



MAY 2022

YOGGA

*& Diseases of
Comfort*



KAIUT YOGA

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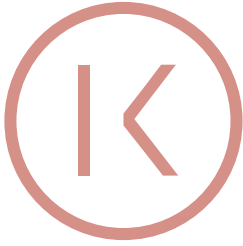
Negative effects of modern life

The negative effects and problems of the modern lifestyle are multiple. Lack of physical exercise, sitting for long hours in the office and in front of computers are some of them.



Common risks of the modern lifestyle

- Radiation from cell phones is known to affect the brain cells and also reduce sperm count in men.
- Use of earphones can lead to hearing loss and headaches.
- Increased screen time leads to blurred vision, red eyes, difficulty in focusing and weak eyesight.
- Frequent use of keyboards and cell phone keys leads to orthopedic problems.
- Staying immobile for more than four hours increases the risk of heart disease.
- Lack of physical activity decreases bone mineral density and lowers immunity.
- Sedentary lifestyle amplifies loneliness, depression, anxiety and panic disorders.



What's the importance of yoga in modern life?

The practice of Yoga does not only deal with developing the body but also covers all the aspects of a person's life.

The importance of yoga in modern life is endless. One of the best lessons yoga teaches us is to focus on the present.

The art of practicing yoga helps in controlling an individual's mind, body and soul. Therefore, practicing yoga is significant in controlling all the problems resulted from modern life situations.





YOGA & RSI (Repetitive Stress Injury)

RSI means: Repetitive strain injury, a term that englobes various conditions that affect the musculoskeletal system (formed by structures such as tendons, nerves, muscles, bones and joints), whether by repetitive use, tension or long stays in the same position.

Research shows that 73% of people who use computers at work have RSI problems that can become chronic pain and cause long-term problems.

How can Yoga help?

With the practice of Yoga, you gradually enhance mobility and work on diversity of movement, as the practice becomes consistent, it organizes, creates diversity and sustainability in the use of the body.

By working with a greater range of movements, your adaptability will lessen the symptoms of R.S.I.

The Kaiut Yoga method can be a powerful tool to prevent and relieve this type of injury. Regular practice helps in the mobility recovery process and in relieving chronic pain. A wider range of movement reduces strain on muscles and joints.



Yoga & Diseases of Comfort

Diseases of comfort have emerged as the price for living in our modern society. It is obvious that modern lifestyles are easing the life of today's people. However, it also has a negative effect on health.



It is inevitable that these diseases (such as those chronic diseases caused by obesity and physical inactivity) will become more common and more disabling if human "progress" and civilisation continue toward better (more comfortable) living, without necessarily considering their effects on health.



Sitting is the new “smoking”

The list of health issues caused by excessive sitting is endless.

The impact can be found on almost every system in the body, ranging from tendonitis to joint degeneration.



According to a study published in the scientific journal “Stroke”, people who reported sitting for more than eight hours a day and who did not exercise had seven times greater risk of having a stroke than those who spent up to four hours sitting and have at least 10 minutes of daily exercise.

Telomeres, the key to aging

Telomeres, the main structure that protects our DNA, can be harmed by over-sitting. According to studies, sitting for a long time, whether to work or watch TV, can impact their preservation.

As cells age, telomeres naturally shorten and wear out. Therefore, its size serves as a marker of the cell's age and therefore, your age.

Source: University of California at San Diego

Sitting too long ages you 8 years

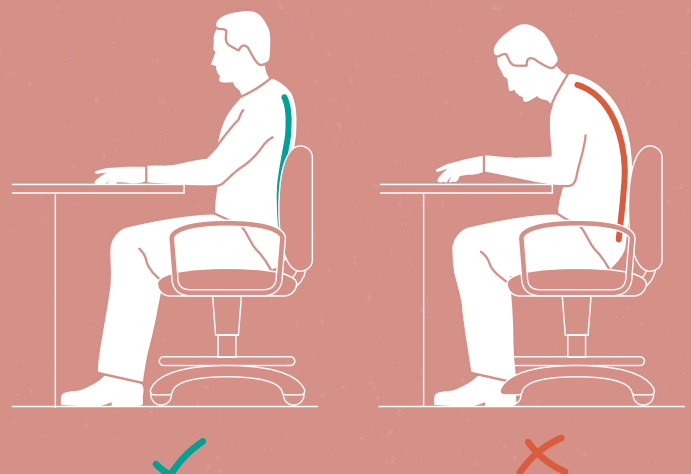
A study published in the American Journal of Epidemiology found that sitting too much harms cells on a biological level, contributing to up to eight years of aging.

While the exact amount of physical activity needed to counteract the effects of a sedentary lifestyle on cellular aging is still unclear, the study shows that exercise can be a simple and efficient way to slow down this process.

To sit correctly, we need to gain awareness and work on body balance in order to facilitate permanence and comfort in the position.

Yoga is about feeling comfortable within your own body. In the practice, postures must be carried out in conditions of comfort, attention and stability in permanence, respecting our body and our mind limits.

The body is a tool for self-knowledge.

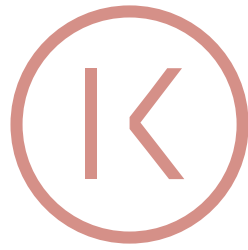




YOGA & Back pain

Back pain is an increasingly common problem among people. About 25% of the United States adults reported to have had lower back pain, lasting a whole day or more, at some point within the past 3 months. It is the most common cause of limited activity in people below the age of 45, is the second most frequent reason for visits to a physician, the third most common reason for surgery and the fifth most common cause of hospital admission in the United States.

Source: National Library of Medicine



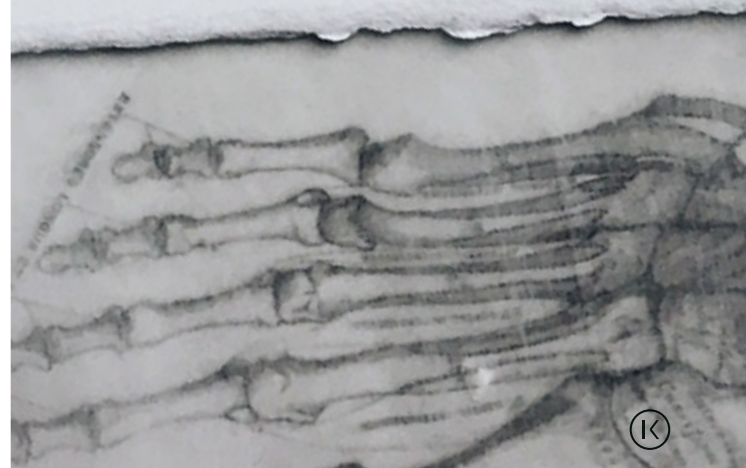
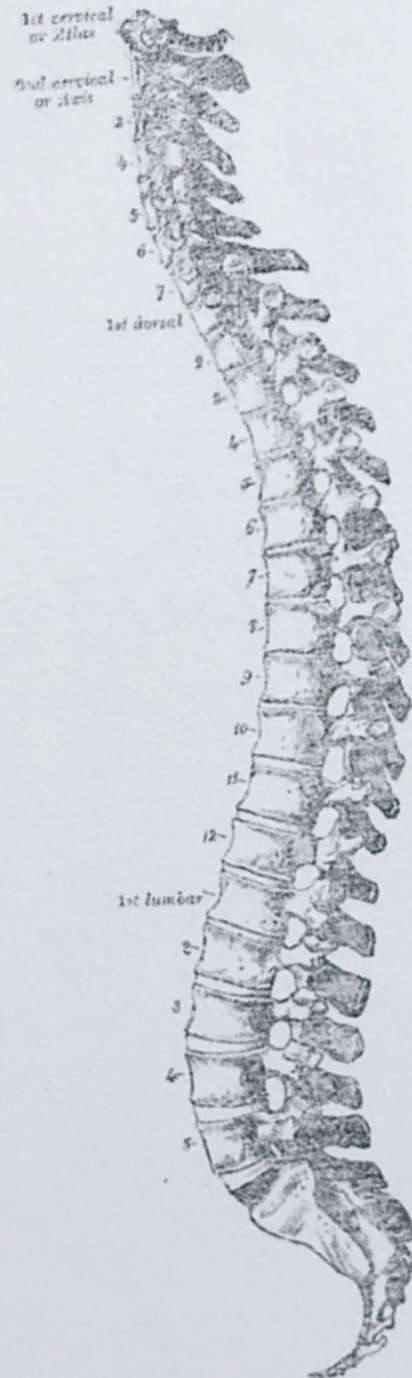
Yoga sees the spine as the main part of the body.

Yoga is one of the most effective tools for helping ease lower back pain. The practice helps to stretch and strengthen muscles that support the back and spine, such as the paraspinal muscle that helps you bend your spine, the multifidus muscles that stabilize your vertebrae and the transverse abdominis in the abdomen, which also helps stabilize your spine.

Source: Harvard Medical School

Yoga is a mind-body therapy that's often recommended to treat not only back pain but the stress that accompanies it. The appropriate poses can relax and strengthen your body.

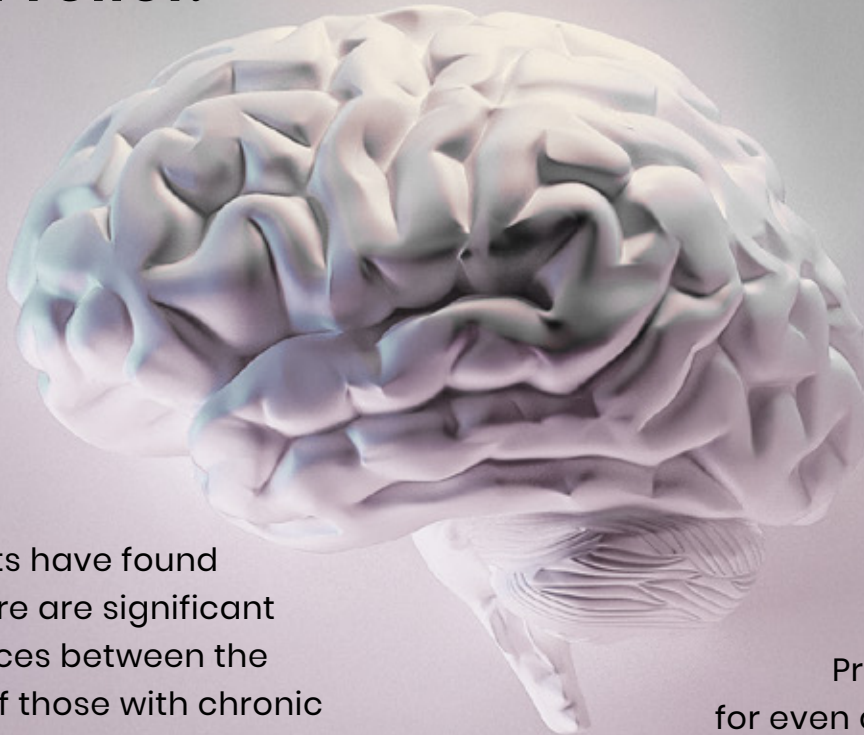
FIG. 22.—Lateral view of the spine.



The effects of yoga on the brain can contribute to pain relief.

Best yoga exercises for the spine:

- Supta Baddha Konasana
- Savasana
- Virasana with forward flexion



Scientists have found that there are significant differences between the brains of those with chronic pain and the brains of regular yoga practitioners. Those with chronic pain have less of the brain tissue in the regions that help tolerate pain, whereas people who practiced yoga have more – suggesting that yoga can be not just physically, but neurologically protective.

Source: National Institutes of Health

Practicing yoga for even a few minutes a day can help you gain more awareness of your body. This will help you notice where you're holding tension and where you have imbalances.

With postures and breathing exercises, yoga relaxes the muscles and improves flexibility. It is a great option for pain control or prevention.

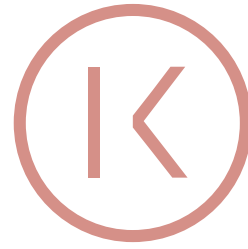
YOGA & Positive Stress

Stress, whether positive or negative, is a normal part of life. We may not have control over some of the negative stress we experience, but we can look for ways to include more positive stress in our life.

Both good and bad stress result in your body releasing hormones, such as adrenaline and cortisol, that trigger common signs of stress: butterflies in the stomach, racing heart and sweaty palms. Ultimately, what distinguishes good stress from bad is how you react or feel about the experience.

Our physical health reaps the benefits of positive stress, too. Research suggests that our immune system is strengthened under moderate stress. Our heart works better and our body is better protected from infection. Positive stress has also led some to recover more quickly from surgery, also improves your physical health as the positive stress encourages strength, stamina, and muscle growth.





YOGA HELPS THE BRAIN CHEMICAL RESPONSES LINKED TO RELAXATION

During yoga, your brain releases all sorts of chemicals that not only help you relax but also lower your stress and anxiety.

Yoga creates positive stress on joints and delivers health.

Working with safe joint stimuli, you can reestablish your ancestral nature. When your body is consistently and safely stimulated, your nervous system is regulated and gives you better support when going through a stressful situation.



YOGA & JOINFULNESS

Jointfulness is the state of presence obtained through one or more joint stimuli.

JOINFULNESS COMBINES 3 KEYWORDS:

JOINT + JOY + FULNESS



HOW DOES Jointfulness WORK?

The joints are believed to have an instant connection with the brain, being a very fast access route to the nervous system.

Thus, when a yoga pose – when done safely and steadily – positively causes stress to a joint, that results in a reconnection between that area and the brain.

That's the jointfulness logic. To stimulate the joints so the brain can reorganize and create new neural connections. It's very important to understand that the neurological reconnection happens through movements of the body, but it's not the body that changes the brain. It is the brain that changes the body.

While sedentary lifestyle and stress negatively modify neural tissue, the state of jointfulness worked on during the Kaiut Yoga practice is able to enhance neuroplasticity and reestablish

neural connections with body areas that have suffered trauma or do not have sufficient stimuli.

In the past, it was believed that the human brain was an organ with a rigid structure, which after its development, was no longer capable of being modified.

Today, science has proven that this is a mistake: the human brain has great adaptability, even in adulthood. The structural modifications that happen throughout our lives are called neuroplasticity.

In the conception of the Kaiut Yoga Method, each yoga position is designed to be a system of levers that act biomechanically, stimulating a connection between the brain and each part of the body.





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"The human being was designed by nature to perform at their fullest potential. As we live in a world that is constantly evolving, it is clear that the internal nature of our bodies follows this evolution as well, seeking to maintain this potential. We live to evolve."

Francisco Kaiut



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