

By

Pal Inder Singh Chahal

[ Paul Chahal ]

A Home Financing Broker

And Real Estate Broker

San Jose, CA 95148

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## 1) Education

### a) Risks of overweight

Overweight is unhealthy, due to its burden on circulatory system, burden on body joints. It spoils the natural beauty, functionality and durability of the body.

Overweight has a slowing down effect on body, mind and soul.

It is a disease of Soul first, then mind and finally the disease of the body.

### b) Effect on family

Children and spouse are always worried about the effects of disease on family life.

### c) Effect on earning potential

### d) Unable to earn Salvation from God, due to short and pain-ridden life.

## 2) Eating Patterns

### a) Habits

Eat more wholesome foods.

### b) Water

Drink more water.

### c) Sun shine

Sunlight lifts up mood.

Makes one thirsty.

### d) Fruits

They have more water, which keeps body clean. They are less heavy on body's system to clean.

### e) Exercise before eating

This will ensure the metabolism becomes swift before it is needed. And some of the calories that are coming are already consumes.

f) Most natural and unprocessed foods

The processed foods are lacking natural combination of nutritional substances. They are also burdensome for the body to clean out.

g) 14 Friends to help you

Natural has provided 14 members of the mint family to keep you clean and freshly smelling. Oreganos, Sage, Rosemary, Mint, Spearmint, Basil and Tulsi.

### 3) Exercise

- a) Walking
- b) Help in Church
- c) Shopping
- d) Dancing at Marriage Parties
- e) Walk and Talk
- f) Work in the garden

#### 4) Yoga

- a) Standing on shoulders

This will ensure your thyroid is activated. Thyroid is the controller of the body weight.

- b) Standing on head

This will help to clear some of the depressive tendencies. As the blood flows to the head, it nourishes the brain and nervous supply of the entire body.

5) Fasting

- a) Religious
- b) Health
- c) Disease

6) Herbs

- a) Lemon
- b) Tamarind

Blessings! Blessings!! Blessings!!!