

Lotus Health Services

Spices & Supplements

Cleaning the Body and Restoring
Intelligence

What Role Do Spices Play?

- Spices are essential food the body needs in order to keep the channels clean and open.
- The intelligence of spice aids the intelligence of the body.
- One example is Turmeric. Turmeric cleans the liver channels and improves the intelligent functioning of the liver. Without turmeric, the liver will eventually become dumb and diminish its ability to intelligently filter and clean the blood.

What Spices Do

- Spices are used in Ayurveda to enhance absorption, delivery, targeting and cleaning of various channels and tissues of the body. As such they become an essential and vital component of utilizing food as medicine.
- Don't be confused by the word spice. In our culture we typically think of spicy as meaning HOT to the taste. However, generally speaking most of our patients are not recommended many hot spices in the food.

What Spices Do

- The spices we use are usually turmeric to support the liver, cumin to enhance absorption, coriander to support the urinary system, fennel to cool and support the colon, fenugreek to support the fat metabolism, clove to open the channels, black pepper to support the respiratory system, cardamom to support the digestive fire, cinnamon to support glucose metabolism and the list goes on.

A Few Common Spices & Their Effects

Spice	Tissue Target	Effect
Turmeric	Liver	Anti: inflammatory, fungal, bacterial. Detoxifying.
Cumin	Channels	Channel opening and improves absorption.
Coriander	Urinary System	Supports detoxification through the urinary channels
Fennel	Colon	Cooling to colon, detoxifying, restores intelligent functioning.
Fenugreek	Fat Tissue	Cleans the fat tissue and channels
Black Pepper	Respiratory	Cleans respiratory channels.
Kalonji	Genito Urinary	Supports genitourinary function

A Note For Our Indian Patients

- For our Indian patients, these are all normal spices to use, but for most Westerners these may be new flavors to be incorporated into the diet. One note especially for our Indian patients: there are some spices used in Indian cooking which our Shaka Vansya Ayurveda does not recommend because they are too heating to the liver and can create problems.
- These are Asofoetida (Hing), Mustard Seed or Mustard Greens, and Red Chilli although Green Chilli is good. Please avoid these spices.

How To Use Spices

A Word Of Caution:

- Please only use the spices in the recommended fashion.
- Never eat raw uncooked spices.
- Never eat the spice alone without food unless specifically recommended by Dr. Beech.
- Never take spices in tablet form such as turmeric tablets as this can over stimulate the liver and release toxins into the body creating more problems.

Buying Spices

- When possible, buy organic spices to avoid pesticides and to get more Prana from the spice.
- Buy the spices whole and grind them in a spice or coffee grinder to get more Prana from the spice.
- Some Indian spices may only be available at Indian grocery stores.
- Do not buy turmeric powder from Indian Stores. Some stores sell colored chalk and call it turmeric.

Storing Spices

- Always store spices in a covered glass container. Mason Jars work great.
- Whole spices can be stored for several months.
- Ground spices are good for 2 weeks.

Spice Preparation

- We have prescribed you individual mixture of spices. This mixture is very specific to your physiological needs at this particular time in your recovery. From your pulse and history I have carefully analyzed and calculated which spices and how much of each one will help achieve the desired effect. This calculation will change from time to time. Therefore, your spice mixture will not always stay the same.
- If you would prefer for us to prepare your spice mixture for you, then please let us know by notifying Prabha at ayurveda08@yahoo.com.

Spice Preparation

- To prepare the spice mix start with whole organic spices except for turmeric which you will buy in powdered form. Do not buy the spices from an Indian Store as we cannot be assured of the quality. Sometimes the spice isn't even correct, i.e. onion seed is substituted for Kalonji and yellow chalk is passed off as Turmeric. So, only buy the spice from an Organic market or you can also buy the spices from us as we have an account with Frontier Herbs and can supply them to you as well.

Spice Preparation

- Toast the whole spices in a dry pan with no oil on a low heat. Be careful not to burn the spice. Remove from the heat to cool and put the powdered turmeric on top of the whole spices. That way it will toast slowly without burning. Once cooled, then grind all of the spices together. A coffee grinder, Magic Bullet or some similar device works well for this step. Store the spice in a glass jar to maintain the freshness. Plastic zip lock bags do not work well for spice storage.

How Much To Use

- Typically 1/4 to 1/2 teaspoon of the spice mixture is enough for cooking 2 to 4 servings of food. But this amount can be varied according to how much you like to use.

How To Use

- Because the mixture is toasted, you may sprinkle the spice on top of food. However, it is also good to cook the spice with food. In that case you may sauté the spice in little ghee or olive oil before adding a vegetable. Also, you may add the spice to water based cooking such as soups while it is boiling.

The Spice Mix Prescription

- Please note that when the prescription says for example "1 turmeric" this means 1 part. That part can be any amount as long as it is consistent with the other parts such as teaspoons or tablespoons etc. I suggest using teaspoons as your measurement so you don't make more spice mixture than you can consume before it loses its freshness.

Example

Say you have a spice mix recipe that instructs:

- 2 turmeric
- 1 cumin
- 3 coriander
- 6 fennel

This means that you grind 1 teaspoon of cumin seed, 3 teaspoons for coriander seed and 6 teaspoons of fennel seed. Then grind all the spices together including the turmeric.

Store this spice mixture in a covered glass container and use accordingly.

Cooking With Spices

Using A Spice Mix

Spice In Food

- Your spice mix is to be used on your food at lunch and dinner. Remember it is more than just for taste.

To get full benefit from both water-soluble and lipid soluble fractions of these spices, do both of the following at each main meal of the day.

Getting the full benefit from the water-soluble fractions:

- ◉ Mix 1/2 teaspoon of your personal spice mix with your vegetable soup, or cook with your veggies. If you do not prepare any veggies or rice in water, at least sprinkle a toasted spice mix over steamed veggies at the table.

Getting the full benefit from the lipid-soluble fractions:

- Measure 1/2 teaspoon of your spice mixture in one tablespoon of melted ghee (clarified butter), and heat until aroma is apparent. Apply spiced ghee to your rice or other dishes just before serving. This combined approach brings out both the water-soluble and lipid soluble bioactivities for a very potent result.

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