Food, Yoga, Stress and Meditation

A Sample

Introduction: Research shows us that our sedentary lifestyle has made us victims of Type II diabetes, obesity, and many other types of stress-related illnesses. It is possible that our automated, mechanized way of life is enslaving us. Instead of reaping the benefits of more free time, we are working more, eating more junk food, and engaging in fewer physical activities. Our automatic lifestyle enables us to slip into a life of unawareness: We do not have to put much if any thought into our daily activities. It seems contradictory, but the instant gratification age in which we live can contributeto stress unless balanced with healthy eating habits, physical activity, and the peace of mind that comes with the inclusion of meditation and yoga techniques in our daily lives.

Fast food restaurants, pre-processed foods, and frozen dinners are staples of many American diets. Research, literature, and recent documentaries have shown that we pay for these kinds of eating with our health, not to mention our conscience and consciousness. These foods create disease in the form of hypertension, lack of concentration, diabetes, heart conditions, and even cancers. Well-known author Eric Schlosser who wrote Fast*-Food Nation, the Dark Side of the American Meal,* exposed our habitual reliance on fast food, and followed that book up with a documentary investigating where we get our food. *Food Inc.* looked at factory farming and exposed overcrowding of farm animals to the point of abuse. Morgan Spurlock, in a separate documentary, *Supersize Me,* ate food from McDonald’s exclusively for thirty days and suffered depression, mood swings, chest palpitations, and on the thirtieth-day liver failure. These documentaries are not examples of pure science; they are examples of how our desire for fast food has the potential to put our mental and physical health at risk. **End of sample**