

HOW TO LIVE LONGER

A. Normal Pre-requisites

1. Drink *1 litre of warm water on waking up in the morning.
2. Regularly Exercise and walk a mile or two a day
3. Include plenty of vegetables in your diet. Avoid red meat
4. Eat regularly at normally scheduled times (Chew well); Include plenty of fruits in your diet, which contain plenty of fibre, vitamins and minerals and have antioxidant and anti inflammatory properties. Eat Curds or drink butter milk after meals (probiotics). Drink a glass of warm water half-an-hour before meals. Avoid eating excess or fatty food. No TV ... No Cellphone... while eating...
5. Avoid or minimise alcohol consumption. Avoid fatty or junk food.
6. No smoking at all.
7. Try and avoid stressful situations; Sleep for min. 6-8 Hours at night.
8. Maintain good oral hygiene: Brushing in the morning and before going to bed at night, dental flossing and massaging Gums.
9. Drink warm water all through the day (total about *1+2 litres)
10. Have regular medical checkup; esp. Blood tests, BP, Heart etc. as advised by your physician.
11. Take health supplements such as iron, calcium, vitamins as advised by your physician.

B. Beneficial Activities

1. Practice Yoga for an hour (Early morning)
2. Practice Pranayama for 20-30 minutes (Early morning)
3. Meditation: anywhere any time for an hour (Conveniently / Preferably before sleep at night).
Duration: number of minutes equal to the no of Years of age subject to a minimum of 15 minutes.
4. Read Bhagavad Gita for spiritual health; **An excerpt from Bhagavadgita concerning yoga (Chapter 6) is reproduced in the next page for our ready reference.**

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www.reddigari.in OR <http://angelfire.com/indie/reddigari/index.html>

C. Health Drinks with spices: Kashayams for immunity

1. Drink-1 in the morning on empty stomach: Boil half spoon of turmeric powder and 10 gm ginger in a cup of water; Add Honey and lime juice on cooling to warm temperature and drink.
2. Drink-2 Before going to bed at night: Boil Half spoon of turmeric powder, 5 mg black pepper powder, 4 cloves and elaichi (cardamom) powder in a cup of milk; Additional ingredient if available: Tulsi Leaves. Add honey after cooling to warm temperature and drink.

D. Practice Mudra Therapy :

Practice a specified yoga mudra for cure of a specific ailment, as enumerated in the opening chapter of this book.