

Yogic Diet & Lifestyle

As we journey towards a simple and nutritious approach to food I hope to inspire you to put life back into your life, heal and experience optimum health within your life with information and tips.

Food, environment, lifestyle, *and* what we put on our skin determines well-being every day, in mental and physical performance, long-term health, and disease prospects. Understanding how to optimize the diet requires in-depth knowledge of the impact that nutrients, genetics, and chemistry of foods have on the body.

The objective here is to provide a guide to simplify and make healthy eating more understandable. Eating the optimum human diet at any age will reduce illness, commonly known allergies, auto-immune, and chronic diseases.

This guide assumes that one is generally healthy with no food allergies, genetic disorders, and/or auto-immune diseases are present, does not address cautionary advise during pregnancy as there are some foods & herbs that should be avoided (or added) in these cases. Always check with your doctor (Naturopathic) in special circumstances.

Eat Like a Yogi - Ayurveda 101

Ayurveda, as well as modern science, teaches that, when the root cause of an imbalance is treated rather than just the symptoms, the body can heal itself. When this is not happening, it is usually because the body does not recognize the problem as a problem. The cure, then, is in the enhancement of the body's own internal awareness of itself. AWARENESS = HEALING

I. **Agni** – FIRE, SUN, YANG

Soma – COOL, MOON, YIN

A. **The Importance of Agni**

The Ayurvedic concept of fire, or Agni, is critically important to our overall health. The amount of Agni determines the **state of health**.

Agni is the fiery metabolic **energy of digestion**, allows assimilation of food while ridding the body of waste and toxins, and transforms dense physical matter into subtle forms of energy the body needs.

Agni is

- hot,
- sharp,
- light,
- penetrating,
- spreading,
- subtle,
- luminous,
- clear

Agni is the force of intelligence within each cell, each tissue, and every system within the body.

Ultimately, it is the discernment of Agni that determines which substances enter our cells and tissues, and which substances should be removed as waste.

In this way, **Agni is the gatekeeper of life.**

Ayurveda identifies a vast range of functions for which Agni is directly responsible, but it also teaches us that **impaired Agni is at the root of all imbalances and diseases.**

B. Many Faces, One Essence

Ayurveda identifies at least 40 distinct subtypes of Agni in the body—each defined by its specific physiological function as well as its location in the body.

The mother of all of them is Jathara Agni, the central digestive fire that governs the digestion and assimilation of food.

But there are other fire components in the body's cells, tissues and organs that govern things like sensory perception and the nutrition of specific tissues.

- *Jathar-agni* determines the production of hydrochloric acid in the stomach,
- *Bhuta-agni* determines the production of bile in the liver,
- *Kloma-agni* determines the production of sugar-digesting pancreatic enzymes and so forth.

The nature and quality of these *agnis* depend on one's *dosha* which can be – *vata*, *pitta* or *kapha*.

Despite this apparent diversity, it is important to recognize that Agni shares the same fundamental qualities everywhere it exists in the body.

A **poor diet, an unsupportive lifestyle, and unresolved emotions** can easily hinder Agni by dampening any of these qualities throughout the system. Similarly, nurturing the qualities of Agni in a very general way has the potential to benefit Agni throughout the body.

C. What Does Agni Do?

Agni governs

- Transformation
- Digestion, absorption, assimilation
- The creation of digestive enzymes
- All metabolic activities
- Strength and vitality
- Tissue nutrition
- The production of ojas (vitality), tejas (intelligence), and prana (energy) perception)
- Skin color, complexion, glow, and luster
- The maintenance of body temperature
- Mental clarity
- Intelligence
- Sensory perception (especially visual
- Flow of cellular communication
- Alertness, affection, and enthusiasm for life
- Courage and confidence
- Joy, laughter, and contentment
- Discrimination, reason, and logic
- Patience, stability, and longevity

D. Healthy Agni

When Agni is balanced, it tends to support **strong immunity, and a long, healthy life**. Balanced Agni also adds a certain fragrance to our lives – **Ojas** - a zest for living that makes the whole experience more enjoyable. The cardinal signs of balanced Agni include:

- Normal appetite (Note: healthy hunger involves lightness, clarity, and a pleasant anticipation of food, but not an urgent need to eat)
- Clean tongue (no coating)
- Proper appreciation of taste
- Good digestion, balanced metabolism
- Can digest a reasonable quantity of any food without issue
- Proper (and regular) elimination
- Complete absence of nausea (or suppressed appetite)
- Easily maintains homeostasis
- Stable health
- Steady weight
- Normal blood pressure
- Good immunity
- Sound sleep
- High energy, strong vitality
- Surplus of ojas, tejas, and prana
- Calm mind
- Clear perception
- Courage, lucidity, and intelligence
- Cheerfulness, optimism, and enthusiasm
- Love of life
- Natural longevity

E. Impaired Agni

The strength of agni is inevitably affected when its qualities are muted by a poor diet, improper food combinations, an unsupportive lifestyle, emotional disturbances, or even damp, rainy weather. If we can learn to recognize and address imbalances with Agni relatively quickly, the effects need not be long lasting. Otherwise, they will undoubtedly lead to ill health and disease.

Here are some important warning signs that Agni is not operating at full strength.

- Emotional disturbances, with an increased tendency toward fear, anxiety, anger, confusion, lethargy, or depression.
- Low energy, weakness, or fatigue

- Suppressed or over-active appetite
- Indigestion: gas, bloating, constipation, nausea, hyperacidity, loose stools, a sense of heaviness, feeling tired or mentally foggy after meals.
- A tendency toward congestion in the sinuses, the lymph, or even the mind.

While these disturbances can be short-lived or chronic, the impaired digestive process inevitably leads to the accumulation of wastes, the vitiation of the Dosha (Vata, Pitta, and Kapha), and the stagnation of emotions. Unfortunately, these are all causative factors in the formation of ama, a toxic residue that is capable of completely disrupting our health and well-being. ***According to Ayurveda, when the Agni is extinguished, death soon follows.***

F. Determining the Nature of Your Imbalance

Disturbed Agni can manifest in countless ways, so it is critically important to look beneath the symptoms and to address the root cause of the problem. The appropriate treatment is going to depend on which qualities of Agni are most impaired, how they became that way, and where in the body the disturbance is most active. The first and perhaps most critical step in reclaiming health is to begin to understand the nature of your particular imbalance.

An Ayurvedic practitioner can help to hone in on your unique situation and can recommend a personally tailored treatment program to support your Agni, alongside any other imbalances that need addressing.

G. Deepening into Reverence

As we have seen, Agni is of central importance in our lives. Not only is it essential for proper digestion, it also plays a critical role in the maintenance of overall health, affecting everything from our digestive and excretory functions, to our mental capacity, emotional health, and enthusiasm for life. Developing reverence and respect for our agni and learning to care for it properly are among the most sound investments we can make in our overall health and well-being.

II. A. OJAS - Ayurveda refers to one's vigor, immunity, strength, radiance, mood, sleep, digestion, spirituality, and happiness as "ojas," - in balance = PRAKRITI It takes 30 days to rebuild Ojas by ingesting healthy whole foods in a calm and relaxed manner.

Love & affection (raises melatonin, which increases oxytocin), joyful activities, laughter, nature, rest, creativity, serving others. Foods like dates, almonds, coconut, ghee, honey, cardamom, ashwagandha, raw milk.

Ojas is depleted by stress, overwork, lack of sleep, excessive alcohol, overexertion, malnourishment, poor digestion & absorption, draining emotions (fear, anxiety, depression, anger). A lack of ojas (imbalance = VIKRITI) manifests as

tiredness, sadness, compromised fertility & immunity, cold hands and feet, dull complexion, cognitive and memory issues. Rushing through a meal initiates the fight or flight response and disrupts digestion.

B. Rasa is the vitality of plants concentrated in their juice, flavors and aromas. Rasa to support Ojas is the basis of rejuvenation, which in turn is the foundation for long life and spiritual accomplishment.

Three Season Diet:

In Nature, there are three harvest seasons that make up the seasons of diet:

Kapha - Spring

Pitta - Summer

Vata - Fall/Winter

III. Why Eat Seasonally?

A. **It's as nature intended, providing variety.** Just as a deer will eat bark in the winter, that bark will kill the deer in the summer. **When we adjust our diet and lifestyle to match the season, health-promoting digestive microbes dramatically change.** Traditionally, the Ayurveda diet did include some animal sources of food, which also varies among the seasons. Choose ethically. Adjust to your own personal Dosha.

- B. In the **fall/winter**, choose to eat warm foods & soups, higher protein and fats including nuts, whole grains, squashes, and fruit harvested late summer.
- C. In the **spring**, focus on sprouts, early leafy green vegetables, seeds, and berries.
- D. During **summer**, choose to eat higher carbs that are mostly cooling fruits and vegetables.
- E. **Compliment and adjust for your Dosha during each season.**

- **A note about regional climates and eating locally:** These foods have qualities that are helpful for balancing Winter (Vata), even if they are not local or seasonal in your region. If you want to really go for it, you can eat only local foods, but you don't have to. Your winter season may also start or end earlier or later than November – February, and even that can vary year by year. Simply stay tuned to the climate changes in your area and adjust accordingly, day by day. Soon it will become easy and natural for you as you experiment and listen to your body.

Ayurvedic seasonal lists classify foods from around the world, as well as locally, according to the qualities needed to balance the extremes of that season. Some of the foods on the Ayurvedic lists represent their original harvest times in their indigenous regions. Foods harvested today do not always represent the season that they were originally harvested.

Even if a food on the list is not harvested in one's region during that season - or never grow in one's region - their qualities are still balancing. One can take it to the next level by eating locally, but this is not necessary to stay balanced. Many people appreciate the variety that the lists offer as eating locally in many climates would be too limiting for most modern palates.

IV. A Yogic Diet Is ...

1. A yogic diet is vegetarian.

The lion is a great meat-eater, and he is called the king of the jungle. But no animal can match the elephant, a complete vegetarian, for pure strength. ~Yogi Bhanjan

Fear of protein deficiency is the meat-eater's main objection to a vegetarian diet. Yet, ironically, meat eaters obtain the worst quality protein from their food—protein that is dead or dying. Animal protein contains too much uric acid and other toxins to be broken down by the liver; some are eliminated, but the rest are deposited in the joints and tissues, leading to problems such as arthritis and cancer. Uric acid is a toxin that also makes it harder to reach the higher, clear meditative state because it is an irritant in the bloodstream. Meat is also among the greatest sources of cholesterol, which contributes to heart disease, hardening of the arteries, and senility. Meat takes three days to pass through the digestive system. For optimum health, men need to digest food within 24 hours, women 18 hours.

Nuts, dairy products, leafy greens, and legumes are full of high-quality protein. Their main residue is cellulose, which is inert, and does not pollute the body. It is readily digestible, utilized by the body quickly and efficiently.

2. A yogic diet is free of chemicals and stimulants.

Choose organic when available, and avoid caffeine, tobacco, alcohol, and artificial sweeteners. These substances are not healthy for the body and alter the mind, making it more difficult to concentrate on the Divine.

3. A yogic diet contains fresh foods.

If possible, always prepare a fresh meal, only taking in the freshest and the best.

4. A yogic diet is eaten at regular intervals, two hours before asana practice or sleep.

Eating at regular times allows the body to better utilize its energy throughout the day as it anticipates intake of calories at these times. The body has cycles, and functions best when these cycles are regular and steady. The same goes for our meal times. Avoiding food two hours before exercise or sleep helps the body function at its best capacity. Energy for digestion should not be taken away for the purpose of exercise. Ensuring proper time for digestion before sleep helps to keep the mind clear. Thus, the hormones produced during sleep can be utilized efficiently to repair tissue damage and fight infection, which is ideal, instead of for digestion.

5. Take time to fast.

The yogis recommend choosing one day each week to fast. A fast can be strict, not allowing anything to enter the body. Or, it can include water and fruit juices. Whatever you choose, keep in mind that the goal of a fast is to purify the body and mind.

If once a week is too difficult, choose to fast on specific dates such as Ekadashi, the 11th day of each lunar month (observed by yogis to be an auspicious day), on the new moon or full moon, for example.

6. Practice ahimsa.

The first of the yoga observances (yamas), ahimsa or nonviolence can be applied to the food we eat. Making environmentally-conscious health choices that do not harm other people, animals, or the planet takes conscious awareness.

Keep in mind that small, seemingly insignificant changes in eating and living can have big implications. Above all, remember that we are all gods and goddesses, and the body is a temple! Keep food choices simple, pure, fresh, and using good judgment.

7. A Yoga diet is Sattvic

V. GUNAS: Nature's Fundamental Forces and Qualities of the mind

A. Sattva: sentient, Balanced, harmony, serenity, pure, clean, vital.

A. Sattvic - Fresh & Whole, Pleasant, Pure, Mild, pure and nourishing

- **Whole meal bread**
- **fresh fruit and vegetables**
- **pure fruit juices**
- **raw dairy (milk alternatives)**
- **ghee**
- **legumes**
- **grains, potatoes**
- **nuts, seeds, sprouts**
- **spices: cardamom, basil, cinnamon, ginger, cumin, fennel, fenugreek, turmeric**
- **herbs: ashwagandha, bacopa, calamus, gotu kola, ginkgo, jatamansi, purnarnava, shatavari, saffron, shankhapushpi, tulsi and rose.**
- **honey, maple, dates, raw sugar and stevia**
- **herbal teas**

<i>Raja</i>	<i>Sattva</i>	<i>Tamas</i>
Activity	Truth / Goodness	Inertia
Passion / desire	Light / illumination	Darkness
Energy	Spiritual Essence	Mass / matter / heaviness
Expansion	Upward flow	Downward flow
Movement	Intelligence / Consciousness	Sloth / dullness
Binds by passion born of craving and attachment.	Binds by means of attachment to knowledge and joy.	Binds by means of ignorance and obstruction.
Is the ruling trait when greed, excessive projects, cravings and restlessness arise.	Is the ruling trait when the light of knowledge shines forth.	Is the ruling trait when darkness, dullness, stagnation, indolence, confusion, torpor, and inertia appear.

B. Rajas: Mutable, Active, movement, passionate / intense, stress, anxiety, over indulgence, aggressive,

a. Rajasic - Spicy, pungent, bitter, dry, salty. Stimulating. In excess provoke mental restlessness, are irritating and aggravate Pitta (heat) Stimulant foods energize and develop the manipura (navel) chakra and body but do not promote advancement in the higher chakras. Eat earlier in the day

- **sharp spices (peppers),**
- **sour fruit**
- **radish, turnip, pickles, Potato, cauliflower, broccoli, spinach, tamarind and winter squash.**
- **caffeine - coffee, black tea, sodas, energy drinks**
- **refined sugar,**
- **chocolate,**
- **fish, poultry, eggs**
- **wine and beer**

C. Tamas: Static, inertia. Easy going, slow, / lethargic, negative, ignorant, heaviness, depressed, weak.

a. Tamasic - Sedative, lowers the body's ability to fight disease, difficult to digest, tasteless, agitating, anxiety, inflammatory. Keep to a minimum. Are harmful to either mind or body. Harm to mind includes anything that will lead to a duller, less refined state of consciousness. Bodily harm includes any foods that will cause detrimental stress to any physical organ, directly or indirectly (via any physical imbalance). Thus they are harmful physically, emotionally, mentally and spiritually'.

They are, however, sometimes necessary during times of great physical stress and pain. They help dull the pain and lower consciousness, allowing the body to repair itself. Such static foods may be deemed necessary in times of great distress.

Static foods stimulate and strengthen the lower two [chakras](#), but will not assist in beneficial development of the higher chakras. In fact, they are usually detrimental to the advancement of the higher chakras.

- **Blue cheese**
- **hard liquor**
- **Processed food-like substances,**
- **Pre-packaged cooked frozen meals, prepared foods**
- **Red Meat, preserved meats,**
- **fried food, chips**
- **sausage,**
- **mushrooms,**
- **garlic, onion, scallions, leeks, chives (alliums)**
- Ayurveda recognizes onions and garlic as blood purifiers. ... These two ingredients are even avoided by people practicing meditation or following a spiritual path, as consumptions of onion and garlic are known to increase anger, aggression, ignorance, anxiety, and increase in sexual desire. Garlic and onion are avoided by spiritual adherents because they stimulate the central nervous system, detrimental effect on one of the following five organs - liver, spleen, lungs, kidneys, and heart. Thus they are harmful physically, emotionally, mentally and spiritually.
- Specifically, onions are harmful to the lungs, garlic to the heart, leeks to the spleen, chives to the liver and spring onions to the kidneys.
- Back in the 1980's, in his research on human brain function, Dr Robert [Bob] C. Beck, DSc. found that garlic has a detrimental effect on the brain. He found that in fact garlic is toxic to humans because its sulphone hydroxyl ions penetrate the blood-brain barrier and are poisonous to brain cells.

- Dr. Beck explained that as far back as the 1950s it was known that garlic reduced reaction time by two to three times when consumed by pilots taking flight tests. This is because the toxic effects of garlic desynchronize brain waves. "The flight surgeon would come around every month and remind all of us: "Don't you dare touch any garlic 72 hours before you fly one of our airplanes, because it'll double or triple your reaction time. You're three times slower than you would be if you'd [not] had a few drops of garlic."
- For precisely the same reason the garlic family of plants has been widely recognized as being harmful to dogs.
- Even when garlic is used as food in Chinese culture it is considered harmful to the stomach, liver and eyes, and a cause of dizziness and scattered energy when consumed in immoderate amounts.
- Nor is garlic always seen as having entirely beneficial properties in Western cooking and medicine. It is widely accepted among health care professionals that, as well as killing harmful bacteria, garlic also destroys beneficial bacteria, which are essential to the proper functioning of the digestive system.
- Reiki practitioners explain that garlic and onions are among the first substances to be expelled from a person's system – along with tobacco, alcohol and pharmaceutical medications. This makes it apparent that alliaceous plants have a negative effect on the human body and should be avoided for health reasons.
- Homeopathic medicine comes to the same conclusion when it recognizes that red onion produces a dry cough, watery eyes, sneezing, runny nose and other familiar cold-related symptoms when consumed.

D. Incompatible: Examples of combinations that are considered incompatible include:

- Salt or anything containing salt with milk (produces skin diseases).
- Fruit with milk products.

- Fish with milk products (produces toxins).
- Meat with milk products.
- Sour food or sour fruit with milk products.
- Leafy vegetables with milk products.
- Milk pudding or sweet pudding with rice.
- Mustard oil and turmeric.

VI. Eating living plant foods connects us to the earth's vital life force. All health or disease begins in the gut. Everything we consume either promotes or harms our health.

Our body is perpetually detoxing. A whole food, plant-based diet supports the immune system by providing anti-oxidants, vitamins, minerals, beneficial bacteria, complete proteins, and fats. It is sustainable and planet friendly.

- A. Ancestral hunter/gatherers ate around **100** grams of fiber and **7,000-11,000** mg of potassium per day.
- B. Eating a whole food plant-based diet will provide all the complete protein we need, and will provide approximately 40-50 grams of soluble fiber daily, which is shown best for detox and preventing disease. Legumes, chicory root, whole grains, avocado.**
- C. Important to **restoring** and maintaining vigor (OJAS) on a cellular level is increasing **potassium-rich foods and decreasing sodium-rich foods.**
- D. **Balance is supported by eating an alkaline diet.** Aging reduces the ability of the body to maintain pH balance. An acidic diet breaks down muscle, bone, reduces cellular oxygen levels which creates the environment for disease, particularly cancer. An alkaline environment raises oxygen, lowers acidity, reduces

osteoclasts (breakdown bone) and increases osteoblasts (help increase bone density).

Americans tend to eat too many processed foods and meat, which are high in sodium, acidic, and low in vital minerals.

VII. What the heck do we eat? Vegan, Paleo, Keto, Raw?

The perfect human diet is: **NATURALLY ALKALINE**

- 80-85% colorful fresh, leafy vegetables and low glycemic fresh fruit. BERRIES!
- Eat all you can! Include herbs & spices. Small amount of starchy carbs (beans, white potatoes). Beware of high oxalate foods, such as spinach, beet greens, swiss chard. Choose a Rainbow of foods. Gogi berries, a super power house of nutrition, are rich in vitamins, antioxidants, amino acids and multiple nutrients.
- 10% fats, sprouted nuts & seeds (added) ** Good oils: EVOO, coconut, avocado, macademia. Do not overheat EVOO as it oxidizes over 350 degrees.
- 5% Whole grains - amaranth, rye, barley, wheat, rice, sweet corn
- 5% If you choose to have animal protein.... wild caught fish, free range meat, eggs. Go for pasture/free range raised, organic, unfertilized eggs.
- Purified Water - drink copious amounts of warm water (Ayurvedic) between meals to improve digestion; never drink with meals, especially cold beverages, which interferes with digestion. Drink purified water equal to half your body weight in ounces.

Anatomical evidence proves that humans are meant to live on a vegetarian diet. The canine teeth in meat eating animals are long, sharp and curved compared to the canines of humans, which are short and blunt, and therefore not meant to bite through flesh. Our digestive systems are also not designed for eating non-vegetarian food.

Moreover the World Health Organization (WHO) has declared that eating meat can result in various diseases like high blood pressure, high cholesterol and certain types of cancers. Vegetarianism is now being promoted by many medical doctors who claim that this diet provides optimum nutrition and guards against many diseases caused by non-vegetarian foods.

Spiritual research has shown that consuming a vegetarian diet is more beneficial than a non-vegetarian diet. Vegetarian diet is more *sāttvik* and has less *Raja-Tama* component than a non-vegetarian diet. Consuming a vegetarian diet results in imbibing *Sattva* predominant frequencies which are conducive for our spiritual progress.

Those who eat 10 to 19% of calories from protein had about 23 times the risk of dying of diabetes compared to those consuming the recommended amount of protein, which comes out to be about 6 to 10 % of calories from protein, around 50 grams a day.



https://lifespa.com/vegan-keto-ayurvedic-diets/?inf_contact_key=52b9c779be40a926f4b7faed1996fead2357efc6d95bd308aa95dd37f8525937

AS much as possible, eat **organically and non-GMO**. Especially when there is not a food with a protective barrier, such as bananas and pineapple. There is now RoundUp (Glyphosate) found in **everything** (both plant and animal foods) from our primary sources. See EWG's "Dirty Dozen, Clean Fifteen."

Top 12 Most Nutrient Dense Plants: containing essential nutrients. Can also look up top 40.

1. watercress
2. chinese cabbage
3. Swiss chard
4. beet greens
5. spinach
6. chicory (endive or escarole)
7. leaf lettuce
8. parsley
9. romaine lettuce
10. collard greens
11. avocado
12. kale

Animal Foods:

1. wild caught salmon, black cod, clams, mussel & oysters
2. beef liver, eggs

Dirty Dozen:

Apples, peaches, pears, cherries, celery, tomatoes, cucumbers, grapes, nectarines, potatoes, snap peas, spinach, strawberries, bell peppers, green beans

Clean 15:

Asparagus, avocado, cabbage, cantaloupe, honeydew, cauliflower, egg plant, grapefruit, kiwi, mango, papaya, pineapple, sweet corn, onion, frozen sweet peas

EWG.org

*Some nutrients are more bio-available when cooked. Cruciferous, night shades, garlic, onions are foods best cooked. Be sure to have a variety and balance- too much of a good thing becomes a bad thing due to oxalates, lectins, etc.

** All plants have protein and some fat.

VIII. FOOD & VIBRATION

The ancient Greeks introduced the world to the concept of energy and its effects on humans, animals, plants and health. We're all connected spiritually by energy, whether we choose to believe it or not. We all form a part of the circle of life, which revolves in a circular motion with no beginning and no end, particularly when it comes to cooking, eating and respecting our food and where it comes from.

The ancient Greeks knew that if the food they were cooking had good energy and brought "agapi" (unconditional love), their dishes would be masterpieces and would heal them at the same time.

We're all made of energy, and we therefore require the consumption of energy in the form of food, air and water for sustenance and good health. We also require thoughts made up of positive vibrational energy. The ancient Greeks would think good thoughts, live life with agapi and practice affirmations to assist with this process.

We can raise our energy vibration and better connect to ourselves, nature and God by eating highly nutritious energetic foods and eliminating unhealthy thoughts and relationships. Eating high-energy foods help us reach higher consciousness and better connect with our higher source.

When eating fresh organic fruits and vegetables off the tree, the vibrational energy benefit of the food is high and rich in nutrients from the sun. Most fast food restaurants, large grocery food chains, and even middle-of-the-road eateries offer food that is of a very low vibrational quality, which doesn't add any valuable nutrients to the body. Eating high amounts of these foods can result in ill health.

Many rituals from ancient Greece continue to be practiced today to lift the vibrational frequency of food before it's consumed. There are many songs and dances performed during preparation and cooking time, dishes are kissed and dishes are blessed. Food that's prepared by loving hands adds to the good energy of the dish. Prepare food slowly, lovingly and peacefully. Above all, show gratitude by giving thanks for the wonderful food about to be enjoyed. *Gratitude, truth and love have the highest energy vibrations.*

Foods with high vibrational energy and nutrients include organic nuts, fruit, vegetables and fresh herbs. Keep to a minimum foods such as meat, poultry and sugar, and foods that are highly processed, microwaved, chemically altered, genetically altered (GMO), contain chemical additives or have being mistreated by a person. They have little or no good vibrational energy and nutrition to add to your body. When you eat meat or seafood, thank and bless the ingredients, because they've sacrificed their lives for our enjoyment.

To lift the energetic vibration of your food, give thanks and bless your food before eating, and even while preparing and cooking it to decrease the negative energy vibration left on these ingredients when eating, it's also important to create an ambience of peacefulness. Think positive thoughts and pour your own agapi energy into what you are eating.

When Choosing Foods:

Below is a summary of high- and low-energy foods:

Highest vibrational foods:

Fresh organic fruits and vegetables

Dark leafy greens

Raw nuts & seeds

Coconut

Raw oils like extra virgin olive oil, coconut oil

Natural supplements, like spirulina

Herbal Teas

Herbs and spices

Pure or filtered water – reverse osmosis, alkaline, or freshly collected spring water are the best choices

Fermented foods

Raw honey and maple syrup

Legumes

Grains such as buckwheat, brown rice, amaranth, and spelt

Sea vegetation

Raw honey and maple syrup

Sprouted foods

Raw chocolate

Legumes

Grains such as buckwheat, brown rice, amaranth, and spelt

Raw organic dairy products

Free range eggs

Wild fish

Low vibrational foods:

Genetically modified (GMO) food, and conventional food that's been treated with chemicals and pesticides

White rice and flours

Sugars, sweeteners (artificial etc.)

Coffee

Sodas

Alcohol
Meat, fish and poultry
Processed, packaged, and fast foods
Unhealthy oils, like canola, cottonseed, margarine, and vegetable oils

Frozen Processed foods
Pasteurized cows milk, yogurt and cheese
Deep fried foods and microwaved food

IX. Nutrient essentials: With a plant-based diet, most fat, protein, vitamins & minerals are supplied. However, today's produce is sourced from depleted soils. Therefore, nutrients are not as plentiful as they were 50 years ago. **Emphasize high protein, high potassium, high magnesium, high zinc, high calcium foods.**

High protein: legumes, quinoa, broccoli, sweet potato, mushrooms, nuts/seeds, brussel sprouts

High Potassium: The RDI of potassium is 4,700; most American consume less than half that amount. (Adzuki (small red beans), white, lima beans, sweet potato, winter squash, spinach, papaya, raisins, watermelon, lentils, avocado, Edamame, butternut squash, tomato paste (3 tbl = 486 mg), beets,

Seek Whole food based supplementation.

A. Supplements essential; especially with a plant based diet:

1. B12: Everyone! Homocysteine is a breakdown product of protein metabolism, which is a vasculo-toxin, neuro-toxin, causing hearing loss, stroke, birth defects, miscarriage, blood clots, cognitive decline. Since animal protein is the primary source of B12, Vegetarians & Vegans especially have a tendency to have elevated Homocysteine due to low levels of B12. B12 comes from soil based bacteria in nature. Obtained by lab produced culture: *Propionibacterium shermanii* and *Pseudomonas denitrificans*. Take 1000 micrograms sublingual or liquid daily along with B6, Choline, Folate, B12 necessary to reduce homocysteine. When fortified, 1 tablespoon is rich in thiamine, riboflavin, niacin, vitamin B6 and vitamin B12.

2. Omega 3s - DHA/EPA : Important for overall brain health, reduce anxiety/depression, eyes, cardio-vascular. ALA found in flax, chia & hemp seeds, walnuts, marine algae converts to DHA/EPA. Omega 6 to Omega 3 ratio - 3:1

3. Vitamin D3: Supplement with 4000 iu daily in an oil based liquid if you can't get enough natural sunshine: 20-30 minutes of unprotected, mid-day sun (moderate to high UV index). Animal products, Shitake mushrooms and fortified foods. There is no need for sunscreen after 3 or 4 p.m. A blood level of 50-100 ng/mL is optimum to prevent disease. P.S. Carrots and orange foods are helpful sun protection. It has been shown that most sunscreens contain toxic chemicals that actually cause skin cancer and are a major factor destroying the reefs around the world.

4. Collagen Builders: Depletes as we age. collagen production decreases as you age. At age 35, the rate your body produces collagen starts to slow. Then, at age 40, the rate your collagen levels decrease becomes greater than the rate your body can produce collagen. By age 60, your collagen stores will be half of what they used to be when you were in your twenties and early thirties. Needed for skin, muscle, bones. Production is supported by Vitamin C, zinc, amino acids like L-arginine, proline, lysine. Obtain from an organic source, whether plant (leafy greens, tropical fruit, citrus fruit, garlic, bell peppers, asparagus, cabbage, spirulina, quinoa, seeds, nuts, beans, chlorella, potatoes) or animal based (bone broth, eggs, lean meat - zinc rich foods). Generally, fruit & vegetables are poor source of zinc due to phytates (anti-nutrient blocks absorption).

5. CoQ10/Ubiquinol: Depletes as we age. Antioxidant needed for improved cognitive function and energy. Spinach, cauliflower, broccoli, oranges, strawberries, soybeans, lentils, peanuts, sesame seed, pistachios, meat.

B. While there are many highly beneficial foods, spices, and herbs, here is a short list that stands out above others:

- Herbs – Ashwaganda (supports energy & sleep), Astragalus, Brahmi (cools the mind, supports nervous system), Amalaki, Triphala, holy basil (tulsi), banaba, peppermint, lemon balm, ginseng, and other adaptogens cordyceps, reishi, shitake. For Digestion: fennel, coriander, cumin, cardamom, ginger.
- Spices: High in Antioxidants: Oregano, Marjoram, Clove, Ginger, Garlic, Holy Basil, Fennel, Cardamon, Cumin, Cinnamon, and Turmeric with oil (add black pepper to increase bioavailability 2000%; 9:1 ratio)

- Astaxanthin: carotenoid; red pigment, marine plants & animals like krill oil and algae, sockeye salmon, lobster, crab and crawfish.
- Organic green and herbal teas. (**avoid Lipton, TeaVana, Tetley, Twinings**)
- Living, unpasteurized fermented foods: kimchi, sauerkraut, kefir
- Super greens (chlorophyll, spirulina, sprouts) & polyphenols (berries, acai, beets, etc.). (powders)

X. **REDUCE AND/OR AVOID**

- **Limit** the amount of **resistant starches to 2 cups total (potatoes, grains, lentils, beans), due to lectins** (a defense system in plants which bind to protein and can be toxic if not properly broken down). *Soak beans and rice 12 hours. Add baking soda to beans while soaking to reduce oligosaccharide. Rinse. The best way to destroy lectins is to use a pressure cooker.*
 - It is not necessary to have beans and grains at the same meal; within 24 hours is enough.
 - Avoid slow cookers, as they will actually increase lectin content due to the low temperature used.
 - Foods with the highest amounts of lectins are: grains of all kinds (wheat being the worst), legumes (soy being the worst), nightshades, and oils made from seeds.
- *GMO foods also have lots of lectins because they are used in genetic modification to enhance pest and fungal resistance.*
- **Limit the amount of soy**, as it is high in iodine and goitrogens which interferes with endocrine system functions. Conventional is GMO, found to have glyphosate. Seek organic, non-GMO edamame and tempeh.
- If you choose to eat animal protein, **limit red meat to once a week.** Consume lean, organic, pasture raised, wild caught animal protein.

- While the brain needs some glucose, **excess animal protein (red meat primarily -Neu5Gc) is converted into excess sugars**. Which are then stored as body fat, inhibiting proper release of insulin, and dials down the immune system (mTor factor).
- **Excess animal protein inhibits the uptake of calcium forcing the body to pull from bones; resulting in osteoporosis.**
- **51% of greenhouse gases is methane from meat industry waste.**
- **Processed sugar** – Studies show a connection between sugar consumption and anxiety, stress, problems with focusing, and depression. Excess sugar feeds inflammation, cancer, candida, raises triglycerides, leads to heart disease, diabetes, neurological disorders like Parkinson's, Dementia, Alzheimers, M.S. Sugar is 7 times more addictive than cocaine. Use medjool dates, raw unfiltered honey, maple syrup, pure stevia, erythritol or xylitol. Raw agave nectar, a sweet, vanilla-like syrup from the Agave plant, has a low glycemic index and is used for sweetening foods, helping to energize and raise their vibration.
- *The foods that tend to be the worst are those that many, invariably, love the most - Like ice cream, cheese, bread, and pasta. Foods made from gluten and milk have proteins that are very similar in structure to morphine. They are called casomorphin in milk and gluteomorphin or gliadorphin in wheat products. No wonder we love them, we're freakin' addicted to them!*
- **Highly processed gluten** found in processed products – Stay with whole grains and Sour Dough Bread.
- **Conventional dairy** – Seek raw, organic, whole milk; look for a co-op offering Raw Dairy
- **HFCS** – contains mercury and chlorine. The body can't metabolize and is stored as fat.
- **Sodas** - The Sugar/HFCS, phosphoric acid, artificial sweeteners, caffeine, tap water, obesity and heart disease, pancreatic cancer, depletion of nutrients, dehydration, bad for the teeth, caramel color and artificial dyes, (BPA)

- **Common table salt** – Use Himalayan salt (minerals) and Celtic salt (naturally occurring iodine), or other sustainable sea salts.
- **Processed meat & foods** – Physicians Committee for Responsible Medicine states, “There is no safe amount of processed meats.” Contain high sodium Nitrates, sugar/HFCS, carrageenan, cottonseed oil, soy lecithin, etc. Smoked meats All linked to cancer and heart disease.
- **Hydrogenated oils** (PeterPan/Skipppy/processed foods/chips), trans fats & Omega 6 oils - canola, corn, soy, cottonseed oils.
- **Factory farm raised** - meat, poultry & fish (tilapia, Atlantic Salmon, shrimp) (view lists of other fish to avoid)
- **Fried foods & Chips** (acrylamide - neurotoxin, carcinogen)

Some Toxins In Food To Avoid:

1. artificial food additives – all artificial sweeteners & glutamates
2. emulsifiers such as carrageenan, polysorbate 80, carboxymethyl cellulose, xanthan – in nut milks, pickles, ice cream, cooking sprays, etc.
3. “natural” flavor – lab created
4. artificial food colorings

XI. Environmental Considerations - Epidermis – largest organ of the body

A. Avoid: Toxic Chemicals

1. In detergents, fabric softeners, and dryer sheets. **Sulphates**, 3,000 chemicals in average daily life
2. Household cleaning products.
3. Shampoos, soaps, and skin care products. (sulphates, paraben, talc, other preservatives)

4. Synthetic clothing, fabric furniture (fire retardants).
5. Tap Water – Hundreds of contaminants are in the water supply. Americans consume way too much **fluoride** (endocrine disruptor/cancer causing) and **chlorine/ chloramine** (which does not evaporate) are toxic. **Chromium 6** is found in a large amount of water supplies.
6. Aluminum, copper, mercury (anti-perspirant, aluminum cookware, etc.)
7. Plastics and lead in some painted pottery

... in Sunscreen and Moisturizers that can actually cause skin cancer -

- | | |
|-----------------------------------|---------------------------|
| • Oxybenzone | • Dioxybenzone |
| • Octinoxate | • Cocamide/ Lauramide DEA |
| • Parabens | • Phthalates |
| • petroleum products | • Formaldehydes |
| • sodium/aluminum lauryl sulphate | • Butylates |
| • triclosan | • Toulene |
| • petrolatum | • Triethanolamine |
| • "fragrance", "parfum" | |

Phthalates: used in hundreds of products, such as toys, vinyl flooring and wall covering, detergents, **lubricating oils**, food packaging, pharmaceuticals, blood bags and tubing, and personal care products, such as **nail polish, hair** sprays, aftershave lotions, soaps, shampoos, perfumes and others.



Coral and Skin Safe

Orange Colored Foods

Sun Bum

Alba

Badger

Bare Republic

Blue Lizard

Goddess Garden

Kabana Organic

MD Solar Sciences

SunBioLogic

Tom's of Maine

Waxhead Sun Defense

Zeb's Organic

XII. Move - Like the ancients did

Best: Mindful, weight bearing, intermittent bursts to raise heart rate:

- yoga, tai chi, qi gong, dancing, short distance running, swimming, walking & hiking.

Harmful: Prolonged cardiovascular, heavy weight lifting, sports that are potentially injurious. Strenuous exercises raises acidity.

- long distance running, skiing, snowboarding, mountain biking, football, basketball

YOGIC LIFESTYLE

- **Practice The 8 Limbs.** The Yoga Sutras of Patanjali are one source of inspiration and guidance on how to live a balanced and ethical life both on and off the mat. Meditation reduces stress and lowers blood pressure.
- **Breathe Properly** Most of the time, our breathing tends to be shallow, and this only gets worse if we're worried or tense. When you choose to breathe deeply, you help to anchor yourself in the present moment and connect with your body more fully. You'll be calmer, more peaceful and more capable of appreciating the world around you as a result. Experts say that deep breathing also relaxes muscles all over the body and can even reduce blood pressure levels.
- **Meditate** Just in case you need a bit of extra persuasion to stick with your daily creative visualization exercises, know that they don't only help you manifest—they also work wonders for your body and mind. Experiment with the best time to meditate, but note that you can set yourself up for a joyful day by using meditation to connect with feelings of excitement and gratitude first thing in the morning.
- **Sleep Well** Pay attention to life's circadian rhythm. If you're getting less than 7-9 hours of sleep per night, you're doing your body a disservice and lowering your energy vibration in a way that inhibits your ability to manifest the life you desire. Make a habit of getting better sleep, and notice how your mood, mental clarity and physical strength all improve in response.
- **Cut Back On Refined Sugar** It's likely that you already have dozens of reasons to cut back on refined sugars, or even eliminate them entirely. However, it's worth noting that studies show a connection between high sugar consumption and anxiety, stress, problems with focusing and emotional instability. If you can get rid of these mood disturbances, you're sure to have more joyful days.

- **Ground Yourself** When you walk on the earth 15 minutes or more daily, without shoes or socks, you bring yourself in tune with the natural rhythms of the earth. Many people find this process healing, and it encourages a kind of simplicity in thinking that's highly useful if your mind is racing a mile a minute. Sit in the sunlight as much as possible. Eat lots of root vegetables. Keep a stone handy. Stones are direct conduits to earth energy. They are literally earth, so they can help ground you just by touching them. Kyanite, hematite, and garnet are good choices for grounding crystals, but any piece of rock will do. Be sure to bless it for the purpose of keeping you centered and connected to Mother Nature, and then keep it in your pocket for quick access anytime you start to feel disassociated from the earth or your body. Grounding mats are also available.
- **Practice Self-Compassion** It's become something of a cliché to encourage people to love themselves, but this is only because the concept is so important. How can you find pure joy if you can't accept your identity and feel comfortable in your own skin? Make a habit of showing yourself love every day, whether through basic acts of self-care (e.g. taking a bath, saying "no" to another obligation and eating a favorite food) or by nurturing your personal growth (through processes like journaling and therapy).
- **Savor Raw Dark Chocolate**. Cacao, the raw form of chocolate found in the pod-fruit of the cacao tree, is known as the "food of the gods" by the Aztecs and Maya. According to David Wolfe, author of "Naked Chocolate," cacao is the most revered of all rainforest foods. Cacao is estimated to have over 1,200 phytonutrients, minerals, vitamins and a host of high-vibrational properties. All cacao derivatives like cacao nibs, butter and powder are effective. As well as potentially reducing your risk of chronic illness, these antioxidants were once called "heart blood" by the Aztecs and are said to help bring you in tune with your spirituality.
- **Surround Yourself With Joy** This tip should be obvious, but so many of us waste our time and energy on relationships that make us feel bad or require us to pour in huge amounts of love that are not properly reciprocated. Think about who you spend time with, and choose to connect with those who make you smile, support your goals, want you to be happy and know how to give as well as receive. These are the bonds that really matter.
- **Express Your Emotions** Getting more joy out of your life doesn't mean pretending to be happy or pushing down your true feelings so you don't have to deal with them. This type of repression only gives negativity more power, sapping your spirit and sending out mixed signals to the universe. To become authentically joyful, you have to acknowledge the less pleasant emotions when they arise, find a way to let them out, and move on.
- **Switch Off** Finally, you may be surprised by just how much your mood improves when you deliberately take time away from your phone and computer. Sure, these devices are great for learning, catching up with friends and exploring the world. However, they can also scatter our attention and drain our energy. Set aside at least an hour of your free time every day, and use that period for tactile, physical and inspiring activities that don't require use of an electrical outlet.

Watch worthy Documentaries:

Nutritionfacts.org
From Table to Able
More Than an Apple a Day
What The Health
Food Matters
Cowspiracy
Rotten
Fooducated
Stink

A Plastic Ocean
Forks Over Knives
Fat, Sick and Nearly Dead
Super Size Me
The Weight of the Nation
Vegan 2017, Vegan 2018
You Tube videos/documentaries on Eating Raw

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<https://fullonhappiness.com/foods-to-increase-your-vibrational-frequency>

<https://www.mindbodygreen.com/0-11996/how-to-make-sure-youre-eating-highvibrational-food.html>

Visit EWG.org for a comprehensive reference of safe and unsafe ingredients and products. And consider California's Proposition 65 list.

REVIEW

1. Briefly Describe Agni.
2. What is Ojas?
3. What is Rasa?
4. What are the Gunas and describe their attributes?
5. Why is it important to eat seasonally?
6. Which kind of diet is proven to be the healthiest? Briefly explain why?
7. List some key components to living a Yogic Lifestyle.