

# FITNESS: INSIDE & OUT

*A Guide to Improved  
Health, Vigor and  
Vitality*

by  
Foras Aje

If one way is true...  
it is the way of Nature!

*Prof Arnold Ehret*

# Foras' Thanks

To all those who believed.

Special Thanks:

My parents: Mom and Dad, for raising me in Nigeria: I couldn't have asked for a better experience! My family, especially Uncle Femi... You are a Godsend for all your support over the years, Love you sir! Mr. Neil Tarvin, you are an amazing graphics designer, your talent truly knows no boundaries. Mr. Josh Wood, for the amazing photographs, and Le Studio Yoga & Dance Center.

Le Studio Yoga & Dance Center • 1639 N. Las Palmas, Hollywood • 323.467.0210  
[contact@lestudioyoga.com](mailto:contact@lestudioyoga.com)

. Christina Bebes, for the editing thank you ma'am, Lamel Young for the creative input. Mr. Chris Maynor, your contribution to this project has been truly a blessing!

And to all those I may have skipped, I give my deepest gratitude.

# Copyright & Disclaimer

Copyright 2010 by Foras Aje. All rights reserved. No part of this book may be reproduced or transmitted in any form, by any means, (electronic, photocopying, recording, or otherwise) without the prior written permission of the author.

No liability is assumed with respect to the use of the information contained within. Although every precaution has been taken, the author assumes no liability for errors or omissions. Neither is any liability assumed for damages resulting from the use of the information contained herein.

The responsibility of your use of any suggestions or procedures lies not with the author, publisher or any other party affiliated with this program. This information is not intended as medical advice.

# Table of Contents

|   |       |
|---|-------|
| <b>Foras' Thanks .....</b>                            |       |
| <b>Copyright &amp; Disclaimer.....</b>                |       |
| <b>Table of Contents .....</b>                        |       |
| <b>Foreword .....</b>                                 |       |
| <b>Preface.....</b>                                   |       |
| <b>Effects of Exercise and Diet on the Body .....</b> |       |
| Skeletal & Muscular Systems: .....                    |       |
| Respiratory and Circulatory Systems:.....             |       |
| Endocrine and Nervous Systems:.....                   |       |
| Digestive and Excretory System:.....                  |       |
| <b>Overview of Yoga Asanas (Poses).....</b>           |       |
| SUN SALUTATIONS .....                                 |       |
| Benefits:.....  |       |
| <b>Detailed Description of Yoga Poses.....</b>        |       |
| Shoulder Stand (Savangasana) .....                    |       |
| Articles On The Yoga Headstand (Newly Added).....     |       |
| Bridge Pose (Sethu Bhandasana):.....                  |       |
| Fish Pose (Matsyasana).....                           |       |
| Plough Pose (Halasana):.....                          |       |
| Forward Bend (Paschimothanasana):.....                |       |
| Inclined Plane Pose (Purvottanasana): .....           |       |
| Bow Pose: (Dhanurasana) .....                         |       |
| Wheel Pose (Chakrasana).....                          |       |
| Spinal twist (Ardha Matsendrasana): .....             |       |
| Peacock Pose (Mayurasana): .....                      |       |
| Variation 2.....                                      |       |
| Variation 3 .....                                     |       |
| Crow Pose (Bakasana):.....                            |       |
| Variation 1 .....                                     |       |
| Variation 2.....                                      |       |
| Variation 3 .....                                     |       |
| Variation 4.....                                      |       |
| Variation 5 .....                                     |       |
| Variation 6.....                                      |       |
| Diamond Pose (Vajrasana): .....                       |       |
| Standing Forward Bend: Pada Hasthasan.....            |       |
| Triangle Pose (Trikonasana):.....                     | Other |
| Poses: .....  |       |
| Side Plank Pose (Vasisthasana).....                   |       |
| Four-Limbed Staff Pose (Chaturanga Dandasana).....    |       |

Leg Split (Anjaneyasana): .....  
Lord of the Dance Pose: (Natarajasana): .....  
Eagle Pose (Garudasana): .....  
Corpse Pose (Savasana): .....  
SAVASAN-CORPSE POSE .....  
Physical Relaxation: .....  
Mental Relaxation: .....  
Spiritual Relaxation: .....

**Calisthenics.....**

Aerobic Exercises: .....  
Anaerobic Exercises: .....  
Ab Roll Outs: .....  
Close Grip Chin Ups: .....  
Jumping Jacks: .....  
Leg Raises: .....  
Push-ups: .....  
Variation 2: .....  
Variation 3: .....  
Reverse Push-ups: .....  
Roman Chair Sit Ups: .....  
Variation 2: .....  
Sprinting Spurt: .....  
Super Sets: .....  
Wide Grip chin ups: .....  
Windmills: .....  
Articles On The Royal Court Exercises.....

**Abdominal Exercises (Yogic) .....**

Agni Sara: .....  
Uddiyana Bandha: .....  
Nauli: .....  
Left and Right Nauli: .....

**Breathing Exercises .....**

How to Breathe Properly: .....  
CORRECT BREATHING: .....  
Minor Breathing Exercises: .....  
Alternate Nose Breathing: .....  
Kapalabathi (Shining Skull Exercise) .....  
THREE ENERGY LOCKS (Bandhas).....  
BHASTRIKA .....  
SPECIAL INSTRUCTIONS ON YOGA AND DIET .....

Exercises .....

Diet: .....

**Workout Plan.....**

Guidelines: .....

Calisthenics: .....

Conclusion on Exercises:.....

**Common Ailments, Amendable Health Problems and Recommended Healing Poses .....**

**Definition of Fitness and Vitality .....**

**Overcoming Acne .....**

EXTERNAL: .....

Facial massaging: .....

Guidelines to Remember:.....

Bonus Article On Asthma Control

**Yogic Cleansing Procedures .....**

\*Stomach Cleansing: .....

Care of the Teeth: .....

Throat Cleansing: .....

Tongue Cleansing: .....

\*Nasal Cleansing: .....

Tips to Remember:.....

Bathing: .....

**Proper Diet .....**

Meat: .....

Milk:.....

Other popular foods to avoid or drastically reduce are .....

SPECIFIC FOOD ITEMS:.....

**Mucus Forming and Mucus Binding Foods .....**

**VITAMINS and MINERALS: Description and Natural Sources.....**

VITAMINS .....

MINERALS: .....

**Combination and Consumption of Food Items .....**

ORGANIC OR CONVENTIONAL PRODUCE?: .....

PROTEIN .....

FOOD COMBINATION.....

Rules of Food Combination:.....

HOW TO EAT FRUITS .....

HOW TO EAT VEGETABLES .....

**Recipes.....**

SMOOTHIES AND PUDDINGS: .....

SOUPS:.....  
SALADS:.....  
COOKED VEGETABLES: .....

**Fasting.....**

WHEN TO FAST:.....  
TYPES OF FASTS.....  
WHY FAST: .....

HOW TO FAST:.....  
JUICE RECIPE:.....  
Specific Rules Prior to, During and After the Fast:.....  
The Day before: .....

During the Fast: .....

BREAKING THE FAST: .....

**Constipation.....**

CAUSES AND EFFECTS OF CONSTIPATION .....

SOLUTIONS: Preventive and Curative Measures: .....

**Frequently Asked Questions .....**

**Women and Yoga.....**

Menstruation:.....  
Pregnancy: .....

Pre Natal:.....  
Post Natal: .....

Diet and Pregnancy:.....  
Feeding the Baby: .....

**The Power of the Mind.....**

What is faith?.....  
Self- fulfilling Prophecy: .....

Positive Thinking: .....

Affirmations: .....

TOOLS TO INCREASE POSITIVE THINKING: .....

**Epilogue .....**

**About the Author .....**

# Foreword

When a radical statement, be it in writing, speech or song is heard and received by a person, they exclaim "I felt it in my heart!" It's been stated: "Guard your heart for it is the wellspring of your life!" Now a radical statement has more impact than a regular one and therefore needs to be taken and assessed with care. The information I am offering to you in this medium is issued with a sense of pride in my work and humility that it just may be the path you have been looking for to improve your health.

It has taken several years of trial and error, research, practice and common sense to arrive in this point of my experience where I can confidently offer this information to those seeking the tools needed to live a healthy life.

It is also what I believe to be applicable in the real world where extremes of any kind result in failure. At present, we are encumbered with a vast array of diseases that deter us from living up to our full potential. Humans are the most complex and unique creatures ever made. In our efforts to discover our true purpose we oft times embark on heinous and at times even fatal paths which put us right back to square one.

With this information, my goal is to show you through my experiences, a path that can prove successful for you in attaining your health goals. It's my belief that through proper exercise, diet, and positive mental attunements one can unshackle the bondage of misery and suffering fuelled presently by the gamut of healing issued by quackery or dogma of the past and present. Through this medium you would be

*\*Given a customized diet to help you rid yourself of excess toxins and pounds (while systematically keeping them off)*

*\*Shown step-by step how to perform the exercises (yoga and calisthenics) to speed up weight loss, tone, strengthen and beautify your body without the need for bogus equipments or fees. Just you and open space!*

*\*Issued a back-up tutorial to aid with battles and doubts (if they arise) to keep you on the path that could be tough as you cleanse yourself from months Maybe even a lifetime of unnatural living.*

*\*Shown how common ailments including acne, the common cold, depression, excess weight and so on which afflict the modern man might be alleviated or eradicated entirely via a systematic use of proper diet and exercise.*

If you have an idea of overall fitness & health, this may be a supplement to what you already know. If you have no idea of exercise, diet or fitness, this is being offered to you as an alternative, being a common sense, affordable and experimented with path to attaining bountiful health.

Remember that a person is renewed by the transformation of his thoughts. A human's mind is the greatest force on earth. He who has controlled his mind is full of power and can accomplish whatever he desires. Thus, you are required, for your optimal success with my program, to fan the sparks of focus and determination to flames that burn fuelled by your accomplishment in improving your health and fitness.

### **Questions?**

www.bodyhealthsoul.com is geared towards providing comprehensive and tried and true information and online tools to health seekers. For any additional information, suggestions or hopefully positive testimonials please send an email to Foras Aje at [help@bodyhealthsoul.com](mailto:help@bodyhealthsoul.com)

# Preface

The practice of the yogic exercises exclusively or in conjunction with the other listed calisthenics induces a primary sense of proportion and measure.

Alone with our own bodies, we learn to draw from it its maximum resonance, harmony and potential. Our aspirations become our possibilities as we sculpt and mould our primary instruments: ourselves.

In this writing, there is sufficient information on the effects of diet and exercise on such bodily functions as the muscular, skeletal, circulatory, respiratory, digestive and endocrine systems with detailed diagrams on them. There is also specific information on each of the exercises, rest, sleep, tasty and nutritious menus and recipes (along with a food combination chart for optimal digestion and body building functionalities), details on recommended staples for your diet, sources of your daily vitamins, sufficient food supply, deep breathing and meditation techniques

For the pregnant or lactating mothers, pre and postnatal exercises are provided in addition to mild exercises for recovering patients and older people.

These tools are being placed right in your hands for your use to renew and build yourself. You too can attain good, better or optimal health and vitality, depending on your present state of well being.

Before you continue to read the information being offered, here are some tips and guidelines for you to remember.

\*A wise man avoids all extremes. Considering that, the opinions offered herein are non fanatical and are based on common sense, research and experience. They also appeal to the various senses for pleasure as well as health.

\*We are by nature sweet toothed and fun loving creatures therefore the exercises here are fun and not chores or boring, and the recipes offered *do* taste great.

\*You are the judge of what is best for you; therefore apply discretion and intuition at all times when using this program, as no two people are exactly alike.

\*Protest the war being made in your mind thinking you cannot succeed. The truth is if you are on the side of the majority, when unsuccessful, it is time to check your stance!

\*Never underestimate the power of your mind you were born to win!

\*Say to yourself: "Today I begin a new life and thus I will form good habits and become their slaves."

# Section 1

(Chapter 1-9)

# 1

## Effects of Exercise and Diet on the Body

The following is intended to show you how exactly diet (a proper and sensible one that is) and exercise work in conjunction with each other towards keeping you free of disease, healthy, fit and in shape.

### *Skeletal & Muscular Systems:*

With the beginning of moderate to active exercises, these systems become more active than before. A chain of procedures occurs which results in a greater flow of blood carrying an increased supply of oxygen and fuel to the active muscles. Thus, as their actions increase, so does their metabolism. The warming of the muscles lowers their viscosity (or internal friction), which increases their efficiency to perform work. Dilation of the skin vessels will allow more heat and weight loss by radiation.

### *Respiratory and Circulatory Systems:*

The main purposes of exercise are to increase circulation and oxygen intake. This can be attained through simple spinal and muscular motions and deep breathing. Carbon dioxide and other metabolic wastes such as lactic acid are produced which act sort of as a mild stimulant for the heart.

According to Dr. Stanley Burrough's, the lungs are the chief excretory organs thus deep exhalation of carbon dioxide is mandatory for optimal health. This can be acquired through increased muscle metabolism that increases oxidation of glucose resulting in a greater output of carbon dioxide.

Increased amounts of carbon dioxide will diffuse into the smaller blood vessels of the muscle fibers causing the walls of these vessels to relax. Their dilation, which occurs as a consequence, allows more blood to flow quickly through the skeletal muscles. The increased carbon dioxide concentration in the blood flowing through the medulla oblongata of the brain directly stimulates the respiratory systems.

This essential apparatus of life now responds with an increase in the frequency of the impulses it rhythmically discharges. This results in deep breathing.

### *Endocrine and Nervous Systems:*

Yoga (the only physical culture capable of this) pays great attention to the endocrine system, which affects the mind, and vice versa.

The endocrine system consists of ductless glands, which pass their substances into the blood. They consist of the pancreas, thyroid, parathyroid, suprarenal, pituitary and sex glands (sex glands aka gonads.)

Their secretions are known as hormones. The thyroid is perhaps the most important gland in the entire endocrine system and only yoga gives it (and its constituents) the necessary rich supply of blood. Here are some of the functions of the thyroid

- Regulation of anabolic (growth and repair) and catabolic (waste) processes and functions.
- Mental Development
- Sexual Maturity.
- Protection of the body against poisons.

It is located in the frontal portion of the neck. Disease of this gland is known as goiter, which depending on the kind may lead to such symptoms as sleeplessness, nervousness, high blood pressure etc.

PREVENTION IS BETTER THAN CURE! So with the help of yoga and a proper diet it is obvious that the endocrine system in its entirety must be well catered to.

Mental emotions such as fear, sorrow and grief do have noted effects on the body. Like shock waves they affect the nervous system, which (via its sympathetic nerves) control the endocrine systems. Consequently, care must be taken to keep such emotions under control. This perhaps can only be accomplished via yogic exercises mainly and a proper diet intermingled with short and frequent fasts. Poses in yoga help to strengthen the endocrine system through exercise and the emotions are brought under control via concentration and relaxation.

### ***Digestive and Excretory System:***

The alimentary canal is a long tube made up of the mouth, pharynx, gullet, stomach, small and large intestines.

The Stomach is perhaps the most important part of this chain of organs and if it is not kept clean, it can be a major cause of various diseases. Some Yogic

Exercises (physical, breathing and cleaning) are geared to ensure this. Of course in addition to a proper diet, this ensures maximum efficiency of this body part.

Closely adjoined to the stomach are the liver, spleen, kidneys, colon and pancreas, which in addition to the lungs and skins are the main organs of the excretory systems. Elimination and detoxification of poisons in the body are primarily achieved via the excretory organs. Were it not for them, no one would exist. For maximum efficiency of its vital parts, yogic exercises and a healthy diet are essential.

Exercise (yoga, calisthenics, etc), besides aiding the body in its daily detoxifying duties of weight control and removal of disease, increases one's efficiency for, perhaps, less strenuous activities that one has to do.

Aside from making you feel and look better, relaxed and poised, exercise aids you to become more adequate for the demands you place on your body. Furthermore a well-trained body equates to a well-trained mind. However Yoga differs from other physical cultures in that it

1. Broadens mental faculties.
2. Leads to Acquisition of Control of involuntary muscles and organs in the body.
3. Opposes violent muscular motions as they produce large amounts of lactic acids in the fibers.
4. Is the oldest and perhaps the best for developing the metaphysical.
5. Keeps the arteries, veins and muscles elastic which results in delayed aging.

## Overview of Yoga Asanas (Poses)

Yoga: *What is yoga?*

The word yoga, from the Sanskrit word *yuj* means to yoke or bind and is often interpreted as a "union" or a method of discipline. Its ultimate goal is the union of man with God or the universe in one breath. Furthermore, it aims to liberate the spirit as the mind and spirit are equally involved in its practice.

Today most people practicing yoga are engaged in the third limb, asana, which is a program of physical postures designed to purify the body and provide the physical strength and stamina required for long periods of meditation.

Yoga is indeed the oldest existing physical-culture system in the world. Besides being a systematic and scientifically proven path to attaining physical fitness, it delays aging, rejuvenates and improves appearance, maintains suppleness and increases vitality and the creative part of life.

My program entails some of the ancient methods of yoga for cleansing the body, physical exercises such as the *Sun Salutations (aka Surya Namaskara in Sanskrit)* "hailed as the best exercise for the human body! Shoulder Stand, Bridge Pose, Fish Pose, Plough Pose, Forward Bend, Incline Plane Pose, Bow Pose, Wheel Pose, Spinal Twist, Peacock and Crow Poses, Standing Forward Bend, Triangle and Corpse Poses, which all combine to bestow the average practitioner of these systematic and scientifically proven poses (aka asanas in Sanskrit) an improved level of strength, flexibility and confidence. *(In the latter part of the text the Sanskrit names of these marvelous poses shall be provided along with detailed information of them).*

I have also incorporated the ancient abdominal exercises e.g. Agni Sara (Cleansing Fire Breath) which, banish constipation and other intestinal disorders when practiced regularly and of course with my prescribed diet.

Furthermore, included will be instructions on how to breathe properly with the prescribed breathing exercises given in up to date texts so the average reader or health seeker can start to enjoy some of their benefits without necessarily needing an expert guru *subject to certain limitations.*

Before I begin to describe these immensely powerful poses, keep in mind that the various schools of thought on Hatha Yoga are as diverse as we are as

human beings. What is being offered is a trial of the combination of these diverse references in regards to yoga for peak performance of the health practitioner.

### Bodyhealthsoul Fitness Yoga Part 1 (Introduction)

[CLICK TO ALLOW VIDEO TUTORIAL TO PLAY](#)



### *SUN SALUTATIONS*

“aadyanamaskaaram yE kurvanti din E din E janmaantarasaahasrEna daardra’m n OpajaayatE”

***“The Man who performs Sun Salutations daily does not get poor in a thousand births!”***

This exercise is a combination of Yoga Asanas, Pranayama, Sun Bathing and Prayer.

- As a system to rejuvenate the body and soul, it is beyond compare. It’s been said: *one round of Surya Namaskar is much better than a week of exercises at the gym.*

#### ***Benefits:***

- It alleviates disorders of the skin and waist.
- The face becomes glorious.
- It is an easy and effective way of attaining good health and development of personality for the student.
- Flexibility increases and breathing is corrected, moreover, it mildly exercises the legs and arms, thus increasing the circulation.
- **It is the best way to burn calories and reduce weight and is often recommended for obesity and depression.**
- It is an effective way of loosening up, stretching and massaging all joints and internal organs of the body. Being highly versatile and applicable, it is one of the most useful methods of inducing rigorous health and an active life while at the

same time preparing for spiritual awakening and the resulting expansion of self.

- It stimulates and balances all the systems of the body including the endocrine, circulatory, reproductive and digestive system.
- Its influence on the pineal gland and the hypothalamus helps to prevent pineal degeneration and calcification. This as a result balances the transition period between childhood and adolescence.
- In actuality, if you are familiar with “burpies” (the calisthenics exercise), they do derive their origin from the Sun Salutations. I can say if you do 10-20 minutes a day alone of these powerful exercises along with basic natural movements such as dancing, walking, running, jumping etc, they will be more than sufficient to aid in weight loss and spiritual enhancement. Full time yogis do little or nothing else and some actually frown on mere activities like long walks, weight lifting etc...thus the several other poses.

My belief is that *everyone* regardless of age, race or creed should perform sun salutations in addition to more poses, basic calisthenics or a sensible combination of both. A wise approach would be all yogic exercises in the morning and the western culture of physical exercises in the evening.

#### Bodyhealthsoul Fitness Yoga Part 2 (Necessities for Workout)

[CLICK TO ALLOW VIDEO TUTORIAL TO PLAY](#)



*Patients suffering from hypertension, hernia, spondylosis, heart disease or knee pain shouldn't practice Surya Namaskara until after several weeks on our customized diets consisting of fruits, roots and vegetables.*

#### **Technique:**

- Prayer Pose: Establishes a state of concentration



2. Inhale and stretch the arms above the head.

A stretch of the abdominal organs and an expansion of the lungs will occur.

### This Pose

Exercises the arms and shoulder muscles  
Tones the spinal nerves.  
Removes excess weight.



3. Exhale and bend forward while touching the toes (or as far as possible. You may bend the knees slightly but give this up as you make progress.)

### This Pose

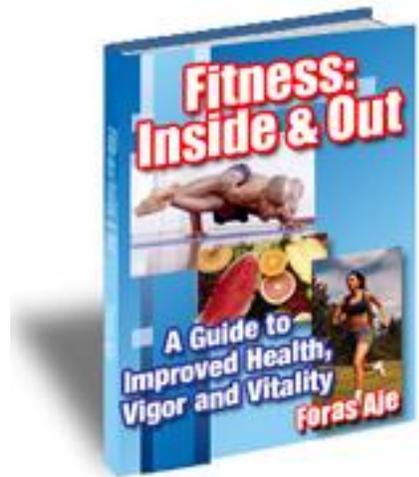
- Alleviates Stomach disorders and abdominal ailments
- Improves digestion, removes constipation.
- Makes the spine supple and tones the spinal nerves



**CONTINUE YOUR JOURNEY TOWARDS IMPROVED**

**HEALTH BY PURCHASING THE eBook TODAY!!**

**[CLICK HERE TO GET YOUR COPY OF FITNESS:  
INSIDE AND OUT](#)**



**To health...  
BodyHealtsoul Team**

**[www.bodyhealtsoul.com](http://www.bodyhealtsoul.com)**