

TIGER NUTS

presents

Seriously Healthy with Yoga and Meditation



Written by Roberta Lipari and sponsored by Tiger Nuts USA Inc.

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Introduction

Today is so important to find the right tools to live a better life all related to health, happiness and a positive mindset. One of these tools is called yoga, a wonderful discipline that, even if it is most known for its incredible asanas and its choreographic flows, it is so much more than that. It brings a specific particular mindset with its real meaning and, the physical part of the discipline is just a side of a wider and more complete approach towards life itself. With this eBook we are here to show you how it is fundamental to live a healthier life in every little amazing aspect of the discipline exploring the physical and mental benefits and how to spread the yogic approach using our products to support nature, health and bigger plans letting you feel part of the universe, part of something incredibly unique and precious.



Change our habits to improve our lifestyle. It is the goal of those who more and more frequently approach natural disciplines, such as yoga or try to adapt their lives to less frenetic rhythms and carve out a space for themselves. In this perspective of change of life, a careful look at food cannot be lacking.

Many oriental disciplines are based on the idea that food is our best cure and at the same time what makes us sick. Understanding what for us is harmful

or beneficial is the key to feeling good. Increasingly, attention to nutrition coincides with an ethical choice: not killing animals for our nourishment, if we can do without them. Ahimsa is also the first Yama of Patanjali's Yoga Sutras, non-violence. Not violence towards animals, towards every living being and naturally towards ourselves.

The food influences the mind, the mind is your relationship with food, here it is, together with yoga I beg you to find harmony and psychophysical wellbeing.

"You are what you eat" recites a popular saying; This is the way in which the influence is not only physical well-being, but also your spiritual harmony.

Your attitudes can change according to how much, for this reason the yogic diet is vegetarian, balanced, light, easily digestible, and promotes the practice of yoga and spiritual progress. But you don't have to create a dramatic change . We highly recommend you to take one step at the time, one day at the time by practicing yoga, exploring your body and mind and adding the right foods to your diet. We are going to show you how with this eBook, your tool to use our Tiger Nuts in a proper way to establish a new way of treating yourself and your health. Without further ado let's get started, shall we?



Yoga Today

Nowadays yoga is so widespread that it has become almost impossible not to know someone who practices it.

But why was this huge spread? What did you do that is still practiced by millions of people all over the world?

Many think that people have become more spiritual, while others think that it is practiced to eliminate stress, but the reason for its enormous diffusion is only one: yoga brings innumerable benefits to health, both physical and mental.

Precisely for this reason, more and more people are starting to do yoga.

In this eBook you will find out why this ancient discipline does incredibly good not only to the body, but above all to the mind. We are sure you'll be surprised at how many benefits you can experience simply by opening your mat and practicing asanas.

"In yoga, you do not try to do well, but to feel good"

This system of both physical and mental practice was born in India some 5,000 years ago. The word Yoga means union and refers to the connection between body, mind and spirit. There are many types of yoga, ranging from relaxing to very harsh physically, from more spiritual to more practical, but one thing is certain. Whatever style you choose to practice, it will improve your health incredibly.

The most common techniques practiced in yoga are the positions (asana in Sanskrit), the breathing exercises (pranayama in Sanskrit) and meditation.

If practiced regularly, yoga keeps you healthy, can make problems and pains disappear, prevents the onset of diseases and other problems related to body imbalance, gives greater mental clarity, balances emotions and much more.

Now let's examine these benefits in more detail.

How yoga is so good for the body



A regular practice improves all the systems of the body: skeletal, muscular, skin, circulatory, nervous, digestive, respiratory, endocrine, excretory and, you can be sure, even the reproductive one !!!

It improves strength and tones all the muscles

Asanas, the positions of yoga, strengthen every single muscle in the body. A well-balanced practice includes both positions that serve to increase strength and relaxation position. There are asanas in which one works more with the arms and especially with the upper part of the body. Others, such as standing positions, where you do a great job with your legs. Others still where the abdominals work a lot. Is there another sport so complete, where all the body muscles work, even the deepest and least known ones? We don't think so!

It increases flexibility

Undoubtedly one of the best-known benefits of yoga and repeatedly demonstrated by science is that it becomes more flexible. Keeping joints, tendons and flexible muscles is crucial to avoiding injury and staying fit. For

example, many people suffering from arthritis find incredible relief through yoga. In addition, greater flexibility also improves body alignment, improves posture and consequently back and neck pains, nightmares for many people, disappear as a miracle.

Unfortunately, many people think that if you are not flexible you cannot do yoga. There is nothing more wrong than this misconception!

When you start doing yoga it is normal that you are stiff and you cannot even touch your toes, but over time the muscles, ligaments and tendons are lengthened and you gain incredible elasticity.

It boosts vital energy

Yoga reduces stress, allows the contracted muscles to relax and balance the whole body. These benefits not only help you sleep better, but fatigue is reduced and, in general, there is an increase in energy throughout the day. Yogis believe that practice activates and balances the energy centers (chakra in Sanskrit), allowing the life force (prana) to flow freely throughout the body, and thus greatly increasing vitality. Pranayama uses proper breathing techniques to increase vital energy.

It helps you balance your body

The positions practiced during the yoga classes use various muscles and movements that promote balance throughout the body. Physical balance

increases stability and coordination, which in turn greatly reduce the risk of injury. Furthermore, "being balanced" refers to the state of balance that the body can regain and maintain with regular practice. When all the systems, both internal and external, are in equilibrium, an indescribable state of health is experienced.

It improves the digestive system

Yoga is the combination of physical, mental and technical exercises that help to balance the whole digestive system. With this system in balance you will arrive, day after day, to adopt proper, correct and healthy eating habits, and as a result you will also reach an optimal weight for your body.

This happens because many positions provide twists, inversions, the use of abdominals and it is precisely these that act by rebalancing all the abdominal organs. In addition, asanas are an incredible exercise that will lead you, with time and with constant practice, to obtain the ideal weight for your body.

If your goal is just to regain your ideal weight and start eating well, then yoga is perfect for you. It has been widely demonstrated that one of the greatest benefits of yoga is that, always with time and with a constant practice, it releases pain in the back, carpal tunnel syndrome and headaches to disappear. In addition, if you want to make a specific pain disappear, you can also choose a type of therapeutic yoga where you practice specific exercises and techniques for your problem.

It is amazing for athletes

Some more vigorous yoga styles like Ashtanga Vinyasa, Bikram, and Power Yoga can greatly improve your performance. These rather vigorous methods make the whole body work hard, even all the muscles that other types of training do not even take into consideration. Moreover, even if it is a very tiring workout, it has a very low risk of injuries, thanks to the attention that is placed on the alignments. Thanks to this, athletes can greatly benefit from workouts where yoga sessions are included.

It improves the health of the cardiovascular system

All types of yoga are excellent for the heart. Regular practice lowers the heartbeat and blood pressure. Asanas strengthen the heart and, over time, this organ gets to pump blood more efficiently and with more oxygen. Yoga also acts on this system indirectly by fighting stress. Numerous studies have shown that stress and heart disease are closely related, therefore, by acting on it, regular practice greatly improves the whole cardiovascular system.

It improves respiratory system

Pranayama, but also the simple practice of positions, teach you to breathe more deeply and more slowly. This improves the functioning of the lungs and, at the same time, increases the amount of oxygen absorbed in each breath. As a result, as the lungs work better, many practitioners gain significant benefits for asthma, stress and fatigue. In addition, there are many cases of practitioners who, thanks to the willpower acquired through the

practice of yoga, have also managed to stop smoking permanently and have embraced a healthier lifestyle.

It strengthens the immune system

Yoga can strengthen the immune system stimulating the parasympathetic nervous system which in turn has a calming effect. This relaxing effect acts indirectly on the immune system, strengthening it considerably. As a result the body fights viruses and bacteria faster and more easily. Furthermore, a regular practice allows the body to expel toxins from the organs, and this will allow a further improvement of the immune system. We often forget about it, but in the body there is an innate self-healing system, and this is greatly strengthened by this discipline

How yoga is so good for the mind



Yoga teaches practitioners to relax, manage stress, and also increase the ability to focus and concentrate. Regular practice reduces muscle tension, but above all reduces mental tension.

During meditation you learn to observe and control the mind.

The ability to focus your thoughts on something allows your brain to concentrate and be more aware. This also eliminates problems like anxiety and thinking too much. But there is more...A clear mind also increases your ability to learn and store new information and this is like a gym a training for your mind to stay young, focused and productive.

Pranayama and meditation help develop certain areas of the brain that are not usually used. The awakening of these areas increases your intuition, as well as your ability to be fully present at any time. Reducing stress and anxiety leads to better overall health.

Learning to slow down the rhythm, breathe deeply, and do one thing at a time train the mind to focus on the present moment, the only thing that

matters. Furthermore, conscious breathing allows you to eliminate all the unnecessary problems of everyday life. Awareness is another mental benefit that arises if you practice yoga consistently.

Many physical and mental problems arise precisely because we are not aware of certain parts of the body or our thoughts. When there is a physical problem, the body sends signals to us, but it is up to us to listen to them and behave accordingly. This ability to listen is known as body awareness and thanks to yoga we can slowly develop. Moreover, if one is not aware of one's own thoughts, one ends up being the victim of oneself. Any action or word comes from thoughts and if you let these take over, unfortunately they cause more harm than good.

Thanks to yoga, but above all thanks to meditation, one can cultivate awareness in such a way as to no longer be a slave to one's own thoughts. Another mental benefit that comes from practice is concentration.

Have you ever tried to close your eyes and stay focused for only 10 minutes on one thing? We bet you cannot do it and this is completely normal because if the mind is not used to concentrate, it goes where it wants. Like a monkey jumping from one branch to another, the mind jumps between thoughts, desires, emotions, etc....

Thanks to constant practice, instead, you can develop an incredible concentration that will not only allow you to continue on your spiritual journey, but will also help you incredibly in everyday life.

Emotional benefits

We all live in emotions that often lead to overly instinctive reactions.

Thanks to yoga we slowly become more and more aware of these emotional states, seeing them with a sort of "yogic detachment" and it is this distance that allows us to observe all this without being involved.

According to yoga, in fact, anger, fear, desire, aversion etc. are all natural things that arise and then disappear. Too often, however, we identify with all this thinking of being ourselves these states and this makes us feel bad.

Thanks to awareness, detachment and the ability to let go, qualities that are acquired with constant practice, we can instead observe these phenomena from distance and in this way we are not controlled. Not being involved accordingly allows us to make choices that are certainly freer because they are less conditioned by the emotions themselves.

Spiritual benefits of yoga

Regular practice creates a greater awareness of yourself and the world around you. Many practitioners talk about feeling a kind of connection between their body, their mind and their spirit.

Thanks to movement, meditation and pranayama you will be able to reconnect with your true essence.

As you learn to calm the fluctuations of the mind, you will begin to discard all that is useless from your life and you will find a state of peace. This peaceful state is totally natural only that it is deep and covered by a series of layers that hide it. Thanks to the practice of yoga we can slowly remove these levels one by one to rediscover our true nature.

Yoga as a life-changing discipline



Yoga can really change your mindset, your attitude towards life and boost your health inside out. But why you should totally have some yoga in your life? Let's find it out together with this easy-to-follow list dedicated to the main goals and benefits of this ancient precious discipline.

Yoga improves every aspect of your life

Yoga allows you to embrace a better lifestyle, literally! With this we do not mean that your life undergoes huge alterations.. not at all. Things that are going to change are few and small, but they have a profound impact on how you live your life. If you feel better physically, mentally and spiritually, the result is that you live a happier life with both yourself and the others. This discipline provides you several precious techniques to improve memory, your ability to concentration, and above all, allows you to eliminate stress improving your working productive life too. Thanks to the amazing yogic breathing technic you will be able to control your emotions and to manage stress and pressure in a wise, smart and healthy way.

Tone up your body

One of the main principles on which yoga is based is prana, which in Sanskrit means energy. According to yoga all physical problems are due to energy blocks of prana that cannot flow freely in certain areas. Thanks to the practice of asanas, and especially to a well-balanced and mixed combination of both pranayama and movement, there is a gradual revival of this energy that has been dormant for many years and the first consequence of this is an increase in vitality, so you will feel full of energy and ready to really live your life in an active and motivated mood, all over again. Yoga positions allow prana to flow freely throughout the entire body and all energy blocks are left free to flow and to empower themselves. Thanks to this principle, you can get in shape in no time. But you have to relax in the positions and, although this may seem easy, it is not at all. Of course to get in shape in a meaningful and complete way you need constant practice, commitment and an open mind. Great results cannot be achieved unless big sacrifices are made.

It allows you to find a mental balance to better deal with problems

Let's start from the fact that all the problems that arise from life are not real. Our mind perceives them as problems because it is unstable and does not know what to do. But if you have a shiny, reactive, and above all stable mind you can see everything more lucidly. This clarity brings not only to see the problems for what they really are, that is, momentary situations, but it allows

you to react in the right way. How many times in your life did you react badly because you thought a problem was much more serious than what eventually turned out to be? It is so usual! Yoga allows you to find an incredible emotional stability that allows you to deal with problems for what they really are: temporary situations that will pass. The bodily nuisance and the small pains you have during the practice of asanas are just like the difficulties that arise on a daily basis. If you face them with commitment, you will accept them, relaxing and, with a little patience, they will disappear. This is basically what happens in our lives because of everything we need to face and go through: fear of the future, instability of the present, fear of losing what you have, these are the main worries that torment all people in the world. These are usually caused by money, work, home or family. All of us at the end of the day are facing the same problems. Yoga offers us a very simple solution: it teaches us to be strong mentally and to be able to adapt to any situation. By controlling the breath and body, with time you will be able to control your mind o much better, and this control is an indispensable tool to deal with any situation you expect.

Yoga is a journey within oneself

When you start doing yoga, you usually think that you just have to make some challenging position and the game is done. Soon you will understand that the purpose of the practice is not to make a certain asana or finding your balance on your own head in a crazy headstand as many people may think. One of the main ancient goals of yoga is to get to know each other better and

to continually improve ourselves. Right from the first days they start to find new things about themselves that they did not know before: I have a pain in that area, the two sides of the body are unbalanced, I cannot concentrate on what I do without thinking of anything else and so on ...

It's just that a wonderful trip is on its way to really start.

Then, slowly you realize that some areas of the body exist and that are more alive than ever, that if you deal with the pain and you work constantly you can defeat it. But once you are over a problem here comes another one on which you have to work. And so the path continues. All over again.

It's a real journey to discover yourself that is going to last forever. But where does this path go? It will take you a lot further than you can imagine. The physical, mental and spiritual benefits that you experience with constant practice are incredible and go far beyond touching your toes as many unfortunately think.

Yoga makes you free

When you think about freedom you often think of the economic freedom and the power to do whatever you want. The freedom that yoga can give to you is totally different. We are talking about mental and physical freedom.

Freedom to the other level of things. Physical freedom means not to suffer and to be completely fit. If you are physically ill you are not free because you are a slave to your body and your mind is also deepened conditioned.

If you are a slave to your intellect instead, all of your choices will be conditioned by external factors that you cannot control. Being mental means making decisions without mental filters that condition us every day. Learning to live in freedom is a very long process that requires us to free ourselves from the habits of the body, the emotions and the mind. Yoga allows you to live fully, taking literally the control of your life.

*Meditation and
nutrition: Perfect allies
for your better self*



As we mentioned above, there are innumerable self-healing techniques, but in my opinion, none is comparable to meditation. This is the only practice that allows you to get in touch with something superior to man. You can benefit from meditation as long as you practice it consistently. Because self-healing is effective, we highly recommend you to meditate on a daily basis and if you don't have enough time try to practice at least no less than three times a week. The perfect moment of the day is in the evening before going to sleep, maybe after a sweet hatha yoga practice or you can switch it to the morning and meditation in the evening. It's totally up to you! But remember that meditation time varies from 10 to 12 minutes, as you wish.

As you practice yoga and meditation not only to become aware of your real state of mind and health but it also helps you to "contextualize" it within your body to not identify with it. The evil that afflicts you must be eliminated, it is something inside you but not identifiable with you. You are another entity, more complex and more powerful. Meditation leads to mental transparency,

leading to consciousness which in turn favors and speeds up the process of natural self-healing. But meditation is so much more than that! During meditation you learn to observe and to control your mind. The ability to focus to your thoughts on something, allows the brain to focus and Your Being More Aware. This eliminates problems such as anxiety and overthinking . A clear mind increases even your ability to learn new and store information. *Pranayama* and meditation help develop some area of the brain which are not usually used. The awakening of these areas increase your intuition, and even help your skills being fully present in any moment. The stress and anxiety reduction lead to improved whole health in general. Learn to slow down, breathe deeply, and dealing with only one thing at a time to train the mind to focus on the present moment. Plus, breathing consciously remove all unnecessary problems of everyday life. Many times yoga is



conceived as a workout practice, a fitness discipline leading you to conquer your best shape while binding and twisting in amazing poses. But, yoga is so much more. Yes, of course, you can have that kind of yoga, you could

approach to yoga as it would be a sport but you would miss the whole concept behind this beautiful, deep, ancient discipline.

Your yoga routine could become a safe place where you could be just yourself: no judgment, no fear, no trouble, no stress. In our daily life we find ourselves lost into so many things to do, so many emotions to deal with and we almost forgot to focus and to enjoy the moment. All the anticipation, the anxiety of what's coming next, all this lead us into a very uncomfortable mental scenario. When you have an unhealthy mind, a very stressed one, you start losing yourself because you start to lose contact with your truly self, your inner voice. A yoga practice that add some meditation could help you so much to find again yourself and seeing your patch in a new light. It something you really won't regret! Yoga could help you to deal with you emotion management too. Everybody deal with emotions that often lead to too instinctive reactions. Thanks to yoga will slowly become more and more aware of these emotional states seeing them with some sort of "yogic detachment" and it is this distancing that allows us to observe all this without being involved.

According to yoga fact like, anger fear, desire, etc., aversion are all natural things that arise and then disappear. Too often, however, we identify ourselves in all this thinking to be ourselves these states and this makes us feel bad. Thanks to the knowledge that is acquired with practice we can observe these phenomena instead of the distance and in this way we are not controlled. Do not get involved consequently allows us to make choices definitely freer because less influenced by the emotions themselves. Our lives are so dynamic and full of stressful deadlines and duties.

We just can't ignore that and some meditation can really be the right tools to save some time for yourself and to start listening to yourself, in a profound deeper and caring way. We want you to motivate you to save a little time to yourself and to start practicing this discipline in a different way, in a way that will help you listen to yourself, to understand who you are, what you want, having a moment just for yourself. At first, you might think it's something weird to do because you are not used to that kind of approach of sitting on a mat, eyes closed, breathing deeply and just let it go. But, we firmly think that, if you have the right approach and mindset it's already a big step towards your yoga journey. You have to be motivated to jump on your mat, you have to find something that will make your commitment easier, especially to start practicing on a daily basis. So we encourage you to find the perfect place and time to add some meditation to your day in order to establish your own little temple, a place that will make you feel free, relaxed, safe, in peace.



*How the right nutrition is
fundamental to boost
your practice*

What should be the diet of those who practice yoga?

Those who practice yoga follow dietary principles that promote the balance of pure and nutritious foods, consumed in moderation. The ancient texts on yoga have been written in an era and in a world very far from our everyday life; it is no longer possible to follow their nutrition advice to the letter, but they still offer very relevant guidelines and ideas. Ancient important texts in the yogic literature indicates a series of foods popular at the time, suitable for those who want to practice yoga successfully:

"Good cereals: wheat, rice, barley and sastika (a variety of rice), milk, ghee (melted and filtered butter), sugar, butter, sugar sweets, honey, dry ginger, the fruit of patolaka (or paravara, a kind of watermelon), the five leafy vegetables, green chickpeas and rain water [...] are considered healthy foods for the advanced yogi "

Rain water? Well, behold, if we today drank rainwater we would probably die immediately, but we need to do some "tare" to the words we find in classical texts. First of all, we need to pay attention to the fact that they were

written a long time ago, and in a different place from ours: some of these foods are not available for us, others are not as healthy as they once were and other foods that are familiar to us are not covered. This is why it is good to try to grasp, among the lines of classical texts, the "how" to eat more than the "thing" to eat.

In this regard, the Tibetan medicine helps us: "Almost all problems come from poor digestion". We can go on to say that if it is true, as it is true, that the practice of yoga aims at mental peace, then a bad digestion also interferes with that, right? Therefore, it is better to eat foods that are digested quickly, which do not leave too much residue after digestion and that do not engage the body in the digestive mechanism (already demanding in itself).

When and what to eat after yoga?

It would be advisable to eat after an hour, if it does not become too late, because maybe it's evening. For a better sleep and an effective rest it would be preferable not to eat after 9 pm, and in any case not to lie down if at least 2-3 hours have not passed since the last bite (we think that the complete digestion of a normal meal takes about 7 hours!) . The ideal menu after yoga? Fruit, or a little soup or yogurt and some healthy organic raw snacks, in very moderate quantities.

What to eat before yoga?

Before yoga it is preferable not to eat or drink, but tea can be enjoyed an hour before practice. Above all, it is better to avoid coffee, or it may happen to be nauseous and to accuse the position.

The three gunas: the three qualities of food

In general the classical texts of yoga contain indications about the three types of food (according to their quality, or guna, classification of Ayurveda, traditional Indian medicine): sattvic, tamasic, rajasic. Those who practice yoga should choose within the first type.

Sattvic foods favor a clear and bright mind and are: cereals, vegetables, legumes.

Tamasic foods should be avoided, as they are difficult to digest: meat, sausages, canned and preserved foods, animal fats, cooked foods for more than a day and heated.

Rajasic foods are the exciting ones: alcohol, coffee, wine, beer, spicy, high-calorie, too hot or too cold foods, tobacco (all we introduce into the body is food).

And always when we eat we remember that, according to the Gheranda Samhita (another reference text for those who practice yoga), the stomach should be filled only for half of food, for a third part of water, reserving the fourth part to the movement of the air.

The spiritual qualities of some foods

After considering the qualities of food in the classification of Ayurveda, we close with another classification, drawn up by no less than Paramahansa Yogananda, according to which certain foods develop some qualities in us:

Almonds and honey: self-control

Cereals : strength of character

Grapes : devotion and divine love

Calm lettuce

Pere :tranquility

Brown rice : meekness and sweetness

Spinach :childlike simplicity and innocence

So, in order to prevent diseases and have a strong healthy body you need to focus on your nutrition too. When practicing yoga it is very important to choose suitable clothing (natural fabrics such as cotton and linen, light colors, comfortable clothes) but it is also important to feed properly, to enhance the benefits gained with practice and improve physical performance. Yoga, in

fact, even though it looks static, is a very tiring discipline, which requires constant and profound training. The ideal diet, therefore, is not necessarily hypocaloric but is oriented towards lightness and vegetable world: legumes, whole grains and other veggies are among the most recommended foods to get a good muscle tone, cleansing. And of course, constant hydration is mandatory: water, tea and infusions are a must for yogis! Hydrating the body is the first step towards achieving a deep and lasting well-being. Hydration is paramount in any sports or holistic discipline, such as yoga. In these cases, it is advisable to drink both before and after practice. During asana sequences, however, it is ideal to sip tea or infusions. For this reason, often in yoga schools or in the purse of practitioners, we find a nice thermos filled with herbal teas or tea. What to drink to be in perfect shape inside out? First of all, water in quantity: even tap water is fine, as it is rich in mineral salts and strongly calcified. In fact, the water meter of the faucet responsible for the calculations is dissipated: in fact, the calcium contained in the water of the flap (well controlled for all city aqueducts) is a natural re-mineralizing of teeth and bones and the ingested quantity does not cause the calculations. Rather, those who suffer from kidney stones should drink light (oligo-mineral) water to expel them but it is not the opposite, that it is the water of the aqueduct to cause stones and sand in the kidneys. For the yoga session, also free tea and infusions: the best are green tea (diuretic, antioxidant, purifying and burning) and red tea (anti-radicals free and rich in calcium and mineral salts). Even purifying infusions such as dandelion and marigold raw honey are highly recommended.

In order to achieve perfect muscle toning, it is imperative to include a good amount of protein in the daily diet. Those who practice yoga usually prefer a green (vegetarian or vegan) diet, thus choosing plant-based proteins. Indeed, legumes are a protein source of very high nutritional value and a low fat content. The important thing is that they are always matched with a portion of cereals, preferably intact (barley, spelt, oats). The mixture of legumes and cereals, in fact, forms noble amino acids and is ready for assimilation by the body and muscle tissues. If you want to increase the absorption of minerals such as iron, especially in a veg nutrition, it is advisable to consume legumes (good, in this case, lentils) in combination with lemon juice or orange: vitamin C, in fact, favors the assimilation of plant iron by the body.

In nature there are some superfoods that can bring to our body an incredible quantity of beneficial substances. Among them, we find ginger. Bittersweet root, ginger is a kind of positive health bomber. What does it contain? Antioxidants such as gingerly, anti-tumor and toning substance of the immune system. In addition, both the fresh roots and the dried root (powder) do a very valuable burning action, especially on the abdominal obesity.

How to consume it? in every way possible and imaginable, considering that ginger is also a natural remedy against nausea and stomach cramps.

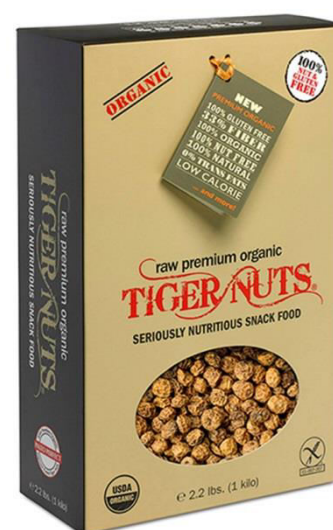
Ayurvedic medicine, double-stranded to yoga practice, promotes a better use of fresh ginger root, sliced and tasted throughout the day. However, the



spicy and pungent flavor of pure ginger, which is not endured by everyone, is to be considered. The alternatives, then, are both infusions and some additional ginger powder to foods such as cereals or vegetables. As for the infusions, it is good that obtained from the fresh root: just peel the ginger, cut it into washers and let it boil in the water for at least 5 minutes. The obtained herbal tea has heating, burning, anti-nausea, anti-emetic effects and can counteract symptoms of flu, colds and coughs. So perfect to fill the thermos before your yoga lesson! So, mixing a persistent yoga and meditation practice to a balanced and healthy meal plan you are really going to boost all the incredible benefits of these ancient disciplines and you are going to look so much better but, most of all, you are going to feel it! What if we can spoil some nutritious yummy resource such as Tiger Nuts into our daily meals?

Tiger Nuts

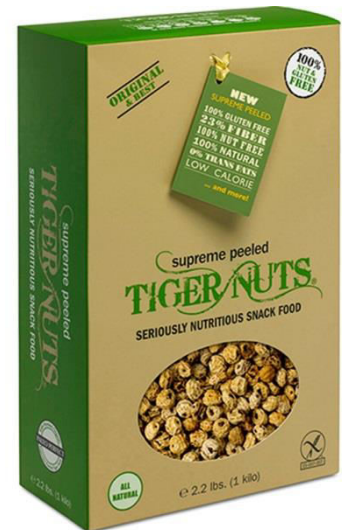
Already used to prepare perfumes, soaps and medicines from the ancient Egyptians, Tiger Nuts are tubers that can be reduced to flour and used in baking and baked products. Today, Tiger Nuts is a typical food in Valencia in Spain, with the name of chufa: its small tubers are dried and crunched as they are or reduced to flour to create cakes and loaves with a nutty flavor; mixing two tablespoons of flour with



water or milk you also get a tasty and refreshing drink, "horchata de chufas", to which the most gluttonous add a tablespoon of sugar.

Gluten-free and lactose-free, Tiger nuts are special tubers particularly suitable as a substitute for flour and cow's milk in diets for intolerant people. The use of this tuber in the food industry is the subject of numerous experiments and researches, and bunting flour is used in the preparation of hamburgers and breads. Also added to yogurt and müsli or to flavor creams, the bunting leaves room for imagination in the kitchen and satisfies sweet and savory palates.

Thanks to the high fiber content, the products that contain the bunting are better resistant to cooking and are a valid solution to increase the fiber content of the diet. The fibers promote intestinal transit and make sweet bunting a satisfying food suitable for low-calorie diets. The fibers and oleic acid, an omega-9 fatty acid, present in the broom help to reduce LDL cholesterol, a source of cardiovascular disease and disease.



They are also Gluten Free, Organic, NUT FREE, Allergen Free, Dairy Free, High in Prebiotic Fiber, Low in Calories & Fats, High in Nutrition, Non-GMO, Paleo Perfect, Kosher and they taste great, like coconut! Our Tiger Nuts are probably the "Healthiest single source' snack food on the market".

We pack all of our Tiger Nuts products in a NUT FREE environment in our certified organic facilities in New York.

Why a plant-based/ organic and healthy approach?

Yoga recommends a vegetarian diet or diet to encourage the development of sattva, the superior quality of peace, love and awareness. Eating is our first iteration with the environment, if this activity is not based on love and compassion, all other actions will be destined to bring suffering.

Food also nourishes the soul and determines our spiritual qualities. Feelings and emotions as fear, anger and pain significantly interfere with the digestive processes and can cause disorders. It is very important when sitting at a table in a quiet atmosphere, with the right company and having positive thoughts. Anything that causes concern must be kept away from the time of the meal. The food must be eaten in a peaceful, clean and serene environment using natural organic food to nourish our bodies in a proper way while keeping things easy, simple and healthy. Plus? As yoga is basically an internal massage of the organs, eating healthy, natural and raw helps our bodies to nourish properly and to detox too for some complete action inside out!

Good habits for a brand new healthier and happier life



Yoga gets along with a healthy lifestyle made up of smart choices and a new active and positive approach. This is how you can make yoga a real lifestyle and how it can really change you from within. What you have to do to boost all the benefits of this incredible discipline? Here are the good habits for raising the level of immunity, achieving and maintaining the psychophysical well-being:

Practice yoga every day

Even 20 minutes a day of yoga are enough to energize your body. Persistency is the key. You can choose whether to do it in the morning or in the evenings. Even if it's going to be a short practice we recommend you to really respect some part of the yoga session such as a brief opening meditation, some gentle warm up, a central part of the practice made up of the most energetic and dynamic *vinyasa* and then to seal the practice with some relaxation in *Savasana* (Corpse Pose).

Pay attention to your hygiene

Yoga teaches us that exterior body cleaning reflects the inner core of the soul, so you must take care

of your body while keeping it clean and pure. In addition to your common daily cleaning, it is advisable to have a quick shower every evening and before and after your yoga session. This practice is useful to remove all the negative energy accumulated during the day and to get ready to recharge with new energy and positivity. Don't underestimate the power of a clean and purifying yoga practice bringing some yoga towel on your yoga mat! This tool is going to make things easier during your practice (such as a support for your hips, your knees, your head and you can use as a belt to empower and deepen some *asana*) and to keep things clean all over the practice, especially the hardest one!



Focus on nutrition

As we said before, nutrition plays a vital role in our health. Choosing healthy foods (especially when eating) is not always easy but it is important to commit to a basic long-term healthy lifestyle. Better a vegetarian diet, possibly avoiding fried and sweet foods and choosing vegetables and fruits.

Plus, you should try to eat little but more times a day. Say no to binge-eating but try to eat a little but often to boost your metabolism and energy!

Conclusion

Choosing to practice yoga and meditation is the right choice to really live a complete nourishing and fulfilling life. As you may have noticed with this eBook, if you decide not only to practice yoga but to live it as a journey, as a chance to change your life for good, you will really upgrade yourself towards your best version yet. Besides that, if you add the right nutrition and the proper natural approach you will really make the difference especially if you decide to rely on TigerNuts USA! Today, our objective is to inspire and help health-minded people discover a healthier lifestyle, and maybe incorporate the incredible health benefits of Tiger Nuts into their lives too. We are bringing more Tiger Nuts products to the market all the time, but at the heart of everything we do, are our Raw Premium Organic Tiger Nuts, probably the "healthiest 'single source snack food on the market". We are proud that we were the original importers of Tiger nuts to the United States and that today we pack our Tiger Nuts product in our certified Organic facilities in New York and get them fresh to you. This is your time to make a change, help tackle climate change and global sustainability making a massive contribution to supporting the environment. Your choice will have an impact, a real resonance in so many ways.. you will feel connected with the universe, feeling your positive health, in both body and mind, spreading to the earth, with a renewed sense of belonging, of grounding.



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