

# RISING SUN YOGA



13 LINCOLN RD  
SNYDER, NY 14226  
(NEAR MAIN ST & HARLEM RD  
ACROSS FROM SNYDER FIRE  
HALL)

716/632-5802

[WWW.YOGAISRISINGSUN.COM](http://WWW.YOGAISRISINGSUN.COM)

## It's Summer and Life is Good

~ by Susan Russell

So... I LOVE SUMMER! As ee cummings wrote: I thank you God for this amazing day: for the leaping greenly spirits of trees and a blue true dream of sky; and for everything which is natural which is infinite which is yes.

Why not use summer to rejuvenate your life and your yoga practice? Add a bit more of any of the following to your life.

Sunshine...the real thing. Get outside for at least 15 minutes of soaking it up time...for vitamin D enhancement not

wrinkle enhancement. A sauna, massage, skin brushing (try Paula's Morning Class in September), or Vinyasa Yoga...all of these improve circulation and increase perspiration...your body's natural detox process (con't on Page 2)



ROPE WALL COMING SOON



LEGS UP THE WALL



CAMPING IN OREGON

# Summer and Life is Good (con't)

And, two more great rejuvenation remedies: resting the mind (try meditation) a few minutes each day (maybe while soaking up the sun?) and music, another pathway to the heart. Make your music awe-inspiring whether through words, rhythm or pure talent.

We all have to work and meet the demands of family and friends. However, summer gives us longer days to find the balance between all our needs. The Tao, in chapter 9, says: do your work, then step back, the only path to serenity.

## **My Story** by Danielle Diina

A few months ago, I, a twenty-eight-year-old, 5 ft, 125 pound woman, decided that I wanted to be as healthy as I could be. I was ready for a new lifestyle, not merely a new size or weight. I started taking vitamins, started up again with my personal trainer, signed up for some exercise classes, and even began jogging after a long respite. I started googling “yoga in Buffalo” because, the truth is, my psyche probably needed more conditioning than my quads. I, the quintessential type, a perfectionist, was truthfully afraid to try yoga.

What if I wasn't flexible? What if I wasn't in shape? What if I forgot to turn my cell phone off and it rang in the middle of class? What if I couldn't remember or ever learn the poses and therefore couldn't keep up? What if I was a total embarrassment?

My best friend Sarah, who also wanted to try yoga and who was

All of this takes practice, practice, practice. Your yoga practice is a great place to do your work. Show up and shine brilliantly, then step back into your world of work and family, knowing that your practice is waiting for you to return to it. Your yoga family is there for you too.

As the Beatles (my favorite) said: “I am he as you are me and we are all together.”

Enjoy the summer!

equally intimidated by the prospect, agreed to bite the bullet with me. So, with our newly purchased cute yoga mats in tow, we walked into Rising Sun Yoga one summer afternoon. We chose Rising Sun for no particular reason. I think it happened to be one of the first hits on Google, and the guy on the phone seemed nice enough. I left that session sure that I would be back. “I love yoga!” I said to Sarah in the parking lot.

The truth is I am no yoga buff. I have, in fact, been only four or five times thus far. I am, it turns out, fairly flexible and relatively in shape, but there are people who are not. They are not judged, and neither am I for still not knowing by rote a single pose or term besides “down dog” (though I still haven't mastered the move), and neither was the woman whose cell phone rang the other day during sha-something, that important quiet rest time we all take at the end of yoga.



SYDNEY - WARRIOR II -  
MOAB, UTAH

---

**NEW CLASSES IN  
SEPTEMBER: 'TEEN YOGA  
CLASS' AND 'FAMILY  
YOGA'. SEE WEBSITE FOR  
DETAILS**

---

The truth is Rising Sun is a happy place to be. There is laughter, and there are even hugs. Michael, the “nice guy” I spoke to on the phone, gives me one every time I enter and every time I leave. And there is always constructive teaching. Michael explains, and when we don't understand we feel safe enough to ask for clarification. When he sees that we are imprecise in our poses or even just not challenging ourselves enough, he is there immediately to lend a hand--literally. No one is left in the dust. No one is an embarrassment.

Everyone, regardless of age, height, weight, gender, flexibility, and stamina, is welcomed and encouraged. Maybe someday I will master the moves and know the jargon and, who knows, maybe even be a yoga buff. Until then, I will happily remain an imperfect rookie of the Rising Sun community who feels no less valued than the yoga buffs because of my imperfections.

# Swine Flu - the scare, a remedy

---

Please read the info below regarding an alternative solution in responding to the flu, then go to the website at [www.americanbiotechlabs.com](http://www.americanbiotechlabs.com) to check the research, congressional testimony, doctor's reports and peer review articles. The products they offer are effective against most existing pathogens including the Avian (Bird) Flu strain. It has also been shown to be an effective remedy for MRSA. See some of the [Articles](#) that are updated on the [Health](#) page of the Rising Sun Yoga website for more information regarding the H5N1 (Avian) and H1N1 (Swine) flu.

If this is too complicated of a read, then know this: Silver Sol can be used in lieu of the flu shot.

## **From: American Biotech Labs, Dr. Gordon Pedersen (Ph.D. Toxicology)**

**Silver Sol** (Manufactured by American Biotech Labs) has been studied and proven to function as treatment and prevention in both forms of viruses (reverse transcriptase and viral DNA polymerase). The brief summary of some of the research (attached below) demonstrates why the liquid and gel should be considered for use as treatment and prevention for the new Swine Flu.

### **Overview**

Silver Sol has been shown to destroy viruses in the same classification as Swine Flu. The liquid was shown to prevent H5N1 Influenza when swallowed twice daily. Silver Sol gel has been shown to disinfect topically and keep hands completely sanitized for 4 hours.

### **H5N1 Publication:**

Results section states, "Especially of interest was the observation that 60% of the infected mice treated with this compound survived compared to the 30% in the placebo-treated controls." It goes on to state, "this effect is strongly suggestive a disease-inhibitory effect may have occurred."

### **Viral Studies:**

In test tube results the American Biotech Labs silver product was able to kill or neutralize a billion bacteriophage virus in 2.5 hours. In test tube tests against an Avian Influenza A H3-N2 and the Beijing Influenza A H1-N1, the American Biotech Labs 10 ppm product was able to kill or neutralize 96-98% of the virus in two hours, with no measurable virus surviving in 12 hours. Against Avian Influenza A H5-N1 Vietnam Hybrid, the 10 ppm product reduced the viral levels below detectable levels in six hours.

Keith Moeller, a Managing Director, "We realize that these study findings are just a preliminary step in showing the efficacy of the product as a daily supplement to improve health. But, given the fact that there is **no other product that has been proven both safe for daily usage, and even moderately effective against H5-N1 Bird Flu, we think the study is very important.**"

### **Recommendations for Maintenance and Preventive use:**

- \*Swallow two teaspoons twice a day (liquid)
- \*Apply silver sol gel to hands and nostrils twice a day

### **Recommendations for Treatment of acute cases:**

- \*Swallow four ounces of the liquid as a bolus
- \*Inhale nebulized silver sol liquid 30 minutes a day.
- \*Swallow one ounce four times a day until symptoms resolve
- \*when well, apply Maintenance dose for patient and family in close proximity.

# Your Ayurvedic Practice in the Summer

Ayurveda is a Sanskrit word meaning “Life Science;” the same two words as in the Latin “bio” and “logy”. It is the ancient, based in 2,000 years of literary history, medical system from India.

Traditional Chinese Medicine (based on the Yellow Emperor’s Classic of Internal Medicine) and Ayurveda (based on Chakra’s Treatise on Internal Medicine) were written down about the same time. These two sciences have much in common, just as T’ai Chi Ch’uan and Yoga share profound insights into the nature, function, and healing of the body/mind/spirit.

Ayurveda could legitimately be called Yoga Medicine because Ayurveda and Yoga have mutually informed each other for over a thousand years. This is one of the reasons that it is wise for those of us who practice Yoga to learn of the yogic insight that Ayurveda offers.

In fact, the first Sloka (hymn) in the Ayurvedic sutra states that “Everything in the external universe has its counterpart in the internal universe of the human body” (temporarily dividing internal and external for study purposes). This means that the energy of fire, the stars, and the sun manifests in our tissues and organs. It means that the rivers, the ocean, and the water are present in the body as well. So too are the qualities of Ether (space), Air, and Earth (solidity).

Because it is now summertime where we live, let’s examine the principal of heat via the element of fire (pitta). When fire is in balance, then food and fluids are transformed into the blood and tissues via the basic metabolic process that fire (agni) offers of which the following are but a few: enzymes, bile, hydrochloric acid, pepsin, and other digestive secretions. When fire is out of balance, then burning sensations can occur such as acid reflux. Ultimately, inflammation occurs affecting the joints, tendons, and ligaments.

Along with this increase in heat are the possibilities of rashes, irritability, nosebleeds, headaches, heavier menstrual bleeding, and red, itchy eyes. And this is not an exhaustive list!

Once the pattern is recognized we have many tools (chikitsa) at our disposal for cooling or balancing things. For example, we can make the diet less salty, less acidic, less hot and spicy. We can eat foods that are mild, pleasantly bitter, and naturally sweet such as agave and maple syrup, sweet fruits, grains and vegetables.

In addition to food as a remedy, a breathing technique called “Sheetali breathing” (inhaling through the curled-like-a-straw tongue, exhaling through the nose) can be performed as it cools first the tongue, then the

blood, then the skin, then the mind.

Room temperature herbal teas are wonderfully beneficial in cooling the urinary tract, especially coriander, dill, and fennel.

Yoga back bends are cooling and energizing (forward bends have a heat retaining quality to them), so with the warm weather or if you have an excessive fire element symptom, these remedies and poses pacify the heat.

It is my pleasure to share this profound system of self-healing with you. Blessings on your exploration of this material.

For further information you may wish to read “Ayurveda: the Science of Self-healing” by Dr. Lad and/or “Prakruti: Your Ayurvedic Constitution” by Dr. Svoboda.

Bio: Sonam Targee has been in private practice as an herbalist since 1983, and has been studying and applying the principles of Ayurveda since 1986. Recently he had the honor of editing the Chinese Medical section of Dr. Vasant Lad’s latest book: “Marma Points of Ayurveda”.