

**SAKET STUDY CIRCLE
STUDY NOTES-01 of 2017**

(17.02.2017 from 04:00 P.M. Onwards)

Topic of the day:- "Life Style & Nutrition Management"	
In chair:-	Ms. Asha Menon, Ld. District & Sessions Judge (South)
In co-chair:-	Ms. Poonam A. Bamba, Ld. District & Sessions Judge (South-East)
Speaker of the day:-	Ms. Shreya Arora Mehta Secretary, District Legal Service Authority (South)
Vetted by:-	Ms. Vrinda Kumari, Spl. Judge, (PC Act) CBI-03 (South)/ Nodal Officer, Study Circle Committee
Rapporteur:-	Mr. Anubhav Jain, Metropolitan Magistrate (Traffic) (South-East)

OPENING REMARKS:

Ld. District & Sessions Judge (South) opened the session and highlighted the importance of good nutrition for maintaining healthy lifestyle. It was emphasised that healthy mind was necessary for healthy body and for better discharge of our duties. It was also stressed that Food, Thoughts / emotions and well being of body were interwoven to an extent that one had great bearing on other and vice versa.

KEY POINTS OF PRESENTATION :

The Speaker commenced the presentation with the disclaimer that she was not an expert in nutrition or dieting and that all the inputs so given by her in her presentation were as per her own experiences. The key points of her presentation are as follows:

LIFE STYLE & NUTRITION MANAGEMENT

I. DIETING VS. LIFESTYLE CHANGES

- Diets Don't Work.
- Lifestyle changes do. Coupled with smart exercising (35 mins.) that you enjoy, restful sleep, effect management of stress by incorporating meditation & laughter sessions.

II. THE POWER OF MIND

- Amazing transformations take place when you start believing and using your mind to heal.
- If you think you are fat, you will be fat, if you think you are sick, you will be sick.
- If you are really want to be healthy, first believe in your mind that you are. If you want to lose weight or heal, first believe that you can.
- A clam state of mind actually prevents conversion of food to eat.
- Develop will power.

III. WATER (BENEFITS)

- Miracle for weight loss.
- Suppresses the appetite.
- Decreases fat deposit.
- Prevents sagging skin.
- Maintains proper muscle tone.
- Helps body to get rid of waste.
- Do not drink between meals.
- Drink at least 2/3 litres water. Don't eat dinner until you are finishes drinking your daily water requirement.
- Detox water -- Cucumber, mint leaves, lemon slice, thin ginger wedge.

IV. DEALING ACIDIC LEVELS - ACIDIC & ALKALINE

- Most diseases proliferate in acidic environment.
- Weight loss is slower in acidic environment.
- Popping an acidity pill is no solution. Your body then becomes machine.

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- Chew food, meal should not be over before 20 mins. Use entire mouth for chewing.
- Eat Happily and with all your senses and think how it is nourishing you.
- Think nutrients not calories.
- Do not have gap more than 2 ½ hours between meals.
- Every hour, take three deep breaths. In the car / while walking / in the meeting.
- Ensure body stays alkaline.
- Squeezing lemon over food. Lemon is acid in raw state, but when mixed with saliva becomes highly alkaline.
- Other alkaline foods – spinach, cucumber, bell peppers, brocolli, celery, avocado.
- Acidic foods- artificial sweeteners and sugar, refined white flour, sigars, chocolates, prunes, alcohol, aerated drinks, cream, walnut, peanuts, coffee.

V. HOW TO EAT ZERO NUTRIENT FOOD

1) Biscuits / Cookies :

Apart from Glucose / oats / ragi biscuit

Eat them when you are done with a very long physical activity like walking or shopping.

In day to day life, restrict to one a week.

2) Cakes & Pastries :

Have it first thing in the morning.

Do not indulge more than twice / thrice a week.

3) Pizza :

Meal in itself one slice.

Drink syrups etc.

After being out in the sun or out on a holiday.

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4) Mithais & all desserts (chocolate included) :

Eat as a meal by itself. 1 ½ hour after your lunch or first thing in the morning. Not more than twice/thrice a week.

5) Deep fried food like Samosa, Kachodi, Pakoras, Vada :

Eat first thing in the morning or meal itself in the afternoon. But restrict to only one of these. Do not eat mithai with it.

6) Sugar :

1 Tea spoon max. in a day.

7) Alcohol :

Never on empty stomach. Drink lot of water with it and never have deep fried food.

VI. MEAL TIMINGS :

- Breakfast - Till 9 AM
- Mid Morning - 11:30 to 12:30
- Lunch- Till 2 PM
- Evening - 4 PM TO 5 PM

VII. DAILY INTAKES :

- Ghee/butter - 2 TSP
- Sugar - 1 TSP
- Milk - 400 ML
- Green Tea - 2/3 CUPS A DAY
- Makhana- Soup Bowl
- Fruits - 400 GMS
- Dry fruits - 10 Almonds or 4 walnuts / 4 dates or 2 prunes.
- Bhuna Chana - ½ BOWL
- Eggs - 8 eggs in a week. Out of which 2 whole eggs and 6 egg whites.

VIII. FRUITS & VEGETABLES :

- Vegetables allowed :

All green leafy veges, mushroom, capsicum, papaya, water melon (Before 7 pm) strawberries, cauliflower, cabbage, cucumber, spring onion, guava, pea, peaches, mausami, pomegranate, tauri, ghiya, pumpkin, bitter gourd, lady finger, cherries, plums, kiwi, banana (Max. 3 in a week) brinjal, broccoli, beans, radish, carrot.

- Vegetables to avoid :

Arbi, lotus stem, kathal, peas, sweet potato, cholia, potato.

- Fruits allowed:

Papaya, watermelon (Before 7 PM), strawberries, guava, pear, peaches, mausami, pomegranate.

- Fruits to avoid :

Mango, grapes, litchi, raspberry, pineapple, cheeku.

IX. WRONG COMBINATIONS :

Vegetables / curd / dal.

Paneer / potato / peas / carrot.

Roti / rice/ pasta / noodles.

X. PRINCIPLES

- Never wake up to tea or coffee. Wake up close to sunrise. Eat within 10 minutes of waking up.
- Eat every 2/3 hours.
- Eat more when you are more active and less when you are less active.
- Keep healthy food handy. _
- Setup a schedule for when you will eat food and snacks.
- Make meal timings and stick to it.

- Eat your way to weight loss. Do not starve your way to weight lost.
- Substitute toned / cow / skimmed milk for whole milk.
- Use hung curd as a dressing – add grated cucumber, salt and pepper.
- Use mixed herbs – oregano / basil / thyme / kasoori methi.

XI. ENJOYMENT & FOOD :

- Enjoy weekend and holidays.
- Eating out at parties – prepare, appreciate , lentils.
- Restaurant family eating out – decide coconut oil before hand what will you eat and stick to it.
- Don't give in to social pressure to eat. Only person you eat to please is you.

XII. METABOLISM BOOSTER FOODS :

- Almonds
- Fruits
- Vegetables
- Lentils
- Banana – The Recharger
- Cinnamon helps diabetes and cholesterol
- Coconut oil
- Green tea
- Turmeric
- Lemon

XIII. EXERCISE :

- Do not exercise as a punishment for over-eating. Rather make milk + fruit your next day dinner.
- Exercise to build on your immunity.
- 35 minutes daily or 1 hour four times a day.

CONCLUDING ADDRESS

In the concluding address Ms. Poonam Bamba, Ld. District & Sessions Judge, South-East enlightened the participants on the role of thoughts in the well being of body. Ld. District & Sessions Judge, explained the "Jenny Craig Principle" which emphasised upon providing of scaffolding of physical body by one's thoughts and consciousness. The key points of the concluding address are as follows:

The Jenny Craig Principle

Your thoughts and consciousness
Provide the Scaffolding for Your
Physical Body

- The environment in which you live **responds to your thoughts and emotions**. To prove this in a very observable fashion, you are going to use your bathroom scale.
- Your food, like everything else in the world, **is infused with energy, and by working with it** instead of fighting against it, you will easily drop a pound or two without changing a single thing.
- The energy provided by your food is affected by what you say and think. Those items on your dinner plate are not a static lumps of nutrition, but rather morsels of dynamic energy and eating should be a thoroughly positive experience.

- The energy of your thoughts is being ingested right along with the calcium and vitamin D.
- If you haven't already seen it, the documentary film "*I Am*" by Tom Shadyac. The whole movie is amazing, but for the research purpose of this experiment, pay careful attention to the scene where Shadyac, a famous Hollywood director, who visited the Institute of Heartmath, a non profit research organization that studies stress and human energy. Rollin McCraty, Director of the Institutions **hooks electrodes to a bowl of yoghurt**. It responds to Shadyac's thoughts and emotions. The needle on the bioresponse meter oscillated wildly when he was asked **about an earlier marriage (bad marriage)**.
- The yoghurt, without being attached to Shadyac in any way, **was able to read his emotions**. When he brought his attention back to the present, back to the room, the needle went still.
- "That human emotions create a very real energetic field to which other living systems are attuned" McCraty says.

How many times have you said or thought something like the following?

- It's really hard for me to lose weight.
- I just look at a piece of chocolate cake and gain weight.
- I have a slow metabolism.

- Not only do **thoughts like this** make you feel bad but they **radically affect your body** and what you put into it.
- In the 1960s **Cleve Backster**, a former CIA agent, made headlines when he discovered that **plants perceive human intentions**. In 1966, after retiring from the CIA, Backster started the world's largest lie-detection agency. One night, while sitting in his New York Office, he decided to **attach a galvanometer to a houseplant** just to kill time. What he discovered was that the dracaena **reacted** not just to physical harm but to **his very thoughts and intentions**.
- Using **highly sophisticated polygraph equipment**, he was able to prove that **all kinds of plants- react to human thoughts and emotions**. He tested dozens of different varieties, ones we humans eat on a daily basis. He discovered that **plants respond to sounds that are inaudible to the human ear** and to wavelengths of infrared and ultra-violet light, which are invisible to the human eye.
- Of the average food we consume each year, the bulk comes from plants.
- Even animals we eat also **get their energy from plants**. So **nearly all the food, drink, intoxicants, and medicines that keep us alive are derived from plants**, which Backster and many scientists who followed, have proved are able to read your thoughts.
- What you think and say about yourself, your body, and your food is the hinge on which your health turns.

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Food Fight

**" The more obsessed one is with getting thin,
the more certain it becomes that one
will never get there "**

- It is suffice to say that most of us have a very complex relationship with food. Can anyone just ask the \$60 billion-a-year diet industry why instead of enjoying food's awesome and life-giving nourishment, we fear it, despise it, and blame it for the picture we see in the mirror.
- As long as you harbor negative energy about yourself and spend time wanting to lose weight, that's what you will get: negativity and " the state of wanting to lose weight".
- Not only is this type of thinking counterproductive but it keeps you stuck with the body you are currently in.
- When Alan Finger, a now-famous yoga teacher was in his teens, he lost 100 pounds in- are you sitting down?— one month.
- After studying in India, his father, Mani Finger, brought back a powerful yogic breathing program that he taught to his overweight son.
- To change your energy you have to change your thinking.

- Emotional Freedom Technique (EFT) is something as simple as tapping on the body's meridian points.
- You can read about it in **Breathing Space**, a book Alan Finger wrote with fellow yoga teacher **Katrina Repka**.
- The Biology of *Belief*, by Bruce Lipton. He's a cell biologist who used to teach at Stanford University. Our bodies are influenced more by energy and the thoughts we have than they are by our DNA.
- Lipton tells a remarkable story about a group of patients with problematic knees. The first group underwent complicated knee surgery. The second group believed that they too had had the surgery. The doctor conducting the research made the incisions on the second group, but didn't actually operate. So nothing about their knees was changed. Both groups, however, got better. Both groups were soon able to walk and play basketball and do all the things they had done before their knee injuries.
- You need to see yourself as thin and gorgeous. Whatever you focus on in your life expands.

The Method

"Life itself is the proper binge"

- In this experiment, you're going to give up your ongoing grudge against the food you eat. You are going to think of every single morsel that enters your body as your best friend, or at least a thoroughly nourishing acquaintance.

- It's our beliefs about ourselves, more than the banana-cream pie we couldn't resist, that cause us to gain weight.
 - Remember when people used to pray before meals? Those prayers put positive energy and good thoughts into the food- not that we were conscious of it at the time. But I must tell you that nobody in my family has ever had much of a weight problem.
 - So during this experiment, you are going to do the following:-
 1. Refrain from talking "smack" about your body. If possible, refrain from negativity of any kind.
 2. Before you put anything into your body, send it loving thoughts, put your hands over it, and give it a blessing.
 3. Concentrate on infusing your food with love, joy and peace.
 - **The Approach:-** In fact, what you eat should be a non issue during the time period of this experiment. However, every time you do eat something over the next three days, whether it's your morning over-easy eggs or an afternoon slice of a co-worker's birthday cake, deliberately and consciously send the food positive, loving thoughts before ingesting it. Thank it for nourishing you and expect it to contribute to the betterment of your body.
- "You manufacture beauty with your mind"**
- Food is not static lump of nutrition rather it is morsel of **dynamic energy**.

- The thoughts (are also energy) affect our food- the energy of thoughts we create is ingested with the food- **watch your thoughts.**

Experiments

- Institute of **HeartMath** (research organization) studies stress and human energy – Director Rollin McCraty- experiments – **bowl of yogurt** attached to electrodes – when Shadyac (Hollywood director) asked about earlier marriage, needle on **bio-response meter oscillated wildly (though not attached to Shadyac).**
- In the 1960s **Cleve Backster**, a former CIA agent discovered that plants perceive human intentions. After retiring, he started lie-detection agency. Once to kill time, he **attached a galvanometer to a houseplant/ dracaena.** The plant reacted not just to physical harm (when poured boiling hot water) but to his very thoughts and intentions.
- Cleve – **polygraph equipment** – found plants responded to **sounds** – even those inaudible to humans.
- Bulk of the food we eat come from plants even non-veg. food as animals get energy from plants. So nearly all foods are derived from plants. Plants are affected by thoughts and intentions. **Thus be careful about the thoughts we create while eating/ looking at the food.**
- The **Biology of Belief**, by Bruce Lipton. He's a cell biologist who used to teach at **Stanford University.** Our bodies are **influenced more by energy and the thoughts we have than they are by our DNA.**
- Lipton tells a remarkable story about a group of patients with **problematic knees.** The first group underwent **complicated knee surgery.** The second group believed that they too had had the surgery. The doctor conducting the research made the incisions on the second group but didn't actually operate. So nothing about their knees was changed. Both groups,

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however, got better. Both groups were soon able to walk and play basketball and do all the things they had done before their knee injuries.

- The mind does not differentiate between the **real and the imaginary**. In an experiment involving **piano learning**, a group actually learnt on piano where as the other group learnt only by moving fingers and thinking about the notes. Both the groups learnt well. It proves the power of mind.

Losing weight :

- When we create negative thoughts about ourselves – and spend time - “ **wanting to lose weight**”- we remain in the state of wanting to lose weight- Alan Finger lost 100 pounds and **realised that to change your energy you have to change your thinking**. Think yourself as **gorgeous** – whatever you focus on- expands.
- Follow EFT and breathing techniques as explained in the book- “**Breathing Space**” by Alan Finger and Katrina Repka.
- Give up your ongoing **grudge against the food you eat**- Think of every single morsel that enters your body as your **best friend**, or a thoroughly **nourishing acquaintance**.
- **Pray before meals**- prayers put **positive energy** and good thoughts into the food- give it a **blessing**.
- Refrain from creating **negative thoughts** about food such as “food rich in cream etc. will surely add kilos”

Biological Rhythm

- Master clock (located in brain) – made up of biological rhythm – regulates sleep appetite, body temperature.
- The clock relies on environmental cues like light i.e. day/ night cycle. Any disruption in it negatively impacts the function causing mood disorder and hormonal imbalance.

The presentation and the concluding address were followed by an interactive session among the participants. The session ended with vote of thanks to the Chair.