

# HEALTH & WELLNESS

## What Yoga Has Taught Me

## How Different Vitamins Affect The Body



**Jennifer Moonsong**

These days yoga is more main stream in America than it's ever been. In essence it has become part of pop-culture with words like "Namaste" being placed on coffee mugs and T-shirts. In truth, yoga is a mind/body wellness practice that has been around for thousands of years.

In modern America it's undergone so many transformations it's hard to decipher what is tradition and what is the modernization of a tradition. Translate Zumba and Pilates come and go, well yoga has been a mainstay and health and wellness; Yoga is not a trend. It's here to stay.

I first practiced yoga almost 2 decades ago. I integrated yoga into my lifestyle and routine in 2008, and in 2009 I took my first yoga teacher training. That was the beginning of journey I've never stopped appreciating.

I've had times where I practice yoga seven days a week, I've had a time where I practice it only a day a week, but it has remained a constant. It brings me happiness to know that I have introduced others to yoga, and I think I've seen the benefits. When we started

planning our health and wellness section this year, I decided I wanted address the things that I routinely heard, including questions and comments, in hopes of bringing more people to this age old practice.

"I'm not flexible."

"I don't know how to do yoga."

"I am afraid I will look silly."

Those three statements are the three most common things I've heard from reluctant newcomers. In the beginning, no one is flexible. Life, including other exercise routines such as running and weightlifting, do nothing for flexibility. As we stay and sit and drive, our bodies become compact and with each year our flexibility becomes less if we don't combat it.

Also, no newcomer knows how to do yoga. That's why we take a class, we have to learn how. If you buy a new gun and you've never shot a gun, you don't know how to shoot it. If you take up chess, and you've never played, you must learn the rules of the game. It's the same with yoga, we aren't meant to know how to do it in the beginning.

When it comes to

looking silly, we all look silly doing yoga at some point or another. I looked silly in my first class, and sometimes even as a teacher I still look quite silly. Yoga is not only about the body. It's about the mind, and learning to be lighthearted and accepting of our own flaws and awkwardness is a part of that journey. So, embrace the silliness.

I've been asked many times what one gains by doing yoga. Flexibility, agility, balance, muscle tone and muscle strengths are physical attributes.

When it comes to the mind. Yoga brings tranquility, clarity and balance. It takes away anxiety, melancholy and internal chatter. It also builds confidence and routine because it is more than an exercise routine. It's a discipline that can be embraced for a lifetime.

As you consider goals and purpose for your new year, I would encourage anyone to add yoga to their wellness routine.

Last but not least I'm frequently ask what Namaste means. Simply put Namaste means, "the light I see in me, I also see in you."

Namaste

At the dawn of a new year, it's not uncommon for people take inventory of their personal health and strive to make positive changes. Being more conscientious of the foods they put into their bodies is a start, but some individuals may wonder if supplementation can help them go one step further.

Nutrition Insight reports that 77 percent of American adults consume dietary supplements, and Nutraceuticals World indicates 98 percent of adult supplement users are taking vitamins and minerals. Individuals considering supplements should always discuss them with their physicians prior to including them in their health regimens. Even those who haven't considered supplements can discuss them with their physicians, as Harvard Health, MedlinePlus and the U.S. National Library of Medicine note that various products can provide some significant benefits.

• **Vitamin A (retinoids/carotene):** Beta carotene can be converted into vitamin A as needed. It plays an important role in vision, keeps tissues and skin healthy, and also is involved with bone growth.

• **Vitamin B1 (thiamin):** Helps convert food into energy, and is essential for brain health and nerve

function.

• **Vitamin B2 (riboflavin):** This works with other B vitamins by promoting growth and the production of red blood cells.

• **Vitamin B3 (niacin):** Helps convert food into energy. It's also essential for healthy skin, blood cells, brain, and nervous system function.

• **Vitamin B5 (pantothenic acid):** Helps make lipids, neurotransmitters, steroid hormones, and hemoglobin in the body.

• **Vitamin B6 (pyridoxine):** This vitamin may reduce the risk of heart disease by helping to lower homocysteine levels. It also helps convert tryptophan into niacin and serotonin, a mood-regulating neurotransmitter.

• **Vitamin B9 (folate):** Vital for new cell creation, it helps prevent brain and spine birth defects when taken early in pregnancy. It also may lower risk for colon cancer risk.

• **Vitamin B12 (cobalamin):** Vitamin B12 is important for metabolism and energy production. It also helps form red blood cells and maintain the central nervous system.

• **Biotin:** Biotin helps to metabolize proteins and carbohydrates. It also promotes healthy bones and hair.

• **Vitamin C (ascorbic acid):** This is an important antioxidant that promotes healthy teeth and gums. It also helps the body absorb iron and maintains healthy tissue by promoting wound healing. Vitamin C may help boost the immune system to help with illness prevention or recovery.

• **Vitamin D (calciferol):** Also known as the "sunshine vitamin," vitamin D is made in the body after individuals spend time in the sun. It is hard to get enough vitamin D from food sources alone. Vitamin D also helps the body absorb calcium, which is vital for healthy bones and teeth.

• **Vitamin E (tocopherol):** An antioxidant that helps the body form red blood cells and use vitamin K. Scientists also are studying a potential relationship between vitamin E and a lower risk for Alzheimer's disease.

• **Vitamin K (menadiolone):** Vitamin K activates proteins and calcium essential to blood clotting. It also may help prevent hip fractures.

In addition to these vitamins, the body needs various minerals, including calcium, iron, copper, iodine, magnesium, and more. Speak with a doctor or nutritionist to learn more about supplementation.

LUNCH					FEBRUARY 2022					Offered Daily					
Pre-5 <sup>th</sup> Grade					Russell County Schools					Milk					
										Assorted Fruit					
Monday		Tuesday		Wednesday		Thursday		Friday		Monday		Tuesday		Wednesday	
Chicken Drumstick 7		Teriyaki Beef Dippers 2		Chili 2		Hot Ham & Cheese Sandwich 3		Orange Chicken 4		Chicken Drumstick 7		Lasagna 8		Hamburger 9	
Mashed Potatoes Peas Hot Roll Fruit Cup		Mashed Potatoes Green Beans Hot Roll Fresh Fruit Cup		Crackers & Grilled Cheese Celery/Carrots/ Dip Assorted Fruit		French Fries Veggie Cup / Dip Assorted Fruit		Fried Rice Asian Vegetables Egg Roll Fruit Cup		Mashed Potatoes Peas Hot Roll Fruit Cup		Garlic Twist Steamed Broccoli Side Salad Assorted Fruit		French Fries Carrots / Dip Toppers Assorted Fruit	
Chicken Strips 14		Beef Tacos 15		Spaghetti / Meat Sauce 3		Chicken Noodle Soup 7		Baked Ham 18		Chicken Strips 14		Brunch For Lunch 10		Pizza 11	
Mashed Potatoes Peas Hot Roll Fresh Fruit Cup		Toppers / Fiesta Rice Corn Scoops / Salsa / Queso Assorted Fruit		Side Salad Steamed Broccoli Garlic Bread Fruit Cup		Crackers & Grilled Cheese Veggie Cup / Dip Assorted Fruit		Mac & Cheese Green Beans Hot Roll Assorted Fruit		Mashed Potatoes Peas Hot Roll Fruit Cup		Scrambled Eggs Sausage Hash Browns Biscuits & Gravy Apples		Green Beans Carrots / Dip Assorted Fruit Cookie	
President's Day Holiday (No School) 21		Hot Dogs 22		Teriyaki Beef Dippers 3		Orange Chicken 24		Chili 25		President's Day Holiday (No School) 21		Hot Dogs 22		Teriyaki Beef Dippers 3	
Mashed Potatoes Peas Hot Roll Fruit Cup		Baked Beans Tater Tots Carrots / Dip Sliced Peaches		Mashed Potatoes Green Beans Hot Roll Fresh Fruit Cup		Fried Rice Asian Vegetables Egg Roll Fruit Cup		Crackers & Grilled Cheese Celery/Carrots/ Dip Assorted Fruit		Mashed Potatoes Peas Hot Roll Fruit Cup		Baked Beans Carrots / Dip Assorted Fruit Cookie		Mashed Potatoes Peas Hot Roll Fruit Cup	
Chicken Drumstick 28		Be my Valentine!		Be my Valentine!		Be my Valentine!		Be my Valentine!		Chicken Drumstick 28		Be my Valentine!		Be my Valentine!	

All menu items are subject to change without prior notification

(This institution is an equal opportunity provider.)

