



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 or send in an email to yogamaster@yogigovardhan.org

HONEY A NOURISHING FOOD - 3

FOOD FOR CHILDREN

By various experiments and researches conducted in SWITZERLAND AND CHICAGO Universities by some experts, it has been asserted that honey is a nutritive food and easily digestible; the children who take the honey daily never get dygestary or such other stomach troubles. Also it is an established fact that honey is a very good medicine for constipation. Honey, if it is taken regularly everyday, increases calcium and magnesium in our body. Also it increases the quantity of Haemoglobin in the blood. Children should be given 50% of boiled milk and 50% of water mixed with 7% honey. It is to be borne in mind that the can sugar should not be given to children. Because the children do not have sufficient quantity of enzymes required for changing for white sugar into glucose before assimilating in the blood.

Dr. Deeks says "the children who take cane sugar will not have a healthy look; and have very bad teeth, constipation, dysentery etc. which at the ripe age take the shape of paralysis, throat-trouble and also breathing trouble. It causes also skin diseases for children.

Milk with honey is very healthy and wholesome food. Patients who take milk and honey will recover soon. If possible orange juice can also be added to this.

