

Yoga, Meditation and the Balance of Exercise and Life

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In February 2012, Daniel Corcos, a professor of Kinesiology and Nutrition at the University of Illinois at Chicago, said “It became really obvious several years ago that exercise is very good for people with Parkinson’s.”

“Not only is it good for the heart, the brain, and muscles in the same way it is for healthy people, it also modifies signs and symptoms of Parkinson's disease.”

Health Benefits of Yoga and Meditation

Scientific study began in the early 1920's in Bombay, India at Yoga Institute of Santa Cruz.

Much of the current research focuses on benefits to behavior, physiology, personality, physical and mental status and the disease process.

Studies Show Yoga and Meditation Help with Many Disease States

Neuromuscular Disorders

Cancer

Heart Disease

Carpal Tunnel

Back Pain and head aches

Arthritis

Diabetes

Depression

Benefits of Yoga

Increased flexibility and posture

Increased strength and balance

Improved muscle balance

De-stressed and invigorated

Mind-body connection-kinesthetic awareness

Improved autonomic function (less reaction to stress)

- Decrease in heart rate, blood pressure and respiratory rate

Psychological Benefits

Anxiety and depression decrease

Hostility decrease

Improved self-acceptance

Mood improvements

Biochemical Profile

With yoga the biochemical profile improves indicating an anti-stress and antioxidant effect. This is important in the prevention of many degenerative diseases.

Biochemical Changes from Yoga Practice

Decreased values

- Blood glucose
- Total cholesterol
- LDL (bad cholesterol)
- VLDL (bad cholesterol)
- Catecholamines(stress hormones)
- Interleukin-6 (Marker for inflammation)

More Biochemical Changes

Increased values

- HDL (good cholesterol)
- Hematocrit
- ATPase
- Hemoglobin
- Lymphocyte (white blood cells for immune system)
- Total serum protein
- Oxygen level to the brain

Be Aware of How You Feel

Be aware of what your body is telling you

Recognize stress and recognize relaxation

Notice the difference before and after your practice

Even if you only have 10 minutes you will receive benefit

Make Sure You DO Something Every Single Day

MOVE everyday even if you don't want to.

Challenge your muscles and brain in new ways frequently.

Join classes and groups to keep you engaged and accountable.

Let's try some yoga postures!