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## Restraining Compulsive Eating

Yogi Bhajan · 1979

*"Compulsive eating, irrational eating, and uncontrolled eating are self-depriving factors in the eastern hemisphere of the brain." - Yogi Bhajan*

At the time that compulsive eating affects you, sit in easy pose with a straight spine. Block the right nostril with the thumb of the right hand. Deeply inhale through your left nostril, hold the breath in to your capacity. Then exhale through the left nostril and hold the breath out for the same amount of time as you held it in. Continue in this way for 31 minutes.



Ninety days of practicing this breath technique for 31 minutes per day can take care of most chronic cases. But don't exaggerate. It should be long, deep breathing through the left nostril without pressure on the diaphragm. It makes the initial hemisphere of the left side of the brain to take command and project itself against the impulse that "I must go and eat".