

Lotus Health Services

How Shaka Vansiya Ayurveda
Makes Food Your Medicine

You Are What You Eat

“Without proper nutrition, medicine is of little use....With proper nutrition, medicine is of little need.”

Caraka Samhita

2000 Year Old Ayurvedic Text

Food and Water Are Some Of Our Main Sources Of Prana

- Prana is nature's life force.
- Prana is absorbed by plants water and air.
- Our digestive system is designed to not only absorb the chemical elements of the food, but the subtle Pranic Energy as well.

Three Kinds Of Food

1. Intelligent Food – Fresh unprocessed food devoid of chemicals or genetic engineering. High Pranic Value.
2. Dumb Food – older than 4 hours, i.e. leftovers. Low in Pranic Value.
3. Dead Food – Canned, frozen or boxed food. No Pranic Value left at all.

Intelligent Food Is Like Rocket Fuel

- The Space Shuttle External Tank (ET) contains the liquid hydrogen fuel and liquid oxygen oxidizer and supplies them under pressure to the three space shuttle main engines (SSME) in the orbiter during lift-off and ascent. Wikipedia
- What would happen if Nasa tried to launch the space shuttle with low octane gas?

Your Body Needs The Best Fuel

- Your Body is much more sophisticated than the Space Shuttle.
- Of all creatures on the planet, your body was designed by Nature to perform at the highest level of function.
- To do that, it needs Intelligent High Prana Food.

What If I Don't Eat Intelligent Food?

What if I continue to eat anything that is available at the restaurant or the snack bar?

“Enjoy It While You Can”

Your Body can exist off of Dead
Or Dumb Food, but eventually
optimum function will diminish.

Symptoms of Reduced Function

- Fatigue
- Poor Sleep
- Poor Elimination
- Poor Digestion
- Anxiety
- Sexual Dysfunction
- Sadness
- Anger
- Joint Pain
- Muscle Pain
- Headaches
- Menstrual Problems

Eventually Dysfunction Becomes Disease

When The Body Is Deprived Of Prana
For Long Enough, Degenerated Tissues
And Systems Break Down And The
Disease Process Begins.

Organic Food

- Generally speaking, organic food is recommended.
- The nutrient level of organic food compared to commercially grown is up for debate.
- However, Organic Food has been grown without pesticides and genetic engineering.
- Therefore, it has a higher Pranic Value.

High Prana Food

How Can You Tell?

Very Simple

- If you were offered a Fresh Mango just picked off the tree and also offered a Mango from a can, which would you choose?
- Modern Nutrition would tell us there is no difference. They might even assert that the canned Mango has even more nutrition due to supplementation.

But You Know Better...

- Pranic food tastes better
- Pranic food smells better
- Pranic food “feels” better when you eat it
- Pranic food sits lightly in your stomach
- Pranic food give you high energy

Dietary Recommendations

What To Favor

Green Leafy Vegetables

- Cooked Green Leafy Vegetables such as Spinach, Kale and Chard.
- Always cook with your spice mix.
- Reduce this recommendation if you have loose stools or diarrhea.
- Not so much raw leafy vegetables, although a little is alright.

Summer Squashes

- One of the best vegetables because it is high in Soma, the cooling nurturing lunar aspect of Prana.
- Summer Squash is white on the inside.
- Examples are Zucchini, Yellow Squash, Patty Pan Squash.
- Cook with your spice mix.

Indian Summer Squashes

- 2 particular Indian Squashes are superb.
- Lauki, aka Long Squash. Is very good for the liver. It goes well with green papaya or White Daycon Radish.
- Jingi or Chinese Okra. A long dark green squash with ridges. Releases a lot of water when cooked which makes a tasty sauce. This squash is full of Soma.

Other Vegetables High In Soma

- Asparagus
- Okra
- Cabbage
- Brussel Sprouts
- Broccoli
- Cauliflower
- Green Beans
- Carrots
- White Daycon Radish
- Cilantro
- Green Papaya
- Avocado
- Artichoke
- Fenugreek Leaves (Methi)
- Indian Long Beans

Grains

- Basmati Rice – a naturally white rice that is light and easy to digest. In the Indian stores “Tilda” brand is very good.
- Quinoa – The grain of the Incas. Grows 12 – 15,000 feet above sea level. It is a complete protein grain that is high in zinc. Cook it like rice.
- Amaranth – A light grain, easy to digest.
- Barley – also a light grain that is easy to digest.

Fruits

- Sweet Juicy Fruits such as apple, pear, cherries, grapes, sweet berries, mango, peaches, and plums.
- Avoid Citrus fruits if your pH is below 6.5
- Limes are excellent as they are a pH buffer. They are high in Soma and we recommend them especially if you have a low pH.

Oils

- Ghee or clarified butter
- Organic Olive Oil
- We recommend cooking only with these oils.

Beans

- Only use small beans that are easy to digest:
- Split mung dahl – a small yellow lentil
- Masoor dahl – a small red lentil
- French lentils – very tiny green lentil

Bread

- Avoid Yeasted Breads
- Favor unleavened bread
- Indian Chapatti is excellent. Its delicious and very easy to make.

Intelligent Protein

- Meat Sources: Fish and Chicken cooked in your own spice mixture.
- Avoid Red Meat: Beef, Pork, Venison, Buffalo, Goat etc.
- Vegetarian Sources: Paneer (Indian Cheese), Fresh Mozzarella, Cottage Cheese, Quinoa, Whole Organic Milk, Fresh Yogurt (at lunch only).
- Avoid Tofu and Soy Products. It clogs the channels.

Milk Gets A Bad Rap!

Ayurveda says Milk is a necessary aspect of nutrition. It is a complete protein, it is high in Soma, it improves immune function and it is an excellent source of calcium.

Indians have drank milk for over 5000 years without Lactose Intolerance.

Lactose Intolerance is caused by 2 factors:

1. Polluted Milk
2. Improper Milk Preparation

Polluted Milk

- Commercial Dairies treat cows very poorly.
- Cows are given hormones to increase milk production
- Cows are sometimes fed feed with cow meat.
- Cows are machine milked and then kept in stalls till the next milking.
- In our opinion, Lactose Intolerance is really Toxin Intolerance to polluted cow's milk.

Improper Preparation

Milk is heavy, cool, sweet and oily.

Drinking cold milk increases these properties.

This increases Kapha Dosha in the body and results in the production of Ama – a sticky white mucous-like substance that clogs the channels of absorption and elimination. It also reduces the fire (agni) of digestion.

Result: Inability to digest the heavy cold milk creates gas, bloating and flatulence – Lactose Intolerance.

How To Make Milk Your Friend

- Drink only whole organic milk.
- Best to get Milk from pasture fed rather than grain fed cows if possible.
- Use this recipe to prepare your Milk:
 - 1) 50/50 whole organic milk and water.
 - 2) Boil with 2 green crushed cardamom pods, 1 tiny stick of cinnamon, 1 clove, 2 thin slices of fresh ginger.
 - 3) Sip milk slowly. Don't refrigerate.

Note On Low Fat Milk

- Milk is high in protein.
- Protein absorption is reduced by changing the fat: protein ratio.
- Reduced fat milk has an altered fat: protein ratio.
- If you want to reduce the fat of milk, then add water. This dilutes the milk and reduces fat while maintaining the delicate fat: protein ratio necessary for protein absorption.

Dietary Recommendation

What To Avoid

Channel Clogging Foods

- Tomato
- Banana
- Eggplant
- Bell Pepper
- Vinegar
- Any Large Beans
- Tofu/Soy Products
- Winter Squashes
(yellow or orange on the inside)

Although these foods are perfectly fine from a nutritional point of view, Shudh Ayurveda points out that they clog the vibrational channels (Nadis) and obstruct the flowing subtle vibrations of Prana.

Cold Foods And Drinks

If you run outside on a winter day with only shorts and a T-shirt, what would you do? You would constrict your body to maintain heat.

Your body is nearly 100 degrees. When you put ice cold drink or food inside your body, you constrict the channels of absorption and digestion.

You also freeze the agnis or fires of digestion.

The overall result is Ama: the metabolic by-product of poor digestion.

Have you ever eaten ice cream and felt heavy or dull afterwards? That's what it feels like to make Ama.

Red Meat

Red meat (yes we include pork here) is heavy and difficult to digest. Ayurveda uses the word *tamasic* (darkness) to describe the effects of red meat. This means that it shuts down the heart lotus and thereby obstructs the light (*sattwa*) from flowing to the mind.

Wow This Is Really Different!

What Do I Eat???

Yes... We Know Its Different

- Frankly, this is the hardest part of the program for most people. In an age when food is instantly available via restaurant, vending machine or microwave, the notion of preparing food can be daunting.
- It will take some discipline on your part to make the change to having a diet of predominately fresh foods.
- But the results are well worth the effort!

We Will Help You

Let's look at a list of foods you can choose according to your pH level. Just check your pH each morning before you brush your teeth, eat or drink anything. Then choose food according to the list.

Eat These Foods According To Your Daily pH

If pH is below 6.5	If pH is 6.5-7.4	If pH is higher than 7.4
Have stewed pear with 2 cloves in the morning	Stewed apple with figs and three cloves	Stewed apple/pear with 5 cloves
Favor Trinity water, sweet lassi	Fiji water, sweet or digestive lassi	Fiji water, digestive lassi
Favor alfalfa sprouts, broccoli, wheat grass, spinach (only when cooked with the spice mixture), olives, lime, asparagus, cabbage, Swiss chard, kale	Beets, celery, zucchini, sweet potato, avocado, okra, summer squash, turnip greens.	All vegetables ok. (avoid nightshades: potato, tomato, eggplant, ...)
Mung dahl, French lentil, quinoa	Mung dahl, French lentil. Soaked almonds, sesame seeds. Quinoa, amaranth, millet, wild rice, oats.	Mung dahl, tapioca, barley, millet, oat bran, buckwheat, semolina
Nectarines, raspberries, watermelon, pineapple and/or papaya after lunch. Lime juice.	Sweet grapes, dates, kiwis, sweet berries, raisins. Lime juice.	Strawberries, cranberries apricots, oranges, guava, pineapple, papaya, prunes. Raw honey, maple syrup. Lime and lemon juice.
White Daycon radish chutney, sweet potato chutney, or cilantro chutney	White Daycon radish chutney, or cilantro chutney	All chutneys ok. Incorporate cinnamon, cardamom, ginger, and fenugreek into diet.

Don't Worry!

If you aren't familiar with these kinds of foods. In the next module we will teach you how to cook these items.

General Eating Guidelines

How we digest and assimilate our food is just as important as what we eat. If these processes are disturbed, even the best diet will not provide proper nutrition. The following points include a variety of recommendations to aid in the most complete processing of food.

General Eating Guidelines

- 1.** Eat according to your level. Avoid eating when not hungry and do not delay eating when hungry.
- 2.** Do not overeat. Eat at about 3/4 capacity. Do not leave the table very hungry or very full.
- 3.** Allow 3-6 hours between meals. Do not eat before the previous meal is properly digested.

General Eating Guidelines

4. Eat a balanced meal with all six tastes.
5. Eat sitting in a settled environment. Do not read, watch TV or drive while eating.
6. Sip warm water during the meal. This enlivens digestion and helps the food be better dissolved and absorbed. Do not take ice-cold liquids and foods with a meal as they suppress digestion.

General Eating Guidelines

7. Fresh fruit and vegetables are recommended as part of your daily diet.
8. Sit comfortably for 5 to ten minutes after finishing the meal. This allows the digestive process to get well underway. If you immediately jump up from the meal digestion will be disrupted and the food will be improperly processed.
9. Chew the food well. Digestion starts in the mouth.

General Eating Guidelines

- 10.** Milk should be taken alone or with other sweet tastes. Milk should not be taken with vegetables, meat, fish, sour foods, salt or eggs.
- 11.** Eat fresh foods freshly prepared. Avoid leftovers.
- 12.** Avoid artificial foods, colors and preservatives.
- 13.** Honey should not be heated in any way such as by cooking, baking or by adding it to hot beverages.

Breakfast

- For breakfast we suggest a stewed apple. The apple should be eaten early in the morning. If you are still hungry later, you may have warm cereal such as oatmeal, cream of wheat or rice.
- Meat and eggs are best avoided, as they are heavy and difficult to digest in the morning.

Stewed Apple or Pear

- Why Stewed Apples?
- This is a great recipe for early morning nourishment. It stimulates timely bowel movements as well as digestion and metabolism.

- Recipe for one person:

- * 1 whole, fresh organic sweet apple cored and peeled.
- * 5 whole cloves (per apple)
- * 1/4 cup of purified water



- Directions:

- * Peel and dice apple into small pieces.
- * Add cloves, apples and water in a covered pot.
- * Stew apples in 1/4 cup of water until mushy consistency (usually takes about 30 to 45 minutes).
- * Remove cloves and discard before serving.
- * Let stand away from heat for 5 minutes to cool a little.



- Helpful Tip:



- Best if you sip a cup of warm water with your meal in the morning. This dish is not recommended at night - always eat as a breakfast first thing in the morning as early as possible.

Lunch

- Lunch should be the main meal of the day because digestion is strongest at midday. The ideal timing of lunch is 12:30-1:00.
- Ideally you should have a warm cooked meal. Lunch should consist of vegetables cooked with your spice mix, lentils such as Split Mung Dal and a grain such as rice or quinoa.
- Generally fish and chicken are fine but we recommend you avoid red meat, as the proteins are difficult to digest. Cook meat with your spice mix to make it easier for your digestive system.
- Sip room temperature water or lassi with your lunch.

Dinner

- Ideally dinner should be started by 6:30PM. Eat very lightly if dinner is after 7:30 PM. The later dinner is served, the lighter you should eat.
- Avoid heavy foods like cheese, yogurt, meats and oily and fried foods at dinner. If eaten at this time, when digestion is slow, they are likely to be improperly digested and can produce toxins. These foods are best taken at lunch.

Other Important Points

Eliminate or Reduce Caffeine:

- It is recommended that you eliminate or reduce caffeine from your diet.

Avoid Carbonated Beverages:

- It is recommended that you avoid drinking carbonated beverages. This is for the purpose of improving digestion and overall well-being.

Avoid Cold Foods and Drinks

- Avoid taking cold food and drinks in your diet because they weaken the fires of digestion.

Favor Cooked Foods:

- You should always favor cooked foods in your diet and take fewer uncooked or raw vegetables. You may have salad or raw foods when you want them, but in general cooked foods will be easier for your system to digest.

Avoid Leftovers:

- It is recommended that you always try to eat foods, which have been freshly prepared. Try to avoid leftovers, and even food, which has cooked and requires reheating. Leftovers are heavy, hard to digest and therefore create toxins in the system

Thank You

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