



We announce launch of our new website <http://ayushkar.com> devoted to organic Ayurveda products. Kindly visit to get 100% certified organic and quality Ayurveda herbs.

Vol 11 Issue II

APPROACH OF AYURVEDA TO FOOD AND NUTRITION

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U.K.
Ayur Herbal Products
www.ayurherbalproducts.com

Ireland:
The Samadhi Centre
<http://thesamadhicentre.com>

Dear Readers,

In our last edition we had discussed about the Ayurvedic principles of diet. The food preferences according to season were discussed in that article. Taking a step further, in this edition too we are putting some more information on the approach of Ayurveda to Food and Nutrition.

The food we eat can help us live healthier by strengthening our mind and body, enhances our immune system and helps the body maintain correct weight. This in turn reduces the risk of diseases and also lowers our health care costs. By following the guidelines in this edition one can keep oneself healthy in a very simple way.

We are very happy to share a good news with you that we have just launched our new website <http://ayushkar.com> dedicated to certified organic Ayurveda herbs and products. Kindly visit and help us by your valuable opinions to improve further.

We heartily welcome your suggestion on our newsletter how to make it more useful and knowledgeable.

Best Regards and Namaste.

Dr. Rajesh Kotecha 'Vaidya', M.D. (Ayurveda)
Director,
Chakrapani Ayurveda Clinic and Research Center

DR. KOTECHA'S ITINERARY - 2010

Dr. Rajesh Kotecha, M.D. (Ayurveda), CEO of Chakrapani Ayurveda, India is in Italy till 25th February. He can be reached by calling Sophie Marland at 00395803856.

He will be visiting USA, Brazil, Colombia, Netherlands Antillis (Curacao island), France and different countries of Europe during the year 2010. His program for the lectures, workshops, personal consultations and Panchakarma at different places is as below. We invite our readers from above countries to attend any of his events to be organized during below said period. To get the details of his travel to the respective countries and to register for an appointment with him, kindly call / contact

Colombia:

Ms. Gisele Dupuis
gdupuis@cablenet.co

Curacao:

Ms. Soraida
<http://curvedic.org>

Germany:

Dr. Ramin Mobasseri
www.dr.mobasseri.de

In India and all the other countries: Chakrapani Ayurveda [Click here](#)

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below.

30th March 2010 to 18th April 2010 – USA

Contact person: Mr. Gary Grewal
 E-mail : gary@garrysun.com
 Website: <http://garrysun.com>
 Toll Free: 1 888 98 HERBS

6th May 2010 to 15th May 2010 – Rio, de Janeiro, Brazil

Contact - Mr. Jorge Farias
 E-mail: fariasjh@hotmail.com Ph: (21) 2261.5352

15th May 2010 to 28th May 2010 – Bogota, Colombia

Contact person: Ms. Gisele Dupuis
 E-mail : gdupuis@cablenet.co

28th May 2010 to 3rd June 2010 – Curacao

Contact person: Ms. Soraida Bishop
 E-mail : fundashongrupopakomunidat@yahoo.com
 Website: <http://curvedic.org>
 Tel: +5999 5181223.

19th June 2010 to 25th June 2010 - France

Contact person: Mr. Fernard
 E-mail : sietpa.sarl@gmail.com
 Tel. 0556 959 523
 Website: <http://massages-ayurvedique.com>

Important inputs on Ayurveda approach to Food and Nutrition

- Edited by Dr. Agneesh Roy

- **Diet high in whole grains** and other fiber-rich foods that provide lasting energy throughout the day. Fiber helps maintain a toned digestive tract by providing bulk which helps toxins and excesses to be evacuated easily. When the intestines are regularly cleaned, the body does not become overloaded with undigested material that would otherwise seek elimination through the skin and hence a burden to the body.
- **Low in fat diet** keeps the blood clean, prevents clogging and helps the circulatory system working efficiently which in turn nourishes the whole human system, and naturally keeps the weight controlled. On the contrary a diet rich in saturated fats leads to clogging up of veins, arteries, and organs which are obviously injurious to health.
- **Diet low in refined sugars.** Refined carbohydrates are empty calories which only serve to pack on the weight. They give the body a quick boost of energy that is always followed by a

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Kindly visit our recently launched websites on different aspects of Ayurveda as listed below:

<http://ayushkar.com>
<http://arjuna.co.in>
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<http://nirgundi.com>

physical (and emotional) lowness. This stresses the pancreas and adrenals hence devitalizing the body. Refined carbohydrates deplete the body of minerals which are essential for all its vital functions. It is the combination of refined carbohydrates and excess protein which forces toxins to the skin surface in the form of pimples.

- **Diet high in minerals** that keep the body looking alive and charged with energy. Minerals greatly contribute to that intangible radiance, freshness, and magnetic look of a person, reflecting good health.
- **Intake of food low in animal proteins & rich in vegetable proteins.** Low protein diets weaken the body and cause a hollow, sunken look to the face. Diets high in animal proteins raise the toxicity by increasing the waste products in the body due to their slow transit time (It takes meat about three days to be completely digested and expelled from the system). This slows digestion and depletes the body of minerals. Vegetable proteins, on the other hand, fully nourish the body, being quickly and efficiently metabolized. At the same time, not everyone would want to take only vegetarian food. Thus, Ayurveda has the means of making meats more digestible with spices such as garlic, ginger, cumin, cayenne, and black pepper.
- **Low intake of salt.** Diets high in salt tend to make the mind and body stiff and tight. Having a constricting influence on the body, it tends to slow circulation and create retention of fluid in the body. This gives a puffy look and areas under the eyes appear to be sunken. In Ayurveda, a very low salt diet is suggested in some skin problems.
- **Absence of strong stimulants or depressives** such as coffee, sodas, or alcohol. These stress the body's organs and make skin loose and flabby, furrows the brow and swelling under the eyes in the long run.
- **High in fresh organic foods** whenever possible. These are nutritionally the richest, coming from healthy soil and thus carry the strongest, vital energy. This contributes to a radiant, rich glow in our face and skin in general.

Recipe from Grandma's Diary : Dates Walnut cake

Ingredients :

1. Seedless dates 500gm,
2. Walnut pieces 300gm,
3. Milk enough to dip the dates 250 ml

Method :

Make pieces of dates and keep them in a vessel with thick base. Add milk to the dates and keep it on low flame. When the dates get softer mash them with a masher and add crushed walnut coarse powder to it. Mix it well and then invert it into a greased plate. Level it by tapping . Cut it into pieces on drying.

Note: The preparation can be stored at room temperature for a week and in refrigerator for 15 days

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AKSHAYA PATRA : Good initiative for free food to school going children in India -

The Akshaya Patra Foundation, the world's largest school meal programme currently feeding over one million school children across seven states in the India. Their kitchen in Jaipur, Rajasthan is having state-of-the-art facility and it is equipped to feed 30,000 children everyday.

For donations kindly contact - Shri Balamukunda Dasa
 The Akshaya Patra Foundation
 +91 9799999889 (cell)
 email:-
balamukundadasa@gmail.com

INTERESTING HEALTH NEWS

Yoga Cuts Inflammation

INDIA, January 12, 2010: Incorporating yoga sessions in your daily routine could lower a number of compounds in the blood and reduce the level of inflammation that normally rises because of both normal aging and stress, revealed a new study. Conducted by Ohio State University researchers, the study showed that women who routinely practiced yoga had lower amounts of the cytokine interleukin-6 (IL-6) in their blood.

IL-6 is an important part of the body's inflammatory response and has been implicated in heart disease, stroke, type-2 diabetes, arthritis and a host of other age-related debilitating diseases.

For the study, researchers assembled a group of 50 women, age 41 on average. Ron Glaser, a co-author and a professor of molecular virology, immunology and medical genetics, said that the study has some fairly clear implications for health. "We know that inflammation plays a major role in many diseases. Yoga appears to be a simple and enjoyable way to add an intervention that might reduce risks for developing heart disease, diabetes and other age-related diseases. This is an easy thing people can do to help reduce their risks of illness," he said.

Source: timesofindia.indiatimes.com

CHAKRAPANI PRODUCT OF THE MONTH

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For more details on these products please visit: <http://www.chakrapaniayurveda.com/>

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