MIND YOUR FOOD

Though he’s never taken a lesson or been on a practice range, Sadhguru’s golf shotmaking is the envy of many golfers. Named one of India’s 50 most influential people, Sadhguru is a yogi, mystic, a best-selling author & poet. Sadhguru has been conferred the “Padma Vibhushan” by the Government of India in 2017, the highest civilian award of the year, accorded for exceptional and distinguished service.

http://isha.sadhguru.org/

Mark Hyman: One of the questions that came from the audience is about the connection between our mind, our mood, our emotional state, our mental health, and the food we eat. Everything from ADD to bipolar disease, to depression could be linked to that. So, what is the connection between our body and our mind?

Sadhguru: The yogic system does not identify body and mind as two different entities. Your brain is part of your body. It is just that what we generally refer to as mind is a certain amount of memory and intelligence. Between the rest of the body and the brain, which has more memory, which has more intelligence? If you look at it carefully, your body’s memory goes back millions of years. It clearly remembers how your forefathers were. The mind is not just that kind of memory. When it comes to intelligence, what is happening in a single molecule of DNA is so complex that your whole brain cannot figure it out.

In the yogic system, there is a physical body and there is a mental body. There is an intelligence and memory running right across the body. People generally think the brain is everything just because it handles the thought process. And because of this separation of body and mind, a large number of people in the West take antidepressants at some point in their life.

The Effect of Meat on the Mind

The type of food we eat has a huge impact on the mind. An average American is said to consume 200 pounds of meat per year. If you bring it down to 50 pounds, you will see 75% of the people will not need antidepressants anymore. Meat is a good food to survive if you are in the desert or the jungle. But it is not a market. These are people. If you don’t see people, if you don’t see life as life, you won’t care what you stuff into them. You will want to sell something that makes minimum money for you.

Mark Hyman: Yeah. It’s true. A number of years ago, I wrote a book called The Ultra-Med Solution, which is about how the body affects the mind. I had seen that a lot of mental illnesses and cognitive problems were shifting as I began to treat people’s overall health. What I do is something called functional medicine. It is about the science of creating health, which is very much what Sadhguru teaches.

When I began to do that and I saw people’s depression go away, and their ADD and their bipolar disease improve, and I looked at the underlying causes, it was most often the food they were eating. In fact, most people are not eating real food—they are eating food-like substances that metaphorically as food. If we just stack to real food, downsized our meat consumption, as Sadhguru says, and had a truly plant-based diet, I think most of our chronic diseases, including mood and neurologic disorders, would go away. I have seen this over and over again.

Often, I was not actually treating the mental problems, and yet, they went away as a secondary effect. I think it is really a shame that in this country, we do not have an understanding of this connection, and that doctors are still challenging the idea that food actually has an impact on our health other than making us overweight, that it can be used as a tool for healing. But it really is the most powerful tool. The quality of the food we eat, and how we eat it is more important than anything else.

Making The Right Choices

Sadhguru says it is important to build an effective campaign for food, like the anti-smoking campaign in the US. In the 70s, in any public place in the United States, you had to walk through smoke. Then they started an active and successful campaign that cleared up the air. Today, you can walk into a restaurant, and there is no smoke. But still there is carbon-dioxide in the drink! At one time, smoking was not just a necessity for a whole lot of people, it was fashionable. It was the right thing to blow smoke into other people’s faces.

With the right kind of campaign, within one generation, this situation has changed completely. Today, you see less tobacco smoke in America than in many other countries in the world. A similarly successful campaign is needed about what we eat and what we drink.

Mark Hyman: Yeah. Each of us making those choices and talking to our local politicians makes a big difference. But the problem is the kind of impact the food industry has. It is a one-trillion-dollar industry that determines a lot of policies.

To a large extent, food guidelines and the FDA recommendations [Food & Drug Administration in the United States] and guidelines are actually governed by lobbying. This means we are not getting adequate information; we are not getting the truth from facts, we are not getting policy changes.

Sadhguru: Actually, it is a 4 trillion industry—one trillion food and another 3 trillion medicine.

Mark Hyman: Exactly. It’s huge. Michael Bloomberg tried to change some policies in New York [when he was the Mayor]. For example the soda tax—he could not get it passed. He also wanted to do a study to see what happens when you limit the size of food stamps for soda. Food stamps pay for four billion dollars in soda every year for the poor in America—on the front end. And on the back end, the government is paying for Medicare and Medicaid [due to medical conditions resulting from the consumption of soda]. The USDA agriculture department would not even let him do a pilot study.

So, he has gone to Mexico to help them with some key policies, such as a soda and sugar tax, junk food taxes, and food labeling, so you can actually know if food is good for you or bad for your green; good—yellow;.cx....red probably it is going to hurt you. They are also at all emptying schools of any foods that hurt kids and, at ending the marketing of what is not real food.

These policies are all good, but we need to have different ways in different countries. But we are allergic to such changes in this country because of the food lobbying. Yet, if each of us advocates for it and makes changes in our own family, in our own communities, among our own friends, we can begin to see a global change.

Sadhguru: It is not in the hands of the politicians and policymakers alone. If everyone realizes their physical and particularly their mental health improves when they change what they eat and how they eat, we will also change the politicians.

Mark Hyman: Absolutely. We have to change the food system because our health is not necessarily healthcare—it is actually our food system. I think addressing both together, that is creating a mindfull nation and a mindfull system, is the key.

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It was six years ago that Isha Golf Jaunt was launched with its catchy “Make a Life” call to action. The event is exactly what it calls itself—a jaunt, not a professional golf tour. It’s a platform for players to marry their passion for golf to their passion for serving the underserved—in this case, through education.

Since its launch in 2012, Isha Golf Jaunt has become a much anticipated annual event and is dedicated to raising funds and awareness for Isha Vidhya—a rural education program by Isha Foundation that caters to the most economically disadvantaged children in the villages of Tamil Nadu and Andhra Pradesh. Several business leaders, CEOs, and passionate golfers have lent their name and voice to promote the cause that the event supports. "The plight of millions of rural Indian children is heart-wrenching. The best gift we can offer them is a level playing field through educational & economic opportunities,” said Sadhguru. Founded in 2006 to raise the quality of education and literacy in rural India, Isha Vidhya equips children with the knowledge, skills, and tools they need to compete for mainstream employment opportunities that will allow them to break free from the cycle of poverty. Isha Vidhya runs 9 rural schools in Tamil Nadu and Andhra Pradesh, creating a bright future for 8,132 children. It is also carrying out critical interventions in 3,032 rural government schools in Tamil Nadu and Andhra Pradesh, benefiting over 130,000 children and 10,500 government teachers. Golfers who participate in the Jaunt have been generous in their acknowledgement and support. Education must also be fun, especially in rural India where it’s not really a priority. A large number of students at Isha Vidhya are first-generation learners. They find the innovative pedagogy and child-friendly architecture at the school inviting. They are ferried to school and back, a dash of excitement that the children look forward to, to start the day with. Every year, the Isha Golf Jaunt has raised funds for infrastructure and scholarships for Isha Vidhya besides creating awareness about the state of rural education in India. Sadhguru, Founder of Isha Foundation and himself a golfer of some repute, participates in the Jaunt every year. Sadhguru has often spoken about education as the only means for millions of rural children to dig themselves out of the "social and economic pit" they are in. That’s exactly what the passionate golfers hope to do this year as well—help rural children "make a life" for themselves.
PLAY GOLF FOR A CAUSE WITH SADHGURU

At the Oxford Golf Resort, Pune - 8th & 9th Dec, 2018

Isha Golf Jaunt is a unique golf match where business leaders and professional golfers swing their clubs with Sadhguru for Isha Vidhya and rural education in our country.

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Your love for golf can send a child to school.

To participate, please contact Parul Shah - +91 98214 31647; golf.west@ishavidhya.org

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