

HEALTH AND SAHAJA YOGA MEDITATION

UK Health

Our society has a serious lack of good health, in relation to both physical and psychological aspects. Poor health is increasingly affecting **young people**. For example, approximately 14 per cent of people aged 16-19 in the UK have some dependence on alcohol or drugs. If you take into account the numbers of people suffering from alcohol problems, asthma, ADD or ADHD, cancer, diabetes, eczema, hayfever, headaches or migraine, heart problems, high blood pressure, liver problems, neurotic disorders, obesity, etc., the U.K. has almost epidemic levels of illness.

Statistics

We looked at health statistics on the internet and present here some estimates for the UK population. With a UK population around **59 million**, the total affected is **75.6 million!**

High Blood Pressure	16 million	Asthma	5.2 million	ADD, ADHD	1 million
Cancer	0.5 million	Diabetes	1.8 million	Eczema	4.8 million
Hayfever	10 million	Heart	2.5 million	Liver, Alcohol	10 million
Headache, Migraine	4 million	Neurosis	9.8 million	Obesity	10 million

Meditation

Meditation is an established spiritual discipline, which can provide health benefits as a side effect and so it is being increasingly recommended by GPs and health advice bodies as a form of **complementary medicine** or **alternative therapy**.

Hundreds, or perhaps thousands, of studies have been carried out around the world on meditation and related practices, including yoga and relaxation. Sometimes the results are inconclusive or subject to difficulties in interpretation or mathematical analysis but broadly speaking the results are encouraging. It is better not to expect any 'proof' yet but people who need help can simply try and see how they get on. Good health begins at home!

The UK's National Institute of Clinical Excellence produces advice for the NHS about preventing and treating different medical conditions. About **hypertension**, i.e. high blood pressure, they say:

“Relaxation therapy and exercise can **reduce blood pressure**. These therapies include stress management, **meditation** or yoga, cognitive therapy..., biofeedback... These treatments are not normally provided by the NHS...”

We Come To You

Free training in Sahaja Yoga Meditation is available. It has been used successfully for the treatment of asthma, ADHD and ADD, epilepsy, migraine and high blood pressure.

You can find us at www.right-time.com