

Yoga and Vegetables - a lifestyle workbook for health, happiness, and longevity

Lifestyle. Lifestyle is your health. Your health is priceless.

Back in the old days when you went to study yoga or a discipline of some type; you usually went in search for a teacher — or in some cases the teacher would find you ... you would study with this teacher for many years. Over this time you would either live with your teacher or in close proximity to learn the lifestyle . . . Lifestyle determines your health, you can go to the gym everyday but if you eat processed foods and think bad thoughts about people you won't have health . . . or you could eat only "health" food . . . but if you sit all day at a desk , drive your car, lay around all night watching tv . . . there won't be health there either. It all has to come together in a balance. And we each have to find our own balance.

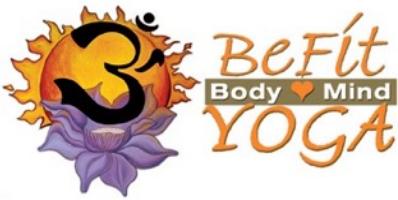
Mention lifestyle to a allopathic doctor . . . they'll probably say something like "yea well lifestyle — we all know that's important but try to get people to change their diet or lifestyle instead of just taking a pill . . ."

But the problem is, no one is coaching or teaching people on how to live a lifestyle for health. You are either left to figure it out for yourself amidst much confusing conflicting information . . . or mis guided with very wrong information on what is really good for health.

15 minutes in a doctor's office, and out the door with a script does not teach one how to live a lifestyle for health. Folks need taught, step by step on a daily basis with various options to try along the way . . . in a slow process. You learn little by slowly how to cook for yourself, choose the right foods for you, take care of yourself without chemicals or pharmaceuticals, find the right type of movement/exercise/activity for you experimenting along the way. Each change needs to feel good!

As we wait for our food and medical industries to come up to date with what we now know about food and medications . . . My goal is to teach you how to take care of yourself — self care is the new health care — and give you a tool box of options -- and to let know you have options!

What started off as a project to learn the science behind Yoga — so I could practice and teach based on knowledge and not dogma . . . turned into an eye opening experience that has taken my research much broader into the medical community and food industries.



Why avoid traditional medicines, foods, toiletries, and household products? Because we thought chemicals were only dangerous in large amounts . . . turns out we were very wrong . . . Even small doses of chemicals, alone can wreak havoc in dose ranges as low as parts-per-billion.

And our barbaric or dare I say just plain dumb ways of studying chemicals and how they effect the body leaves much to be desired. Did you know chemicals are only tested by themselves — independently as if that is the only chemical you will ever come in contact with! Scientists have not looked at what interactions happen between different chemicals used in our foods, medicines, and cosmetics when mixed together in the body. When mixed together chemicals can synergies to create new chemical compounds that are very dangerous. And take in to consideration that each person's micro biome will effect how various chemicals and medications effect you.

<< more here: <https://www.befityoga.com/wp-content/uploads/2017/04/focus-of-the-month-2.17-pdf-7.pdf> >>

<< include some of this info? Parts of this need to be made into a workbook column : <https://www.befityoga.com/wp-content/uploads/2017/04/focus-of-the-month-3.17-pdf-1.pdf> >>

We still don't consider many chemicals we are exposed to on a daily bases a toxic burden on our body -- yet they are leading to many diseases. Toxins not only effect our brain more than we realized, they also greatly effect our endocrine system — our hormones. Chemicals make our lymphatic system over-burdened and confuse our hormones. Do you know plastics can mimic estrogen in the body and attach to our estrogen receptors wrecking havoc for women? This is one of the causes of the increase in auto-immune diseases we are seeing. And cancers, the alarming rate of people being diagnosed with cancer is scary . . . chemicals are among the main causes.

And we do have an immune system to protect us . . . We are not a sitting duck in a roulette — all this disease and sickness is not so random . . . you have an immune system and our immune systems do very well at keeping us healthy as long as we are not feeding it chemicals which confuse the immune system and make it attack its very own body thinking our tissues are the chemicals — this is auto-immunity.

Or the chemicals can confuse the immune system in a way that allows certain cancers and viruses to not be found by the immune system. Cancers and viruses come and go all



the time in our bodies, something pops up and your immune system can take care of it. But your immune system needs to operate optimally to find these problems and eradicate them! Your best bet for health is a good immune system.

Chemicals also confuse our hormonal system. Our hormones are very important messengers in our bodies, delivering messages to and from organs on what is needed where. Chemicals confuse these messengers resulting in uncomfortable hormonal issues that many people suffer from. Things like weight gain, hair loss, water retention, mood swings, achy joints, sore muscles, skin rashes and break outs, tender or swollen breasts, bloated abdomen . . . these are just a few common symptoms. These are not signs of aging and you don't have to age this way! Chemicals and Pharmaceuticals do harm in the body. Confused hormones and immune systems lead to various cancers and autoimmune diseases.

I have much to share about keeping your immune system functioning well; for example garlic and oregano . . . both very potent anti-fungals, and you don't need them in pill form to get the benefits. Just a little common knowledge about how to best use them; for example crushing your garlic about 10 minutes before you slice it or cook with it activates the allicin more effectively (allicin is what garlic uses to protect itself from pests, and in our body it also protects us from pathogenic bacterial pests however it dissipates quickly so you can't store it, buy it, or make it too far ahead of time. It is best activated crushed about 10 minutes prior to eating or cooking). Oregano -- another powerhouse anti-fungal that kills candida and can make antibiotics obsolete ... How to harness this power when you need it? How about some tips on making oregano tea (and how easy it is to grow your own). Take Lyme for example; we are now fearing the little tiny tick and its big bite . . . like we have no protection against it . . . but we do! Not everyone who gets bit by a Lyme carrying tick gets Lyme! You are not a sitting duck in roulette . . . I would make a pretty solid bet those who eat lots of garlic and oregano will be less likely to get Lyme from a little tick bite . . . by eating the garlic and oregano you give your immune system the tools it needs to eradicate the Lyme bacteria leaving you healthy :)

HOW DID WE GO SO WRONG?

How did we go so wrong? PATENTS! Corporations and money ... It's sad but true . . . FDA approval actually means TOXIC SUBSTANCE TO AVOID! or Food & Drugs to Avoid! Herbs can not be patented, either can essential oils, and natural foods . . . unless you alter the food or herb in some way to make it different . . . then you can patent it and sell it for millions. While this might be awesome for some cool new electronic device . . . it has



it's draw backs when it comes to our food and medical industries. Many effective disease and cancer curing herbs are not given the credit they deserve because no body can make money on them. You don't need a prescription for them . . . nor do you need some big manufacturing process where you take large amounts and condense it down, thinking we need heroic doses of these herbs in our body for any effectiveness . . . this has not proven out. Seems small culinary doses from food and herbs is more effective than pills.

For example, follow some of the research on calcium supplements . . . turns out most calcium supplements are made from stones and oyster shells, sound like something you want to eat or put in your body? Turns out when you do put calcium from these sources in your body it happens to clog your arteries (yes like in heart disease) and calcify your pineal gland leading to sleep issues and higher risk of cancer among other diseases — and further more it makes your bones thicker but BRITTLE and more likely to break. Our bones need to be stronger, not thicker. Turns out calcium that naturally occurs in greens or spring water is better used by our body. Just because you are dumping loads of calcium in your body does not mean your body will use it to lay down bone! WE GOT A LOT WRONG . . . so someone can make money . . .

Maybe it would be wise to try to not purchase food or drugs that are patentable?

Our best defenses right now is to SPEAK WITH OUR POCKET BOOKS.

G.R.A.S. something else to avoid by the FDA ?

Another example; many chemicals that are hurting us fall under a category called GRAS which means Generally Recommended As Safe and go through no further testing . . . This category was meant for items such as baking soda, vinegar, etc. Products we have a long history with. (Testing is long, arduous, and expensive so corporations try to avoid it.) Initially there were only a few products in the GRAS category, but a handful of lawyers have figured out ways for companies to angle their additives into this GRAS category, and over the years the number of ingredients now considered GRAS is ten fold what it used to be. For example because of GRAS many additives do not even need to be listed on the label because they fall under the category of “artificial flavors” even though they do not actually have any flavor (they are chemicals that confuse your brain in to thinking it is tasting something) . . . This is also how Monsanto snuck GMO foods into our food supply . . . they got them recognized as GRAS in 1992. And this is also how trans fats snuck into our food supply. So clearly FDA approval means nothing for our food supply. LET ME MAKE THIS PERFECTLY CLEAR . . . GMO FOODS WERE NEVER TESTED BEFORE RELEASED INTO OUR FOOD SUPPLY. You are the test. The cancer epidemic is proof.



Aside from our toxic food supply which is creating disease, I hope to educate you about the difference whole real foods grown by local organic farmers you know make a BIG impact on your health. Along with how to make and cook most of your own foods, toiletries, household products, and medicines.

Here are just a few reasons why making our own home made medicines, food, cosmetics, toiletries, household products, etc. from whole real foods, herbs, and oils can save our health:

- ॐ Many medications wreck our micro biome — the good bacteria in our gut, mouth, and on our skin. This is an emerging body of evidence into the harm we are doing by trying to kill all bacteria with medicines and chemicals. We need to learn which herbs effectively kill the pathogenic bacteria while supporting our good bacteria that help our immune systems.
- ॐ Commercial toothpaste has fluoride in it which is known to impair learning and harm the thyroid, contains carrageenan which leads to leaky gut syndrome, and many anti-bacterials that harm our mouth microbes and lead to gum disease. It is so easy to make your own toothpaste.
- ॐ Antiperspirant Deodorant has aluminum in it which is linked to Alzheimer's and hormonal disruptions. Also very easy and economical to make your own deodorant with 3 simple ingredients.
- ॐ Soaps harm our skin micro-biome, dry out our skin, and leave soap scum! Just using a carrier oil with a little essential oil in it is a good soap replacement.
- ॐ Household cleaners harm beneficial bacteria and cause airborne pollution — which thanks to a/c and “tightly sealed houses for energy reasons” hangs around longer than it used to. It is also very easy and economical to make your own cleaning products without any chemicals.
- ॐ Anti-bacterial soaps that contain triclosan (an anti-biotic of types) are part of the problem, not solution. They contribute to the anti-biotic resistance problem and kill our beneficial skin microbes, All natural hand sanitizers are quite easy as well to make or you can just rub an essential oil blend in a little carrier oil on your hands for protection.
- ॐ And same for the flu vaccine . . . high risk of harm from vaccine injury for very little (to zero) benefit. Simple solution . . . in the fall and winter just put on dab or two on of your essential oil blend before you leave your house.



Pharmaceutical medications cause harm in the body. Period! We need to move away from pharmaceuticals and back to medicinal herbs and plants, among other therapies.

Many people are still unsure regarding holistic medicine -- and it can be confusing . . . allopathic doctors scare you into pharmaceuticals and vaccines . . . new age-y advice sounds like snake oil and venom cures . . . A great deal of discernment and research has been necessary; delving into research data bases, and ancient wisdom through Ayurveda, Chinese Medicine, and folklore. Looking at the ancient medicines and scrutinizing them with science has been helpful as we sort through what has worked throughout the ages and what has not ... And the big benefit of these alternative medicines ... NO side effects — in this world we have side benefits instead!

For those who make the effort to research and believe your gut instincts, it can translate into an amazing wealth of information and knowledge about our body and how it works. Nature is very intelligent.

Plants are effective tool for healing and preventing disease in the body.

Plants have the abilities to protect themselves; from insects, harsh environments, drought or too much rain — and to attract pro-biotic bugs — and adapt to their surroundings. By eating these plants you are harnessing these protective and healing powers of plants for use in your own body.

Adding some basic herbs, vegetables, essential oils and home cooked food while reducing chemical and process food exposure can:

- ॐ Fight off cold and flu viruses
- ॐ prevent and cure cancer
- ॐ prevent and cure heart disease
- ॐ alleviate pain
- ॐ balance hormones
- ॐ reduce allergies
- ॐ heal skin conditions
- ॐ reduce stress
- ॐ improve digestion
- ॐ reduce cellulite and wrinkles
- ॐ help maintain a healthy weight

Medicines, herbs and oils **don't do the healing -- your immune system does.**



As with any good medicine it supports the immune system so your immune system can heal you.

Many herbs, foods, oils, and alternative therapies like acupuncture and chiropractic, and of course yoga and meditation boost our immune function and let our immune system heal us. Medicines that harm your immune system in trying to heal you usually create more damage. Real health and healing lies in a strong immune system.

These little things can make a big difference in what happens in your body. Consider Apoptosis — programmed cell death by our body, it is an important part of our health. Cells die everyday, this is why we are constantly rejuvenating ourselves, every 7 years we are completely anew.

Cancer comes and goes all the time in the body, our immune system can eradicate cancer pretty effectively given good food and herbs. This is another example where modern medicine does not seem to benefit us; mammograms are not that worthy. They have a high rate of false positives; causing stress and unnecessary surgical procedures that harm the immune system — and the radiation from mammograms increases your breast cancer risk quite substantially. Tell them there is a better way . . . (Thermography is getting more popular and seems to be a better option for breast diagnosis — if you need to have your breasts checked at all ...)

Which cells your body chooses to die off is important. In individuals with disease it seems healthy cells die while mutated cells live, the opposite is seen in healthy individuals. So program your body for cancer cell apoptosis!

Give one of these teas a try and see which you like, try to establish a morning nutraceutical tea routine.

Morning tonic option 1

Boil Water and let cool slightly. Meanwhile while getting water ready add to your mug:

2 TBSP Apple cider vinegar

Juice of half of a lemon

Fresh sliced ginger

1 cinnamon stick

Fresh sliced turmeric or turmeric powder (1/4 tsp of powder)

Dash cayenne

If you like it sweet; when the tea becomes drinkable temperature add a little local raw honey.

Pour hot water over and let steep 5-10 minutes.

Morning tonic option 2

My favorite is chop the whole root with a little ginger and a sprinkle of fresh ground black pepper. Steep it for about 15 minutes.

Morning tonic option 3

TURMERIC LATTE - Make the above turmeric paste by cooking down 1/2 cup turmeric in 1 cup water with sliced or powdered ginger and black peppercorns; boil for 10-20 minutes or until reduced to a paste. Remove the paste from heat and stir in about 1/3 cup coconut oil. (You can store this in a glass jar in the fridge for about a week). When you are ready take a heaping teaspoon of the turmeric/coconut oil paste, put it in a mug and sprinkle with a dash of cinnamon, cardamom, and clove. Top with steamed milk of your choice (if you don't have a milk steamer heat it up on the stove and froth it with a french press).

Recommended milk: Pastured, Local, organic, raw or vat pasteurized milk or organic real coconut milk.

Morning tonic option 4

My turmeric tea recipe when I am feeling a little under the weather:

Fresh sliced turmeric root (lots)

Fresh ginger

Black seed

ground peppercorns

sprinkle of turmeric powder (the powder vs. the whole root each has different benefits) o

Pinch or two of cayenne to taste or a chili pepper

Pour boiling water over and let it steep about 10-15 minutes

Strain and add (optional if you don't have):

Echinacea Tincture

fresh lemon juice

local raw honey

top with a teaspoon or two of coconut oil Stir well and enjoy.



There are many herbs that induce cancer cell apoptosis, turmeric being at the top of the list. I prefer to make some version of turmeric tea or a nutraceutical every morning

Medical definition of a Nutraceutical: *A food or part of a food that allegedly provides medicinal or health benefits, including the [prevention](#) and treatment of disease. A nutraceutical may be a naturally nutrient-rich or medicinally active food, such as [garlic](#) or soybeans, or it may be a specific component of a food, such as the omega-3 fish oil that can be derived from salmon and other cold-water fish. Nutraceuticals in my world look like:*

- o *A tea of Turmeric & black pepper, with shilajit, maca powder, black seeds, seaweed and echinacea ... or any combination of the above.*
- o *Fresh aloe from my aloe plant, chia seeds, hemp seeds, 1-2 oz. pomegranate juice, and some brine from something I fermented or a little kombucha :):*
 - ☪ Also cooking frequently with turmeric is good. Turmeric is best absorbed in small culinary doses throughout the day, so each time you heat up oil in a skillet throw in a pinch of turmeric powder.

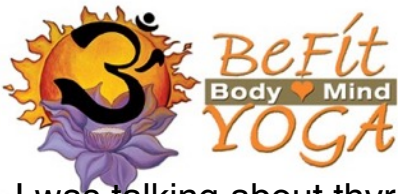
And marijuana tops the list with turmeric and Frankincense essential oil being strongly proven to be effective against cancer.

These are just a few lifestyle recommendations you will learn along the way. I am also hoping to slowly teach you about using methods such as yoga and meditation as tools for health, healing, happiness, and well being. We will use yoga postures to take a tour through our bodies learning about our organs, where they are, what they do, and how to keep them healthy. All in an easy to understand format that you slowly work your way though . . . trying different lifestyle solutions until you find the one that works for you. I call this cherry picking :)

There is not one magic pill or food or herb . . . each of us is different, each of us needs to experiment a little and find what works for us, what feels good, what is comfortable — it will be slightly different for each one of us. So this book is not an exact prescription, it is a framework for you to set up a lifestyle that prevents diseases and keeps you healthy and happy.

An ounce of prevention is worth a pound of cure:

And a word on prevention; this is still mis-understood . . . living a lifestyle that prevents disease . . . which is very different than waiting til you have disease to *try* to get healthy . . .



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I was talking about thyroid health, and how beneficial Myrrh Essential Oil is for your thyroid. I explained I like to rub a little myrrh oil on my thyroid once or twice per week and make sure I eat foods with seaweed (seaweed is an excellent source of iodine which supports your thyroid). I get the question, “are you having thyroid issues?” Is this why you are doing these things? and I said “NO!” I have NO thyroid issues because I am doing these things! I work preventatively.

Have back pain? Good, now tis the time to start a yoga practice so you do NOT develop back pain. Once back pain develops, depending on the cause, it is very difficult to cure. Understand?

And this is where this book will “save your life” before your life is even threatened. Living a lifestyle that supports the processes of the body through deep breathing, real food, mood and attitude, detoxification and avoiding/removing chemicals from your life, and just enough activity and movement each day are methods of preventative medicine. These are the some of the topics I will cover in this book.