

CONSCIOUS CEO

YOGA AT THE OFFICE

TIPS
BUSINESS

We've collected 10 simple things you can do, even if you've never done yoga in your life, to stay healthier at work. There are tips to prevent the dreaded afternoon drowsiness, to prevent or help carpal tunnel syndrome, and to protect yourself from potentially harmful overexposure to computer equipment.¹

1. Raisins at 4 p.m.

Eating a tablespoon of raisins in the afternoon, especially for women, will help regulate potassium levels and keep your energy steady. The best way to chew them is to crush them under your teeth, paste them onto your upper palate, and then suck on them.

2. Cold Water

Especially when working with computers, wash your hands in cold water. Then take a very cold paper towel or washcloth and wet your face, especially your eyes, and wet the back of your neck. Do this three times a day to protect your aura from the energy-draining effects of the computer.

To take advantage of the energizing effects of cold water, you can also splash the cold water into your eyes and put some behind your ears, vigorously rubbing your ears. (If you're really desperate for rejuvenation, you can put your elbows and your feet under the cold water, then splash some into your armpits as well.)

3. Fruit with Black Salt

Another easy way to protect yourself from harmful effects of electromagnetic equipment like computers is to eat a little fruit with black salt (Kala Namak)² on it while you are still at work. (Eat while sitting at least nine feet away from any computers.) The best fruits to use are pears, pineapples, apples, oranges, or kiwis. Eat very slowly, chewing well.

4. Breathing

4 Breaths/Minute: A few times a day, especially when you are feeling stressed, slow your breath down to four breaths per minute or less. It will calm you down and protect your system from the ravages of chronic stress.

Long Deep Breathing: Another easy breath you can do anytime to re-oxygenate your blood and give you new energy is simply to breathe in through the nostrils, hold as long as comfortable, and breathe out. Do this simple inhalation and holding of the breath seven times.

5. Energy Drinks

One of the biggest problems we all face is the dreaded afternoon low—that time around 3 or 4 p.m. when people generally grab for a candy bar or a coffee or soda. Here are four drinks that will give you energy in a way that won't harm your system or cause a "crash" after a rush.

Basil/Cardamom Drink: Take a heaping tablespoon of dried basil and a teaspoon of crushed green cardamom pods, and boil in one cup of water for 20 minutes. Strain. Drink one cup in the morning and one cup at about 4 p.m.

Lemon/Ginger Drink: Drink a quarter ounce of ginger juice mixed with one ounce of lemon juice in 6-8 ounces of water.

Basil/Turmeric Drink: Make a tea with 2 tablespoons dried basil leaf and 2 teaspoons turmeric root powder in 8 ounces of boiling water. Let steep for 4 - 8 minutes, strain and serve. Take 6 - 8 ounces two to four times a day.

Yogi Tea with Milk: Make Yogi Tea using fat-free milk instead of water. Cook it very slowly. For each cup of tea desired, start with 2 cups of fat-free milk, 1/2 cup water, 3 whole cloves, 4 crushed green cardamom pods, 4 black peppercorns, and 2 inches of cinnamon sticks. Fresh sliced ginger root is optional. Simmer for 30 minutes, add a tiny pinch of black tea, and let it steep for a minute or two. Remove from heat, strain, and serve with honey to taste.

6. Sit Properly

Most people sit in their chairs with their weight somewhat unevenly distributed. This can cause problems with the hips and legs, so be sure to sit with your weight equally balanced.

7. Prevent and Heal Carpal Tunnel Syndrome

Many people who work with computers all day have pain in their wrists and arms. Here are some tips to both prevent and heal problems caused by repetitive motions of the hands and wrists:

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10 Yogic
tips for
staying
healthy in
the office

OFFICE YOGA

Tip One: Go on a vegetable soup diet (no dairy, no wheat) for a week.

Tip Two: Drink black pepper tea with pomegranate juice. Add 1 teaspoon whole black peppercorns to 16 ounces boiling water and simmer gently for 20 minutes. Allowing for evaporation, this will leave about 8 ounces of black pepper tea. Strain, cool, and add 8 ounces of pomegranate juice.

Tip Three: Keep your arms covered with cotton clothing to offset the magnetic field of the computer.

Tip Four: At least once a day do the following exercises:

How to prevent and heal Carpal Tunnel Syndrome



Chop-Chop. Place the palms together in Prayer Pose at the center of the chest. Rotate the hands from the wrists in a chopping motion, swinging the fingers from pointing straight up to pointing down while keeping the center of the palms at the same level. Chop powerfully at 2 times a second. Keep the shoulders relaxed down. Exhale every time you chop the hands downward. Inhale just a little as they come up. Continue 1-3 minutes. This exercise gives the wrists flexibility and adjusts the joints.

Exploding Hands. Raise your hands, palms down, like you're at a keyboard. Form a fist, then quickly explode it open so the fingers spread and stretch widely. Open and close about once per second. This is a strong motion. As the hands spring closed, exhale through a rounded mouth. Inhale through the rounded mouth when the hands open. Continue 1-2 minutes. This exercise releases tension in the arms and hands.

8. Herbs

If you have a lot of up-and-down fluctuation in your energy during the day, try taking the following herbal supplements each morning: two Relax and Relieve, one Royal Heart,³ and 1000 milligrams of vitamin C. Relax and Relieve contains cinchona bark, willow bark, and feverfew, and Royal Heart contains cinnamon, nutmeg, turmeric, clove, and eucalyptus. (It is also recommended to have your blood sugar level checked.)

9. Intuition

Here's a tip to relieve mental strain and also help make better decisions by using more parts of your brain: Simply sit down calmly, look at the tip of your nose, and think nothing. Give the neurons of your brain a chance to compute the answer to your problem. It takes 3-9 seconds; see if the answer comes to you.

10. Drink enough Water

When you sit for long hours at a time, it is especially important to drink at least one glass of water every hour. This is to help keep your kidneys healthy and flush toxins from the body.

¹ *These tips are strictly educational. You should consult with your health care professional before making any changes to your diet or starting a new exercise regimen.*

² *Black salt is available at your local Indian grocery store.*

³ *Relax and Relieve and Royal Heart are names of Herbal Gems, a line of formulas available through Ancient Healing Ways at <http://www.a-healing.com>.*