

MISCELLANY

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Heal and healthy

A session of Pranic healing and another on women's health

HOW to eat healthy and stay healthy? How to keep the family healthy? Questions that have vexed many women were answered at the evening sessions of Woman's World, organised by *The New Indian Express* at YMCA grounds, Royapettah, on Saturday.

Bhuvaneshwari Shankar, dietician and nutritionist, spoke on how to maintain a healthy diet and exercise. The answer, she said, to obesity is in eating fat that has poly-unsaturated fatty acids and increasing fibre in the diet. "Fibre gives satiety and reduces food intake," Bhuvaneshwari said.

To calculate ideal body weight, one has to subtract 101 from one's height calculated in centimeters. For example, the ideal weight of a 160 cm woman will be 59 kg (160 - 101 = 59). Responding to queries from the audience, she said people start to lose weight when their heart rate increases while exercising.

Warning against overeating, she said if people were to



Dr Sumana Manohar

eat even 100 calories more than they could burn, they would end up adding four kgs in a year. All this extra weight could lead to diseases including heart problems and hypertension. But a low salt diet and PUFA-enriched oils could keep a person healthy, she added.

Consultant gynaecologist at Apollo Hospitals, Dr Sumana Manohar, called upon women to go in for regular health check-ups to detect and treat cancers early. An easy way to identify breast cancer is self-examination, she said.

"Self-examination is to be done seven to 10 days after periods. If there is any puckering, dimpling, lumps or discharge from the nipples, the person should immediately approach a doctor for testing. A mammography would conclusively tell if there is cancer," she said.

Likewise, uterine cancer can be detected with a pap-smear test and with a simple test at the Obstetrician and Gynaecologist's office. She further urged people with a family history of cancer to get themselves checked regularly.

"Studies have shown that cancer patients who have done pranic healing on chemotherapy have had fewer side-effects." Every person has an aura, an energy body, through which the prana flows. A disturbance in the flow causes diseases, said Podder and Ramesh, who are also part of the complementary therapy programme at the Apollo Hospitals. But the diseases can be treated by correcting the energy flow. According to them, it takes just two days or 16 hours to learn to become a pranic healer.

Members of an inspired crowd then volunteered to be



Padmini Ramesh

relieved of various aches and pains. For instance, Latha, who had severe migraines before getting on stage, said she felt immediate relief after a brief healing session.

Uma Podder and Padmini Ramesh learnt their skills from Master Choa Kok Sui, who had researched pranic healing for over 20 years.

For details contact the foundation at 28236138 and 2827 2889.

— Express Features



Pranic healing for the faithful

Every person has the capacity to heal himself, said Padmini Ramesh and Uma Podder of the Pranic Healing Foundation of Tamil Nadu, who topped off the discussions at the YMCA with their lecture and demonstration of this alternative therapy.

They said pranic healing can cure any disease by correcting the energy flow.



Uma Podder