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Feb 15, 2013 – Kriyayoga Kumbha Mela News

Kriyayoga Repairs Structure of Stomach

On Feb 15, 2013 at the Kriyayoga Camp at Mukti Marg in Kumbha Mela, Swami Shree Yogi Satyam continued to draw audiences with his extremely informative talks about the Science of Food and Nutrition. He outlined how Kriyayoga repairs the structure of the stomach. Swamiji sparked keen interest in many Kriyayoga devotees, as well as many others from the public, including allopathic, homeopathic and ayurvedic doctors, with his use of LCD and power-point presentation coupled with intervals of guided Kriyayoga meditation practice.

Swamiji stated that many people suffer from nutritional deficiencies due to improper eating practices. For example, people encounter difficulty in absorbing necessary vitamins such as Vitamin B12, which can have deleterious effects on the nervous system and musculoskeletal system. Swamiji explained that Kriyayoga practice rejuvenates and repairs the structure of the stomach and regulates synthesis of intrinsic factor, which is produced in the stomach. Intrinsic factor is very important because it must bind with Vitamin B12 in order to be absorbed into the small intestine (terminal ileum).

Swamiji explained that all roasted and fried food, for example paraathaa, poori-kachuri, pakuri, samosas, puffed rice, roasted seeds, roasted grains and biscuits, tobacco, synthetic drinks and excessive salt intake, create constant irritation to the mucosal lining of both the stomach and small

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intestine. The after effect of this causes the oxyntic cells in the stomach lining to convert into a hyperactive state. This produces more hydrogen ions (acidic substance), which results in increased acidity in the stomach causing heartburn.

Swamiji stated that consumption of roasted and fried foods cause damage to the structure of the stomach. In order to repair this damage to the stomach structure, ego consciousness (Jeeva Atma) must supply additional Omnipotent creative force, already flowing within the brain and spinal cord, to the stomach.

This repeated misused activity results in great loss in element of peace, vitality and immunity of the mind and body, which brings the realization of great fear all the time. Therefore, it is advised never to eat roasted, fried and unnaturally processed foods. Swamiji continued to give many important teachings on the Science of Food and Nutrition. **He also explained clearly and scientifically that dairy products, meat and eggs of all kinds are very injurious to the human body.** These products create immune disorders and reduce vitality.

Kriyayoga classes are conducted at two locations. At the Kriyayoga Camp at Mukti Marg in Kumbha Mela, classes are conducted at 8 to 10 a.m. and 4 to 6:30 p.m. At Mori Road, class is at 11 p.m. to 1 a.m. All are most welcome to attend and participate in the Kriyayoga classes. All classes are attended by people travelling from all over India as well as abroad from countries such as Canada, USA, Brazil, Czech Republic, Russia, France, South Africa, England, Australia, Lebanon, etc.

Taramata (Dr. Zena Bedessee, M.D., C.C.F.P.)
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