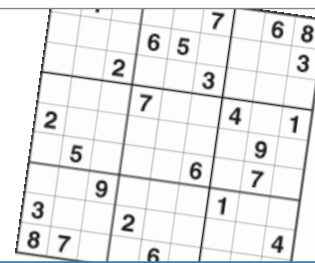


Lifestyle

PIT YOUR
WITS
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Are you sure you breathe the right way?

Your work life and libido depend on good air and efficient lungs, writes **Chris James**

► Health

IN THE early years of the space programme, scientists observed that astronauts grew exhausted after a few hours in their space capsules despite their robust health and physical fitness.

It took decades to figure out why. The reason was the lack of good-quality air particles circulating in the enclosed space they inhabited.

Your office is not such a different environment. Good air – air that is full of vitality or what is known in the East as “Chi” or “Prana” – is destroyed by air conditioning, central heating, and closed spaces.

Working all day in air-conditioned or heated offices and factories often leaves us totally drained. Farmers who spend the same number of hours outdoors doing strenuous physical labour do not suffer the same syndrome of complete depletion.

In other words, it's not the work that makes you feel ready to go into hibernation by 5pm each evening, but rather the lack of vitality in the air you are breathing. Which also explains why you feel

refreshed after spending a day walking or mountain biking in the countryside.

Just as correct diet enhances the body's store of nutrition (another vital element to staying healthy in the winter months), correct breathing – yes, there is a right and wrong way to inhale – enhances the body's vitality and promotes blood circulation. Without this, lethargy, chronic fatigue, irritability, headaches, poor digestion and weak libido soon set in.

So what can you do? The first step is to hire a professional to assess your personal needs and work out a programme of diet and breathing techniques tailor made to you. I work to provide programmes in the workplace that incorporate diet and nutritional advice, detox programs, breathing and yoga across London. The programmes keep bosses happy, too, with improved productivity, stress management, increased energy levels, better time management, and improved staff morale.

DETOX YOUR BODY

It is not the germs that make you ill – they are everywhere – but the lack of resistance in your body, due to toxins in the bloodstream that cause you to catch a virus. Having a low immune system opens



Chronic fatigue is one of the symptoms exacerbated by a poor air supply in the office

Pic: Alice Hepple/CITYA.M.

a “window of opportunity” in the body and permits germs to invade. In other words, germs are attracted to your internal condition. If you work in an office the onset of the cold season can play havoc with your immune system, and air conditioning merely circulates viruses among colleagues. But armed with a strong immune system you can keep the office flu at bay and avoid an energy slump during the winter months.

Embarking on a detox programme combined with yoga is one of the best ways to kick-start your immune system. This can be done over a three-, seven- or 28-day period. Going in for the full month-long programme will obviously give the optimum results. When you put new oils into your engine, you don't just pour it on top

of the old filthy oil, you first drain the old stuff out. You should think about treating your body in the same way.

It's pointless to embark on a major dietary programme until you have flushed out all the accumulated and impacted debris from your former dietary habits.

LIBIDO CHANGE

Not only will a detox cleanse your blood and every organ, gland, and tissue right down to the very last cell in your body, but there are huge external benefits too. You will almost certainly drop a clothes size, achieve a flat stomach and experience glowing skin & sparking eyes within four weeks.

You will also notice a dramatic change in your energy levels and libido.

A quick lesson in breathing

- Regular deep breathing slows the action of the heart, reduces blood pressure, alleviates the symptoms of stress and anxiety, improves blood circulation and helps to relieve digestive problems. Use this simple practice to help guard
- against a multitude of office ills.
- Come to the front edge of your seat with your feet hip distance apart. Place your hands on your knees.
- Close your eyes, loosen

your belt and allow your natural breath to settle. Do not force the breath in any way, simply allow the natural breath to occur.

● Place the middle fingers on the navel so that they are touching, and, resting the heels of the hands flat at the either sides of the tummy, start to direct the breath into the finger tips. Note on the inhalation how the middle fingers part from one another, and how on the exhalation the fingertips touch each other again. Repeat 12 times.

● When you have finished bring your hands to your knees, keeping your eyes closed for a couple of moments more.

To find out more about embarking on a winter detox, go to www.chris-jamesyoga.com

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