



"When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need."

This month 'Sumiran' team is picking **Healthy Eating Healthy Living** as the topic of the month. In this issue we will be presenting various articles, guides and tips on healthy eating and living, yoga poses and pranayam for good digestion.

## WATCH OUT WHAT YOU TAKE IN

Today, we do not have any shortage of food. A majority of the people who visit doctors are the ones who have eaten too much, consumed the wrong kind of food or in the wrong way. Half of what we eat feeds us, and the rest breeds diseases and feeds doctors and drug stores. It is important to take care of our eating habits because amongst the various factors affecting health, the single most important is food. This factor can be most easily controlled and corrected. It is within the reach of our will to eat food that cultivates good health or to eat food that breeds diseases.

These days, our busy schedules and hectic lifestyles allow little time for analyzing our food habits. Consequently a number of unhealthy eating habits have become a regular part of our everyday lives. Today our choice of food is guided by taste and preparation time rather than its nutritional content. Perhaps it is worthwhile to take a closer look at some of our unhealthy eating habits and decide for ourselves if it is wise to continue being complacent about them.

**Fast Food:** We love fast food because it tastes so good and is readily available. Marketers have left no stones unturned to sell all kinds of fast food and our young population has given in. But gratifying tastes will not abet physical wellbeing in the long run for a number of reasons:

- Fast foods are the best source of dead or empty calories. They are rich in calories and saturated fats but devoid of vitamins, minerals and fibers.
- Excess cheese topped on these preparations promotes obesity.
- Refined flour used to make breads and pizzas lacks fiber and promotes constipation.

**The not so soft Soft-Drinks:** What do Soft-Drinks contain? It contains no more than sugar, coloring agent, flavoring agent, citric acid, caffeine and sodium bicarbonate. All these are harmful to the body. On top of it, they contain gas CO<sub>2</sub> mixed under pressure, which gives a fizz. CO<sub>2</sub> is the end product of metabolism that the body throws out. How can we possibly remain healthy by ingesting this gas? A good fraction of it gets ingested in the blood making it acidic.

**Meats and Eggs:** To eat or not to eat? Humans have been created by nature to be vegetarians. Human beings do not have long canine teeth and a wide jaw to tear flesh like carnivorous animals do. Carnivores have short bowels to allow minimal transit time for the unstable and dead animal food, which putrefies and decays faster. On the contrary, humans have a longer digestive tract for the slow and better absorption of the plant food. Moreover the harmful effects of meat are:

- Cholesterol and saturated fats are high in meat leading to heart diseases.
- High uric acid from meat leads to arthritis, kidney stones and high chances of kidney diseases.
- Meat also does not contain fibre and being highly acidic leads to acidity in the body tissues.
- There is a strong correlation between animal protein and several kinds of cancers.

**Sugar:** Refined white sugar is stripped of all nutrients, vitamins and minerals and is leading cause of disease of affluence - obesity, heart diseases, diabetes, acidity, indigestion, dental cancer, weakening of immune system, arthritis, etc. Whereas other sugars, such as fructose (fruits and honey), lactose (milk) and maltose (grains) are natural substances that have nutritional value. Jaggery has the additional value of Iron and Calcium and vitamins like B1, B2 and B3.

**When should you eat?** These days, young people pay minimal attention to their meal timings but it is important to learn that eating at the right time promotes good health. Our digestive capacity parallels the sun's presence. In the southern hemisphere (the tropics and equatorial regions), the Sun is at its peak from 10 am onwards. Hence our digestion is at its best from 10 am to 6 pm. After 8-9 pm, the process of assimilation or utilization of nutrients starts to pick up. It is intense when we are sleeping. During that time, the nutrients are extracted from the food and utilized. The eliminative activity peaks in the early morning hours. That is why there is an intense desire to pass stools on waking up in the morning. The process goes on - digestion, assimilation, elimination. The more we are in tune with the natural cycle, the healthier we shall be.

- Breakfast: A heavy breakfast diverts the life forces. To ensure health, we should allow the elimination cycle to function freely and not thwart it in any way. You should earn your breakfast with exercise.
- Lunch: The digestive fire is at the peak. Do not skip it for tea as many working people normally do.
- Dinner: It should be light, half the quantity of lunch, particularly it is taken after 7-8 pm.

**Water Habits:** Water consumed during a meal dilutes the digestive juices and hampers digestion. Cold drinks with meals are harmful. The coolness of the drink hampers the fire of digestion in the stomach. Drink water 30 minutes before a meal or 2 hours after it. This is easy if you avoid too much chilli and salt in the food. A glass of warm water on getting up in the morning stimulates the gastro colic reflex, thus initiating bowel movement and relieving constipation.

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 [Books](#)  [Events](#)  [Gift-shop](#)

### In This Issue

[Watch Out What You Take In](#)

[15 Diet Tips For Healthy Living](#)

[News & Updates](#)

[JKYog Retreats 2014 Schedule](#)

[Bhoomi Pujan of Radha Krishna Temple of Dallas](#)

[Kripalu Leelamrit](#)

['Carelessness Leads to Downfall' by Jagadguru Shree Kripaluji Maharaj](#)

["Bhakti Shatak" by Swamiji](#)

If you're looking for the fountain of youth, stop looking in your medicine cabinet and take a closer look into your pantry. What we put in our bodies affects everything from the size of our waistlines, the condition of our hearts, and yes – even how long we live.

Researchers have been fascinated by the factors of longevity. They've studied the natives of Okinawa,

### Featured Items

Bal-Mukund: Center Activities

Yoga for Good Digestion

Japan who are known to age more healthily and tend to live longer than most places in the world. Or the residents of the San Blas Islands who have incredibly low rates of heart disease. Or Seventh Day Adventists who live up to seven years longer than their neighbors, on average. What's food got to do with it? Well, a lot.

Source: [Wellness for Life](#) Page on Facebook.

## 15 DIET TIPS FOR HEALTHY LIVING



Here are 15 simple diet tips to ensure that you take small steps every day towards a healthy lifestyle. Keep these tips in mind and gift yourself the health and vitality to live longer and happier.

1. Take two servings of fresh seasonal fruit. One serving is approximately 100 grams or one moderate fruit.
2. Four servings of vegetables - freshly cooked or as a salad.
3. A handful of sprouts.
4. A lemon a day as an early morning drink with warm water or squeezed over salads.
5. A bowl of curd or buttermilk.
6. Vary your choice of cereals. Replace the wheat roti at least three-four times a week.
7. Vegetarians should eat one bowl of dal every day for the proteins.
8. A fistful of nuts and dry fruits.
9. Strict vegetarians should eat flaxseed or also for the Omega 3 fatty acid content.
10. Drink water at the right time.
11. Avoid cold drinks and iced preparations with meals.
12. Try to eat when you are in a relaxed state of mind.
13. Do not overeat. Get up from the table when you are still hungry.
14. Rest a while after lunch.
15. Take a comfortable stroll after dinner.

## News & Updates

Prem Mandir in Shri Vrindavan Dham celebrated its second anniversary on February 25th. Founded by Jagadguru Shree Kripaluji Maharaj, the Mandir was inaugurated in February 2012 with a three day celebration of Shobha Yatra, Pooja, Abhishek, Aarti, Kalash Yatra & Mandir Prakshalan. Thousands of devotees from all around the world joined the celebration at Prem Mandir. The program included Aarti, Abhishek, all-day sankirtan, and a leela in the evening.

The annual Holi Sadhana Shibir was organized in Mangarh from March 2nd to 17th. Devotees from different parts of India and world participated in the shibir. As part of the last rites ceremonies of Jagadguru Shree Kripaluji Maharaj, the sacred ashes were immersed in the holy place of Ayodhya on March 15th, with the congregational chanting of the Holy Names of God.

JKP - Bhakti Dham gifted approximately 800 poor villagers with wheat, sugar, ghee and steel utensils for Holi on March 13th. For many years, Jagadguru Shree Kripaluji Maharaj has been donating items of necessity to poor people around Mangarh, Vrindavan and Barsana.

JKP - Bhakti Dham held a free distribution program for local schools in and around Kunda from March 22nd to 24th. Approximately 7000 students in total received the free items. Since the schools in this area are poverty stricken and are unable to provide the students with basic facilities and stationery items; JKP saw the need to provide assistance.



See more pictures of [JKP charity](#).



Swamiji visited a few of the satsang centers in Odisha in his short tour of four days. He covered the towns of Jajpur, Baripada, Karanjia, and Sambalpur.

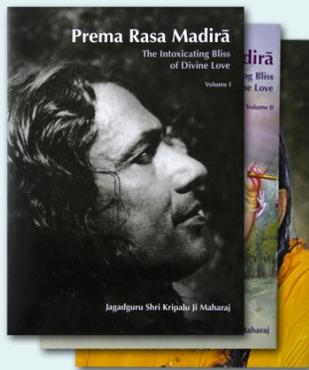
Swamiji delivered enlightening talks in Hindi & English in Bur Dubai. Devotees were blessed to have darshan and satsang with Swamiji.

See more pictures of [Dubai](#) program.

## JKYog Retreats 2014 Schedule

This year, JKYog is pleased to bring five wonderful retreats filled with devotion! **Save the dates:**

May 24th to 26th	Fresno, CA	Sept 19th to 21st	Chicago, IL
June 27th to 29th	Mt. Laurel, NJ	Oct 10th to 12th	Radha Madhav Dham, Austin
Aug 30th to Sept 1st	Dallas, TX	For details & Registration, <a href="#">Click here</a>	



## Prem Ras Madira

"Prem Ras Madira" an extraordinary book compiling the pastimes of Sri Radha Krishna by Jagadguru Shree Kripalujji Maharaj is a must for devotee of Radha Krishna. Originally written in Braj language, the English edition of the book is now available in JKYog gift shop. It is sumptuously presented over three volumes, and also includes an elaborate and helpful Appendix Section at the back of each volume.

[Click here](#) to purchase it online

## Bhoomi Pujan of Radha Krishna Temple



On Saturday, March 22nd Dallas, Texas witnessed a divinely blessed event. The Radha Krishna Temple of Dallas' Bhoomi Pujan was a roaring success with more than 700 people in attendance. This auspicious event was graced by divinity from its inception to execution. Volunteers put in selfless and herculean efforts to ensure that every aspect of the Bhoomi Pujan flowed smoothly and like clock work. As early afternoon inched upon the sanctified site, beautiful bhajans resounded in the air saturating attendees with immense bliss. The spiritual and cultural events started with Guru Aarti, and blessings of Shree Maharaj ji were invoked by all present. Punditji's shloka recitations reverberated at the Bhoomi Pujan site as Bhoomi Pujan rituals were mesmerically performed by Swamiji and all the Mukhya Yajmans. As Swamiji shoveled the bhoomi he, the attendees and this glorious undertaking were showered with grace. As soon as Swamiji's shovel touched the bhoomi, there was sudden torrential rain which lasted a few seconds! Witnessing this many devotees eyes welled with tears as they felt the presence and blessings of Shree Maharaj ji. Swamiji's discourse which followed satiated everyone's minds and hearts with peace and joy. To add to the festivities and celebrations there were riveting cultural performances. Local talent of Dallas enthralled the audience with bhajans and dances that included both classical and folk performances. Representatives of various cultural and religious organizations eagerly attended this function and were called upon to actively participate in the Bhoomi Pujan by offering rice and flowers at the Bhoomi Pujan site. Children were kept entertained with a play area that contained fun inflatables, a clown and face painting! All in attendance were treated to a delectable dinner prasad that included a spread of delicious dishes. The children had their own menu which included pizzas

and popcorn! Bhoomi puja souvenirs were also presented to every family that graced this event. The fragrance of gratitude and exuberance was widespread amongst everyone. The Bhoomi Puja was a flawless start to the journey that now begins as the construction of God's resplendent abode commences.

View More Photos: [Preparations](#) [Bhoomi Puja](#) [Fun Filled Extravaganza](#)

## Kripalu Leelamrit - Nectar from Shree Maharajji's Life



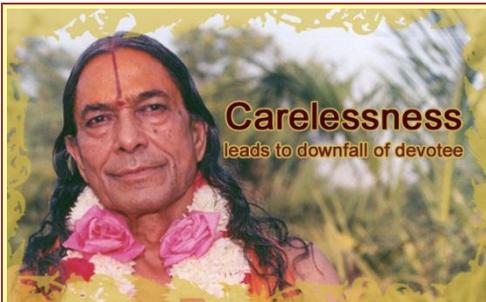
Once, an educational trip was organized from Shree Maharajji's school to Vrindavan. All the children went by train from Mangarh to Vrindavan. The teacher took them around the temples. The biggest temple in those days was Ranga Devji temple established by Jagadguru Ramanujacharya in Vrindavan. When the children were present there, Maharajji predicted to his class fellows, "One day I will build a temple bigger than this." This prediction came true on 15th February 2012, when Prem Mandir was inaugurated, which is the biggest and most beautiful temple of Vrindavan. This incident from Maharajji's life reflects the fact that he had descended in this world for a special mission, and even as a little child he was aware of it.

Later, when he turned fourteen years old, there was a sudden transformation in his divine pastimes. He completed his degree in Sanskrit Grammar, *Vyakaranacharya*, from Kashi. And at the tender age of fifteen, he went to Mahu, a place close to Indore. He stayed there with his elder brother Ram Naresh Tripathi who was twelve years elder to him and was a Sanskrit professor. In those days when the Britishers were ruling India, there was leniency in the educational system as many children were involved in the freedom struggle. Students were allowed to do self study and give the exams. Shree Maharajji received the degree of *Ayurved Acharya* from Delhi Vidyapeeth and *Sahitya Acharya* from Calcutta Vidyapeeth. Both these degrees were awarded to him in Indore. Due to his exceptional ability, Shree Maharajji completed the equivalent of eighteen years of syllabus in just two and a half years.

One day Shree Maharajji was sitting with his elder brother in Mahu and studying. He was studying until 12 o'clock in the night. So his brother said, "Enough is enough, stop it now." Maharajji said, "Alright I will stop." This was a remarkable moment indeed, as he completely stopped studying thereafter, and never picked his books again.

This incident paved way for the beginning of his pastimes in the dense forests of Chitrakoot. Know your target audience.

## Lectures



### Carelessness Leads to Downfall of a Devotee by Jagadguru Shree Kripaluji Maharaj

In this world there are 8.4 million species of life, out of which, it is the human form of life alone in which we can engage in devotion to God and rid ourselves from unhappiness and receive unlimited bliss. It is for this reason that even celestial gods long for human life.

In this world there are 8.4 million species of life, out of which, it is the human form of life alone in which we can engage in devotion to God and rid ourselves from unhappiness and receive unlimited bliss. It is for this reason that even celestial gods long for human life. Out of seven billion people not even 70 million are fortunate enough to get the opportunity by God's grace that somebody enlightens them about precisely what is to be done to get rid of unhappiness and attain bliss. But, even those people who have received this fortune, and who have got the knowledge through the grace of a God-realized Saint, are still performing actions to be imprisoned in the vicious circle of 8.4 million species. Why are they doing so? There is one simple answer-carelessness.

We have two aspects to our personality - the soul and the body. We have to understand that the welfare of the soul is true welfare, whereas all that the body needs is some food. It is the welfare of the soul that is being ignored. Sometimes, when you are all by yourself, ponder over this simple question, "Out of 24 hours how much time do I devote for the body, and how much time do I devote for the soul"? Everyone should think about this; everyday spare yourself 2-3 minutes alone, and reflect on this in front of God in an unprejudiced manner. We must think, "Today out of 24 hours how much time did I spend for the stomach and body, and how much time did I spend for the soul. How much time could I have saved for the soul, but did not do so. When I had a spare hour from 4 o'clock to 5 o'clock, what did I do? Where did I go? What did I speak? What did I hear, what did I think with my mind and why? I could have lived without engaging in all these activities as well. I could have used this time judiciously for God. If I don't wake up to live another day tomorrow, then what will happen when God will take account of all my actions till the present day."

We must keep one thing in mind, that whatever time is necessary for the stomach only that much time we should devote to it. And in the remaining time we should engage our mind in God and Guru. We must take this vow; we must pledge to chastise the mind if it does anything other than thinking about God and Guru. We must be determined about this. If you are travelling to the *Satsang Bhavan*, and you have nothing to do on your way, then simply chant the name of Radha Rani with every breath. Why don't you do it? Earn spiritual wealth in the time available, just as you earn money in the material world. By earning penny by penny people become billionaires. Similarly if we utilize every second we too will progress every day. Ultimately the mind has to do something, if you don't make it do the right thing, it will certainly do something wrong. It will think about mother, father, wife, son, or enemy. The mind cannot stay still for even a moment. When you travel to the *Satsang Bhavan*, the mind will keep thinking, "he is going, she is going, he is standing, he is talking to someone". How does this all matter to you? You should be concerned about your spiritual earning. The trick is to increase your own spiritual wealth. After all, what effort does it take to repeat 'Radhey' with the breath? Nobody will be able to tell what you have been up to during your journey to the *Satsang Bhavan*, and you will also secretly make your earning.

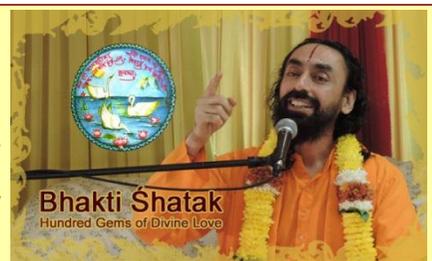
Throughout the day, as you keep walking, you will have to contemplate in your mind. You can't escape. If you do not think about God you will certainly think about the world because you have this practice from past countless lives. The mind enjoys worldly contemplation because it receives matter in accordance with its material nature. But that is of no benefit; rather it is harmful as it takes the mind to the world.

*To be continued in the next edition....*

## Bhakti Shatak

Explained by Swami Mukundananda

**Bhakti Śhatak** is one of Shree Kripaluji Maharaj's principle writings, with hundred golden couplets of inspiring quotes, advice, and guidance for sincere devotees seeking to firmly establish themselves on the path of bhakti.



*Continuing with the explanation of the next verse:*

*jaise prākṛit deha kī, ātmā 'jīva bakhān  
aise hī ya jīv kī, ātmā 'shyām' sujān*

It was explained earlier that when you surrender to God you will receive by his grace his divine intellect. To help us surrender, Jagadguru Shree Kripaluji Maharaj further explains us the relational knowledge between soul and God. In this verse he says that the life aspect of our material body is the soul. Similarly, Shree Krishna is the 'life' of our soul.

What is the closeness of our relationship with God? We are so close to him that closeness itself is far. For example, when you bring two strands of hair close to each other they start touching. When they are so close, you will say, "I cannot bring them any closer." However, God is closer to us than that. Why? It is because he is seated within our soul. For example, we have a body and we are the soul, by virtue of which this body is conscious. However, our soul is the body of God. And God is the soul of our soul.

That is why the Bhagavatam says:

*harīr hi sākṣhād bhagavān śharīriṇām  
ātmā jhāṣhāṇām iva toyam īpsitam (Bhagavatam 5.18.13)*

God is the soul of all the souls that exists in the Universe. Therefore, we have such an intense relationship with him.

The consciousness within the individual soul has been provided by God. The individual soul is always connected to God.

*nityo nityānām chetanaśh chetanānām  
eko bahoonām yo vidadhāti kāmān (Katha Upanishad 2.2.13)*

The Vedas declare that it is God who gives consciousness to all living beings. Moreover, God is the one who powers the intellect. If God would to leave us for a moment, our personality would not remain. We would become inert. So that is why we have an eternal, extremely close relationship with him. He is our true *sambandhi*. *Sambandhi* is someone who is related to you. We use this word in the world and say, "He is my *sambandhi*." When the husband and wife get married, their parents call each other as *sambandhi*. However the Vedas tell us: The only *sambandhi* of the soul is God. All the souls have emanated from God. They are seated in God and they will rest in God.

In infinite lifetimes, we saw innumerable Saints and descensions of God, yet our intellect refused to accept that God alone is ours. Instead, we firmly held on to the conviction that worldly relatives are ours. Consequently, we are revolving in 8.4 million forms of life. As long as our intellect refuses to accept that God alone is ours, we will continue to suffer. Our worldly relationships are imaginary. In countless past lifetimes, our father has been our son; our wife has been our husband; our daughter has been our mother. This has happened not just ten, a hundred or a thousand times, but infinite times. So, what is our actual relationship with them? The one who is our son in this life could be our father in the next. All these relationships are transient and limited to a single lifetime. In contrast, our relationship with Shyamsundar is genuine and permanent, and yet we do not accept it. How astonishing this is!

The only relationship of the soul is with God. He is our father; He is our mother; He is our everything. And to attain him we don't need to go anywhere. He is seated within us. Like the Musk deer, has this musk intensely aroma substance residing in its head and the aroma is so intense that the Musk deer gets intoxicated. The whole forest starts smelling with that aroma. It runs around wondering where this wonderful smell is coming from. It doesn't realize the irony that the smell coming from within it. Similarly we are looking around for God outside and God is seated inside. He says, "I am waiting for you to love me, I will reveal myself.

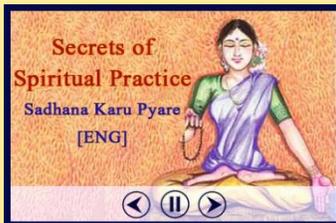
So that's what Jagadguru Kripaluji Maharaj declares in this verse that Shree Krishna is the soul of our soul. Thinking of ourselves as the body, we have learnt to consider the relations of the body as our true relations. Our relationship with God is unchangeable. We have forgotten, but

he has not. How do we know he has not forgotten? The Vedas say:

*sākṣhī chetā kevalo nirguṇaśhcha*

He is seated within the heart, taking note of each and every action of each and every moment. He is so merciful that he performs this duty for all his children. He says, "Good or bad, you are my child. I will keep account of your actions without your having to say it." And God is keeping account of every thought of every moment. Never renouncing us, he is always standing right behind us, waiting for us to do a right turn, a left turn or an about turn, and surrender to him, so that he may bestow Supreme Bliss and grant us liberation from Maya.

## Featured Items



[Secrets of Spiritual Practice \[Eng\]](#)  
Episodes: [3](#) | [4](#) | [5](#) | [6](#) | [7](#)



[Bhagavad Gita CH 12 \[Hin\]](#)  
Episodes: [3](#) | [4](#) | [5](#) | [6](#) | [7](#)

### Short sound clips of Swamiji

[How did God as the CEO of the world design it - Perfectly or Imperfectly?](#)

[The reason we don't have time for God](#)

[Resolve firmly, "Shree Krishna is mine"](#)

[God's Law of Love](#)



JKYog Presents

## Bal-Mukund

Personality Development Classes for Children

### Highlights:

- Character Building Values
- Yoga & Meditations
- Bhajans, Shlokas & Prayers
- Inspiring Stories

### Showcase:

Bal-Mukund welcomes all contributions of creative works from children in different areas including poetry, moral stories, art work, etc.



[Website](#)

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## Center Activities

BM Chicago center kids have sent beautiful work of art to India. Swamiji, on behalf of the kids presented their work to the revered didis (daughters of Shree Kripaluji Maharaj). Didis, of course were very pleased and were all praises for the kids. The scrap book was full of love for Shree Maharajji and the most amazing thing is none of the kids had ever met Shree Maharajji personally. This simply shows, distance doesn't matter, meeting doesn't matter only LOVE and dedication matters. Kudos to the kids!!



Gopi Prem Divas celebration by CT & NC Center kids.

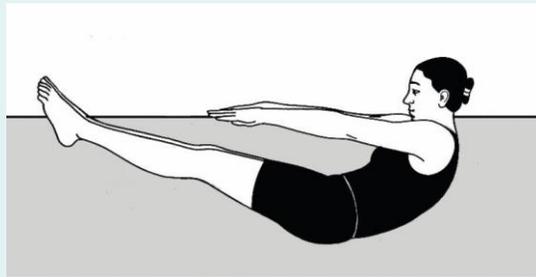


## Yoga for Good Digestion

An overabundance of stress has the ability to wreak havoc on your stomach, bringing about unwelcome feelings of pain or general discomfort. A potential strategy to beat the bloat and ease tummy torment lies in a series of yoga poses, which could help to reduce stress and alleviate digestive discomfort.

Following Yogasan and Pranayam techniques are suggested for good digestion:

### Naukasan



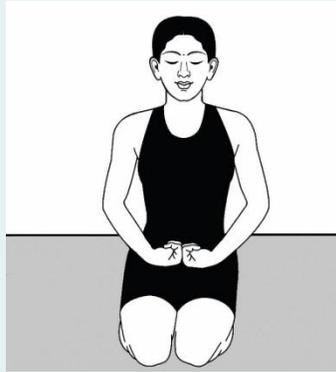
#### Method

1. Lie flat on your back with both your legs together and touch the outer sides of the thighs with your palms, i.e. Simple Supine Pose.
- ii. Keep your toes together and place the palms lightly on the thighs.
- iii. While inhaling (Radhey), slowly raise your legs, arms, trunk, and head off the floor.
- iv. Without any strain, balance your body on the buttocks and fix the eyes on the toes.
- v. In the final position, ensure that your head, hands, and toes stay at the same level, with both the legs and arms locked.
- vi. Remain in this pose for 15-20 seconds with normal breathing.
- vii. While exhaling (Krishna), slowly return to the base position by lowering the head, body, and legs to the floor and the hands on the thighs.
- viii. Repeat this asan twice.
- ix. Lastly, come to Shvasan and relax.

#### Benefits

Naukasan helps reduce unwanted fat from the abdominal area, massages and tones up the internal organs like the intestines, pancreas, stomach. It also helps correct various menstrual problems and supplies extra oxygen to the lungs and heart.

## Kapalbhati Pranayam



### Method

1. Sit in any meditative pose, with the spine and head erect. Relax your shoulders.
- ii. Bring your hands to Brahma Mudra (See page 312), i.e. clench your fists and place them side-by-side above the navel. The little finger side of the hands should be toward the navel. The folded fingers of both hands should be adjacent to each other.
- iii. First inhale (Radhey) slowly and then exhale (Krishna) forcefully by contracting your abdomen.
- iv. Allow the abdominal muscles to relax; thereby, the breath will naturally flow into the lungs. In this pranayam, effort is not used for inhalation; it occurs naturally.
- v. In Kapalbhati, it is important to note that the breathing should be performed with the use of the stomach; there should not be any use of the chest and the shoulders.
- vi. While practicing this, one should be aware of the contraction and especially, the relaxing expansion of the abdominal muscles to allow the air in.
- vii. This completes one cycle; practice 60 cycles. This makes one chakra. In the beginning you may get tired after 10 to 15 cycles. Over a few weeks, you will be able to reach one chakra.
- viii. With a regular practice, you can go up to five chakras, with short breaks in between.

### Benefits

With a regular practice of Kapalbhati Pranayam, the abdominal problems such as constipation, piles, etc. are alleviated and fat is removed from the abdominal area. It also helps relieve respiratory problems such as bronchitis, asthma, etc. and the elimination of various toxins to assist in the purification of blood in the body.

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