

When is the Best Time of Day to Meditate?

The truth is that there is not one correct answer regarding the best time for everybody to practice meditation. Each person is different and looks to meditation to help with their particular life in their own way and in their own time.

So, the answer to: what is the best time of day to meditate?
Is: It depends on you!

What are you looking to get out of meditation?

Let's review some reasons why people are drawn to meditation and consider the best time of day for each of these reasons to practice meditation. Then you can decide for yourself the best time of day to practice based on why you want to meditate.

For Increased Focus and Concentration

If you are using meditation to boost your focus and concentration for the day ahead, the best time to do that is first thing in the morning. Ideally, you wake up, use the restroom, then sit to meditate. Before coffee, eating, and especially social media. These first minutes of being awake is when you are most in tune with yourself and the universe. When you start your day with meditation, it sets the tone to remain throughout your day of being more mindful, focused, and relaxed.

For Falling Asleep

Most methods of meditation are inherently stimulating, thus create a more alert and focused mind. Additionally, the reduced stress caused by meditating generally alleviates difficulty in falling asleep. But we all have our moments when we just can't turn off the brain, and need a particular type of meditation to help with that. Most obviously this

meditation will take place at night just before you intend to fall asleep. You can either sit away from your bed to do such a meditation, such as a visual meditation, or a mantra meditation. Alternatively, you might do well to lie in bed and listen to an audio recorded guided meditation to help focus your monkey mind and fall asleep more quickly and more relaxed than in the silence of the dark.

For Acute Stress Relief

There are times when you are in a social (or worse, work) situation that creates a high level of stress and you just need a minute to look inward. These situations can be really challenging, because you *want* to maintain your composure, but it seems impossible when you are irritated by someone or something. It helps to have completed a few sequential days of regular sitting meditation practice, but when even without, you can use your breath to tap into your center, to find a tiny piece of appreciation in the moment you are in (and even for the irritant when possible), and let go of the stress. This can be difficult if the conflict is happening during a conversation. When time allows, find a moment alone, close your eyes, and for 10 long breaths, inhale gratitude and relief and exhale any tension or negative emotions. These stress-filled times can happen at any time of day, so practice a similar meditation technique whenever you need a refuel.

For Dealing with General Stress

Often times general stress is caused by working a 9-to-5 job and fulfilling familial duties. Sometimes taking “time out” after work is just what is needed to allow yourself to be most mindful with your family! If this is the case, meditating at 6 pm might suit you and your family best. And remember – even 5-10 minutes of meditation can give you amazing gains in many areas of your life. If you need a few minutes to “destress” from the day at work, or if you are

overwhelmed by having to cook yet again, GIVE YOURSELF that gift! At any time of day that it suits your hectic life.

Meditation is the answer to so many dilemmas and questions. It can reduce anxiety, help with sleep, keep the mind focused, and allow space for more love, to name a few things. Don't be intimidated by it, try it at different times of the day, and try different ways of meditation. Find what is right for you.

Start small with a few minutes a day and build up the minutes as the weeks progress. Sit once a day or twice. Sit on the floor or on a chair. Sit outside or in the closet. Be comfortable, embrace it, and choose the time of day that resonates most with you!

Namaste.

4 Signs That Your Stress is Related to Anxiety

If you are struggling with stress and anxiety, they might not be mutually exclusive. It is possible that they are linked, either with stress occurring first or anxiety occurring first. Here are some signs that your current stress is related to your anxiety.

You Have the Fight or Flight Response

A really common sign that the stress you are experiencing is also related to anxiety is when you have the fight or flight response. This is something that happens frequently with

people who have anxiety or panic attack disorders. You begin to get fearful or are in the middle of a panic attack, which leads you to want to escape wherever you are. If you can't escape, such as if you are driving on the highway, it can start causing a lot of panic. This same response also occurs with people who are under a lot of stress, wanting to avoid people or situations. It can definitely be a sign that your stress is from your anxiety.

Your Body is Reacting With Pain or Discomfort

Another thing that both stress and anxiety can cause is changes in how your body feels, often resulting in various types of pain and discomfort. You might find that you are suddenly getting a lot of headaches or your migraines are happening more often, you have nausea or are vomiting, or you are suddenly having a lot of joint pain. These types of pains might not be physical, but from your emotional turmoil from both stress and anxiety.

You Have Difficulty Focusing

Do you find that when you are stressed about something, just focusing on any one thing is hard to do? This is not only a sign of being under a lot of stress, but can also show a link between stress and anxiety. People who are anxious or have a mental health disorder find that focusing on something like work or schoolwork is difficult because those anxious feelings overwhelm their minds. This is actually a good sign that you might want to get extra help for your stress and anxiety.

You Are Having Trouble Sleeping or Eating

Yes, your stress and anxiety can both cause issues with

sleeping and eating habits. These can happen exclusively as well, but if you have stress and a history of anxiety, then having insomnia and lack of appetite could be a sign that the two things are linked.

How to Find More Ways to Relax and Unwind

So, you have tried journaling and removing negative energy and situations from your life. You have also tried various forms of yoga and taking in a nighttime routine. You have a stash of essential oils and all the diffuser jewelry and devices a person could think of. The problem is you still find that you need to relax more and escape the daily grind. If this sounds like your situation, then consider these methods of finding more ways to relax and unwind.

Think Outside of the Box

The first way to find more ways to relax and unwind is to think outside of the box. The common ways to relax are to exercise, use yoga, color, meditate, and even to just breath. You need to think outside of the box. Stop looking at the common methods that others use and look to what makes you happy and relaxes you. Don't think about what other people will think of your relaxation techniques, just do them. For some this could be writing, knitting, crafting, or even cleaning. Whatever works for you, do that. It is your stress, your relaxation, and your journey.

Be Comfortable in Being Alone

One way to find new ways to relax is to be comfortable with

being alone. This doesn't mean being lonely. It means being alone and being okay with that. Finding out about you and the person you are when no one else is there. This is usually the hardest part of finding more ways to relax, because you start to see what your issues are and where your stress may be coming from. You may experience anxiety, but through that anxiety you will find ways that help you relax and those may surprise you. Let the process happen and just take some evenings by yourself to discover what makes you happy and what relaxes you.

Look to Childhood Influences

Sometimes the simplest of things that we used to relax as a child can help us relax now. It may seem silly, but think back to the things you found relaxing as a child or a teenager. You can even look to things you found relaxing in your early 20s. These things may still relax you and may have been forgotten over the years. Look to those and see what may still work for you, what holds and interest, and what you could apply into your life now.

The key to relaxing and unwinding is to keep it from becoming just another thing to do. For example, some people prefer to avoid the gym because paying a fee makes the gym a to-do list item instead of a want to do list item. Make sure you are doing what you love and not what you feel you have to do.

Physical Health Benefits of Yoga

Yoga, though an old practice, has gained popularity in today's society. For a majority, yoga enables them to take a break from their busy lives. In addition, yoga provides them with many physical and health benefits. Below is a list of physical and health benefits of yoga.

Enhances the Strength of the Body

Yoga is popularly known for its capability to relieve both tension and anxiety in the mind. However, it can also have an effect on an individual's exercise capacity. A study shows that individuals who practice yoga report greater improvement in the strength of their muscles, flexibility of their bodies, endurance and cardiorespiratory fitness when compared to those who do not practice.

Enhances Weight Loss and Body Balance

Individuals who practice yoga are mindful eaters and are more concerned about their health. Therefore, they do not eat any food they find around. Researchers found that those who practice yoga for at least 30 minutes a week for a duration of four years do not gain weight during middle adulthood. Those who were overweight actually lost their weight during the study. In short, those who practice yoga have a lower body mass index than those who don't practice yoga.

Improves Quality of Life

Yoga has become a common therapy used to increase the quality of life for many people. Practicing yoga significantly boosts mood and lowers fatigue, especially in women suffering from breast cancer. Such women experience less pain and show improvements in the level of relaxation and acceptance

compared to others who do not practice yoga.

Cardiovascular Benefits

A study shows that yoga has an effect on the risk factors associated with cardiovascular diseases. It helps reduce blood pressure in people suffering from hypertension and improves the baroreceptors' sensitivity. This enables the body to detect the imbalances in blood pressure and restore normalcy. Researchers also found that yoga reduces the amount of cholesterol in the body. In addition, it lowers the blood sugar levels in patients suffering from diabetes mellitus. Due to these benefits, yoga is currently being included in several cardiac rehabilitation programs.

Relieves Migraines

Migraines are serious recurring headaches that can really make life uncomfortable. Traditionally, doctors used medications to manage and relieve symptoms of this condition. More researchers have found evidence indicating that yoga can be a useful therapy in managing this disease. According to the researchers, yoga stimulates the vagus nerve, which is effective in relieving the symptoms associated with acute pain.

Many studies have confirmed that yoga has multiple physical and health benefits. Therefore, adding it to your daily routine can improve your health and increase strength and your body's flexibility. A few minutes of yoga per day are enough to make a big difference.

[Related articles on Yoga.](#)

The Power of Combining Plant Proteins

When I came back from a semester studying in England, newly vegetarian, I was fortunate to take a nutrition class and learned lots of good stuff, including how to properly nourish my body.

One thing I learned from the class that always stayed with me is that our bodies need nine essential amino acids to grow and, as we are unable to produce them, we must take in these amino acids through food. As animal proteins have all nine, they are called “complete proteins.” Proteins that come from plant have different amino acids, and very few of them contain all the essential ones, so plant proteins are considered “incomplete” proteins.

It was a huge relief to subsequently hear the professor explain how we can combine different plant proteins to get all the essential amino acids necessary for our bodies to grow healthfully.

I was also glad to learn you don't even have to eat the combinations of foods at the same meal, you can spread them throughout your day. Working together is a beautiful thing! Take it from grains and legumes... which are known as “complementary proteins” as when combined, they can provide all of the essential amino acids your body needs.

Legumes are foods such as lentils, dry beans, soy beans, chickpeas serve as a delicious base to many soups, while nuts and seeds are the crunchy toppings for salads or wholesome goodness in an energy bar.

Grains are getting a bad rap these days because of the gluten

thing, but there are still so many varieties we don't always think of, like buckwheat, quinoa, oats, polenta, millet, and of course rice. All of those listed are gluten free!

Combining complementary proteins comes naturally to us. Look at rice and beans, fried rice with corn and peas, peanut butter sandwich, barley and lentil soup. Once you start loving these foods, the possibilities are seriously endless.

- [Crunchy Thai Peanut and Quinoa Salad](#)
- [Edamole and Baked Chips](#) (Edamole is like quacamole, but made from Edamame beans)
- [Black Bean Salsa with Blue Chips](#)
- [Green Pea Buckwheat Risotto](#)

Without even realizing I was mixing incomplete proteins, I've been eating nuts for breakfast for years. The combination varies, but generally includes at least 5 of the following: soybeans, dried edamame, almonds, wasabi peas, sunflower seeds, watermelon seeds, sesame sticks, and dried cranberries.

I mix these all up and put in glass jars in the cupboard. I just pour out a half cup in a small bowl to eat with my mid-morning glass of water. When I'm hungry between meals, or when I come back from a run, I often find myself reaching for the mixed treasure. If you are looking for another way to combine your proteins, I highly recommend mixed seeds and nuts.

For you visual learners, here is a great resource I want to share. It is a [chart that shows you which amino acids specific legumes and grains have](#) so you can mix and match to get your complete set of essential amino acids. Hopefully it'll spark some additional ideas of what you can make to build your complete set of amino acids for today. Comment below on what you'll combine next!

I love the book *Veggie Protein Power* by HurryTheFoodUp. The recipe for Chile 'Con' Carne is a great example of combining plant proteins! [The \\$4.95 ebook is totally worth it!](#)

Using Positive Language in Your Journal

Do you insert positive things about yourself into your journal when you're looking at your goals?

If you've been looking at these kinds of articles for a bit, then you've probably heard about the importance of positive self-talk and things of this nature. Sometimes the world can make you feel so cynical that positive self-talk just sounds like silliness, but it's a lot more powerful than most people give it credit for, and it's a very important part of a process that helps you to reach your goals.

It Keeps You Pumped

One of the main reasons why positive self-talk is so important is that it keeps you excited for your goals. If you're feeling good about the things that you've set out to do, then there's a better chance that you'll keep going and trying when things aren't going perfectly. That's why it's so hard to get to new things when people are being negative towards you frequently.

When you're writing out your goals, use the positive talk to keep you on page with the goal, and include some perks that you can have along the way. If you begin to have some serious blowback with the negative part of your mind, then you can break out your secret weapon and use positive affirmations to counter with those bad thoughts.

Positive Affirmations and the Power They Have

The great thing about positive affirmations is that they can be as general or as specific as you like depending on the context in which you're going to use them. If you feel as though you might fail, you can tell yourself that, "Success is something I know I can create for myself." A large part of the reason why this matters so much, is because you can begin to replace those negative thoughts with more realistic views of yourself.

Another thing that happens is that you will probably begin to see patterns that you've created in life to distract yourself or to sabotage yourself in some way. Even though these kinds of realizations are uncomfortable at times, it's another important step towards achieving the things you want.

How to Begin

The best way to get this going would be to focus on one attainable goal for a week or two. Don't worry if it's something that you don't think you'll be able to get done in that time. It's mostly just so that you know what to do and how this process really works. Write down your singular goal and be sure to include all of the steps that are going to make it possible to reach that goal. At this point, it's really important that you make some kind of plausible timeline for the next week that tells you what you'll be doing to advanced towards your goal.

This helps you to get to a real-world view that commits you to getting to the next part of your personal or professional success. You might find it helpful to ask a close friend or loved one of some kind to help you to retain your accountability to this endeavor. Having someone there to remind can make it a lot easier to stick to things as well. They would be sort of like a spotter who helps you to stay focused and safe during workouts. Make a list of the things

that make you feel like you aren't able to achieve the things you set out to do.

After you have all of them written down, spend some time rewriting them into positive versions of each reason, so that you CAN do it. For example, you would write something like, "I don't think I know enough to reach my goals" and then you would change it to, "I know more than enough to get to my goals." If you made a list of 10 or so, then you just want to pick 2 – 3 of these formerly negative statements that have now been transformed into dynamic affirmations that will help you to focus. Repeat or write them every day no less than 7 times each. Start in the morning, and for extra effort, do it at night.

Be Patient and Persistent

A lot of the things that you've set out to do aren't going to be the easiest paths to face. In all of these things always remember that you'll working towards something and that you shouldn't expect any instant results. It's going to take a lot of patience and persistence. This means following through and observing this process that you've committed to. Take each day at a time and be sure to remind yourself why you're doing it, and that you're entirely capable of doing it. The more you believe, more possible it will become.



Journaling For Your Life

If you are ready to achieve and sustain a state of emotional balance, mental peace, and to see how putting yourself first allows you to be an even better support at home, at work, and to friends, this interactive course is for you!

Journaling supports your self-discovery and growth!

Find Peace and Happiness Through Journaling

Find Peace and Happiness

When you start journaling your life, you begin to find all of these amazing benefits. It is wonderful for your mental, physical, and emotional health. These benefits might take a little while to become apparent, so be patient! And don't force yourself to feel or experience something you think you should be experiencing. Just let it come naturally.

One of our favorite benefits of journaling is the ability to truly become a happier and more peaceful person. This is through the act of journaling, the clarity you get, creating plans for the future, and so much more. Here is a quick look at how you can become a happier and more content person with journaling.

It's Not Meant to Be Perfect

The first thing to remember is that journaling is not meant to be perfect. It is not something you need to do a certain way and there is no "right" way to do it. But that's the beauty of it – it becomes whatever you need it to be.

This is at the forefront of finding more peace with journaling, because there is no pressure. You are not showing your journal to anyone (unless you want to), so you can write anything and everything you want without worrying about the repercussions.

Your journal is your private sanctuary, your safe haven, the one place you can go to where you can express all your inner thoughts and hopes and fears without worrying about judgment or ridicule.

This provides so much power for your life, allowing you to become a much more peaceful person, and ultimately, a happier person.

Expert Tip – Keeping Your Journal Private

If this is something you hope to get out of your journaling experience, keep it private! Either don't tell people you have it or always keep it with you or in a safe place. Knowing nobody can find your journal and read it makes it even more freeing for you.

Journaling for Mindful Thinking

The next way journaling can help you become a happier person is through mindful thinking. Mindfulness is all about living in the current moment and acknowledging what you feel right now, whether it is good or bad. You take each moment to reflect on your current mental and physical state, without worrying too much about the future or dwelling on the past.

It is used in many different scenarios, with some people doing mindful meditation on a daily basis, while others practice mindfulness for things like weight loss (mindful eating) or just mindful thinking as they go throughout their day.

It is an amazing tool for your mental and emotional wellbeing.

How do You Use it in Journaling?

Something to keep in mind is that you don't need to try to be mindful while journaling, because the act of writing in your journal alone will become a more mindful experience. However, here are some tips for being more mindful as you journal:

Take a minute to think about your thoughts first. There is no need to rush into writing in your journal if you have a little extra time. Take a few minutes to just sit quietly, close your eyes, and explore what your mind is providing you. It will typically guide you in one direction or another, giving you clues as to what is a priority right now in your thought process.

Journal about what you are feeling at this very moment before going into the past or future. Yes, there are a lot of benefits to journaling about what you have gone through, remembering important moments in your life, and making plans for the future. But for mindful journaling, always start with the present and what you are experiencing at this point in your life before exploring other moments.

When making plans, think of what you can change NOW. Another way to be more mindful in your journaling process is to think of what you can change now, or in the near future, as opposed to what you can do in 6 months or a year or longer. As you make plans and set your goals for the future, always start with the present day and circumstances right now in your life.

Allow yourself to be grateful for your current life. A big part of being mindful is understanding, acknowledging, and appreciating how you feel right now. Listen to what your mind is telling you, feel those emotions, be grateful for your life, then move on.

Express Gratitude

Speaking of gratitude, this is another amazing benefit you get by journaling. Sometimes it can seem a little counter-intuitive, but when you are more thankful for what is in your life, it brings in even more happiness and more things to be grateful for.

Never underestimate the power of gratitude.

No matter where your life is now, you have something to be grateful for. There are big things and small things, and everything in between. Here are some examples, though what YOU are grateful for is going to be unique for YOU.

- You have steady employment – whether it is your dream job or not.
- Your personal/family life is going well.
- You got up today.
- Your illness is improving.
- You have amazing friends in your life.
- You accomplished something today.
- You are working hard on your goals.
- You have all the basic comforts people need.
- You had help with a big problem you were experiencing.
- Your faith is helping to bring you peace in a dark time.

Remember nothing is too small or insignificant.

How to Express Gratitude in Your Journal

This part is easy – just write it down! Some people will have a journal specifically dedicated to their daily gratitude, but this isn't necessary. If you are journaling your life and writing in it every day, you can have one section each day where you list at least one thing you are grateful for today. This is also going to help with mindfulness.

Don't feel too much pressure to make it long and detailed. Just a simple sentence about something you are grateful for today is all you need.

Happiness Through Achievements

Another thing that people tend to underestimate in their life is how much happier and fulfilled they feel when they accomplish something. Making goals and reaching them is so much more than what it brings to you on a financial or professional level – this can bring you so much joy when you

realize you set a goal and accomplished it.

These can be achievements in your personal or professional life. There are a lot of wonderful things to set your mind to and work hard to strive for.

Every small and large achievement is worth celebrating.

Use your journal to celebrate every single achievement you have, from small things like getting up the courage to meet someone new, to large achievements like completing a big project or a goal you wrote in your journal a while ago.

Memories and Nostalgia

There are some memories in your life that you might not want to remember – mistakes you have made, regrets you have. But those good memories – the ones you really want to hold onto, can bring you joy.

Think about a time when you were truly happy. It can be one small moment, a compliment paid to you, a fun birthday, a special moment between you and a beloved family member. When you think back on it, it brings you joy, right? You smile at the thought of it.

This is what nostalgia can bring to you. When you write everything down in your journal, you have all these opportunities to bring back your happy memories, reflect on them, and become a happier person having experienced them.



Journaling For Your Life

Journaling supports your self-discovery and growth!

Knowing who you are is essential to keeping you on track for personal success and leading a happy, calm life.

If you are ready to be held accountable for putting yourself first it is time to enroll in the 4-week interactive course **Journaling For Your Life!**

Put yourself first so you can be an even better support at home, at work, and to friends, this interactive course is for you!

[Enroll Now](#)

Tell Your Life Story with a Journal

In the later years of your life, will you remember all of your adventures? Will you vividly recall the emotions that you felt during some of the best times as well as some of the worst times? Will your family be able to learn about who you truly were as a person after you are gone? Will they understand your side of the story or your driving motivations?

Each life is filled with incredibly rich and poignant twists and turns. Even on average days of your life, your unique thoughts and daily activities can be rich with meaning and importance in subtle or grand ways. Journaling is an excellent way to tell your life story for your own benefit or to share with others at a much later date.

Get to Know Yourself

Through journaling, you have the opportunity to take a close, introspective look at who you are and what you stand for. Many people simply assume that they know who they are as a person because they live in their own skin, but as soon as you sit

down to put pen to paper, you may realize that there are at least a few parts of yourself that are a mystery. With each new journal entry that you write, you may discover a little more about yourself that you previously did not know. Your life story that unfolds on each new page in your journal may fascinate you in different ways.

Examine Your Highs and Lows

Many people who journal on a regular basis will not have major dramatic events to examine more closely, but no life is without its highs and lows. Journaling gives you a chance to capture the events of each passing day as well as to analyze your own feelings about these events. If you choose to share your journal with others, the details of each journal entry can give others a day-by-day account about your own experiences and feelings related to routine days as well as to major life events.

Let It All Out

Many people remember major life events, but they fail to remember important smaller details surrounding those events. They may also forget details about day-to-day life that may actually be relevant and interesting in various ways. Through journaling, you can share the details of your life based on your own observations, and you can also let out all of your feelings. When you read back through the journal at a later date, you can recall in clear detail what your life was like at a certain point.

Explore the Big Picture

Everyone wants to find some meaning in their life. That meaning may be something profoundly important to the community, or it may be a special significance to others who are near and dear to you. Through the retrospection associated with reading through the daily journal entries that you wrote, you may be able to see the big picture of your own life. You

can understand the importance of your own life. Others who read your journal and hear about the story of your life in your own words may also gain a deeper understanding about the meaning of your life.

Journaling can be a richly rewarding experience. It is an excellent way to de-stress and to sort through difficult emotions. It also is a way to document the story of your life for yourself and for others. You do not need to be going through some major life event to journal. Each day has its beautiful moments as well as its stressful moments. These are precious moments, and journaling captures each day in vivid clarity and great detail.



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Motivation VS Habit in Journaling

Motivation is something many people strive for with journaling and many other activities, but often find that it disappears pretty quickly. Your motivation is what drives you. It gives you something to work toward, it is the reason why you want to

complete these goals, and it influences the choices you make. The problem is that it doesn't last forever, and at a certain point, you need to find another reason to keep going.

This is true of journaling as well. What you want to do is form a journaling habit, instead of relying solely on your motivation.

Motivation is Temporary

This can sometimes be a hard pill to swallow, because you have always been told you just need more motivation to get things done. Motivation to exercise, motivation to reach your goal, motivation to get chores done around your house, motivation to wake up early, and yes, motivation to write in your journal.

Motivation isn't something that lasts forever; it might come and go multiple times. It gets you started and provides that drive you need to get up and start something new. But, it is temporary. There will always come a point when the motivation fades, and you have to rely on your own willingness to keep going, persistence, and making sure you have built a good habit that you will continue working on

Building a Habit

How do you keep journaling every day if your motivation doesn't last? You start a habit. While you still want to make sure it is something you enjoy doing and that you benefit from it, you also want to focus on making it a habit. This can take time, but as long as you keep at it, it will soon be something you do every day without even thinking about it.

This is why in the beginning, it is good to be consistent with when and where you journal. Over time, it is great to try new environments and times of the day for journaling, but for that first month, try to simply make it a habit.

You can choose how to do this, such as writing in your journal

first thing every morning, bringing it with you to write during your lunch break, or saving it for the end of the day. Choose a time of day you can schedule in and do it around the same time every day, until it becomes a habit where you know it is time to write in your journal.

The Benefits Of Natural Medicine

Holistic medicine has gained popularity over the years as something more beneficial and healthier than traditional medication. So much so that more stores are beginning to carry many varieties of natural medications.

While experts debate on which form is better, research has shown that holistic medication has optimal benefits that support wellness, health, and longevity.

When we think back to our ancestors, all they used were the tools provided by nature. While we don't have all of the answers regarding their health, we have a pretty good idea about their routines and how their practices benefitted them.

If you're contemplating whether or not to make the switch to a purely holistic lifestyle, consider the many benefits of incorporating even some holistic medicine into your wellness routine.

Reducing Chemicals Is Good For Your Mind

Most traditional medication, fragrances, and deodorants have harmful chemicals that are filled with dyes and cancer-causing agents. Exposing yourself to these chemicals on a regular basis decreases your overall health.

In addition to ruining your physical health, a majority of these chemicals play a vital role in diminishing your mental health. Side-effects of many traditional medications involve anxiety, depression, and even panic. Natural remedies, however, have minimal side effects and work to improve the brain as opposed to killing it.

On the topic of minimal side-effects, holistic forms of healing are known to have less severe side-effects when compared to traditional medication. With that said, it's best to always ask your doctor about weaning off of your current medication before making the big switch.

Since some traditional forms of medication come with a detoxification process, it's best to know ahead of time what to prepare for. As mentioned, never take yourself off of your medication abruptly as this could have dire consequences.

It's From Nature

Holistic medication is from Mother Nature herself. Herbs and oils have not been manipulated beyond recognition. They may have a few additives for flavor or preservation purposes. But, as a whole, they're pretty clear. They're usually at their purest form and deliver medicinal benefits without altering your health

Choosing herbal supplements that are closest to what you would find in nature is best for increasing longevity and improving vitality. If you're on the hunt for natural medication, make sure you're choosing items that haven't been excessively tampered with.

The Quality Is Better

Traditional medication is made in bulk. This leaves room for error and recalls. Since holistic medication requires more time and effort, it eliminates room for error and improves the production process.

The likelihood that you'll receive a natural item that was thrown together is unlikely. Most items take a long time to gather and compile. Therefore, when you purchase natural medication, you know you're purchasing quality items.

You're Reducing Pollution

When you take traditional medication, eliminating it through the body comes with a price to our precious environment. As you release toxins, the chemicals found in those medicines are released into the environment through our sewage system.

This means nothing is truly getting re-used and broken down for the betterment of society. However, when natural medication is released from the body, it goes back into the earth and is able to be used again. It's not harmful or invasive. This makes holistic medication an ideal choice for wellness and healing.

The benefits of going the holistic route as opposed to traditional medication far outweigh the risks. It's better for your mental and physical health as well as the environment. Prior to implementing holistic medication into your regular diet, please consult with your healthcare professional. They can provide you with the support and guidance you need to safely make the transition.

If you are interested in learning more, download this free report:

The Health Advantages of and Medical Conditions Helped by Meditation

You may have heard about the health benefits of yoga in improving mental and physical health and improving flexibility, and you might assume that meditation is the same thing. Although meditation can certainly be incorporated into yoga, on its own, it is an entirely different practice.

How Meditation Works

Meditation involves *stopping your mind* while maintaining a state of awareness. It is much more than sitting and concentrating in a quiet area for a designated amount of time; it involves clearing your mind of thoughts, achieving a deep inward peace, and maintaining alertness in the process.

People often use certain postures, breathing techniques, and even chants to help facilitate the process, but these are not required, and they are not the act of meditation itself, just support tools.

As a beginner, you might consider taking a meditation class (or a yoga class that heavily emphasizes meditation) or invest in a video that introduces you to the concept of meditation and teaches you various techniques for facilitating the process. It does not come as easily for some as it does for others. Achieving a profound, deep sense of self, a “thoughtless alertness,” requires some guidance at first.

Specific Ways That Meditation Improves Health

Not only is meditation one of the very best ways to reduce stress, which is linked to a whole host of health issues and according to the Benson-Henry Institute, 60 to 90% of doctor

visits are for conditions that are caused by stress, but Harvard University researchers conducted a study that connects deep relaxation to genetic changes in the body.

They found that “disease fighting genes” are more active in people who regularly practice meditation, compared with people in the control group.

These genes protect the body against a number of health issues, including:

- Heart Disease
- Asthma
- Infertility
- Arthritis
- Various skin conditions
- Irritable Bowel Syndrome
- Meditation even helps to boost immunity, and studies show that cancer patients have recovered more effectively due to meditation and are less at risk for developing another tumor.
- The benefits of stress reduction cannot be overstated.

Meditation makes the body less responsive to stress hormones, which lowers blood pressure, improves blood circulation, improves digestion and immunity, and establishes emotional and neurological “balance.”

How does this work exactly?

It largely comes down to hormones. Stress hormones such as cortisol and adrenalin increase blood pressure and heart rate, while “feel good” chemicals such as serotonin, which are released in a state of relaxation, work to repair cells.

More Health Boosting Benefits Of Meditation

- According to the Benson-Henry Institute, chronic pain patients reduce their physician visits by 36% when they

practice regular meditation.

- Cardiovascular Quality and Outcomes, a journal of the American Heart Association, reported in their 2012 issue that a 5 year study on patients who had coronary heart disease found a 48% reduction in deaths, heart attacks, and strokes in those subjects who regularly practiced Transcendental Meditation versus those who did not.
- An analysis of a controlled trial, published in the Journal of Alternative and Complementary Medicine on October 2013 reported significantly greater effect of Transcendental Meditation in reducing anxiety over conventional medical treatments and other forms of meditation and relaxation practices.
- According to Behavioral Medicine, Volume 16, a 50% reduction in visits to HMO doctors was found when a relaxation-response based practice, like meditation is used.

How To Incorporate Meditation Into Your Life

Here are ideas for incorporating meditation into your own life. Beginners could focus on numbers 1 and 2, and over time experiment with the other ideas.

1. **Participate In A Group Class.** You may be able to find a class in your community specifically dedicated to meditation, but due to popular culture, it may be easier to find a yoga class that heavily focuses on meditation, such as Kundalini Yoga or Ananda Yoga. Many people prefer taking these classes long-term as opposed to meditating by themselves because the group setting helps them to better focus or because they enjoy the sense of community.
2. **Use A Video or Audio To Guide Your Meditation.** Some meditation videos can be found for free online, such as through YouTube, or you can order a professional DVD or online subscription. If you prefer a mix of yoga and meditation, the best types of yoga to focus on include

Kundalini, Ananda, Jivamukti, and Integral. Be sure to check out the free guided meditation file – available at the right of this page.

3. **Devote 20+ Minutes In The Morning Or Evening.** Research shows that just 20 minutes of consistent meditation sessions can have tremendous health benefits. Make time before your day starts or before you go to bed to meditate. Some people find that their minds are clearer at these times.
4. **Use Free Time To Meditate In Nature.** Many people find that sitting in nature – under a tree, on top of a mountain, or in a quiet place in the sunshine – helps them to facilitate the meditation process. It's also a great way to get outside for Vitamin D.
5. **Meditate While At Work.** This is certainly the most difficult way to meditate because distractions at work can interrupt the process, but many people have been able to achieve a state of meditation *while* performing job duties. Talk about being dedicated to the cause!

Everyone is different. Experiment with different ways of meditating too see what you like and what comes easiest for you. Also try experimenting at different times of the day and for different periods of time, but aim for at least 20 minutes to reap the most benefit. The health effects on your body are well worth the effort!

Science Shows Meditation Slows Aging in the Brain

As the life expectancy continues to rise as it has for the last century, the percentage of the population that we are

seeing with problems that we associate with an aging brain such as dementia or Alzheimer's continues to grow. By 2050, the percentage of the population that is age 60 and older is expected to triple, and, as a result, there is an expectation that dementia and other neurodegenerative diseases will also increase (World Health Organization).

Finding the path to slowing the cognitive effects of aging on the brain will be critical to the sustainment and quality of life for our aging population.

Science and Meditation

Science shows that meditation can decrease the rate at which our brain is aging. Age triggers a natural aging process of our mind. The cortex of our brain coats the surface of the cerebrum and cerebellum. Think of the cortex is commonly referred to as "gray matter" and it has the responsibility of processing information. The gray matter in our brain shrinks over time and leads to memory loss, verbal changes, and a decrease in the ability to process some forms of information.

Recent research shows that there is a correlation between age and brain gray matter in those who consistently practice meditation long-term. In fact, meditation can help us to preserve cognition, maintain the health of our brain tissue while also reducing the risk for conditions like dementia or Alzheimers.

Meditation and the Aging Brain

Meditation is useful in helping you to manage depression, stress, anxiety or pain. Studies show that mindful meditation is particularly helpful in supporting brain health through telomere elongation, hemodynamics, and cerebral blood flow.

In one study, 33 individuals who regularly practice meditation were asked to participate in a study looking to examine the

effects of regular meditation habits on the brain. The study demonstrated that individuals who regularly engaged in the continued practice of mindful meditation experienced multiple benefits including increased sensory perception and sensitivity, and emotional awareness (Laneri, Schuster, Dietsche, Jansen, Ott, and Sommer, [Effects of Long-Term Mindfulness Meditation on Brain's White Matter Microstructure and its Aging](#)).

Another study analyzed the link between age and cortical thickness. That study demonstrates that meditators have a thicker cortical layer than those who do not indulge in meditation, and was even similar to that of a 20-to-30-year-old (by Lazar et al. Meditation experience is associated with increased cortical thickness).

A third study evaluated the link between age and total gray matter volume as well as local gray matter volume. Those individuals who did not participate in meditation experienced a loss of gray matter over a period, while those who did engage in meditation had a gain of total gray matter (by Pagnoni, Age effects on gray matter volume and attentional performance in Zen meditation. Neurobiol. Aging).

This research demonstrates that meditation ignites a biological response in brain aging and neurodegeneration. It may slow, stall, or even reverse age-related brain degeneration. (by Luders et al., Forever younger: potential age-defying effects of long-term meditation on gray matter atrophy).

In Summary

We are all growing older each day. Although we cannot stop it from happening, we may be able to take action based on the scientific evidence to slow its impact on our brain. There is still a great deal of research to be done to examine further the positive effects that meditation may have on the health of

minds. It is a cost-effect approach that has the opportunity for integration into our everyday health routines.

Meanwhile, you can take the first step to add routine meditation practice into your daily regimen to begin reaping the benefits of reducing age-related brain deficits.



If you find yourself struggling to find peace and understanding in your daily life, it might be time to adapt a meditation practice. This short ebook covers aspects of meditation and self-discovery, introduces the “Rainbow Meditation Technique” and reviews the benefits of meditation.

[Buy Now](#)