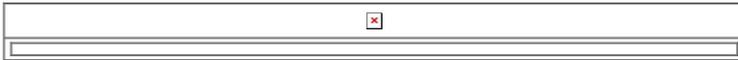


Ananda Marga Wellness Center Newsletter from Cebu - Philippines



Recipe: Yumm...

Blended Taro Green Soup

Ingredients:

- **Taro Root:** 1/2 cup, shredded
- **Okra:** 1/2 cup, cut into 1" cubes
- **Spinach:** 1/2 cup, cut into strips
- **Chayote(choko):** 1 medium, cubed
- and/or
 - **Green Papaya**
 - **Turnip**
- **Salt and Pepper** to taste
 - You can add curry or other spice if you like.
- **Water:** 2 cups

Procedure:

1. Boil chayote, okra and spinach in the 2 cups of water.
2. Add shredded taro.
3. Salt and pepper for taste.
4. Turn off the fire and cool down.
5. Blend and serve.

**Note: to make a completely different soup, just change choko/green-papaya/turnip to orange pumpkin: you'll have a totally different taste and appearance! It's best to use what's fresh in your area!*

Serves 5.



Testimonials

Maria Lambrou Alexandrou

From Cyprus • Retired

I had medically diagnosed **Osteoporosis**. After 21 days of stay here in Ananda Marga Wellness Center, I did 10 days of liquid fasting and now I feel great and very light.

My stomach is very clean, I am sure, as far as I continue to follow this system, my health will continue to improve and don't have to take medicines for Osteoporosis.

All the staff here are so good and professional. They have helped me a lot.

Juvena Antiporta

From Cebu • Social Worker

Bowel movement improved. Before, I only have **one or even no movement in a day**.

Now I have at least 2 times a day. I also had a **lymph node** [issue] when I entered the center, now it's totally gone.

Sara Zander

From USA • Fitness Instructor

The Ananda Marga Wellness Center is a wonderful place to cleanse and have treatments.

The food was very well prepared. The rooms where clean and every room has its own bathroom. The treatments are great, especially the Mud pack and Infrared sauna(my favorites).

I also enjoyed the staff. They were very nice and helpful. I also made some good friends in only 9days that I have been there. The best part was that my body is clean from the inside out.

Now I am **off the coffee, dairy and meat** hopefully the rest of my life. I will now be able to take better care of my body thanks to AMWC.



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Greetings!

Today we provide some helpful information on how to do a fast so you won't be afraid of trying! This is the main focus today. Plus: A tasty soup that surely will excite your palate...guilt FREE! We're also featuring testimonials from our most recent students.

I hope you all have fun with our November Issue! Be well...and prosper!

- Pranav
Assistant Medical in-Charge



Fear Free Fasting

What's not to love about eating?

Over-indulgence with food must be the most common habit that people acquire. Of course, people eat when they are hungry. But we all tend to overeat at other times: when their boss gives them a raise; during birthdays and holidays; when a relationship sours—basically whenever we get stressed. There is nothing wrong with enjoying different kinds of food.

Yet, **is there enough time** for our digestive system to process the food we ate? Are we giving rest to our digestion from an unending cycle of grinding, absorbing and eliminating the food we enjoyed? The main

reason why we feel sluggish after eating too much is that the digestive to-do list is overloaded: it requires tons of energy just to finish processing what was consumed. Why not take a break from it all?

As we fast, the digestive system rests, which leads to a cleaning and detoxifying process. By eliminating solid food and only drinking liquids, our digestion switches to a passive mode, which enables the body to move into its self-healing mechanism. During this state of clearing of the digestive track, most of the energy is used to heal the body. During a fast we use stored sugars, so less insulin is needed and the pancreas gets a break as well. Those who fast regularly, enjoy increased energy and physical lightness in the body. And a longer fast helps the mind to clear and self-control to strengthen.

Everyone's physical condition is unique; as we fast, different symptoms arise in an expression of the release of toxins specific to our particular makeup. Alcoholics, smokers, extreme meat eaters and spicy food lovers are most the likely prospects for having a 'healing crisis.'

During a fast, you might experience:

- Fatigue
- Headaches
- Skin problems
- Nausea
- Vomiting
- Diarrhea
- Irritability
- Minor depression
- Lack of focus(at first)
- Body and mouth odors

Don't worry about these toxin expressions! It's good that it's all getting out! This might tempt you to think of breaking the fast, but encourage yourself to continue. For long fasting, the first 5 days are the most troublesome. After that, everything becomes easy-breezy if you choose to continue this kind of body cleansing.

For an easier, less symptomatic long fast, eat only fruit for 1-2 days before you fast—the natural fiber and high water content loosens stools and sweeps your digestive track clean. Since our digestive system shrinks during a fast, it is crucial to break a fast slowly. During the first 3 days of 're-entry' consume only juicy fruit to slowly wake up the muscles of the stomach, liver, pancreas, small intestines and colon.

These pre- and post- fast procedures ensure a stronger detoxification. A one-day fast at least twice a month helps to maintain good health and is best broken with fruit for breakfast to allow our body to welcome the re-introduction of food. But before eating any food, a 'purge' flushes out the bad stuff and invigorates the organs. To purge, drink 1 liter of lemon water (1/8 - 1/2 of a lemon, depending on size or if you have hyperacidity) with 1-2 tablespoons of salt within 2 minutes. The number of lemon depends on ones capacity. This thoroughly flushes

out your colon.

Furthermore, as a standard practice, **drinking water** in small frequent sips (at least a total of 3-4 liters/day) aids the flush. How long you fast depends on how you feel, but the more days of detox, the cleaner and lighter you get.

There is no reason to 'fear the fast!' By making fasting a habit, we give our digestion a nice rest, lighten and energize our bodies, clear our minds...and life subsequently becomes more enjoyable and fulfilling.

Try it!