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ISSUE 218/ JUNE 2021

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DETOX/YOGA & WEIGHT LOSS

Words: Alana Panton

May is here and it's so beautiful to see all the incredible changes to the weather, the luscious green leaves and pretty flowers, sweet fruits, vibrant veggies - our food, mood, energy, everything is changing.

Spring is a great time to cleanse and rejuvenate our body and mind to be part of these beautiful seasonal changes on earth and more importantly to feel alive! Plus of course with summer coming it's the perfect time for a detox.

A detox can be described as a process in which the body eliminates toxins. Today's detox/cleansing concept is based on the idea that the damage to vital organs and functions from toxins must be repaired has arisen mostly from Far East cultures. Detoxing differs from dieting in that its goal is to cleanse and rest the body. However, one of the natural consequences of detoxing is that excess weight falls off. Today there are many kinds of detox programmes that help the body expel toxins that have been trapped in the cells and organs as a result of being exposed to noxious elements in our environment and food.

From juice fasts to colon cleanses, detox diets have become popular in recent years to lose weight or encourage a healthy lifestyle. Committing to a detox can greatly aid in kick-starting weight loss and

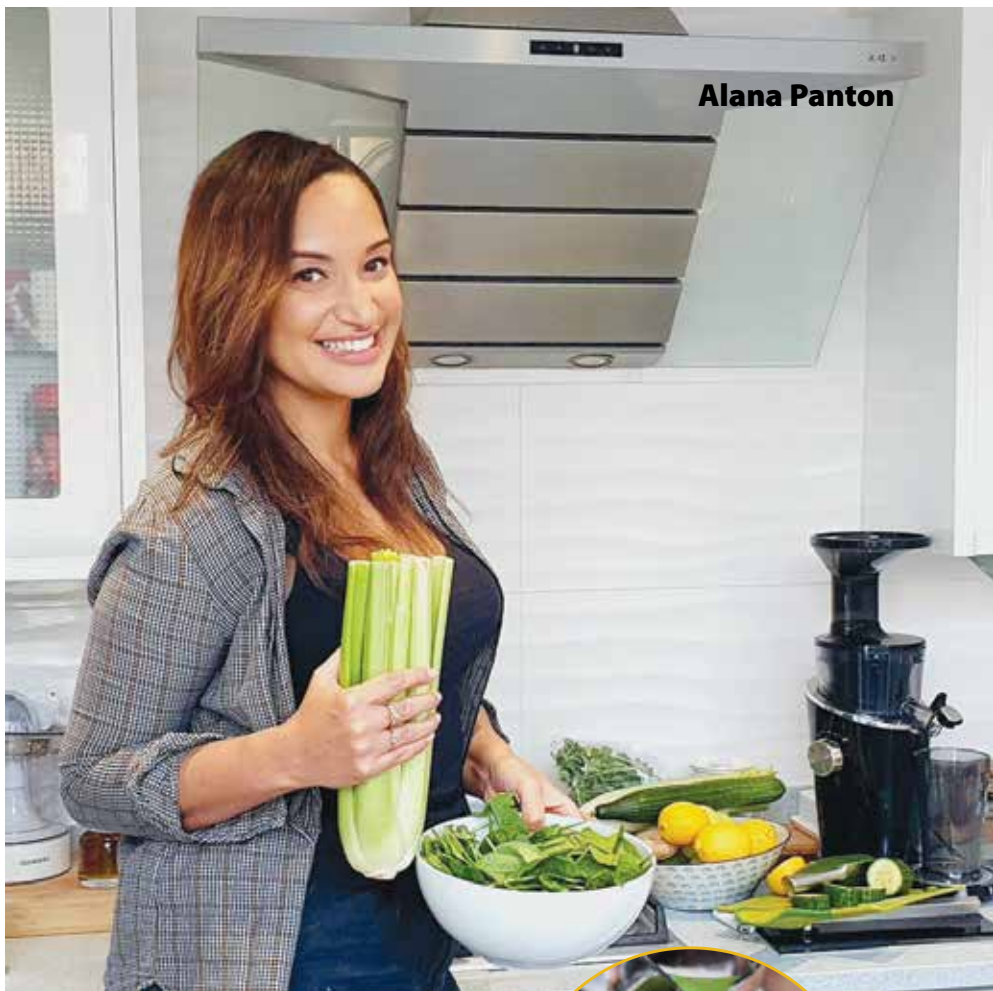


changing emotional relationships with food long-term. It can also help you reach specific health goals, whether you want to lose weight, detoxify or reduce your risk of disease. The most popular detox programme is usually a juice detox, which generally refers to a period of three to ten days when a person's diet consists mainly of fruit and vegetable juices with the main benefits marketed providing a variety of healthy gains. Committing yourself to a detox, cleansing our body to remove all those accumulated toxic substances chemicals even once a year for one week would be a great gift to your body. The beginning of each season is the perfect time.

Detoxing helps the body move to equilibrium by helping it purge mental, emotional, environmental, water and food toxins while simultaneously resting the digestive system and giving it time to repair. Many people detox for as little as one day but to experience the full effect of a detox, seven days is a good number. Juice detoxes are a great way to provide your body with nourishment, vitamins and minerals and have become very popular in recent years.

Whenever you think your body and mind needs a break and rest, it's a good time to think about a detox. If you feel fatigued, tired all day, have bad quality sleep, get sick often, feel constipated, have a hard time losing a few pounds even if you control your portions, experience muscle aches, joint pain, headaches, bloating, gas, diarrhoea, heartburn, tension, or feel down and unmotivated, it's basically the time for detox regardless of the time of the year.

A detox will have many positive effects on your body, weight loss is only one of them. Inflammation in the body is greatly reduced, which is the main cause of all kinds of chronic diseases - plus the detox can boost your immune system and your energy levels, improve skin quality, give you better digestion and improved sleep. But more importantly, your mind will be a lot more relaxed; you will start



Alana Panton

to lose anxious feelings and have a lot more mental clarity. The body also releases emotions as the toxins expel from the body, some people experience a spiritual awakening while detoxing and it can often be life changing.

During a detox, the body starts to heal, detoxification moves onto a mental and emotional level, and finally reveals a spiritual body. You feel more connected with yourself, feel more harmonised and aligned with nature as well. When you remove synthetic accumulations from your body and replace them with natural alternatives, you behave, feel and think in a more natural and positive mindset.

During a detox, meditation is also an important practice to incorporate into your morning routine. "Whereas a food detox is eliminating toxins from the body, over time, the practice of meditation eliminates toxins



from the mind. We have over 60,000 thoughts every day and somewhere around 80% of them are negative - that's four out of five! What we learn in meditation is not to give the toxic thoughts so much weight that it sways how we operate with ourselves, one another and the world." - **Jordana Reim**, Meditation Coach and Co-Founder of PeaceInside.Live.

Ok, so you can't get to a wellness centre now? That's totally fine. There are many ways that you can start detoxing at home, now more than ever.

Tips for detoxing at home – whether it’s a juice programme or a combination of juice & healthy meals

- Make sure you are organised and follow a specific programme – research online what detox plans would be suitable for you or purchase a book or a specific online programme.
- Drink lots of water – three litres plus per day.
- Preparation is key - make sure you order or go shopping for everything you need prior to your detox.
- Incorporate at least 20 minutes of gentle exercise of yoga daily.
- Start each morning with meditation.
- Journal and get in touch with yourself during your detox journey.
- Have a social media and TV detox – replace watching mainstream media and scrolling through Facebook etc. with reading positive/inspirational books.
- Incorporate any recommended supplements to get the best from your detox.
- Enjoy the experience with a positive mind-set – see it as something amazing you are doing for your body and your health.
- Remember no caffeine during detox which means no coffee – so stock up on lots of herbal teas!

Alkalise Juice Recipe

This green juice is the main juice used by Detox with Alana in her 7 day green juice programme – an alkalising green juice which will flourish your body full of nutrient dense vitamins and minerals!

Many people detox to lose weight quickly, and if done correctly, this

approach can deliver results – the average weight loss is three to six kilos in seven to ten days depending on the type of detox.

One of the main factors that can be associated with people who are not able to lose weight easily is having toxins stored in their cells - so the body is unable to effectively detox, and in turn weight loss becomes really difficult. A detox usually results in changing a person’s emotional relationship with food and they learn how to continue losing weight and keep a healthy weight with better lifestyle choices and healthier nutrition.

Some of the main benefits of detoxing

- Changing emotional relationship with food
- Reducing inflammation
- Supporting hormonal imbalance
- Promoting weight loss and regulation
- Improving state of mind
- Increasing energy levels



ALKALISE JUICE

SERVES 1

1 large handful of spinach
 1 lemon or lime
 1- inch piece of ginger
 1/2 medium sized cucumber
 2 sticks of celery
 1 apple (optional)
 Add filtered water if needed.

Wash and chop all produce and process through juicer.

Pour into glass and serve with ice.

*If you get bored of Alkalise juice, you can make small changes such as adding kale instead of spinach, fennel or green cabbage instead of celery, adding broccoli stems, greens or courgettes, mint and other herbs such as parsley, basil and coriander.



There is a deep-rooted connection between yoga and detox. Through yoga the body can eliminate impurities such as carbon dioxide, lactic acid, and lymphatic fluid, and allow oxygenated and nutrient-rich blood to flow to the organs. When doing a detox programme at home or at a detox centre, yoga is usually the preferred exercise of choice due to the relaxation benefits making detox and yoga a great marriage.

More relaxing slow paced forms of yoga when detoxing can greatly reduce common detox symptoms, such as having a headache, low energy or genuinely feeling a bit low. Gentle yoga practice during detox compresses and stimulates the muscles, joints and organs, increasing blood flow, improving circulation and the functioning of the lymphatic system.

Any changes to our normal diets and routines can leave us feeling a shift in our energy and mood. Therefore during a detox we might feel the need for more down time. Yoga can provide this time, in particular forms of yoga such as Kaiut method, gentle hatha or Yin.

At the very core of yoga is the notion of cleanliness. Ancient scriptures refer to yoga as a way to cleanse the body and the mind. Kaiut yoga is a method that supports the body's natural cleansing abilities in many ways. Every organ in the body needs to be able to slide and glide in relation to other organs and the skeletal system. By varying the time in a pose, Kaiut yoga can enhance and promote any organ's natural movement. As organ movement improves and integrates with the nervous system, the ability for that organ to cleanse improves dramatically. Kaiut yoga compresses and stimulates muscles, joints and organs, increasing blood flow, improving circulation and the functioning of the lymphatic system.

Alessandra Grando, Kaiut yoga method teacher at Sati Yoga, explains:

“Our method of yoga focuses on increasing circulation to the specific areas of the body while bringing movement to rigid areas of the body creating movements that allow the internal massage of the digestive organs, which help flush out toxins and really complements a detox programme”.

Yogic breathing also plays a vital part in stimulating detoxification. Owing to a bad sitting posture and excessive stress, our lungs often don't function to their full capacity. This means that we fail to take in as much oxygen as we ideally should, or remove as much carbon dioxide as we possibly can.

Yoga not only facilitates physical detox, but it aids mental detox as well. Many people experience fear, stress, anxiety and depression. Practicing yoga releases those toxic thoughts.

Your mind is taught to direct the awareness away from the chaos and you are trained to be in the present moment releasing all worries and anxieties.

This short sequence enhances core awareness and essential strength, promotes circulation, stimulates the digestive organs and refreshes one's energy while promoting relaxation.

1. *Supta Baddha Konasana*/core stability

Use a long firm pillow under the hips. Connect the soles of the feet on the support and allow knees to release to the sides.

Rest head in hands with elbows releasing down, opening the chest. Use the core to stabilise the hips then lift and extend the leg to the sky. Maintain the position and breathe. Switch sides.





2. Seated twist

Sit in a simple cross legged position. Turn the torso so the chest faces the knee bringing the hands to the floor outside the leg. Release into the pose turning from the navel to deepen the twist. Close the eyes and breathe in a relaxed way. Maintain the position for one to two minutes. Switch sides. Sit on a support if sensitive knees or stiff hips.

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3. Sukhasana/ Forward Flexion

Cross the legs and release forward and down without effort, allowing the head and arms to rest with gravity. Close the eyes and breathe in a relaxed way. Maintain the position for one to two minutes. Switch sides. Sit on a support if sensitive knees or stiff back/hips.

Detox with Alana was established by Alana Panton following a life-changing experience at a detox centre in Thailand. As a result of this powerful transformation, Alana identified and followed her calling to help other people change their lives. Having trained at the renowned LifeCo Phuket as a Detox Coach, Alana is now able to guide others in a professional capacity, alongside a curated team of mind, body and soul wellness specialists. So far, the programmes have helped many people over a mixture of group retreats and one-to-one coaching.



“I believe that wellness is becoming an ever more active and conscious process: people are becoming aware of the many wonderful options available to help them commit to and sustain a healthy lifestyle. I believe that health is the epicentre of existence, and that all other elements – work, relationships, happiness - radiate out from this core – because without a healthy body to carry us through life, what do we really

have? That’s why I am so committed to helping people achieve the best possible health, so that they can live their best possible lives!”

Alana Panton.

To find out more about Detox with Alana and try one of her programmes, visit her website.

www.detoxwithalana.com