

Lotus Health Services

# Dietary Recommendations

Which Foods To Favor

# Green Leafy Vegetables

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- ◉ 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.
- ◉ In the Cooking Presentation we will give a great recipe for cooking green leafy vegetables.

# Summer Squashes

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- 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

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- ② 2 particular Indian Squashes are superb.
- ② Lauki, aka Long Squash. Is very good for the liver. It goes well with green papaya or White Daycon Radish.
- ② Jingi, Toori or Chinese Cucumber. 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

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- Asparagus
- Okra
- Cabbage
- Brussel Sprouts
- Broccoli
- Cauliflower
- Green Beans
- Carrots
- White Daycon Radish
- Cilantro
- Kohlrabi
- Avocado
- Artichoke
- Kale
- Indian Long Beans

# INCLUDE BINDERS IN YOUR DIET

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- Binders are food that bind the toxins in the colon so that they are not re-absorbed into the blood stream. Binders are especially important in the spring and early fall when the body naturally detoxifies and therefore the toxic load is greater.

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- The natural binders are:

1. Okra

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- 2. Taro Root aka Eddo and Arbi in the Indian Stores. Can cook it like sautéed potatoes and make French fries.

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- 3. Arrowroot flour - great as a thickener for soups

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- 4. Tapioca pearls - you can put in lentils or soup as a thickener

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- Alternative:

Stir 1 tsp of psyllium powder in a glass of warm water and drink before bed. Although this is simple, it is not as intelligent as eating the above items. Also, chronic use of psyllium can coat the intestinal wall, so don't use for more than 2 months.

Use some binder daily during detoxification.

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# Grains

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- 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

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- 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

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

# Beans

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- 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
  - For Indians: Kala Channa is good too.
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- All other beans, dals and lentils create toxins.

# Bread

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

# Intelligent Protein

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- Meat Sources: Fish, Chicken and Turkey 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

# The Best and Worst Food

# Milk Gets A Bad Rap!

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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 drunk milk for over 5000 years without Lactose Intolerance.

Lactose Intolerance is caused by 2 factors:

1. Polluted Milk
2. Improper Milk Preparation

# Polluted Milk

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- 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

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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

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- 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 the water for 5 minutes with 2 green crushed cardamom pods, 1 tiny stick of cinnamon, 1 clove, 2 thin slices of fresh ginger. Then add the milk and boil.
  - 3) Sip milk slowly. Don't refrigerate.

# Note On Low Fat Milk

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- 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.

# When Not To Drink Milk

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- If you are lactose intolerant, tell Dr. Beech. We may have to improve your digestion for a while before prescribing milk.
- If you have an upper respiratory or lung infection, milk may not be appropriate. However, under certain conditions, it may help the condition. Again speak with Dr. Beech.

# Thank You

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