

World Health Day Friday April 7 2017

Submitted by: Anandi The Sleep Guru

Monday, 3 April 2017

How Good Breathing Can Help Reduce Anxiety and Depression

Depression will be the focus of World Health Day on April 7 2017. Our sleep patterns and mood are closely connected and chronic insomnia may increase the risk of developing anxiety or depression. Mixed anxiety and depression is the most common mental health disorder in the UK* (<https://www.mentalhealth.org.uk/statistics>).

Sleep guru, Anandi (<http://www.thesleepguru.co.uk/>), demonstrates in her book, 'Breathe Better, Sleep Better' (<https://www.amazon.co.uk/Breathe-Better-Sleep-Guru-Anandi/dp/1504367758>), how working with the breath as a tool can bring your whole being back into balance by soothing the nervous system and increasing serotonin levels, giving you the gift of better sleep.

After suffering with insomnia and bouts of depression for over fifteen years, Anandi cured herself of her sleep problems using an entirely natural solution which uses the principles of Ayurveda, a powerful ancient Indian healing system. She says, "I discovered the breath takes us from the dungeon of sleeplessness to the heavenly experience of sleeping well. Sleep is vital for repairing and rejuvenating every organ of the body, from skin to the brain and it is as vital as water and food.

"Everything looks better after a good night's sleep. When you're not tired, you'll see the world differently, most likely from a positive space. Havoc is wreaked on the mind and body from sleeplessness causing irritability and stress whilst healthy sleep enhances wellbeing."

Besides good sleep, there are multiple benefits that can arise from good breathing including general mental and emotional wellbeing, a better immune system and the feeling of being grounded and calm during stress. Working with the breath can also lower blood pressure and enables the body to be more efficient at releasing tension in muscles and internal organs.

In 'Breathe Better, Sleep Better', Anandi offers a proven step-by-step system to improve your sleeping pattern, soothe your nervous system and naturally increase serotonin levels using the healing power of the breath. Anandi has devoted a chapter in her book to the power of vyana vanu. The energy of vyana, if flowing freely with space to move, will enhance mood.

In Ayurvedic teaching, vyana means expansion and it is this energy that allows you to be open. Anandi says, "Vyana is the world's best antidepressant and increasing vyana will bring you a sense of joy and openness. It will make you feel full of vitality. If you are feeling low and anxious, it means you have disconnected from the universal spirit and become separate and small. Take time out to breathe. "

Over the past five years, Anandi has developed a five-step personal sleep review method (<http://www.thesleepguru.co.uk/work-with-me/personal-sleep-review/>) to help people conquer their insomnia. This step-by-step tailored approach is based on her personal experience of Ayurvedic healing.

She says, "I absolutely know it's possible to overcome insomnia, stress and anxiety using the principles of Ayurveda, a powerful natural healing system dating back 5,000 years." Unlike more traditional methods, it works to remove the cause of the sleep disturbance, rather than masking the problem with drugs, leading to long-term results.

Anandi's top tips to improve a night's sleep are:

- Go to bed early and avoid technology for at least one hour before retiring
- Avoid caffeine and alcohol
- Lengthen and deepen the breath, which calms the mind
- A busy mind is never going to sleep well – a daily ritual that nurtures the soul is vital for deep sleep
- Enjoy a diet with plenty of fruit and vegetables
- Turn the lighting down in the evening
- Avoid heavy conversations before bed time
- Keep your bedroom tidy and free of clutter
- Aim for a minimum of seven hours of solid sleep per night.

More helpful tips and exercises can be found in Anandi's book and on her website. The book offers many practical tools which can help detox the digestive system, calm the nervous system and stimulate the circulatory system.

Breathe Better, Sleep Better is now available on Amazon and on Anandi's website.

Links

Anandi's Website: <http://www.thesleepguru.co.uk/>

Breathe Better, Sleep Better on Amazon: <https://www.amazon.co.uk/Breathe-Better-Sleep-Guru-Anandi/dp...>

Source* <https://www.mentalhealth.org.uk/statistics>). (October 5 2016)

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We would be delighted to offer review copies of the book to journalists. For further information contact Mary-Jane Rose on 0333 344 2341 or mary-jane@famouspublicity.com or Tina Fotherby at tina@famouspublicity.com on 0333 344 2341.

About Anandi

Anandi's journey started in the fitness industry in 1986. A born leader and teacher, she found herself teaching others throughout her career in fitness, beauty and wellness. She now lives between Salisbury, England, and Macerata, Italy, and runs workshop and retreats in Italy and London. "Anandi" is Alison Francis' spiritual name given to her by her guru in India in 2007. Her professional credentials are:

- Ayurveda Practitioner, approved by the International Practitioners of Holistic Medicine
- Ayurvedic consultant (American Institute of Vedic Studies, David Frawley)
- Qualified NLP instructor and hypnotherapist (David Shephard, Performance Partnership)
- Chopra-certified Primordial Sound Meditation Instructor (Deepak Chopra)
- Registered Senior Yoga Teacher (Approved by The Yoga Alliance)
- Continued study of Pranayama with Yogi Vishvketu
- Mentee of the late Georg Feuerstein, and graduate of 800hrs of yoga history and philosophy (Georg Feuerstein, Traditional Yoga Studies)
- 'Teaching the teacher' internship in India at Anand Prakresh Ashram (Yogi Vishvketu)

Anandi has a blog where she explains different methods and techniques to cure insomnia. The blog includes a number of video demonstrations, written guides and advice to help with your development. Some blog posts include features on meditation, healthy eating and stress