



# Secrets for a Healthy Life

- by V. Govardhan, Yoga Master



Shri. V. Govardhan, born and brought up in Bangalore, India is a Yoga Master par excellent. With over 35 years of dedicated service to the community through his Free Yoga Classes and treatment. Having completed his study in Yoga under the Great Masters Shri. Yogabhisak P. Shridhar, Shri. S. Janaki Raman and Shri. H. S. S. Rao; Govardhan embarked on a journey of sharing the benefits of Yoga to the common man. To date he has touched the lives of over 45,000 (forty five thousand) people through his selfless work.

With some of the most prestigious awards for Yoga and Service to the Community to his credit including: "The Kempa Gowda Award" presented in 1995 by the Bangalore City Corporation; "Bharath Rathna" presented in 1997; "Shri M. Vishveshwaraiah Award" presented in 1997; "Award of Honour Yoga Shiromani" presented in 1997 by The Indian Yoga Federation and "Yoga Seva Dhurandhara Award" presented in 1997, to name a few.

Govardhan's free medical clinic through Yoga therapy has benefited thousands of patients with chronic disease that were not cured by traditional medicine but now live productive and full lives thanks to the Yogo therapy that he teaches. To this end some of the leading newspapers have covered his story. The Indian Express reported on 11-6-2003 "Healing the Word, for Free" and The Times of India reported on 6-12-1998 "This Yoga Master has a "FREE" healing touch" and in another article in the Deccan Herald on 9-4-1990 it was reported " Every Wednesday evening, patients queue up for free consultation and Yoga practice"

Having traveled around the world as special guest to his students, Govardhan is sought after for his knowledge, expertise and commitment toward people living a health and productive life. Govardhan teaches in the following institutions for free. Bangalore Tamil Sangam, National Biblical Catechetical and Liturgical Centre, Anjali Ashram, Shri. Raghavendra Swamy Mission, L.R.D.E. and at the Home Guards & Civil Defense head quarters in Bangalore every week.

To know more about Shri V. Govardhan log on to [www.yogiyogigovardhan.org](http://www.yogiyogigovardhan.org) or send in an email to [yogamaster@yogigovardhan.org](mailto:yogamaster@yogigovardhan.org)

## A DIETARY GUIDELINE IN DIABETES EAT MORE FREELY

1. Greens and Sprouts
2. Salads

### VEGETABLES

1. Ladies Finger
2. Tomatoes
3. Cabbage
4. Beans
5. Bitter Gourd
6. Cauliflower
7. Brinjal
8. Drumstick
9. Onions
10. Clear Soup
11. Fish

### FRESH FRUITS

1. Apple
2. Papaya
3. Pear
4. Guava

### Take in Moderation

Bread, Eggs, Rice, Thick Soup, Milk Food, Lean Meat, Corn & Ragi, Fruit Juice and Dry Fruits

### HEALTH TIPS

1. Drink plenty of water
2. Take medication as recommended by Dr. Yogic
3. Exercise in Moderation
4. Take small meals at regular intervals
5. Avoid smoking and alcohol consumption

### Take Rarely

- Pickles
- Sugar
- Sweets
- Ice Cream
- Soft Drinks
- Commercial Beverages
- Butter & Ghee Values Polka & Coconut Oil Fried food like Chips & Bhujias
- Jam, Honey

Baked Food like Cakes, Puff & Pudding, Roots and Tuber especially potatoes

### Avoid fruits like

1. Dates
2. Sapota
3. Mangoes
4. Water Melon
5. Banana
6. Cherry
7. Grapes
8. Pineapple

