

VEDAWISE

AUTUMN 2019 | LEVEL TWO

AYURVEDA NUTRITION



MAIN 2 UNIQUE PROTOCOLS

BALANCING AGNI & DOSHAS / SEEKING SATTVA
& HEALING / MAKING EVERY DAY DELICIOUS

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Depression

“The fire burning within the individual is divine in its subtle essence and divine attributes of atom-like invisibility, weightlessness, as well as digesting all foods.”

~ Sushruta Samhita, v. 35:26

“Agni is responsible for life span, complexion, strength, health, enthusiasm, corpulence, luster, immunity, energy, heat processes and prana. One dies if agni is extinguished, lives long free from disease if it functions properly, and suffers illness if it becomes deranged. Agni is the root cause of health, disease and life.”

~ Charaka Samhita, v. 15:3-4

"We are what we digest."

~ Sushruta Samhita

AGNI

"All diseases are related to the weakening of Agni (digestive fire), Or by their intense and excessive activity. " ~ Charaka Samhita

The factors that lead to the weakening of Agni:

- Cold food abuse;
- Overeating
- Excessive heavy foods, fried foods, meats
- Eating before the main meal
- Inadequate combination of food
- Containment of physiological urgencies
- Sleep disturbances
- Eating at inappropriate times
- Mental imbalances such as; Fear, anguish, guilt.

"Do not eat unless you feel hungry; And not drink unless you are thirsty.

Do not eat when you feel thirsty, and do not drink when you feel hungry.

Chew food thoroughly; Focus your mind and be aware of the taste and textures of the food."

~ Camila Fávero Marcório

AGNI

How to improve Agni:

Herbs/Spices to enhance Agni: Aloe Vera, black pepper, cardamom, cayenne pepper, cinnamon, fennel seeds and ginger root Ginger tea.

Drink ginger tea all day, and with meals. Ginger is known in Ayurveda as the "universal remedy" because of its many benefits to the body, and has been used for over 2,000 years to treat digestive problems.

For Good Digestion

- * Eat Fresh, seasonal, whole foods
- * Prepare your meals according to time of day, season, dosha
- * Regulate the timing of meals
- * Avoid food incompatibilities

Daily Meal Rhythms

First thing in the morning drink a cup of hot water with 1 tablespoon fresh lemon juice to help elimination, get the digestive juices flowing, and cleanse out the digestive tract.

A light breakfast kick-starts digestion and provides energy. Fresh fruits and then follow 30 minutes later with warm cereal. Cold cereal, cold milk, cold juice, all are hard on the waking digestive fire.

For a mid-morning snack, choose fresh fruit—an apple for Kapha, stone fruit for Pitta, a sweet orange or mango for Vata. Fruit is best eaten in the morning, and on its own.

The ideal ayurvedic lunch includes two or three kinds of vegetables, one of which should be a leafy green; a lentil or bean dish or a paneer dish; a whole grain; a chutney or relish; a small helping of a warm salad or soup; and lassi, a beverage made by blending together fresh yogurt and water.

Daily Meal Rhythms

Meals should be cooked with dosha - appropriate spices, and using a dosha-appropriate healthy fat—ghee or coconut oil, eg. Portions can be kept small to moderate, but variety is crucial for wholesome, balanced nutrition.

If you need a mid afternoon snack try soaked nuts for Vata; soaked almonds for Pitta; sunflower or pumpkin seeds for Pitta or Kapha; popcorn with low salt/butter for Kapha.

For dinner eat a small, light meal: a one pot vegetable-grain dish or a vegetable-lentil soup with a whole-wheat chapati, for example.

Sip water through the day, but limit your intake at meals. Do not drink iced, carbonated or caffeinated beverages and avoid milk with meals.

At bedtime, drink a cup of warm milk spiced with nutmeg for Vata, cardamom for Pitta and ginger for Kapha.

Appetizer

To enhance the appetite, or address irregular Agni have a slice of fresh ginger root spiked with rock salt and fresh lemon juice an hour before a meal. Chew fennel seeds after a meal to enhance digestion and freshen the breath naturally.

Rasayanas such as Amalaki and Triphala after a meal helps boost assimilation while helping to flush ama.

GINGER MATCHSTICKS

Excellent for vishama agni

Ingredients

Ginger

Lemon

Rock salt (pink salt is an okay substitute)

Method of Preparation

Slice a 1/4 inch coin of ginger. Peel and cut into matchsticks. Drizzle with fresh lemon juice. Sprinkle with salt. Eat 1-2 matchsticks one hour before meal.

Store in the refrigerator for up to three days.

GARLIC MILK

Ingredients

Garlic, 10-13 cloves peeled

Milk, 1 cup (150 ml)

Water, 1 cup (150 ml)

Preparation

Mix water and milk in a saucepan. Tie the garlic cloves in a clean thin cotton cloth using a string and immerse this in milk-water mixture. Heat this over a low flame until the mixture reduces to one cup. Squeeze the garlic bag into milk and discard the garlic bag. Serve warm on an empty stomach. If acidity is present, drink after meals. Can mix in honey once cooled.

Garlic is pungent (katu rasa) and hot in potency (heating virya). Its gunas (attributes) are: hot, dry, light, sharp (penetrating), aromatic. It's penetrating capacity enables it reach deep tissues quickly. Garlic alleviates kapha and vata. Due to its hot potency it vitiates (depletes) pitta and rakta dhatu, and so should not be used in disease or imbalance involving pitta dosha and rakta dhatu (gout, psoriasis, skin rash).

Garlic Milk Benefits

Boosts shukra dhatu, reduces flatulence, improves digestion for VK. Mixed with honey, it is helpful with pain, sciatica, arthritis and inflammatory conditions.

Garlic milk balances vata or vayu. Balanced vata helps to normalize bowel movement, relieves flatulence and constipation. Charaka considered it a “best remedy for indigestion as it improves digestion.”

Garlic when processed with low fat milk makes an excellent home remedy which lowers the blood cholesterol. It penetrates deep tissues and clears the clogs. It boosts blood circulation and is heart friendly.

The anti-inflammatory properties help to relieve body and joint pain. Garlic milk is especially helpful in sciatica, arthritis and other inflammatory diseases.

It acts as a rasayana and rejuvenates body tissues. Regular consumption of this milk leads to increased body immunity and protects from common cold, fever and other common viral infections.

Garlic Milk Benefits

Garlic milk is given to breastfeeding mothers to increase lactation. Based on ayurvedic principles this recipe purifies mother's milk and increases the quality and quantity of breast milk.

Sage Charaka wrote that both garlic and milk are aphrodisiac and can be used in Vajikarana Therapy to strengthen the sexual energy of men.

Caution:

- * People who are on anticoagulant medications should not take this.
- * It is a strict **no** for psoriasis patients.
- * Avoid in any case of pitta dosha, or rakta dhatu vitiation.

CCF TEA

Agni regulating

Equal parts Cumin, Coriander and Fennel seeds. Boil 2 tablespoons with 8 cups water. Sip warm throughout the day. Lemon juice can be added, as can ginger.

PITTA DIGEST LASSI

Loose stools

1 cup full fat yogurt
1 cup filtered water
1 teaspoon nutmeg
1 pinch pink salt

Blend on high to make frothy. Sip at room temperature until full.

DEEP SLEEP TONIC

Vata reducing

1 cup mylk
1 cup water
1-2 dates
1 teaspoon nutmeg

Put everything in a blender and blend until the date is dissolved into the mylk. Pour into a saucepan and gently heat, stirring often until it comes to a low boil. Serve warm an hour before sleep.

MOLD DETOX PROTOCOL



Ingredients

Tinctures of Garlic,
Wormwood and Clove

Method

One dropperful of each
taken in a glass of room
temperature water daily
for three weeks.

Option: Tulsi tincture

Tulsi is antimicrobial, therefore antifungal. It is cleansing and strengthening to the lungs where stagnation from the effects of mold can accumulate. Again, add one dropperful.

Additional: Broccoli helps detox glyphosate, cilantro detoxifies heavy metal, turmeric fights fungals, and saccharomyces boulardii, aka sac b, helps clear unwanted yeast (mold) from the gut. Take daily.

DETOX FOODS

Food sourced Alpha-lipoic acid: spinach, broccoli, yams, potatoes, yeast, tomatoes, brussels sprouts, broccoli, carrots, beets, kiwi (chinese gooseberry), rice bran. Organ meat is also a source of alpha-lipoic acid.

Flaxseed oil: 1 tablespoon (14g) provides 8.0g of ALA.
Caution: Can be drying. Use medicinally.

Sesame oil: Sesame seed oil contains powerful antioxidants called lignans, which are also anti-carcinogenic. They also contain phytosterols, which block cholesterol production. Sesame oil has a strong taste; not good for frying. Good with salads or stirfry.

Cilantro: Studies have shown that levels of mercury, lead, and aluminum in the urine increase significantly after consuming large amounts of cilantro. Source

Apple: The pectin in apple helps bind toxins and remove them through the colon. Also Pitta reducing.

Pumpkin Seeds: High in minerals essential for cellular detoxification and fiber to boost proper elimination.

DETOX RECIPES

Lemony Celery Detox Soup

<https://food-alovestory.com/lemony-detox-spring-veg-soup/>

Nickel Free Curried Sweet Potato Bisque

<https://food-alovestory.com/nickel-free-curried-coconut-sweet-potato-bisque/>

Detox Dal

<https://food-alovestory.com/detox-dal-a-simple-winter-soup/>

Healing Lentil Soup

<https://food-alovestory.com/1-day-winter-detox/>

Detox Tabbouleh

<https://food-alovestory.com/detox-tabbouleh/>

Healing Apple Sauce

<https://food-alovestory.com/apple-sauce/>

Apple Cleanse Smoothie

<https://food-alovestory.com/detox-protein-smoothie/>

Cilantro Pesto

<https://food-alovestory.com/spring-clean/>

HEAVY METAL DETOX

Of course, metals are naturally occurring in our soil and our foods, and many are vital to healthy biological processes. Please know that while heavy metal excess can be serious with the right help your body can detoxify these metals and restore right balance.

Foods that chelate metals:

Apples, Beets, Citrus pith, Olive Oil, Ghee, Garlic, Eggs, Cilantro, Parsley, Cauliflower, Broccoli, Kale, Cabbage

Supplements that chelate metals:

Chlorella, Zinc (pumpkin seeds, sunflower seeds, brewer's yeast, eggs), Zeolite, Pau d'Arco Tea, ALA

Supplements that help prevent uptake:

Vitamin C, Iron

Supplements that strengthen elimination:

Psyllium, Flaxseed, Apple, Triphala, Probiotics, Montmorillonite Clay, Marshmallow root, Activated Charcoal, Slippery Elm, Essiac or Flor-essence Tea

Avoid aluminum cookware and aluminum based deodorants; high-mercury fish such as swordfish, shark, roughy, and albacore tuna. Filter your drinking water.

HEAVY METAL DETOX PROTOCOL

Breakfast

Include Yogurt (but never mix yogurt with fresh fruit)

Morning

Green Juice: 1 apple cored, 1 tablespoon chlorella, the juice of 1/2 a lemon, 2 cups purified water. Optional: Black Strap molasses, or Maple Syrup

Mix well and sip at room temperature throughout the morning.

*Zinc / Vitamin C

Lunch

Kitchari or Dal

With your meal include:

1 serving of Beets with Olive Oil and Parsley

1 tablespoon Cilantro Pesto or Pistou ([recipe here](#))

Dinner

Vegetable Soup or Puree

Keep it organic and enjoy a bounty of colorful vegetables

Snack (if hungry)

Apple slices with cinnamon, Homemade Apple Sauce, or warm Apple Cleanse Smoothie

Detox Mung Beans & Greens

Makes 2-4 servings

Ingredients

1 knob of ghee (or earth balance or coconut oil)
2 inch piece of leek, chopped and rinsed
2 cloves garlic, peeled and chopped
1/2 inch ginger, peeled and chopped
1 pinch mustard seeds
2 shakes curry powder
1 c whole mung, soaked a minimum of 6-8 hours
4 cups water or veg broth, or a combination of both
4-5 stalks rainbow chard, rinsed and chopped
1 bunch dandelion greens, rinsed and chopped
pink or sea salt, black pepper

Instructions

Melt the ghee (oil) in a medium sized saucepan over medium high heat. Sauté the leeks. Once softened, add the garlic, ginger and mustard seeds. When the mustard seeds begin to pop, shake in the curry powder, and give your pot a whirl.

Rinse and strain the mung beans. Stir in the pan. Add broth/water and cover. Once it comes to a boil, reduce heat to low. Allow to simmer 20 minutes. Add greens.

Detox Beans & Greens

Mung Beans & Greens, cont'd

Simmer on low heat for 5-10 minutes. Taste and season with salt and black pepper. Turn off heat and let sit for 5 minutes.

Serve with a spoonful of kimchi, or your favorite ferments, to fire up flavor and digestion. Garnish with pumpkin seeds for a salty crunch and the fiber/minerals that assist purification.



DEPRESSION

Eliminate sugar
regulate meals
Regulate sleep
No napping
Eat only non-GMO
Determine Dosha/Ama
Regulate Agni
Consider deficiencies

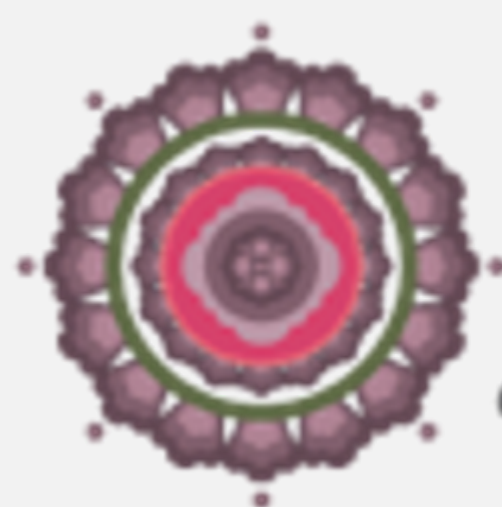
Tryptophan intake?

Foods known to be high in tryptophan include:
chicken, eggs, cheese, fish, peanuts, pumpkin and
sesame seeds, milk, turkey, tofu and soy, chocolate

In order for tryptophan to be converted into niacin,
however, your body needs to have enough iron, vitamin
B-6, and vitamin B-2.

Common uses

Tryptophan is commonly used to treat insomnia and
sleep disorders like sleep apnea, however, there's not
enough evidence to determine whether this is an
effective use. More research needs to be done to see if
tryptophan is safe to treat any of these conditions.



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