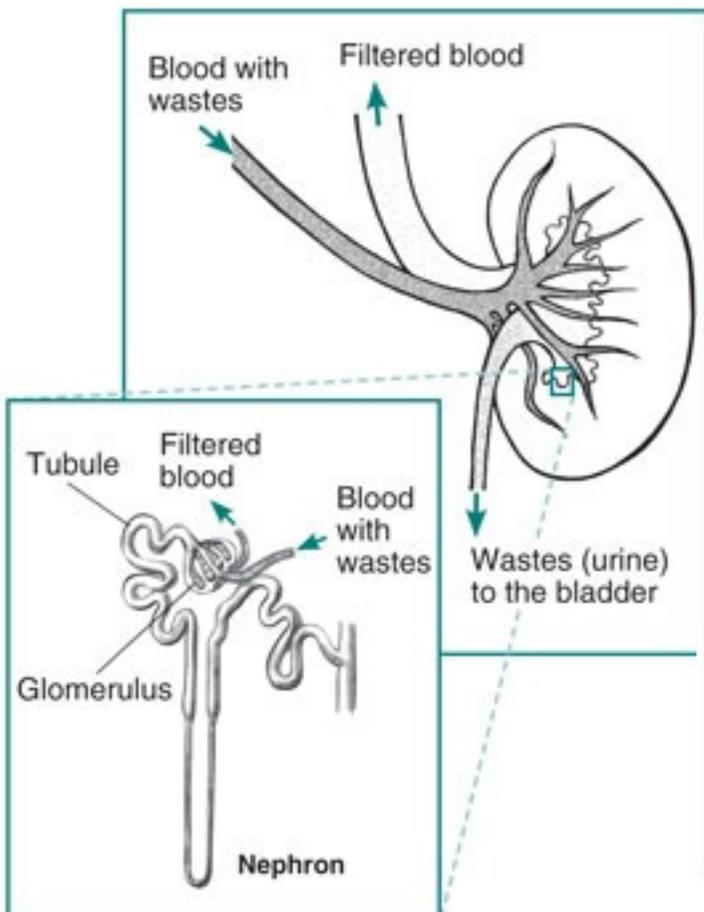
- ॐ make hormones that help
- regulate blood pressure
 - make red blood cells
 - bones stay strong

If you notice changes in the way your urine looks or smells, the cause might be something as benign as what you ate, such as beets or asparagus. Or, your body could be telling you something you should pay attention to — like dehydration. If you are not taking in enough water your urine will be dark yellow color and will have odor. One way to know if you are well hydrated is that your urine is clear. Outside of dehydration, I do not want to get into a pee discussion here but I will provide you a link that discusses changes in your urine and what to look for. Your body has many ways of signaling you something is out of order, learning to read your body's cues is an important part of your health — paying attention to our waste products is another way to take control of your own health. Here is a link with further information about your pee: <http://www.lifespa.com/the-perfect-pee/>

The kidneys are two bean-shaped organs, each about the size of a fist. They are located just below the rib cage, one on each side of the spine. Every day, the two kidneys filter about 120 to 150 quarts of blood to produce about 1 to 2 quarts of urine, composed of wastes and extra fluid. The urine flows from the kidneys to the bladder through two thin tubes of muscle called ureters, one on each side of the bladder. The bladder stores urine. The muscles of the bladder wall remain relaxed while the bladder fills with urine. As the bladder fills to capacity, signals sent to the brain tell a person to find a toilet soon. When the bladder empties, urine flows out of the body through a tube called the urethra, located at the bottom of the bladder. In men the urethra is long, while in women it is short.

Each kidney is made up of about a million filtering units called nephrons.

Relationship of the Kidneys to Vertebrae and Ribs





When we are rocking and rolling on our backs in Garbha Pindasana, it is not necessarily just the kidneys we are trying to roll on — although this is good not only for the kidneys but also the adrenals (which I will talk about next) — we are primarily rolling over the ureter channels helping our body get rid of the waste and helping to prevent blockages in the ureters — which brings me to the next topic:

Kidney / Urinary Stones

How to prevent them — or if you've already experienced them, how to reduce your risk of it happening again!

Kidney stones most often lodge in the ureter channels. The ureters are a thin muscular tube (actually the muscles are within the walls) that carries waste products from your kidneys to your bladder. If the ureter becomes blocked by a kidney stone, it may swell up (hydro-ureter) and cause the muscles to spasm. The spasms can be very painful.

Kidney stones can be as small as a grain of sand or, at the extreme, grow to be as large as a golf ball. More typically, kidney stones that cause problems are as small as two millimeters in diameter (conversely, larger stones may pass without any symptoms). Stones that grow large enough can block the flow of urine out of the kidney. Most commonly, they move into a ureter, sometimes, they become lodged there. Some of the stones are sharp and spiked, these are the stones most often to get lodged as the spikes grab onto the ureter walls. Once lodged, they create irritation, swelling of the ureter lining, and muscle spasm of the wall — making the lumen (the inside space of a tubular structure) even smaller. There are also parts of ureters which are more narrow to start with and the stones lodge there the most. It's the backing up of urine and the resultant stretching of the system that causes pain. It's important to note that some 90 percent of the more common small kidney stones pass out of the body by themselves without invasive treatment.

When a stone in the ureter causes severe pain, this is known as renal colic. If the ureter becomes swollen, you may experience symptoms such as:

- ॐ nausea and vomiting
- ॐ feeling like you need to urinate all the time
- ॐ pain when you urinate

A blocked ureter can also cause an infection in the kidney because waste products cannot pass, which may cause a build-up of bacteria. The foods and information below not only help prevent kidney stones but may also be useful in the advent of a stuck stone.

ॐ **Prevention is easier than curing . . .**

Calcium and vitamin D supplements increase risk of kidney stones especially for women (here again is the whole food story — calcium rich foods help to prevent urinary stores . . . putting calcium in supplements and taking only the elemental calcium increases risks). Just a note, there is a lot of new data surfacing that calcium supplements not only don't help your bones



but they are quite detrimental, increasing your risk of kidney stones and artery calcification. Here are some links to some of the research:

<http://chriskresser.com/calcium-supplements-why-you-should-think-twice>

<http://www.sciencebasedmedicine.org/calcium-supplements-and-heart-attacks-more-data-more-questions/>

<http://www.greenmedinfo.com/blog/how-too-much-calcium-can-break-your-bones>

<http://www.medscape.com/viewarticle/812233>

<http://www.npr.org/blogs/health/2013/02/25/172876965/most-people-can-skip-calcium-supplements-prevention-panel-says>

<http://www.greenmedinfo.com/blog/confirmed-lower-your-bone-density-lower-your-breast-cancer-risk?page=1>

<http://articles.mercola.com/sites/articles/archive/2009/07/18/the-milk-myth-what-your-body-really-needs.aspx>

- o Basically calcium supplementation does not only promote kidney stones — it has been connected to artery calcification! And furthermore the very reason people take calcium — for their bones — is also detrimental. As it turns out calcium supplementation makes your bones brittle albeit a bit thicker. What we want in our bones is tensile strength — protein provides this — not calcium. Adding further insult is that many calcium supplements are made from waste calcium that is loaded with toxins, and calcium can interfere with digestion making it even harder to absorb nutrients . . . Data is now confirming what we have been told was not effective . . . that is **we can get all the calcium we need from foods — NOT dairy foods though . . . greens especially, and fermented foods :**) Just because you are dumping all this elemental calcium in your body does not mean your body is going to use it to build your bones

ॐ Soy. and high protein diets also increase your risk of kidney stones.

Preventative measures:

ॐ 2 popular probiotics may reduce or help to break down kidney stones, they are Lactobacillus casei and Bifidobacterium breve. study posted at: <http://www.greenmedinfo.com/article/lactobacillus-casei-and-bifidobacterium-breve-reduce-urinary-oxalate-excretion> Studies are pointing to lactic acid bacteria (LAB) degrading oxalate in the intestinal lumen, reducing urinary oxalate excretion.

ॐ Citrus fruits - We also know that low amounts of citrate in your blood predispose you to kidney stones. Lemonade therapy or orange juice is a natural no side effect way to increase your citrate levels in your blood and reduce your risk of kidney stones. Just use fresh squeezed versions of both and not store bought versions that are little more than glorified sugar.

ॐ Mineral water rich in calcium, magnesium and bicarbonate also has a positive effect on reducing the risk of recurring kidney stones.

ॐ Omega3 fatty acids help to prevent formation of kidney stones.

ॐ The ayurvedic herb, kulattha may be better than meds in treating kidney calcification: <http://www.greenmedinfo.com/article/ayurvedic-herb-kulattha-superior-potassium-citrate-treating-kidney>

Other substances that have been researched to help prevent or treat kidney stones:

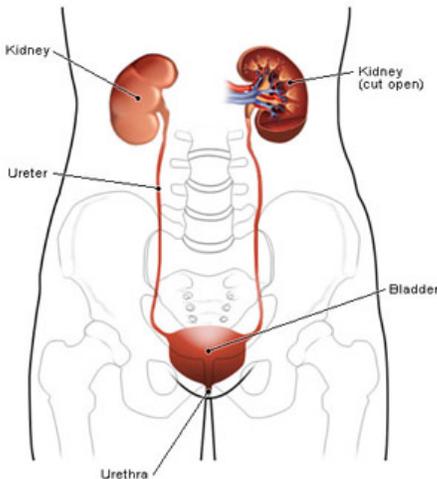
- ॐ Coconut water! Treatment with coconut water inhibited crystal deposition in renal tissue as well as reduced the number of crystals in urine. Furthermore, coconut water also protected against impaired renal function and development of oxidative stress in the kidneys. The results indicate that coconut water could be a potential candidate for phyto-therapy against urolithiasis.
- ॐ Pomegranate juice
- ॐ Plantain - a weed growing in your backyard . . .
- ॐ Hibiscus
- ॐ Evening primrose

Garbha Pindasana and Rolling on your Back

While there is no proof that rolling on your back prevents or breaks up painful kidney stones (although medically they have a device they attach to your back that pounds away at the stone trying to break it up . . .), **rolling on your back does help move wastes from your kidneys to your bladder where you can rid it from your body more easily.** And maybe in the process help pass wastes before they have a chance to form into a kidney stone.

For the rolling motion, I have been told to roll directly on the spine as this helps to align the vertebrae — some people like to roll on either side of the

spine to get more pressure on the tissues that are around the spine. I think either can be useful — maybe doing a little of each in your practice is the most beneficial.



The rolling motion on your back massages your adrenals helping to cleanse and balance your **Adrenals.**

Which brings us to our next topic — a continuation of garbha pindasana from the inside out — garbha pindasana’s benefit to your adrenals, cortisol, and stress.

To be continued in October.