Juicing and Meditation – A Great Combination for Spring

The focus on warmer weather and fresh starts makes healthy eating a popular choice for spring. Healthy eating is wonderful, but do you know you can enhance the effects of a good diet through meditation?

You may not think meditation is for you, but it has something for everyone, even the most cynical ones. It has the ability to relieve pain, bring clarity to all areas of life, to improve the skin, and generate a feeling of all round serenity, which helps with any area of stress within life.

It is no use working hard on your career, family, social activities if you cannot relax properly to enjoy them. As you work hard to make improvements to your life, make it your mission, a duty to yourself, to cultivate calmness and clarity, which will aid in these improvements.

Meditation is a means to tap into your inner self. No noise, no over analysing, just you. Maybe even a part of yourself you have not encountered before. It is a gift to yourself and here are three reasons why meditation is a must for those looking for self-improvement.

Meditation Heals

Meditation takes you to a very private place. It brings a sense of profound rest leading to a deep feeling but doesn’t leave you drained. Instead it gets you re-energised.

Practicing meditation regularly is a discipline. If you are a regular dieter or stick to a healthy food plan, you’ll know discipline is based upon motivation and upkeep. Like a juice plan, you must remain dedicated. In the case of meditation,

you should practice regularly, every day or twice a week.

Meditation can heal you at your core. You can reconnect with yourself and your intuition will be improved as well, providing a deep relaxation, which leads to clarity.

It helps with physical problems, too. Those who practice regularly find they sleep deeply. Recurring ailments like stress headaches can also be eased from meditation as well as inevitable processes such as menopause.

Those with addictions of varying levels of severity can use meditation, too. Even if it is just cutting down on something such as caffeine, the clarity which comes from meditation will be good for you. We like to feel our best even more so in the summer months, so it’s a good time to start being proactive.

Meditation Reveals the Real You

Since meditation is an act of self-love, one thing that nobody else can do or give to you, over time your own self-compassion will improve. You will benefit, as will those around you.

Life is stressful, and meditation can make it easier to become less reactive to issues around you, to feel less anger and frustration. Everyone can benefit from being more patient, and meditation naturally affirms this within you. The key is that you become more comfortable being yourself, even if you thought you were comfortable prior to meditation.

Look and Feel Healthier (and younger!)

According to *The Journal of Neuroscience,* meditating for five years or more keeps you physiologically five years younger than your actual chronological age. The healthy habits from meditation can be cultivated to cut down on food which is bad

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The healthy habits from meditation can be cultivated to cut down on food that is bad for us. According to the *Journal Emotion* and *The Journal of Behavioural Medicine,* those who meditate have significantly higher levels of DHEA, a natural steroid hormone that reduces stress, improves memory and regulates weight.

Everyone likes to feel youthful during the summer months. A new lease on life will improve progress and motivation in all areas of work. The ability to enjoy life with improved clarity will create better experiences for you and for those you care about the most.

Check out R-Awesome Juice Detox to learn more about how meditation accompanies a juice diet plan.

Further Reading:

- *4 Steps to True Health*
- *Yoga – A Beginner's Guide*
- *80% Raw Food Diet*