



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. Vishveshwaraiyah 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.yogagovardhan.org or send in an email to yogamaster@govardhan.org

BUTTER MILK CONSUMPTION

- 1) Consumption of butter milk has been in practice since ancient times. There is evidence to confirm that the use of butter milk in food and as a rectifier of certain illness existed even before B.C. for Indians, butter milk is a daily item in food. Now, even in foreign the importance of butter milk from the point of health is being realized. Enough research has being done and they have revealed that these bacterias which generate healthy products exist in butter milk and this scientific thought is being to understood there.
- 2) Consuming butter milk is more profitable than consuming milk, because even though milk is a best food, its digestion in the human body is slow. Butter milk is digested easier than milk. Therefore, doctors advise us to take buttermilk. Also, certain milk consumption may cause allergy but there is no such danger or uneasiness from butter milk.
- 3) Milk contains plenty of sugar, product called Lactose. This lowers the speed of digestion, but the bacteria Lactic Acid present in butter milk has the power to convert the sugar product in the milk to its own form and thus improve digestion. As soon as this natural food reaches the stomach, the bacteria present in the butter milk contributes catalytic power in the digestive notion. Butter milk is a good food for those suffering from constipation, indigestion and other health complaints. For old people too, consuming butter milk is essential for the benefit of easy digestion.
- 4) Sometimes, undigested rotting food particles in the digestive organisms might cause major troubles and these are controlled by these bacteria's in butter milk. Therefore, foreign scientific experts praise this bacteria as Luchchir Bascilum Bulgeris and also as Acidophyllis. Sometimes consuming butter milk is effective and curative for complaints such as Liver problems and irritation in the intestines. Ayurvedic pundits have been repeatedly proclaiming that consuming butter milk is essential for those suffering from constipation. Now, foreign doctors approve and accept this with single a voice.

