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A novel approach to prevent obesity: Pranayama and nutritional approach

Obesity in children has doubled in the last decade, so the search is on for enjoyable, safe, and effective weight-loss solutions for youth. Pranayama and vegan nutrition are two potential solutions. Both the programs have proven effective in controlling obesity in teens. The purpose of this paper is to provide research basis for these strategies. Two separate research studies will be discussed. Pranayama is associated with breathing exercises and vegan nutrition is associated with low calorie diet providing all nutritional requirements. Pranayama, a form of yoga, involves “quiet, deep and forced breathing” exercises that provide oxygen to the system. Teens performing pranayama for 12 weeks reduced their body weight by an average 4.5 lbs. and lower BMI. Pranayama has been associated with changes in blood flow to different regions of the brain and changes in metabolic activities of the brain and control hunger. It was very effective in reducing BMI of teens. The research on vegan nutrition concluded that teens who consumed vegan diet had lower BMI than who are non-vegans. Therefore, it is important that a novel strategy to prevent obesity is to involve daily activities of 30 minutes pranayama in schools and encourage vegan diet. Thirty minutes of pranayama activities daily will help with controlling hunger and reduction in obesity.

Biography

Anand Shetty is a Professor in the Department of Physical Therapy at the University of St. Mary. He is also the Co-Director of Research in the department. Currently he teaches anatomy, exercise physiology, and a series of research courses. He received his Doctoral degree in Physical Education from the University of Northern Colorado. He has published and presented numerous articles on obesity and a frequent invited speaker on obesity and nutrition. He has more than 25 years of teaching and research experience.

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