

Lotus Health Services

Dietary Recommendations

What To Avoid

Channel Clogging

- ◉ Channel Clogging Food is a term you will hear from us frequently.
- ◉ When we digest food, our bodies break it down into various components separating out the nutrition portion of the food from the waste products and toxins.
- ◉ Also SVA recognizes that the life energy of the food or Prana is also transferred into the body.

Channel Clogging Food

- ◉ When the food is heavier than the ability of the digestive system to break down, then residue is created (aka AMA) that can clog the channels of circulation.
- ◉ Or if the digestive “fire” is too weak the breakdown the food stuff, the same result will occur.
- ◉ Both physical and vibrational channels (nadis) can be affected.

Channel Clogging Foods

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

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. We will teach you how to cook these items.

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