Discover the ancient secrets of balancing the mind and body. Practical health tips that are just as effective in today’s modern world as they were 5000 years ago - and probably even more so!
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About the Authors

Danny Cavanagh and Carol Willis began their study of Ayurveda in the late 1980s and trained as Ayurvedic Panchakarma Technicians at the Maharishi University of Valkenburg in Holland in 1993. They gave up their careers as Nature Reserve Warden and Photographer respectively and decided to dedicate their lives to passing on this ancient knowledge of rejuvenation and revitalisation to others.

Since that time they have run many centres across the UK and have treated thousands of clients, including many high-flying professionals, captains of industry and even royalty. In their role as both massage therapists and personal development/stress management counsellors they have witnessed extraordinary improvements in the quality of life of many of their guests due to the power of the programs they administer.

Presently they run a very exclusive Panchakarma detox and stress management service in Staffordshire where they take one client at a time and gently guide them in the Ayurvedic way of living harmoniously with their environment. Each client receives instruction in meditation, yoga and exercise and advice on diet and nutrition. However, the climax of each day has to be the luxurious massage and detoxification therapies they receive, each lasting anything up to two hours. Danny and Carol also take business clients on detox retreats to the Peak District as, amongst other things, the knowledge of body-types is an invaluable aid to understanding their colleagues’ innate strengths, weaknesses and behaviour. Learning in a group is an excellent team building exercise and helps forge and strengthen business relationships. Occasionally they also run these detox and education retreats abroad whilst also travelling, with their technicians and Panchakarma equipment, to people’s homes, albeit; very large homes.

Primarily, they consider themselves facilitators and maintain that, whilst they may help carry out the various massage and counselling therapies, it is the client who ultimately allows the changes to their health, emotions, behaviour and healing to take place. They are committed to spreading the knowledge of Ayurveda and spend much of their time acting as an advice service to both clients and public alike.
Introduction

This book has been compiled to provide a practical help guide to those interested in following an Ayurvedic lifestyle. With alternative therapies and philosophies becoming much more widely accepted and the number of therapists increasing rapidly many people now have an interest in finding out more. However, whilst there is a wealth of information in the public domain, there is little in the way of sound, effective practical advice, especially in the field of Ayurveda. We hope this book will address some of these shortfalls and provide a practical basis for self-improvement.

Ayurveda is, to a large extent, the umbrella discipline under which many alternative therapies fall - it is almost the mother system from which many alternative therapies have been derived and is therefore well qualified as a source of ‘the knowledge of life’ (Ayurveda). It is a system of health care that has seen the tests of time, having been in existence for thousands of years, the oldest written records originating in India and dating back over 2000yrs. Being a ‘science of life’ it bears many resemblances to other ancient health-care systems on our planet and is, we believe, as relevant today as it ever was – probably even more so.

Whilst much of its expertise lies in the field of pulse diagnosis, and the administration of herbal preparations to rectify specific imbalances, this is not a subject we will address in this book. This is a specialist field and should only be undertaken by Ayurvedic doctors with a thorough knowledge and understanding of pulse diagnosis and the power of herbal preparation and administration.

However, Ayurveda also has a treasure trove of knowledge, based on the deeper workings of nature, and the rhythms and cycles that govern all life on earth that is available for anyone interested in improving their physical, mental and spiritual health. This is the area we will hopefully impart in clear, easy-to-follow steps and which anyone, with a little time and commitment, can practice within the confines of their own home.

The first port of call is to identify your body-type and the questionnaire will help fulfil this goal. A visit to an Ayurvedic consultant trained in pulse reading will help ensure a more accurate diagnosis but as these are still few and far between in the west, the questionnaire is the next best alternative. It is then simply a matter of following the general guidelines for your doshic make-up (body-type) taking into account the time of year and imbalances present in the physiology. If you’re one of the lucky few who are fairly well balanced you’ll probably find you are naturally following these practices already.

Good digestion and a healthy colon is the key to physical health, mental well-being, spiritual harmony and the absence of ‘dis-ease’. Eating the right foods to balance your body-type is the key to proper digestion. Once you have identified your particular Ayurvedic body-type, you can tailor the foods you eat on a regular basis to help keep the mind and body fully functioning and in perfect balance. The key is moderation and maintaining an adequate supply of the foods that are good for you and reducing those that aren’t so good. The secret of attaining your perfect weight isn’t, in fact, the amount you eat or the calories you consume, but the choice of foods you make, the times at which they are eaten and the manner in which they are eaten.

The exercise and yoga routines can be followed by anyone dedicated to putting in a little practice but it is best to consult your GP before undertaking any physical exercise if you have, or have had, any medical problems or feel unwell or unfit. Luckily, you can easily supplement your practice and receive expert instruction as there are many trained yoga instructors nowadays to suit all levels of health, suppleness and
fitness. It is simply a matter of searching them out and finding one whose teachings reflect your own level of ability. Always remember, yoga is not about pushing and contorting the body – each posture should be eased into slowly, gracefully and gently, leaving the body feeling refreshed and invigorated – not worn out and aching. The adage, ‘no pain, no gain’ has no place in the Ayurvedic system.

Following the instructions for balancing the breath (pranayama) and settling the mind (meditation) are powerful ways to experience profound levels of inner peace and harmony. These techniques are now widely accepted as scientifically valid ways to improve health and reduce stress. Many large corporations are currently training their key staff in these skills to help them cope with the ever-increasing pressures of the modern-day work environment. But of course there are side-effects – reduced weight, stronger digestion, increased muscle tone and a peaceful mind.

Be your own life-coach by learning to ‘tap’ some powerful meridian points that may help relieve some of life’s most stubborn obstacles to growth and development. Thought Field Therapy (TFT) utilises specific energy pathways (called ‘Marma’ points in Ayurveda) to release emotional blocks from the physiology. These same points can also be used to relieve symptoms of illness through Pressure Point Therapy which involves pressing on these areas to lessen the severity of sinus complaints, hay fever, shoulder tension, anxiety, nervousness, headaches and migraines.

Visiting a residential Ayurveda centre is a rewarding and unforgettable experience. Ayurveda employs a wide range of powerful massage techniques to help rectify imbalances within the physiology, many involving two technicians working in harmony on either side of the body. Most Ayurvedic massages are luxuriously relaxing, to soothe the body and calm the mind, while others are more stimulating, to energise the body and mobilise impurities. Treatment plans are individually tailored, so whether you need to relax the mind or purify and revitalise the whole body a suitable treatment package will be prescribed to help bring you back into balance. However, on a daily basis you can also carry out your own ‘mini-massage’ – it is simple to do and highly effective in delaying the signs of aging, toning the skin and helping strengthen the immune system.

Bastis are gentle, non-invasive Ayurvedic herbal enemas that vastly improve the effectiveness of any detox regime. Their effectiveness during a Panchakarma detox has undergone scientific investigation and has been shown to increase the elimination of impurities by up to sixty percent. They are crucial if you truly wish to reduce weight, improve complexion and remove long-standing aches and pains from the muscles and joints. If you desire a flatter belly and a healthy glow these are the key to success. However, whilst a full ‘Panchakarma detox’ is advisable once or twice a year, there are many ways you can carry out your own ‘mini-detox’ at home and some ideas are given in the ‘digestion and detox’ chapter.

By popular demand we have also included many of our favourite recipes that have been tried and tested over the years and found to be well received by our residential clients. They provide a foundation on which you can experiment and adapt to your own particular tastes. Many are tri-doshic in that they are suitable for all body-types especially with the addition of churnas (herb combinations).

Finally, we have included a selection of quotes in which we hope you will find elements of truth relative to your own life path. We trust they will help motivate and inspire, as you move forward on your journey towards a more fulfilling, more healthy, more joyous life.

The ‘Resources’ section includes sources for the products, herbs, oils and supplements mentioned in this guide.
This section gives a broad insight into Ayurvedic body-types and imbalances that may arise when, for whatever reason, we stray from our natural way of being. Due to inappropriate diet, environment or daily practice the functioning of our body begins to deteriorate and eventually we become prone to feeling of unease or symptoms of dis-ease. By following the guidelines for your particular body-type or imbalance the immune, digestive, endocrine and nervous system will be gently and naturally brought back into balance and good health and a calm, focused mind will ensue.
The Body-Type Questionnaire

The following body-type questionnaire should be filled in to help ascertain your predominant Ayurvedic dosha or body-type. Tick any attributes, abilities, conditions and states of mind or afflictions that apply to you. If you are unsure about any of the questions you may wish to consult a friend who knows you well and can perhaps be more objective. In reality the questionnaire is more likely to reveal the particular doshas that are out of balance within your physiology. This is especially so if the bottom half of Vata, Pitta or Kapha questionnaire pages are ticked in preference to, or as well as the top half. For a more thorough understanding or your body-type it is best to consult an Ayurvedic practitioner who will also read the pulse.

The questionnaire itself will help you understand the traits and the physical and mental characteristics of each body-type. Each of us has a unique body-type, usually with one very prominent and one close behind. Thus, a person with many Vata traits, fewer Pitta traits and very few Kapha traits would be deemed a Vata/Pitta body-type. It could also be that the Vata traits are mainly on the physical side and the Pitta traits mainly on the mental side.

We have all three doshas in our physiology; Vata allowing us to move and communicate; Pitta allowing us to create energy and transformation within the body and Kapha to bind us together and maintain our structure. It is the unique combination and percentage of each dosha within our make-up that gives us individuality.

Once we begin to understand body-types we naturally start to be more gentle, forgiving and tolerant with ourselves and less critical of others. With this understanding comes the will and courage to adapt to our strengths and weaknesses and to find ways to bring them into balance.
Vata body type

Enthusiastic
Outgoing
Creative
Vibrant
Imaginative
Flexible/adaptable
Sensitive
Spontaneous
Sociable
Excitable
Active
Learn quickly
Talkative
Speak quickly
Restless
Anxious
Worried
Fearful
Indecisive
Over-exert
Poor memory
Absent-minded
Easily fatigued
Emotional
Mood swings
Forgetful
Poor endurance
Unsettled sleep
Frequent dreams
Disturbing dreams
Short sleep
Fast walker

Tall
Short
Light weight
Small/thin boned
Hard to gain weight
Underweight
Dark/dull skin
Dry/thin skin
Dry/thin hair
Dark hair
Small eyes
Thin eyebrows
Thin/small mouth
Small teeth
Irregular teeth
Small hands/feet
Brittle/rough nails
Stiff joints
Poor circulation
Cold hands/feet
Feel cold easily
Sweat very little
Chapped skin
Irregular meal times
Low thirst
Constipation
Flatulence
Lower back problems
Headaches
Sharp pains
Cramps
Frequent PMT

Total: ……..

Vata (air) qualities: Light, clear, moving, cold, rough, course, brittle, small
Locations in body: Colon, bladder, kidneys, bones, legs, feet, rectum
Functions: Movement, communication, transportation, thought, circulation, respiration, elimination
Pitta body type

Efficient  Medium build
Precise    Medium weight
Orderly   Strong appetite
Strong intellect Strong thirst
Strong-minded Large eater
Enjoy challenges Gain/lose weight easily
Courageous Thin, fine, straight hair
Perfectionist Ginger, blond or sandy hair
Good leader Balding or early greying hair
Organised Ruddy, rosy skin
Cheerful Warm, slightly oily skin
Energetic Many moles/freckles
Enterprising Good circulation
Conscientious Warm hands and feet
Determined Neat, well proportioned teeth
Hard working Burn easily in sun
Generous Prone to acne
Content Overheat easily
Motivated Prone to fevers
Ambitious Heartburn/acid stomach
Anger easily Diarrhoea
Irritable Sweat profusely
Intolerant Eye complaints
Forceful Red, flushed complexion
Stubborn Prone to ulcers
Impatient Excessive hunger/thirst
Demanding Inflammation in skin & eyes
Critical Bad breath
Domineering Heart problems
Obsessive Prone to rashes
Aggressive Difficulty skipping meals
Competitive Eyestrain

Total: ........      Total: ........

Pitta (fire) qualities:  Hot, sharp, fluid, slightly oily, sour, pungent, acidic, light
Locations in body:  Stomach, eyes, small intestines, sweat, plasma, lymph, blood
Functions:  Transformation, heat production, digestion, metabolism
Kapha body type

Calm  Strong body
Stable  Firm body
Even-tempered  Strong immune system
Patient  Slow digestion
Affectionate  Meals easily skipped
Slow to anger  Large, round face
Unflappable/tranquil  Large, thick lips
Compassionate  Large, round, white eyes
Very caring  Thick, bushy eyebrows
Very tolerant  Large hands and feet
Very forgiving  Thick boned
Very loving  Thick skin
Very kind  Cold, oily skin
Very considerate  Large, white teeth
Home-loving  Thick and wavy hair
High pain threshold  Pale complexion
Conservative  Soft, smooth skin
Possessiveness  Suffer in cold, damp weather
Hoarder  Prone to excess weight
Suffer from boredom  Hard to lose weight
Suffer from deep depressions  Easily gain weight
Sleep excessively  Lethargic on waking
Lethargic  Need lots of sleep
Lazy  Sleep during day
Overly complacent  Lack energy
Slow to get going in morning  Prone to chest colds/flu
Emotions hidden away  Sinus/lung congestion
Greedy  Prone to asthma/bronchitis
Inflexible  Prone to allergies
Procrastinator  Prone to swelling
Dullness  Joint/muscle stiffness
Self-pity  Indigestion

Total: ..........  Total: ..........
Understanding Vata, Pitta & Kapha

Vata, pitta and Kapha are known as doshas in Ayurveda and are the underlying principles that govern the nature, transformation, and structure of the physical universe. Each dosha is composed of two elements and it is these elements that govern their overall effect in nature.

Vata is composed of the elements of air and space and its qualities are light, subtle, moving, cold, dry, hard and rough. Vata governs movement in the mind and body. Pitta is composed of the elements of fire and water and its qualities are hot, acidic, sour and sharp. Pitta governs transformation in the mind and body, whether it’s the digestion, assimilation and metabolism of food and water into energy or the digestion and assimilation of thoughts and ideas into actions. Kapha is composed of the elements of earth and water and its qualities are heavy, cold, slow, binding, sticky and smooth. Kapha governs structure in the body.

Everything in nature is composed of these principles of vata, pitta and kapha – it is only the relative proportions of each that differ. Something or someone with a greater proportion of Vata and lesser proportions of Pitta and Kapha would have more of the qualities of Vata and would therefore be quicker moving, lighter in body and mind, colder and dryer than someone with a greater proportion of Pitta or Kapha. More Pitta in the constitution would result in a hotter nature with a fierier mind and personality and someone with a greater proportion of Kapha in their nature would be slower, heavier, calmer and more grounded.

The elements that compose the doshas of Vata, Pitta and Kapha, the qualities of these elements and the relative proportion present in each individual will determine their individual nature, personality and character. Thus, a Vata body type tends to have a quick mind and can be very creative. This can lead to restlessness, boredom, fear, stress and anxiety if out of balance. Their bodies tend to be colder and drier and out of balance can lead to poor circulation, cold hands and feet, constipation and dry skin.

Pitta body types have a hotter, fierier mind with sharp intellects and good leadership qualities – when out of balance this can lead to frustration and anger. They have good digestive fire with a strong immune system but when out of balance can develop rashes, ulcers and acid stomachs. Kapha body types have strong, solid bodies but can suffer from weight gain and heaviness in the body when out of balance. They have a slow, steady, calm and unruffled personality but are prone to lethargy, dullness and a lack of motivation when imbalanced.

The innate qualities of the dosha that predominates in a person’s makeup are what determine their likes and dislikes. They also determine what is required to keep them healthy, happy and free from imbalance or disease. Any excessive increase in the qualities that are already most prevalent in a persons makeup will tend to aggravate their doshas and will lead to imbalance. In the same respect, an increase in the opposite qualities to a person’s nature will decrease an already existing imbalance. Thus for a Vata person, excessive activity, coldness or roughness in their environment will lead to imbalance. Introducing the opposing qualities of calmness, slowness, warmth and smoothness will help lead them back into balance.

For a Pitta person, who has a predominance of heat, the opposing quality of coldness will bring them back into balance, and similarly, a Kapha person, who has a predominance of heaviness, will be balanced by the opposing quality of lightness. In Ayurveda the key to good heath is in understanding your particular body type and the qualities inherent within it. It is then a matter of understanding and applying the opposite qualities to balance them should they deviate too far from the norm.
Balancing the doshas

**Vata Dosha**
- Integrate ‘Daily Routine’ (see separate sheet)
- Eat warm, nourishing, hearty food
- Take gentle walks in the countryside
- Drink herbal teas – camomile, fennel, basil
- Use calm, soothing colours – pastels, green
- Have a regular routine
- Don’t overexert
- Relax and meditate
- Read light, feel-good novels
- Turn telly off one hour before bed
- Milk drink before bed
- Fishing, walking, bird-watching, gardening
- Yoga/tai Chi
- Writing, drawing, painting, crafts, acting

**Pitta Dosha**
- Avoid overly hot, spicy, pungent food
- Avoid or reduce sour, salty tastes/dishes
- Take ghee regularly
- Don’t skip meals; especially lunch
- Use Aloe Vera drinks/gels
- Avoid excessive alcohol consumption/smoking
- Eat sweet, bitter and astringent tasting foods
- Drink cooling teas such as peppermint, spearmint, raisin
- Drink plenty of liquids throughout the day
- Keep the body cool
- Walk in nature; especially by the sea
- Walk in the moonlight
- Watch the sun set
- Avoid red colours in your environment
- Cooling colours are good – blue, purple, green

**Kapha Dosha**
- Reduce sweet, cold, oily or heavy food
- Eat more spicy, bitter, astringent, warm foods
- Take plenty of exercise
- Be early to bed and early to rise
- Vigorous, dry, fast massage
- Bright/strong colours – orange, yellow, reds
- Take warm showers
- Enjoy the sunshine/spend more time outdoors
- Don’t over indulge
- Partake in exciting activities
- Have fun and meet new people
- Seek out new experiences
- Take up a new hobby
- Most essential oils are good; especially, stimulating, warming aromas such as pine, eucalyptus, clove, orange, basil & sage
Balancing the doshas through diet

- Eat only when you are hungry (sometimes only a drink is required).
- Breakfast helps prevent a mid-morning energy slump (especially Vata types).
- Vegetable juices are good at breakfast with fruit juice mid-morning.
- Up to eight glasses of fruit and vegetable juices can be taken throughout the day.
- Carrot can be mixed with fruit juices and apple mixed with vegetable juices (otherwise, it is best not to combine fruit and vegetables in juices).
- Eat the largest meal at mid-day when the digestion is at its strongest.
- Sit down to eat and put your full focus on the food being eaten - do not divide the mind by talking too much or by watching television.
- Eat in a settled, peaceful environment without too much noise or stress.
- Make sure food is attractive, wholesome and tasty to ensure proper digestion.
- Eat fresh, organic food if possible and avoid processed/refined products.
- Try to avoid microwaved, canned, over-cooked, leftover, old and lifeless food.
- Sip hot water during a meal but refrain from taking liquids up to half an hour before and after food (otherwise, the digestive enzymes become diluted).
- Ideally, fruit is better taken as a first course and not as a dessert (this prevents the fruit fermenting in the stomach/intestines and also acts as an appetite suppressant).
- A small salad with a tasty dressing can be taken before the main course as this provides the necessary enzymes to fully digest the cooked food.
- Chew food thoroughly to stimulate the salivary glands; thereby ensuring food reaches the stomach in a pre-digested, liquid form.
- Avoid over-eating – rest for a few minutes before taking a second helping (the amount of food contained in your cupped hands is equal to the size of a third of your stomach and only this amount is necessary to allow full and proper digestion). For proper digestion, the stomach should contain: one third food, one third liquid and one third air at the end of a main meal.
- Leave the table feeling sated but not heavy and bloated – energy levels should feel replenished.
- Take a short stroll after a large meal, and then a short rest if required.
- Eat a mid-afternoon snack or juice if necessary (especially Vata types).
- Eat at least three hours before bed and only have a light meal of cereal, toast or soup.
- Vata types benefit from a milky bedtime drink with added ghee, cinnamon, nutmeg and raisins.
- Reduce or avoid tea, coffee, alcohol and red meat (small amounts of white meat or fish meat are preferable).
The Vata balancing diet

- Favour warm, hearty, nourishing foods with added butter/oil – salty, sour and sweet tastes.
- Hot, milky, creamy cereals (wheat, oatmeal or rice), soups and stews are very good.
- All dairy products are good (ideally organic and unpasteurised).
- Favour ghee, olive, Udo’s oil, flax/pumpkin oil and sesame oil.
- Soak dried fruits overnight.
- Reduce intake of light, dry, cold foods such as crackers/salads.
- Take nuts/seeds in small quantities only.
- Mung beans, red lentils, aduki beans, buckwheat, rice, wheat, oats and tofu are good.
- Favour stewed and well ripened, sweet fruits.
- Hot, nourishing desserts such as apple pie help pacify Vata.
- Eat a substantial breakfast to help improve energy levels throughout the day.
- Afternoon tea (herbal) with a few digestive biscuits is good for Vata energy slumps.
- Sip hot water throughout the day to flush out impurities and balance Vata.
- Warm milk flavoured with ghee, cardamom, cinnamon and nutmeg is excellent before bed.

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The Pitta balancing diet

- Favour warm or cool foods with bitter, sweet and astringent tastes.
- Avoid overly salty, spicy or sour tastes.
- Avoid over-eating, especially in the evening.
- Japanese and Chinese type foods and salads are good.
- Ghee is excellent for Pitta and can be used for cooking and spreading on toast.
- Vegetables, grains and beans are good but reduce overly oily/heavy foods.
- Favour wheat, basmati rice, oats and barley and take corn, millet and rye in moderation.
- Coconut, olive, ghee and sunflower oils should be favoured during cooking and Udo’s or Flax/pumpkin oil on salads/vegetables and salad dressings.
- Drink cooling herbal teas such as peppermint, spearmint or liquorice.
- Favour cereal, toast and apple juice for breakfast.
- Avoid pickles, sour cream, yoghurt and hard cheeses.

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<th>Vegetables</th>
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<th>Herbs/Spices</th>
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The Kapha balancing diet

- Favour warm, light, dry and hot foods cooked with minimal butter/fat and/or water and with pungent, bitter and astringent tastes. Hot Indian/Mexican food is good.
- Daily: drink 1½ - 2 litres of hot water with lemon and/or ginger. Also include barley tea or post-digestive tea (after main meals). Helps cleanse the tissues and improves digestion.
- Drink fresh, organic, homemade carrot (10oz), beetroot (3oz) and cucumber (3oz) juice (16oz) with 2tbls Udo’s oil for breakfast. Alternatives include: carrot (10oz) and spinach (6oz) or carrot (11oz) and cabbage (5oz). These can also be taken during mid-morning and/or mid-afternoon.
- Decrease the intake of bad fats but increase the use of good fats such as flax, hemp or Udo’s oil (1-3tbls daily). This will help reduce food cravings, lower cholesterol and regulate the appetite. Use on vegetables, salads and as salad dressings. Do not use for cooking (favour ghee or coconut oil).
- Baked, grilled or sautéed cooking is preferable to boiling or steaming.
- Occasional small salads and raw foods help tone the digestive tract and improve digestion.
- Avoid fried foods and cold cereals at breakfast – toast with honey or stewed fruit is much better.
- Favour barley, buckwheat, corn, millet and rye and limit oats, rice and wheat. Dry roasting grains in ghee before cooking helps make them lighter on the digestion.
- Increase intake of vegetables (except mashed potatoes and parsnips).
- Limit the intake of milk, butter, ice-cream, white sugar, aspartame, tinned beans, fizzy drinks, bread, pasta, confectionary, sweet fruits, red meat, salt, alcohol.
- Avoid low-fat products as these are highly processed and high in sugar.
- Have rice cakes, chapattis and corn bread rather then yeast-risen bread.
- Pumpkin and sunflower seeds are good – they should be lightly roasted and then ground.

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Balancing Kapha
(The key to weight loss)

- Arise around dawn (5-6am) as this increases energy levels and reduces kapha, ama and toxins.
- Drink one cup of hot water with lemon on rising to cleanse the digestive tract.
- Each morning massage the head with coconut oil and skin brush the body to improve circulation.
- Massage (with sesame oil) under rib cage to help aid digestion.
- Practice ‘Belly Breath’ (bend knees, place hands on knees, breathe out fully and then contract abdomen up into diaphragm/rib cage – hold for as long as is comfortable. Exhale. Repeat but contract abdomen into diaphragm several times rather than holding. Exhale).
- Exercise and practice some yoga or stretching exercises each morning and evening.
- Practice ‘healing sounds’ to increase energy-levels, balance the mind and improve digestion.
- Practice fast pranayama for 30secs before practicing slow pranayama – this is especially good for toning the belly (as are the ‘huh huh’ and ‘chi u ha’ healing sounds).
- Practice meditation (20 mins am and pm) to improve mental clarity and increase energy levels.
- Have a steam inhalation session for 5-10 minutes (with eucalyptus globulus) once a week.
- Use a Neti Pot with saline water each day to reduce congestion in the head and sinuses.
- Eat largest meal at mid-day and have a light supper (soup etc).
- Take ginger pickle before each main meal to improve digestion.
- Have a fluid day each week (see ‘mini detox’ – this can be a juice fast or soup fast). This can be combined with the rounding program.
- Have a three to five-day ‘Master Cleanse’ every few months.
- Ensure adequate protein intake to reduce food/sugar cravings (‘Powermeal’ and Wheyfit’ from Youngliving and ‘Plus and Glycolean’ from Mannatech are excellent in this regard).
- Take Flor-Essence (Savant) daily to detoxify the liver, kidneys and digestive system.
- Take Triphala tablets (2-3) before bedtime (for cleansing digestive tract). Pukka Herbs.
- Alternatively take Guggul Plus (reduces cholesterol/weight) and Punarnava Plus (clears fluids).
- Take Chywanavanprash (or Amrit Kalash) twice a day (immune system booster + high in Vit C).
A balanced diet & the six tastes

<table>
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<tr>
<th>Taste</th>
<th>Example</th>
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<tbody>
<tr>
<td>SWEET</td>
<td>Sugar, milk, butter, ghee, sweet fruit, bread, pasta and grains</td>
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<tr>
<td>SOUR</td>
<td>Yoghurt, lemon, vinegar, wine, soy sauce, grapefruit, aged cheese</td>
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<tr>
<td>SALT</td>
<td>Salt (Also in vegetables; especially celery and seaweeds)</td>
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<tr>
<td>PUNGENT</td>
<td>Hot, spicy foods such as pepper, ginger, garlic, cayenne, chilli</td>
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<tr>
<td>BITTER</td>
<td>Leafy green vegetables, olives, turmeric, horseradish</td>
</tr>
<tr>
<td>ASTRINGENT</td>
<td>Beans, lentils, dhal, honey, rhubarb, apples, leafy green vegetables</td>
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The tongue contains taste buds which register all the above six tastes. If the body receives all these tastes in one meal it feels satisfied and will not overeat or feel hungry again soon after eating.

To reduce the amount of food you eat, and to cut down on unwanted cravings, try to include all six tastes in each meal; or at least in each day’s diet as a whole. Obviously, not all these tastes are required in equal amounts – combine to suit your particular body type or desire.

Vata Types
Generally require more sweet, sour and salty tastes especially in winter or if stressed. Meals should be heavy, warm, oily and nourishing (soups and stews are good).

Pitta Types
Generally require more sweet, bitter and astringent tastes especially in summer. Food should be only mildly heavy and oily and small cold dishes may be included.

Kapha Types
Generally require more bitter, astringent and pungent tastes, especially in autumn and winter or if feeling heavy, lethargic or dull minded. Food should be light, dry and warm to help digestion. Heavy, oily foods and dairy products should be excluded.
**Nutritional guidelines**

**Distilled Water** (preferably energised with vortex energiser– see resources): Water is essential to life. It has many healing properties and contributes up to 70% of our body weight. It keeps the skin soft, supple and free of wrinkles, removes inorganic mineral deposits, flushes out toxins, prevents constipation, protects against viruses/infections and helps remove cholesterol and excess fat. The type of water we drink today, and the insufficient amounts consumed, contribute to arteriosclerosis, illness and premature aging. Tap water, saturated with inorganic minerals (magnesium carbonate and calcium carbonate) and toxic chemicals (chlorine/fluoride), clog up tissues and harden the arteries. Even today’s naturally distilled water, rain, is polluted by our industrial technology. Bottled water, water filters water purifiers, water coolers, water softeners and reverse osmosis systems all have their limitations. Distilled water, however, contains only pure H₂O - water that is free from harmful inorganic compounds, toxic chemicals, bacteria and viruses. We should ideally drink between 1 - 2 litres per day. Drinking freshly prepared fruit and vegetable juices is another other way of obtaining pure, naturally distilled water. We should drink between 4 – 8 glasses each day for optimum health.

**Table Salt & Sea Salt** (sodium chloride): These refined products are subject to high temperatures during processing - this hardens the grains and allows them to flow more easily. This hardening process and the fact that these salts are inorganic (unlike vegetable salts) render them virtually insoluble in water and difficult for the body to metabolise. They cause water logging of our tissues, increased blood pressure and encrustation of the arteries, veins and capillaries. Ideally, we should reduce them in favour of natural salts such as black or rock salt. Kelp and other seaweeds are excellent alternatives but consuming a variety of organic vegetables (celery is especially good) usually provides all the organic sodium we need.

**Meat Products:** Meat is often high in saturated fats and cholesterol, both of which may contribute to clogging of the arteries. It can also contain dangerous microbes such as salmonella and E.coli, as well as many residual antibiotics and steroids. We can also obtain protein from grains, cereals, soya products, pulses, lentils, nuts and seeds but if meat forms a large part of your diet, eat organic, favour chicken and fish and ensure an adequate supply of fresh fruit, pure water and vegetables. This helps balance your diet and ensures harmful substances are flushed from the body.

**Processing and Refining Foods:** These modern techniques reduce the nutritional value of foodstuffs by as much as 95%. Many have sugar or salt added to improve taste or prolong shelf life, while others contain inorganic minerals, flavouring and synthetic additives. The body cannot utilise these harmful substances and wastes a great deal of energy in its attempt to expel them from our body. Consuming vast quantities of these products inevitably leads to ill health and premature aging as the body builds up toxic substances it has failed to eliminate.

**Microwaved Products:** Food cooked using a microwave oven is lifeless, depleted in nutritional content, lacking in energy and harmful to our bodies. It is best to avoid foods cooked using this form of heat source as the long-term effects on health are uncertain

**Carbohydrates, Oils and Fats:** These play an essential role in our body and are responsible for our energy levels, tissue repair, hormone production and vitamin assimilation. Fast releasing carbohydrates such as refined white sugar are best avoided while slow releasing carbohydrates found in whole-grains, fruit and vegetables are vital for proper cell-to-cell communication and tissue functioning. Oils high in linoleic acid and/or alpha-linoleic acid are essential to the body. Hemp, Flax, Pumpkin, Walnut, Udo’s and Soya bean oil are excellent with Sunflower, Safflower, Sesame, Rice Bran and Evening Primrose coming a close second. Again, the refining and processing of these oils destroys their life-enhancing properties and renders them harmful to the body. It is best to try and obtain organic, unrefined, cold-pressed oils whenever possible and to remember that only small quantities are required by the body each day for optimum health and vitality.
Daily Practices,

Exercise & Yoga

This section introduces us to the natural cycles of nature and details methods we can utilise to keep our physiology in alignment with these ever-changing patterns of energy. Although we can’t see these energy cycles we can feel their varying ‘flavours’ as day turns to night or summer turns to winter. We can also witness the unpleasant effects of becoming out of alignment with these cycles but, conversely, can also enjoy the pleasure of keeping in tune with the rhythm of these energy flows. The exercise and yoga routines will keep the body supple and free of toxins, while the breathing exercises and meditation will help balance the mind. A balanced mind creates calmness, health and vitality.
Living in harmony with nature’s rhythms

Daily Rhythms
The First Vata period of the day ends around dawn with the first rays of sunlight. At this time of day Vata qualities are at their strongest and a person arising at dawn will imbibe the positive qualities of alertness, vibrancy, enthusiasm, energy and motivation.

The next period is Kapha which has the qualities of heaviness, slowness and stability – the later a person awakes after dawn the more of these qualities he imbibes within his physiology and carries with him for the rest of the day.

Pitta follows and runs through to early afternoon. This is when the sun is at its peak and when the digestive fire is at its strongest. This is the time to eat the largest meal of the day allowing optimum digestion, assimilation and metabolism. Thus, the person is blessed with proper absorption of minerals, vitamins, proteins and carbohydrates resulting in efficient energy production and feelings of strength and alertness. It follows that there is also less desire for snacking and overeating if the diet contains adequate nutrition and the ability to properly assimilate it.

Vata comes around again during the afternoon. This is a good time for mental agility and creative work. Vata types may experience a drop in energy at this time and a small snack is valuable for them.

The next Kapha period begins in the early evening. The heavy, slow, stable qualities of this dosha increase as the evening progresses and reach their peak a couple of hours before midnight. In order to imbibe these qualities and ensure a sound, heavy, undisturbed and restful sleep one should be in bed before this period ends. Only light meals should be eaten in the evenings (toast, rice, semolina, milk drinks, noodles, soup etc) and should not be taken within three hours of bedtime.

Finally, the Pitta period runs from 10pm until about 2am. If one is not asleep during this period the body begins to wake up and one attains a second wind around 11pm. Sleep is then impaired and the elimination of impurities and toxins within the body suffers greatly. This second digestive phase is not intended for large quantities of food – it will try to digest them as well as possible but usually leaves the process incomplete leading to a further build up of undigested food or ‘Ama’ (hence the very furry, white tongue in the morning after a late night of alcohol and heavy food).

Seasonal Rhythms
As the day goes through a cycle of Vata, Pitta and Kapha so does the year. The qualities of Vata are cold and moving (wind) and these qualities are prevalent in the winter. Vata-types especially must try to follow a Vata pacifying routine and diet at this time to prevent Vata dosha going out of balance.

Summer is hot, just like Pitta dosha, and those prone to Pitta-type imbalances should keep cool and follow a Pitta pacifying routine and diet.

Spring (and to some extent autumn) can be cold and damp exhibiting the qualities of Kapha. Kapha-types should follow a Kapha pacifying diet and routine to keep their bodies in balance and free from the usual complaints of flu, cold and blocked sinuses.
Natures natural cycles

Times of the day

Noon/Midnight

9PM/AM

3PM/AM

Sunrise/Sunset

PITTA

KAPHA

VATA

Seasons of the year

Summer

Spring

Winter

PITTA

KAPHA

VATA
The ideal daily routine
(Following this routine ensures a smooth, harmonious, energetic, stress-free day)

**Morning** (Kapha period)
- Arise around dawn (end of vata period)
- Drink hot water and evacuate bladder/bowels
- Clean teeth/scrape tongue
- Oil massage
- Exercise (esp. Kapha-types)
- Warm or cool shower
- Sun-salute & yoga asanas
- Pranayama – breathing exercise
- Meditation
- Breakfast

**Midday** (Pitta period)
- Lunch – largest meal of day
- Short walk
- Brief rest

**Afternoon** (Vata period)
- Good for creative work
- Light snack for Vata-types

**Evening** (Kapha period)
- Yoga asanas
- Pranayama
- Meditation
- Light supper
- Relaxing activity
- Early to bed (Kapha time)

**Night** (pitta/vata period)
- Sleep
Oil massage

Self-massage is ideally undertaken each morning but early evenings are also very effective. Try to avoid massaging immediately after a large meal to allow full and efficient digestion.

Sesame oil is the best oil to use on the body while coconut oil (good for delaying greying and receding of hair) is best used on the head and face. The ripening process detailed below enhances the healing/medicinal properties of sesame oil:

Curing Oil
Place the required quantity of oil into a heavy bottomed saucepan and heat on medium setting until the oil has reached 100 degrees centigrade (use a liquid thermometer to gauge this). Alternatively, if you don’t have a thermometer, simply add one or two drops of water to the oil before heating. Always use a medium heat and never leave the room while oil is heating, as it is highly inflammable.

As the oil heats a crackling sound is heard - this is the water boiling off. When the crackling stops the oil has reached the correct temperature. Allow the oil to cool. It is now ripened and can be stored in a suitable container for up to one month. Re-ripen if stored for longer.

Oil Massage
Carry out your daily oil massage in a warm, comfortable room and heat the oil to body temperature before applying to the body (either place a small amount of oil in a small stainless steel bowl and warm over a candle burner or place the glass/plastic oil container in a bowl of hot water for a few minutes before use).

Start by using coconut oil on the face and scalp, paying particular attention to the ears. Slow, gentle strokes are preferable. Sesame oil is used for the rest of the body. Start with the arms, paying particular attention to the hands and fingers. Next massage the front of the body with slow, gentle strokes over the abdomen. The back is somewhat more awkward but do what you can reach – use the backs of your hands to cover more area. Massage the buttocks and legs finishing with the feet (give a little extra time and attention here).

As a rule, circular massage strokes are used over joints and long sweeping movements along the arm/leg bones. Five or ten circles/long strokes per area should be given depending on the time available. For even greater therapeutic effects a few drops of essential oil may be added to your massage oil. We recommend no more than 10 drops of lavender, cedarwood, sandalwood, patchouli, ylang ylang or frankincense per 100ml of massage oil.

It is beneficial to keep the oil on the skin for at least twenty minutes before showering. Water should be warm rather than hot and soap should be used sparingly to allow a residue of oil to remain on the skin.

Sesame oil’s highly medicinal, therapeutic effects are probably due to its high linoleic content which has anti-bacterial, anti-inflammatory, anti-carcinogenic and antioxidant properties. However, if you find sesame oil too heating coconut oil, olive oil or sunflower can applied instead.

Daily oil massage helps reduce bacterial infections, delays the aging process, promotes joint flexibility, increase muscle strength and tones the skin. It also helps stimulate the circulation and prevents impurities from accumulating in the body resulting in greater resistance to illness and faster recovery from trauma, injury or disease.
Daily massage plan

The ideal early morning (5-6am) routine includes:

- Drinking hot water
- Emptying bowels/bladder
- Cleaning teeth/scraping tongue
- Skin brushing (upward strokes)
- Massaging the body with sesame oil and the head with coconut oil (can be after shower/bath)
- Taking a shower/bath (with warm water and a vegetable-based soap)

However, if time is limited or you’d like some variation on this routine a massage plan that runs over the course of one week is suggested below. This can be adapted to your needs and varied each week.

- Drink hot water, empty bowels/bladder, clean teeth/scrape tongue
  - Skin brush
  - Shower

  Monday

- Drink hot water, empty bowels/bladder, clean teeth/scrape tongue
  - Bath with essential oil (lavender, sandalwood or ylang ylang)
  - Massage body with sesame oil and head with coconut oil

  Tuesday

- Drink hot water, empty bowels/bladder, clean teeth/scrape tongue
  - Skin brush
  - Shower
  - Massage head with coconut oil

  Wednesday

- Drink hot water, empty bowels/bladder, clean teeth/scrape tongue
  - Shower
  - Massage body with sesame oil and head with coconut oil

  Thursday

- Drink hot water, empty bowels/bladder, clean teeth/scrape tongue
  - Skin brush
  - Bath with essential oil (lavender, sandalwood or ylang ylang)

  Friday

- Drink hot water, empty bowels/bladder, clean teeth/scrape tongue
  - Shower
  - Massage body with sesame oil and head with coconut oil

  Saturday

- Drink hot water, empty bowels/bladder, clean teeth/scrape tongue
  - Skin brush
  - Shower
  - Massage body with sesame oil and head with coconut oil

  Sunday

You may also gargle and massage inside of nostrils with sesame oil as this helps combat colds/flu and other viral/bacterial infections. Please note: Tongue scraping should be done with a steel, silver or gold tongue-scraper – four or five runs gently over the tongue should be enough to remove any ama (undigested food/bacteria). This procedure helps improve digestion, freshens the breath and removes impurities from the body.
The gentle art of meditation

The mind naturally and effortlessly transcends everyday worries and concerns when it is given the opportunity but with the hectic lives we lead today this rarely happens. Perhaps in odd moments, while we’re taking a break in a quiet park or have witnessed a beautiful sunset, a momentary peace and calmness suddenly descends, leaving us feeling refreshed and alert; bathed in a bubble of stillness and silence. This fleeting occurrence takes us by surprise but reminds us of the joy of life and the possibilities it could hold if only we could learn to enjoy it.

What does not seem to be widely known is that this state is easily and effortlessly achieved through a few minutes’ practice of an amazingly simple but effective technique known as meditation. It can be taught in a few minutes, can be practiced by anyone and will work anywhere.

With the help of a subtle sound the mind can effortlessly transcend to a silent state of heightened awareness and rest within minutes. What’s more, the practice of this very simple technique helps build a solid foundation for the mind, allowing it to effortlessly remain calm in the most stressful and demanding situations. Meditation allows the mind to see more clearly and work more efficiently and effectively for prolonged periods of time without becoming unduly tired or strained. Thus we can truly “do less and accomplish more”.

It’s our birthright to enjoy a healthy, stress-free life and this can be achieved by allowing the mind to rest and recharge at regular intervals with a few minutes meditation; a technique which produces levels of rest and relaxation many times more effective than sleep.

Progressively, over the centuries, this natural mind-relaxing procedure has been complicated, mystified and watered down. By many it is seen as a battle to conquer the mind and senses and thus best left to the spiritual aspirant who has the time and will to perfect his/her technique. Meditation should be neither a process of deep concentration nor one of intense contemplation – it is simply an effortless way of allowing the mind to transcend to deep levels of relaxation very quickly, easily and effortlessly.

Meditation is simply a matter of being taught how to use specific internal sounds correctly so that they act as vehicles for the mind to experience progressively more subtle values of those sounds. Eventually, one effortlessly reaches the silent field of all possibilities where thoughts, words or sounds originate.

Simply sitting quietly in a calm and peaceful environment and observing the gentle inflow and outflow of ones breath can also have very relaxing effects. However, this is only achieved if one’s thoughts are allowed to flow unhindered with no judgement or forcing away of thoughts. Thoughts cannot be stopped and all attempts at trying to do so will produce strain – just pay no attention to them and let them go.
OM meditation

How to practice meditation:

- Allow yourself 15-20 minutes of undisturbed silence (take the phone off the hook etc)
- Practice in a calm, peaceful environment (burn some incense or use an aroma burner if desired)
- Sit in a comfortable position and relax for a few minutes with the eyes closed
- Practice five minutes ‘Pranayama’ to help settle and balance the mind ready for meditation
- Have the intention to meditate (put aside ideas of resting, sleeping or just mulling things over)
- Sit for 30 seconds and allow the mantra (Om) to appear by itself
- If the sound (Om) does not appear in your awareness by itself, quietly and effortlessly introduce it as a faint, subtle idea.
- Do not deliberately mentally repeat the sound – just allow it to be there in your awareness – it almost repeats itself - just observe it.
- It may stay the same, it may become distorted; it may become fainter, or louder and more obvious; it may become a rhythm, a pulse, a light; it may slow down or speed up – just observe it, whatever it transforms into. Be innocent and resist the temptation to judge whether what you feel or witness is correct or not.
- Observe the sound and allow it to become fainter and fainter, quieter and quieter, more and more distant until it almost fades away.
- As it fades away the mind settles down and relaxes – often stresses are released as this happens.
- Stresses are released on the back of thoughts – thus, as you release stress you will have thoughts.
- The more powerful the stress being released the more powerful and absorbing the thought will be that surfaces in your awareness.
- As soon as you are aware of thoughts present in your mind, other than the mantra, gently ‘favour’ the mantra – i.e, gently, innocently and effortlessly go back to witnessing the mantra. As more powerful stresses are released the more thoughts will come – as this occurs you will be watching and witnessing and each time you notice these thoughts you will easily and gently turn the mind towards the mantra, Om.
- It is very important to realise that it is rare to meditate without lots of thoughts also being present. This is a sign of correct meditation. Meditation releases stress – hence thoughts will frequently arise.
- Meditation is only experienced as ‘difficult’ or ‘boring’ when we start straining to ‘hold’ the mantra in our awareness and ‘try’ to ‘focus’ or ‘concentrate’ on keeping the mantra present in our mind and ‘keeping’ or ‘forcing’ other thoughts out.
- Thoughts are part of meditation – thoughts are good – thoughts are stresses disappearing forever. Meditation is not about concentrating, focusing, contemplating or forcing the mind.
- Meditation is about gently and innocently ‘favouring’ a sound – it is about being innocent, witnessing and allowing thoughts to flow and then effortlessly coming back to the sound when this occurs.
- After 15-20 minutes stop ‘favouring’ the mantra and sit quietly with the eyes still closed for 2-3 minutes. This allows the mind and body to fully integrate the experience and gain maximum benefits from the practice.
- Practice twice a day – dawn and dusk (but not just before bedtime) are the best times as the mind and body are more relaxed at these times.
Pranayama

Alternate Nostril Breathing (Vata Pranayama): Helps relax the mind and balances the nervous system. This is the best breathing exercise for balancing Vata.

**Instructions:** Breathe in gently. Block the right nostril with the thumb of the right hand and breathe out through the left nostril. Breathe in gently through the left nostril and then block the left nostril with the first finger and breathe out through the right nostril. Breathe in through the right nostril, block the right nostril and breathe out through the left nostril. Continue for five minutes and finish by breathing in through the right nostril. If you are left-handed you will reverse these finger positions (thumb blocks left nostril and first finger blocks right nostril). Always breathe in and out gently; do not force the breath and do not hold the breath. Always breathe naturally and normally sitting upright and in a comfortable position.

Left Nostril Breathing (Pitta Pranayama): Helps cool an overheated body and is excellent for Pitta imbalances. If the left nostril is blocked the body is often overheated (a Pitta imbalance).

**Instructions:** Block your right nostril with your thumb (first finger if left-handed) and inhale gently through the left nostril. Block your left nostril with your first finger (thumb if left-handed) and breathe out through your right nostril. Repeat for five to ten minutes, finishing by breathing out through your right nostril.

Right Nostril Breathing (Kapha Pranayama): Helps warm the body and is excellent for Kapha imbalances. If the right nostril is blocked the body often feels cold.

**Instructions:** Block your left nostril with your first finger (thumb if left-handed) and inhale gently through the right nostril. Block your right nostril with your thumb (first finger if left-handed) and breathe out through your left nostril. Repeat for five minutes, finishing by breathing out through your left nostril.

Fast Pranayama: This practice speed up metabolism and helps with weight loss. It can also be practiced for 20-30 seconds before ‘alternate nostril breathing’.

**Instructions:** Repeatedly exhale quickly and forcefully through both nostrils. You will find that you naturally inhale after each out breath. Repeat this for about one minute and then rest for one minute. Repeat up to five times. You will find the body heats up and begins to perspire. Do not drink cold drinks as this shuts down the digestive/metabolic processes and helps increase weight. Hot water is good and helps reduce weight by flushing toxins from the body.

Belly Breath: This is good for toning the abdomen, improving peristalsis and helping with weight loss.

**Instructions:** Have knees bent and place hands on knees - breathe out fully and then contract abdomen up into diaphragm/rib cage – hold for as long as is comfortable. Exhale. Repeat but contract abdomen into diaphragm several times rather than holding. Exhale.
Tips for enjoying exercise

**Comfort**: If your breath becomes laboured, your heart beats uncomfortably fast or you begin to ache or to get a stitch you are not within a zone of comfort and should slow down or stop and rest.

**Undivided Attention**: Experience the body and respond to its signals. Do not watch TV or listen to music but allow the mind to be completely attuned and connected to the body.

**Body Type**: Vata types should participate in calming activities such as walking, gymnastics, aerobics, dance, cycling, yoga or Tai Chi. Pitta types can cope with more vigorous exercise such as jogging, tennis, swimming, skiing, weight lifting and rowing but should be careful not to become too competitive or overheated. Kapha types need fast, vigorous exercise to counteract their more lethargic physiologies and are better suited to sports such as football, running, weight lifting, rugby and hockey.

**Warm up**: Ensure you begin any training by first loosening the joints and muscles with a few gentle exercises, sun-salute (Suryanamaskara) and yoga.

**Massage**: Applying oils before and after a workout is most beneficial. Vata-types should apply sesame or almond oil with lavender before a workout and sesame or almond oil with marjoram after a workout; Pitta-types should apply sesame or coconut oil with lemon before a workout and coconut oil with camomile afterwards while Kapha-types should apply olive or sesame oil with eucalyptus before and sesame or olive oil with rosemary after. A mix of 20:1 base oil to essential oil works well.

**Breathing**: Always breathe through the nose as this uses the lower portion of the lungs where maximum energy is exchanged. This allows proper mind-body coordination by calming the body, slowing the heart rate and reducing the flow of adrenalin.

**Stress Check**: If on waking your resting heart rate is ten beats above or below normal you should rest or at least only take very moderate exercise that day. This often indicates that the body is under stress, possibly from a virus or bacteria, and the body will need its energy resources that day to combat this stress.

**Optimum Exercise Heart Rate (OEHR)**: 220 minus your age plus resting heart rate divided by two. Resting heart rate should be ascertained on waking in the morning.

**Three Phase Workout**:

- **Resting Phase (10 min.)**: Do not allow heart rate to increase above OEHR minus 30.
- **Listening Phase (15 min)**: Increase pace but do not allow heart rate to increase above OEHR. Ensure heart rate, breath rate, mental awareness and physical form are comfortable, balanced and correct.
- **Performance phase (10-30 min)**: Allow your pace to sit around the OEHR and experience comfort, balance, rest and euphoria. If at any time you feel uncomfortable, stressed or tired go back to the Resting or Listening Phase and build up again more slowly.
Daily exercise plan

The ideal morning exercise/relaxation routine includes:

- Sun Salute (4-6 rounds) 5-10 minutes
- Short walk or run (1-2 mile) 15-30 minutes
- Yoga Asanas 10-20 minutes
- Pranayama & Meditation 20-30 minutes

When time is limited you can vary this routine. Here is an example to get you started.

- Yoga exercises 6 minutes Monday
- Sun Salute (3 rounds) 3 minutes
- Pranayama 5 minutes
- Meditation 20 minutes

- Yoga exercises 6 minutes Tuesday
- Short walk or run (2 mile) 30 minutes
- Sun Salute (2 rounds) 2 minutes
- Pranayama 2 minutes
- Meditation 20 minutes

- Sun Salute (4 rounds) 4 minutes Wednesday
- Yoga Asanas 15 minutes
- Pranayama 5 minutes
- Meditation 20 minutes

- Yoga exercises 6 minutes Thursday
- Sun Salute (6 rounds) 6 minutes
- Pranayama 2 minutes
- Meditation 20 minutes

- Yoga exercises 6 minutes Friday
- Short walk or run (1 mile) 15 minutes
- Sun Salute (3 rounds) 3 minutes
- Pranayama 5 minutes
- Meditation 20 minutes

- Sun Salute (4 rounds) 4 minutes Saturday
- Yoga Asanas 15 minutes
- Pranayama 5 minutes
- Meditation 20 minutes

- Yoga exercises 6 minutes Sunday
- Sun Salute (2 rounds) 2 minutes
- Pranayama 2 minutes
- Meditation 20 minutes

Weight bearing exercise, tai chi and chi Kung can also be incorporated if these interest you.
Ayurvedic ‘warm-up’ exercises

This gentle sequence of warm-up exercises stimulates the cardiovascular system allowing greater oxygen and nutrient exchange within the body. It also promotes the elimination of impurities by increasing the flow of lymph through the muscles and lymphatic system. Repeat each of the movements five times and repeat on both sides of the body or in a clockwise and then an anticlockwise direction.

- **Head:** Roll clockwise, roll anticlockwise.
- **Head:** Turn to left, turn to right.
- **Head:** Bend back, bend forward.
- **Eyes:** Roll clockwise, roll anticlockwise.
- **Arms:** Swing in a circle backwards, swing in a circle forwards.
- **Shoulders:** Rotate backwards, rotate forwards.
- **Shoulders:** With elbows bent and at shoulder height and swing backward.
- **Shoulders:** With arms outstretched swing backwards.
- **Eyes:** Keeping upper arm still circle forearms from elbow joint.
- **Arms:** Rotate clockwise, rotate anticlockwise.
- **Arms:** With forearm still move wrist from side to side.
- **Arms:** With forearm still move up and down.
- **Hands:** Keeping upper body and legs relatively still rotate in a large circles.
- **Shoulders:** With elbows bent and at shoulder height and swing backward.
- **Waist:** Facing forward bend left from waist, right arm moves over head.
- **Waist:** Bend from waist and then rotate the torso around the waist.
- **Waist:** Forward bend, backward bend.
- **Waist:** Keeping upper arm still circle forearms from elbow joint.
- **Waist:** With forearm still move wrist from side to side.
- **Waist:** With forearm still move up and down.
- **Hands:** With forearm still shake the hands, then flick (as though flicking off water).
- **Arms:** Lift the knee so thighs are parallel with floor - swing lower leg side to side.
- **Knees:** Lift the knee so thighs are parallel with floor - circle lower leg from knee.
- **Knees:** Kick buttock with heel.
- **Knees:** Hold the foot with one hand and pull against buttock.
- **Ankles:** Lift foot off the floor, keep the leg still and circle foot from ankles.
- **Ankles:** Keeping leg still move foot side to side from ankles and then shake.
- **Feet:** Stand on tiptoes several times.
- **Squat:** First on ball of foot and then with feet flat.
- **Stand:** Have feet flat on the floor; lock the knees loosely backwards; move the hips forward; tuck the stomach in; bring the chest forward; take the shoulders back; keep the neck straight – now relax in this posture and be still – observe the breath gently flowing through the body for one minute before lying down.

Relaxing

- Lie on your back, cover yourself with a blanket and relax - breathe in and slowly allow the out-breath to flow gently down the body and out through the feet.
- Rest your attention on each part of the body in turn, starting with the head and neck, and check for any discomfort – breathe into these areas and allow them to relax before continuing.
- Starting at the head, allow each part of the body to relax, feel warm, soft and heavy. Use the breath to allow each area to melt and flow into the floor beneath.
The Sun Salute
Yoga Postures

**Forward Bend**
Can be done with or without arm support. Knees are slightly bent and the back should be as straight as possible. Bend from the waist and lengthen the back towards the hands, pushing back towards the hips.

**Hip Stretch**
Step forwards by about three feet and rest one leg on a support. Keep your knee at right angles to the body and flex downward from hips. Stretch the back heel towards the floor and relax the shoulders. Repeat for other leg.

**Warrior Pose**
Step back by about four feet and bend the forward leg. Keep the knee at right angles to body and flex downward from the hips. Link the thumbs and stretch your arms above the head. Keep the shoulders back and remember to relax them. Repeat for other leg.

**Triangle Pose**
Have the feet three to four feet apart. Turn the foot of the leg you are bending outwards by 90 degrees and the back leg by 15 degrees. Bend from the waist - do not lean forward. Stretch the arms and hold the leg. Look towards the top hand and stretch the arm upwards. Repeat on other side of body.

**Knee Triangle Pose**
Have the feet about four feet apart. Turn the foot of the leg you are bending outwards by 90 degrees and the back foot by 15 degrees. Bend the right knee and rest the right hand on the ground (or have your elbow on the knee) - do not bend forwards. Stretch the top arm upwards and look towards the top hand. Repeat at the other side of the body.

**Knee Pulls**
Bend one leg and grasp with both hands - pull towards the body. Repeat several times with alternating legs. You can now pull on both knees together while relaxing the buttocks towards the floor.
Half Shoulder Stand
Gently raise your hips off the floor and support with your hands. Keep the elbows close in to the body and support the waist by resting the hands on the hips. If this is comfortable you can now attempt the full Shoulder Stand.

Shoulder Stand
Keep the elbows close in to the body and support the waist by pressing the hands against the middle back. Keep the back and legs straight and extended, locking the chin against the chest. If there is any discomfort in the neck come down immediately. Always come down with full support of the arms - lower yourself slowly and gently.

Supported Plough
From the Shoulder Stand take the legs back over the head and rest on a support. Extend the arms behind you, lock the fingers – you may then twist the hands so that the palms face away. Always come down with full support of the arms - lower yourself slowly and gently.

Plough Pose
From the Shoulder Stand take the legs back over the head and rest the feet on the floor. Extend the arms behind you, lock the fingers – you may then twist the hands so that the palms face away. Always come down with full support of the arms - lower yourself slowly and gently.

Locust
Raise both feet by six inches keeping the heels together. Now raise your chest, lift the arms upwards and then link the thumbs together. You may hold this posture for as long as is comfortable and can then repeat twice more.

Bow
Lift the chest, bend the knees and grab the leg above the ankles. Stretch the chest upwards and pull the legs towards your shoulders. As you gently breathe you will rock backwards and forwards. Do not attempt this posture if you have any back problems.
Cobra Pose
Lift the chest off the floor and support the upper body with the arms – do not push with the arms if you have any kind of back problem or if the lower back is overly stiff. It is good to repeat this posture a few times to loosen the lower back but only if comfortable – it is important not to strain.

Tortoise Pose
Kneel between your heels and gently lower your lower and then upper back and shoulders to the floor. Keep the heels close to the hips – do not attempt if you have back or knee problems. Push the hips upwards to avoid straining the back. Come up slowly and gently.

Forward Leg Bend
Bend one knee and place the heel on your inner thigh close to the pelvis. Bend forward from the hips/waist and rest the hands comfortably on the extended leg. Avoid overly bending the upper back, relax the elbows and shoulders and breathe easily. Repeat with other leg.

Sitting Forward Bend
Extend both legs and stretch the toes towards you. Bend forwards from the hips/waist - rest your hands near the ankles and relax the lower back. Avoid overly bending the upper back, relax the elbows and shoulders and breathe easily.

Twist
Bend one leg and place the foot by the outside of the opposite knee. Twist from the waist, keeping the back straight, and place the supporting hand flat on floor near the hips. The elbow of the other arm helps support the twist by resting on the bent knee. Do not twist too far and come out slowly and gently. Repeat on other side.

Rest
Kneel down and bend forward from the waist. Stretch the arms and hands forward and relax the shoulders, lower back and elbows. Breathe easily and relax for a few minutes.
Guidelines for practicing yoga

- Try to practice yoga in a warm, clean and quiet environment.
- Burn some incense to induce a meditative mood.
- Give yourself plenty of time.
- Do not practice on a full stomach but eat a light snack if feeling hungry.
- Start with a short warm-up exercise routine.
- Practice a few cycles of the Sun Salute.
- Never strain or over-exert – breathing should be light and gentle throughout.
- Ease into postures slowly and gently.
- Hold each posture easily for up to two minutes if this feels comfortable and is relaxing.
- Always stretch within your own capacity – feel the stretch, ease back slightly and then use the out-breath to gently relax further into the stretch – work within your comfort zone.
- Never force a stretch beyond comfort level – forcing is not yoga.
- Remember to breathe – do not hold the breath.
- Breathe out as you bend forwards or restrict the chest area and breathe in when you come out of a position or expand the chest area.
- Allow your attention to rest on the area of the body being stretched and allow it to relax further into the stretch on each out-breath.
- Become one with the body and feel it relaxing – yoga then becomes a form of meditation.
- The pleasant sensation of stretching and that of pain are very different – do not hold a position if bordering on painful. Pain felt after coming out of a position indicates over-stretching and is not conducive to progress.
- If pain does occur, stop practicing, lie on your back and rest your awareness on the painful sensation – breathe into this area and allow the sensation to dissolve and dissipate.
- If certain positions are uncomfortable at a particular time of day etc miss them out of your routine – try them again when you feel able.
- If you attend regular yoga classes and learn positions you’d like to add to your daily routine feel free to add them but always remember that a stretch in one direction should be followed by a stretch in the opposite direction.
- After finishing your yoga practice lie on your back for a few minutes and relax.
- Gentle breathing exercise (pranayarma) and meditation may be practiced after a yoga session.

Above all yoga should be fun
ENJOY
In this section you are introduced to the concept of the ‘detox’. From an Ayurvedic standpoint the digestive tract is often the primary source of illness and keeping it balanced and fully-functioning is of utmost importance. Eating the right foods for your body-type with reference to the seasons is the first place to start. However, especially in the west and especially in today’s fast-paced society, getting adequate nutrition at the right time of time and in the right environment can be very difficult. To compound this, the food we eat is often refined, processed and lacking the essential nutrients we need to maintain, let alone improve our bodies. A ‘detox’ is designed to gently remove impurities from the body in a way that works in harmony with it. Detoxing should be an enjoyable experience that should leave the body feeling light, vibrant and full of energy – ‘no pain, no gain’ has no part in Ayurveda. Struggle, strain and un-natural diets will only imbalance the body further and should be avoided. The ‘detox programs’ detailed on the following pages are best done under the supervision of a qualified nutritionist but there is no harm in trying them yourself as long as you stop as soon as you begin to experience any unpleasant ‘detoxing symptoms’ (headaches, nausea etc).
Overview

This section is intended to help you improve your digestion. It outlines a number of detox options and includes details of how to successfully carry them out.

Whilst nutritious food, adequate water and regular exercise are paramount to good health and a peaceful mind, a regular program of internal cleansing is also desirable.

Due to stress, hectic lifestyles and poor diet we generally accumulate toxins and waste matter faster than we are able to eliminate them. Unless we take the time to keep our digestive and circulatory systems free from blockages they become clogged and unable to function effectively. As we become more toxic and the nervous system becomes stressed cell-to-cell communication becomes scrambled and sends out inappropriate messages. The body begins to mal-function and aches and pains begin to manifest and eventually chronic problems develop. This in turn leads to feelings of anger, frustration, depression, unhappiness and lack of well-being.

Ideally, we should aim to undertake an intensive detox routine or Panchakarma program twice a year for a minimum of five to ten days duration. This thoroughly cleanses the intestinal tract, balances the nervous system and boosts the immune system.

Between each major cleanse (Panchakarma) it is advisable to carry out the ‘master cleanse’ to boost and maintain it’s balancing effects. If this is not possible, simply having a liquid day (mini detox) each month is also extremely beneficial.

While on a Panchakarma program it is important to follow the ‘ideal daily routine’, the ‘Panchakarma detox- foods to favour’ and the ‘Panchakarma detox – meal plans/guidelines’ throughout the program.

If you have been prescribed a mid-year ghee/castor oil detox it is recommended that you have daily massages and also steam treatments (with the head kept cool) on each of these days.

NB: Do not undergo any kind of detox program if you are pregnant, ill or suffering from flu.
Improving digestion & maintaining health

To ensure food is properly digested, assimilated and metabolised by the body it is important to follow these guidelines:

- Eat at the times when the body has the necessary enzymes available to cope with the digestion of food. The peak time for enzymatic production is mid-day and this is the time to eat the largest meal of the day. By ensuring that the heaviest foods and largest quantities are eaten at this time, the bodily tissues are able to fully utilise the nutritional value of foods consumed. This helps reduce the amount of food required by the body and reduces food cravings between meals. It also goes a long way to helping reduce weight and maintaining hormone balance. The evening meal should be light as the body produces far less enzymes to help digest food at this period of the day. You should aim to eat at least three hours before going to bed and this should therefore be between 5-7pm.

- Whilst it is important to drink between 1-2 litres of water per day, liquid should not be consumed half an hour before or one hour after eating as this ensures that the digestive enzymes responsible for digesting food aren’t diluted by excessive water intake. It is, however, useful to sip small amounts of hot water with a meal as this aids the digestive process. Ayurveda recommends taking a small cup of ‘Post-digestive’ tea (see ‘herbal teas’) to help with the digestive process. Hot water with fresh ginger, lemon, fennel seeds or mint leaves should be sipped throughout the day.

- Cut down on sugar, wheat, coffee, tea, alcohol and red meat as these hinder the digestive process, leach nutrients and water from the body or block the uptake of nutrients from food. This is especially so with sugar as this ‘feeds’ the ‘bad’ bacteria in the gut and helps them multiply – this leads to candida, bloating, wind and indigestion.

- Taking ‘Ginger Pickle’ before large meals aids digestion and is recommended for most body types. It also provides the six tastes the body requires for adequate assimilation of nutrients. Ideally, each main meal should provide the six tastes of bitter, sweet, pungent, astringent, sour and salty. This ensures the nutritional requirements of the body are met and reduces the need for snacking and over-eating. Specific mixtures of herbs or ‘churna’s’ may be added during cooking or sprinkled over food to ensure a balance of the six tastes in each meal (see recipe book).

- Each meal should be taken in a peaceful, pleasant environment and should not be consumed when irritated, angry or stressed as this hinders the digestive process and leads to bloating, gas and the build-up of toxins in the gut.

- It is important not to eat if there is no hunger/appetite present. Often the feeling of ‘needing something’ to eat is really a need for liquid intake – try and listen to the body’s signals. Often the body needs smaller, easily digestible soups and fruit/vegetable juices rather than a ‘full-blown’ meal, to gain energy and vitality.

- Eat slowly and always chew your food well - many digestive enzymes are added from the salivary glands and these are stimulated by the action of the jaw. Food that enters the stomach should be ‘soup like’ as the stomach has no teeth to do this for you. Excessive talk or a noisy environment hinders the digestion and leads to undigested food remaining in the body causing wind and bloating. Watching television or reading during eating can also have similar effects.
• At the end of a meal it is beneficial to wait for five minutes before taking seconds or a desert as this gives the body time to register fullness and to indicate whether it requires more. You should leave the table feeling light, refreshed and energetic. It you feel heavy and tired after eating this is an indication that you have eaten too much or that the food you ate was nutritionally poor. Allow five to ten minutes before leaving the table and then take a short walk for ten to fifteen minutes to aid the digestive process.

• Food consumed should always be of the highest quality. Fresh, organic food is best and all refined, processed food is best avoided. Colour, taste and presentation are as important as nutritional content as the pleasure we get from smelling, seeing and tasting food determines the abundance of enzymes necessary for proper digestion.

• If raw foods are eaten these should be taken at the beginning of the meal and always in small quantities (less than one third of the total meal content). Whilst raw food contains an abundance of vitamins and enzymes the body finds it harder to break these down than cooked food and this can lead to severe digestive problems, especially if the body is already under stress and the digestion is working less than optimally. Cooked food is best lightly steamed as this ensures minimal loss of enzymes and maximum bio-availability of nutrients.

• According to Ayurveda sweet, fruit deserts should be taken at the beginning of a meal rather than at the end. Sweet tastes satisfy hunger and quench the appetite and therefore reduce the need for large amounts of food. Fruit that is left sitting behind the main meal waiting to be digested (up to six hours) can ferment and produce large amounts of gas and bloating. This destroys the ‘good’ digestive flora and encourages the production of ‘bad’ digestive flora/bacteria.

• To properly digest a meal the stomach should be no more than a third full. A third should contain food, a third the liquid you have been consuming before the meal and a third air or space. This allows the digestive juices to fully break down the food contained there.

• Adequate intake of essential fatty acids (omega 3,6,9) will help reduce cholesterol, high blood pressure, diabetes and obesity. These can be found is fresh deep-sea fish such as mackerel, sardines and salmon and in many freshly-ground nuts and seeds. However, the best way to ensure an adequate intake is by adding oil to your food. Olive oil is good but flax oil, pumpkin oil and borage oil are better. Better still is a specially formulated blend called ‘Udo’s oil’ (see ‘Savant’ in the resources section) which contains all the essential fatty acids or omegas in their ideal ratios for optimum health and nutrition.

• Triphala (MAV products), Ambrotose (Mannatech), Aloe Vera juice (health food shops), Probiotics Super 8, Flor essence, Swedish Bitters and Enzyme Blend (Savant – see resources) will help support the digestive/immune system.

• Yoga, walking, cycling, meditation, pranayama and ‘belly breaths’ will help balance the mind, tone the body and reduce stress. This in turn can be the greatest contributory factor for ensuring a proper functioning digestive system and a return to full health and vitality.

• Retiring to bed early and waking early is necessary for the maintenance of hormone balance in the mind and body – this creates happiness and a stress-free mind, the prerequisite of proper digestion.
Summary

• Eat largest meal at mid-day (have ‘Ginger Pickle half an hour before).
• Start each main meal with a small side salad and tasty dressing.
• Eat in a settled, peaceful environment.
• Eat organic fruit and vegetables daily (lightly cooked and preferably steamed).
• Use unprocessed, unrefined oils such as Udo’s, flax, pumpkin, ghee and olive oil.
• Use honey, maple syrup, fructose, algarve and stevia extract for sweetening.
• Reduce the use of refined sugar, salt, white flour, tea, coffee, alcohol, hard cheese, red meat, confectionary and fast/processed/refined/microwave food.
• Use soya, rice, almond or oat milk rather than dairy.
• Drink one to two litres of mineral/distilled water or herbal teas daily. Ginger, lemon, peppermint, fennel, coriander and the digestive teas (see recipes) are good.
• Drink hot water to reduce weight or eliminate toxins/impurities.
• Drink a few glasses of fresh fruit/vegetable juices daily (esp; carrot, apple and spinach).
• Practice meditation twice a day.
• Exercise and practice yoga/tai chi.
• Practice ‘Belly Breath’ to tone the abdomen (helps improve peristalsis).
• Spend time walking in nature and exploring new places.
• Read inspiring books (cut down on television).
• Oil massage regularly.
• Use essential oils in aroma burners, food, beverages, oil massages, baths etc.
• Have some quiet time to yourself each day.
• Maintain the company of like-minded people.
• Be gentle and kind to yourself and others.
• Try and reduce contact with stressful people and environments.
• Take pride in your work – always give your best.
• Retire to bed early (the deepest rest is acquired before midnight) and arise before dawn (this helps ensures maximum mental and physical energy).
• Undertake a Panchakarma detox twice a year.
The day starts the night before.

An early night ensures deep, refreshing sleep.
Deep, refreshing sleep ensures one wakes early - rested and revitalised.
Waking early - rested and revitalised - ensures time for massage, yoga and meditation.
Massage, yoga and meditation ensure the mind and body are awake and alive.

Mind and body - fully awake and alive - ensure a happy countenance.
A happy countenance ensures a stress-free mind.
A stress-free mind creates a positive mind.
A stress-free, positive mind imparts love and peace to those around.

An atmosphere of love and peace creates a wave of harmony throughout the room.
A wave of harmony throughout the room creates a wave of harmony throughout the house.
A wave of harmony throughout the house creates a wave of harmony throughout the city.
A wave of harmony throughout the city creates a wave of harmony throughout the country.
A wave of harmony throughout the country creates a wave of harmony throughout the world.

The peace and harmony of every individual in every town, in every city, in every country is in your power and their happiness rests in your arms. If you are fully awake in the present moment, having learnt from and let go of the past, the future will take care of itself. You simply need to bathe in the joy of being fully alive in every present waking moment.

And the real beauty is – you can start today.
Understanding toxins (ama)

Ama is undigested food and is toxic to the body. The white coating on the tongue in the morning is ama, and is especially thick and profuse if the colon is functioning under par; it is also noticeably more present after a late night of heavy food and/or alcohol. The body is unable to digest large quantities of food late at night which leaves undigested residues permeating the bodily tissues – this is one of the reasons muscles can feel stiff and heavy; the muscle fibres are literally ‘glued’ together by thick, sticky mucus or ama (the same as the coating on the tongue). If this toxic residue is left in the body it interferes with the functioning of the tissues and leads to imbalance, illness and disease. It creates fatty deposits, water retention, excess weight, painful joints and cellulite.

This can be avoided by:
- Eating lightly in the early evening
- Refraining from taking alcohol
- Eating a wholesome diet
- Drinking plenty of hot water
- Drinking fruit and vegetable juices
- Exercising regularly
- Deep massage
- Herbal enemas
- Yoga

The goal of Panchakarma is to systematically release, melt, loosen, mobilise and eliminate these impurities from the body before they build-up and create more serious complaints in the areas they have lodged. All illnesses/diseases/complaints are the result of an accumulation of mental and physical ama; their specific symptoms and areas of manifestation vary according body type and/or inherent weaknesses caused by past injuries or illnesses. Genetic and/or hereditary factors may also be determining factors.

Panchakarma therapy creates balance in the body whilst also nourishing and cleansing the intestinal tract, allowing for proper digestion, assimilation and metabolism of food/water and their attendant nutrients. Once the ‘digestive fire’ is working optimally the body will obtain full nourishment from the food it takes and will be provided with the energy and building blocks it needs to stay healthy and vital.

Side note: Tongue scraping each morning will help prevent the toxic/bacterial residue being re-absorbed back into the body. It will also stimulate the sense of taste and leave the breath smelling sweet and fresh.
The ‘barrel analogy’ and bodily toxins

One of the ways we can perhaps understand the effects of toxins in the body is through the analogy of a rain barrel. The barrel collects rainwater and, as long as we use some of this water regularly, the barrel will never overflow. As far as the human body is concerned, as long as we don’t ingest too many toxins, we flush them from our body before any damage occurs.

However, if we constantly overload our bodies with ingested toxins they build up to a point where we are no longer able to process them and they begin to affect our health (the barrel is now overflowing). The longer this goes on the greater the likelihood of a serious problem developing and the harder it is to regain control of the problem.

Toxins, harmful bacteria, viruses and other pathogens are constantly present in the body and we are exposed to them on a daily basis. However, as long as the immune system is strong, healthy and balanced it is easily able to cope with this onslaught without any adverse reactions or illnesses.

Toxins can build up in the body in a number of ways: through eating refined, processed food, breathing polluted air, drinking impure liquids, taking pharmaceutical drugs, entertaining negative thought patterns, excessive sleep, retiring to bed late, waking late, eating at the wrong times of day and eating foods inappropriate to our body-type.

As soon as we are aware of something amiss in the body, whether it be tiredness, stress, negativity, anger, anxiousness, depression or physical symptoms such as nausea, skin rashes, pain or stiffness, we should quickly try and redress the balance by reducing the amount of toxins entering the body whilst also reducing the toxins stored in the body.

The first step should be a colon cleanse and detox (ideally Panchakarma) as any changes in diet or the taking of herbal remedies will be unsuccessful, or at least limited in their affect, whilst the digestive and immune system is under functioning.

Once the digestive system has been strengthened the ingestion of pure, unrefined foods, herbal remedies and teas will have the desired affect on the specific areas of the body we wish to improve. The body is in a constant state of flux and maintaining its’ chemical and electrical balance is of paramount importance if we are to live a healthy, stress-free and happy life.

By keeping the colon cleansed and by stimulating the digestive enzymes we are able to obtain maximum nourishment from the food we eat. If we eat wholesome, nutritional food we supply the body with the energy it needs to carry out its daily tasks of repair and renewal. This in turn affects the way the body feels and the way we think and act. If we eat at the times of day when the digestive system is most active we are able to obtain maximum nutritional value from the food we ingest. Midday is the ideal time.

If we sleep at the proper time the body is naturally able to rest, repair and replenish its resources - energy increases and toxins are flushed from our tissues. If we sleep during the day or sleep after dawn the body stores toxins and becomes tired, stiff and sluggish – an ideal state for illness to develop. To ensure sound health and vitality we should only sleep between 10pm and 5-6am.

Whilst sleep is the body’s greatest healer, we shouldn’t worry unduly if sleep doesn’t come easily at times – worry only exacerbates the problem. We should simply rest and relax as sleep will only happen once
the mind stops worrying. Massage and some simple stretching exercises will help induce sleep, as will being in bed by 10pm. If you are stiff and restless practice a few yoga postures and then meditate for a while. Twenty minutes meditation is equivalent to two hours deep sleep in terms of rest and renewal so there is no need to worry about not receiving enough rest to function properly the following day.

If we massage and exercise daily we help promote the release of toxins from the body. The build up of toxins causes not only bodily ailments but also mental and emotional disturbances. If we meditate daily we suffuse positive energy into our system and eliminate negative or toxic thoughts and emotions from the mind. This in turn positively affects the health of the physical body and prevents the onset of disease. Negative thoughts, especially fear, guilt and anger have the most destructive affects on our state of health and are most likely to reduce our energy levels and feelings of well-being. Meditation, balanced breathing exercises and the practice of healing sounds are the most powerful ways to balance the mind and eliminate negative thought patterns. Negative thought patterns are the primary cause of all diseases of the mind and body and should be brought under control by these practices on a daily basis. When we are ill we should practice them more frequently until the disturbance has been eradicated.

Returning to the ‘barrel,’ analogy, we can see that by improving the health of both our mind and body and by limiting the amount of toxins we intake we prevent the barrel overflowing and upsetting our physiological equilibrium. We can do this through the way we think, the mental techniques we practice, the exercise we take, the food/liquid we ingest and the daily routines we follow. In a sense we are not only able to limit the amount of toxins entering our bodies and so prevent the barrel overflowing, but are also able to increase the size of the barrel itself. We achieve this by ingesting health-promoting substances, especially ‘super-foods’ and herbal teas/supplements but also through mind-expansion techniques (meditation/breathing techniques/yoga) and vibration medicine (sound therapy).
# The ideal yearly detox plan

<table>
<thead>
<tr>
<th>Schedule</th>
<th>Daily Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Each day (all body types)</td>
<td>Udo’s oil (essential fatty acids), Flor Essence (blood/liver cleanser), colloidal mineral supplement, yoga &amp; meditation</td>
</tr>
<tr>
<td>Each week (kapha body types)</td>
<td>Mini Detox (fluid day with peya soup and juices) – 1 day</td>
</tr>
<tr>
<td>Every two weeks (pitta body types)</td>
<td>Mini Detox (fluid day with peya soup and juices) – 1 day</td>
</tr>
<tr>
<td>Each month (vata body types)</td>
<td>Mini Detox (fluid day with peya soup and juices) – 2 days</td>
</tr>
<tr>
<td>Every three months (all body types)</td>
<td>Master Cleanse or mini-detox (for 3-5 days)</td>
</tr>
<tr>
<td>Every six months (all body types)</td>
<td>Panchakarma Detox (5-10 days)</td>
</tr>
</tbody>
</table>

Aim to achieve a detox plan that feels comfortable and reasonably attainable. There are no hard and fast rules in Ayurveda and moderation is paramount. If the routine above is too onerous at present adapt it to your own particular circumstances – maintain self-referral and decide what works best for you. Always work towards achievable goals - negative feelings/frustration and anger towards yourself because you aren’t able to attain the ‘ideal’ are more destructive than doing nothing at all.

## Skin brushing & tongue scraping

These procedures are also an important part of a daily detox – skin brushing helps detoxify, tone and improve the skin while tongue scraping helps detoxify the body in general.

**Skin Brushing** *(for Kapha)*: Skin brushes can be purchased from most chemists. Each morning, either before or after bathing/showering, brush the skin for 2-5 minutes. Brush upwards towards the heart where appropriate and use circular motions on the joints and long strokes on the arms and legs. Work up the body starting with the feet and legs. The hands and arms come next followed by the back and sides. The back can be best scrubbed using a long-handled brush (use circular motions on the lower back). Now massage the abdomen using slow circular motions and up and down motions on the sternum. When you first begin skin brushing the bristles may feel very rough – the body soon gets used to this and after a few days you’ll really begin to enjoy this pleasant invigorating experience. The bristles naturally soften after a few massage sessions but you can run the brush under hot water if you really want a softer feel.

**Tongue Scraping**: Use a stainless steel or silver scraper and gently remove the white coating from the tongue each morning and evening before you clean your teeth. This white coating is ‘ama’ or undigested food and it often the cause of bad breath. Once these toxic substances have been removed the breath improves and feels fresher, the taste buds come to life and the digestion benefits from not having to cope with as much bacterial/toxic waste.

**Gargling**: Gargling with a small amount of sesame oil and coating the inside of the nostrils with a smear of oil with your little finger helps prevent viruses and bacteria from entering the body. It is a great preventative measure against colds and flu.
The Master Cleanse
(a detox formulated by Stanley Burroughs)

Purpose:
• Dissolves and eliminates toxins and impurities from the body.
• Cleanses the kidneys and digestive system.
• Helps eliminates waste and hardened material in the joints and muscles.
• Relieves pressure and irritation in the nerves, arteries and blood vessels.
• Keeps the skin soft, elastic and youthful.

When to use it:
• When health feels generally under par.
• When digestive system is sluggish.
• When constipated.
• When weight loss is desired.

Frequency:
• Three to four times a year
• For three to five days

The detox ingredients:
• 2 T freshly squeezed organic lemon juice
• 1 - 2 T maple syrup
• 1/8 t cayenne pepper
• Water - medium hot (ideally distilled or purified)
Combine the lemon juice, maple syrup and cayenne pepper in a 10 oz. glass and fill with medium hot water. Make fresh and drink each time you feel hungry.

Instructions:
• For 2-5 days before an intended cleanse avoid alcohol, tea, coffee, meat and dairy products.
• On the day before the ‘master cleanse’ follow the ‘Mini-detox’ and have only peya soup and fruit/veg juices for all meals.
• During the ‘master cleanse’ take the maple syrup drink for breakfast, lunch and evening meal.
• Also take this drink between meals whenever you are hungry (up to 9 times a day if necessary).
• Also drink plenty of hot water throughout the day to aid the cleansing process.
• Follow the ‘Mini-detox’ for 1-2 days after the ‘master cleanse’.

NB: This diet provides all the nutritional requirements for the few days you’ll be on the detox and will do wonders for keeping the body in a balanced and healthy condition. However, this cleanse may not suit everybody. Be sensitive and listen to body signals. Does the cleansing make you feel light and energetic or dull and lethargic? Does it agree with your digestion? Does it clear the skin or cause outbreaks? If, especially once the cleanse is completed, you feel positive, energetic and healthy it is probably suitable for your body-type/imbalance. If it leaves you weak and out-of-sorts however, try doing less days the next time or try an extended ‘Mini Detox’ instead.
The Mini Detox

A day of this light diet allows the digestion to rest and the body to flush out impurities and toxins. This routine can be followed whenever the body feels in need of an energy boost or the digestion feels weak (max. of one day per month for Vata types, two days for Pitta types and three days for Kapha types).

On rising       Hot water (with ginger)
Breakfast       Vegetable juice - carrot or carrot and spinach (3:2)
Lunch           Peya soup
Mid afternoon   Fruit juice - carrot and red grape (3:2)
Evening meal    Peya soup
Drinks (all day) Hot water – 1-2 litres with fresh ginger and fennel seeds

- A solid breakfast should only be taken if hungry (stewed fruit - dates, raisins, apples, pears etc.)
- Fluids should be sipped regularly, especially hot water (1-2 litres per day).
- Do not exert mentally or physically and rest as much as possible.
- Keep warm and cover the head if going outdoors.
- Follow ‘Ideal daily routine’.
- On the following day try and keep to a light vegetarian diet.

Peya soup recipe

- Soak ½ cup basmati rice and ½ cup yellow mung beans overnight (red lentils may be substituted if yellow mung beans are difficult to obtain).

- Place soaked rice/dhal in a sieve and wash thoroughly under tap (until water runs clear).

- Cook mixture as basic dhal (see ‘dhals’ in recipe section) but adding more water near the end to make a thin soup – it should then be simmered for 20 minutes more while stirring occasionally.

- Fry 2 t fresh grated, ginger, ¼ t turmeric, ½ t cumin, ½ t coriander, ½ t cardamom in 2 t ghee and add to dhal. Add 1 cup fresh coriander and salt/pepper to taste.

- Store in a thermos flask or slow cooker ready for lunch and/or supper.
Mini Detox - Rounding Program

To enhance the effects of a mini detox and to provide the body with an abundance of energy, clarity and vitality it is beneficial to follow the routine detailed below.

Then Take

Morning:  
Arise around dawn
Oil massage/skin brush (10 mins)
Bath or shower
Exercise/yoga (20 mins)
Pranayama/meditation (25 mins)
Rest (10 mins)

Exercise/yoga (20 mins)
Pranayama/meditation (25 mins)
Rest (10 mins)

Exercise/yoga (20 mins)
Pranayama/meditation (25 mins)
Rest (10 mins)

Exercise/yoga (20 mins)
Pranayama/meditation (25 mins)
Rest (10 mins)

Peya soup & short walk
Hot water with fennel seeds

Carrot/apple juice

Lunch
Peya soup & short walk
Hot water with fennel seeds

Afternoon
Exercise/yoga (20 mins)
Pranayama/meditation (25 mins)
Rest (10 mins)

Exercise/yoga (20 mins)
Pranayama/meditation (25 mins)
Rest (10 mins)

Carrot/apple juice

Carrot/apple juice

Evening
Peya soup & short walk
Read inspiring literature
Hot water with fennel seeds

Bed 9-10 pm

Hot water (only if thirsty)

NB: It is important to rest as much as possible during this program – light reading is fine but you should refrain from all work related subjects and heavy, strenuous exercise.
Introduction to Panchakarma

The primary goal of Ayurveda is to balance the mind, strengthen the body, increase energy and cleanse the digestive tract. This is achieved through a series of purification or detox procedures called Panchakarma. These powerful treatments gently flush accumulated toxins and impurities (ama) from the body. Undertaken once or twice a year they can help prevent serious health problems and ensure good health throughout life. These deep body-cleansing therapies are very relaxing and enjoyable and the lightness, vitality, strength and balance one experiences in the following months is unrivalled.

Each day we are subject to varying degrees of stress, pressure and tension in our home or work environment and impurities and toxins from the food we consume. The white coating on the tongue each morning gives a good indication of the amount of mental stress and physical toxicity in your body. If digestion is strong and the body is healthy this toxic residue doesn’t appear - a newborn baby’s tongue is pink and lacks the white, toxic coating of most adults.

It should be realised that, though hidden from view, this substance not only coats the tongue but also permeates the body, causing headaches, anxiety, heaviness, tiredness, constipation and excess body weight. Muscles stiffen and become sore as their fibres, which normally glide smoothly and freely over each other, begin to stick and tangle together. The longer bad eating habits, stress and lack of exercise persist the more these toxins accumulate. If not flushed from the body on a regular basis these impurities solidify and eventually crystallise causing hardening of the joints, muscles and bones and blocking of the arteries and digestive process. Eventually chronic constipation, lower back and joint pains, persistent headaches, bloating, indigestion, bad breath, excess weight, cellulite, varicose veins and other more serious complaints begin to manifest.

We may attempt to mask any adverse symptoms and subdue anxiety and pain with pharmaceutical drugs but these, whilst giving temporary relief, simply exacerbate the imbalance, poison the body still further and drive impurities even deeper within the body. As the body becomes clogged and weakened, through the accumulation of toxic debris, the flow of essential nutrients and energy declines and we spiral progressively deeper into a state of imbalance and ‘dis-ease’.

It’s often not until our mid to late 40’s that the consequences of neglecting our health becomes apparent and we begin to notice that it has steadily begun to deteriorate. The nature, location and seriousness of health problems are governed by a variety of factors including our constitution, genetic makeup and inherited weaknesses. Also, past injuries, illnesses and even unresolved emotional issues, crisis and traumas all play their role.

Fortunately, whatever the cause, our health complaints can often be reversed or at least radically relieved, but the longer they have persisted the more commitment it may take. The sooner we begin to take control and responsibility for our own health and well-being the smoother and easier the process of renewal and the greater the chance of lasting success. In a perfect world we’d be educated and encouraged to follow a healthy lifestyle from early on in our lives – prevention is always better than cure.

The body is in a continual state of repair, renewal and restructuring. Billions of atoms and molecules are effortlessly replaced each day and in less than a year you literally have a completely new body. This means there’s always ample opportunity to interrupt the process of neglect and decay and to replace unhealthy molecules, cells and energy patterns with healthy ones.
Once we cleanse the mind and body, especially one of its most vital and neglected areas - the gastro-intestinal tract - we begin to experience better health. It’s this organ of the body that develops first as we begin life in the womb with all our limbs and tissues eventually ‘budding out’ of it. Once the body is fully developed it’s hard to believe that each part of the body is so intimately connected to the digestive tract. However, it does explain why the simple process of cleansing one area of the body can so dramatically affect seemingly unconnected parts of the body and mind.

The digestive tract can easily become coated in a toxic residue of harmful bacteria. When this is the case, friendly, life-sustaining bacteria, which help in the digestion of food and the release of nutrients, are impaired and reduced in number and the functioning of the immune, hormonal, and digestive system suffers. Failure to eat the proper foods and a lack of fibre in the diet causes constipation and the accumulation of waste matter on the intestinal wall. This hinders the proper assimilation and metabolism of nutrients in our cells and tissues. In this situation, no matter what we eat, or however healthily we eat, the food is not fully digested and nutrients are not made available to the tissues and organs of our bodies.

Cleansing the colon through Panchakarma is the quickest and most powerful way to strengthen the digestion and improve health but there are many other daily routines we can follow to help us along. A little exercise each day and regular walks in nature are good places to start. Drinking plenty of hot water and ensuring adequate fibre in the diet will help still further. Eating the heaviest meal at mid-day with only a light meal in the early evening and retiring to bed and rising early will help maintain energy levels, keep the mind alert and strengthen the body’s immune system.

However, for those with the time and resources a ten-day detox (panchakarma) each year helps ensure sound health and a happier life. To safely and comfortably flush toxins and impurities from the body requires careful preparation and adequate rest - before, during and after the main treatments.

Shehana is the first procedure and involves ingesting ghee (clarified butter) in increasing quantities for between two and seven days to progressively penetrate the deeper tissues. During this time a light diet, low in fat and calories helps break down and release stored body fat. As this occurs impurities within the cells becoming more concentrated. The circulating ghee is free of impurities and by a process of osmosis draws the toxins from the cells and carries them to the liver and intestines. Because increasing quantities are taken each day a certain amount of non-circulating ghee is left in the gut. This is free of impurities and, again by a process of osmosis, draws the impurities from the circulating ghee into the gut. Hot baths during this time help increase blood flow and allow toxins to be released more effectively.

Next comes virechana, a laxative treatment with castor oil, to flush the collected toxins from the colon. This process is also the most powerful way to balance pitta or heat metabolism in the body. With the body properly prepared the second phase of the detox can begin. Massage with herbalised sesame oil penetrates deep into the tissues and further stimulates the release of impurities and toxins while also strengthening the digestion.

Sesame oil has been shown to have powerful anti-carcinogenic, anti-melanoma and antioxidant effects and its potency is further increased by ‘curing’ and infusing the oil with herbs. The type of massage given during a course of treatments varies according to the person’s body-type and imbalance. Herbal heat treatments (Swedana) accompany each massage and allow the melting and free-flow of impurities (ama) from the body.

Once impurities (mainly poly aromatic hydrocarbons) have been loosened and gathered in the intestinal tract several days of herbal enemas (bastis) help flush them from the colon. This is a very powerful colon cleansing therapy and Ayurvedic texts state that over 50% of illnesses can be cured by this procedure alone.
The panchakarma detox procedure

Panchakarma is the Sanskrit term for detox or purification and translates as the five (pancha) actions (karma) necessary to cleanse the body of accumulated waste material. A successful detox is accomplished through the following actions:

1. A light diet.
2. Loosening and drawing impurities from tissues and organs (the pre-treatment).
3. Facilitating the movement of toxins from the body (massage and steam therapies).
4. Expelling the toxins from the body through elimination channels (enema therapies & nasya).
5. Maintaining the benefits (herbal supplementation, exercise, yoga and meditation).

At the change of each season our body naturally attempts to cleanse the deeper tissues by flushing out impurities and toxins (ama) that may have accumulated there. Panchakarma is an effective procedure for enhancing and maximizing the benefits of this activity. Whilst herbal teas and other natural substances are often administered as part of a simple detox they tend to help with the elimination of water-based toxins only and leave the more resistant oil-based toxins behind. Panchakarma treatment is unique in its ability to effectively eliminate both water-based and oil-based toxins from the body and in doing so helps rejuvenate and revitalize the body.

A car can develop serious problems and ceases to function properly if it is not regularly serviced. The oil, fuel lines, carburetor, pistons, break lines, radiator and water pipes may become clogged or worn. Similarly the human body suffers if impurities and toxins accumulate in the cells and are not adequately removed by our normal self-purifying mechanisms. Internal impurities include metabolic and cellular waste products, such as free-radical-damaged cells, whilst external impurities and toxins increasingly come from the air we breathe, the liquid we drink and the food we consume. The gradual build up of these substances block the flow of nutrients to the cells and interfere with the transfer of intelligence and communication within the body. This can lead to degenerative disorders and life-threatening diseases if we fail to thoroughly cleanse our systems on a regular basis.

The first stage of any detox is to maximize the amount of energy available for cleansing, re-balancing and strengthening the body whilst minimizing the amount of energy needed for thinking, communicating and the digesting of food (our two most energy-demanding activities). Thus, for a detox to be successful, we must both rest the mind and minimize the activity of our digestive systems. The next stage is to gently move waste products and toxins (ama) from the deeper structures of the body and to eliminate them either through the mouth (through nasya & vamana therapy), the gastro-intestinal tract (through basti therapy) or the pores of the skin (through swedana therapy).

Nasya therapy is sometimes called shirovirechana (shiro means "head" and virechana means "purging"). It is a treatment for eliminating impurities from the head through the introduction of herbal oils and powders into the nose. This process stimulates the secretion of mucus and thereby removes ama and toxins from the nose, sinuses, ears and eyes. It increases oxygenation to the brain and cleanses the shrotas (channels) in the head. This helps improve brain functioning and heightens sensory perception by opening the channels through which sensory information travels. As a therapy it is indicated for those with complaints such as dry nasal passages, sinus congestion, cold, sinusitis, allergies, headaches, migraine, epilepsy, mental retardation, dry, itchy or watery eyes, conjunctivitis, glaucoma, hearing loss, tinnitus, and loss of smell. It is often given before or after the main detox therapy and is usually administered in the morning (kapha time) as this is when kapha-related impurities (mucus) are naturally moved from the deeper tissues and organs to the stomach and sinuses.
The castor oil treatment (Virechana): This is a purgative treatment that moves acidic secretions and impurities (ama) from the pitta regions (mainly the blood, liver, gall-bladder and small intestines) to the rectum. It is usually administered very early in the early morning, or during pitta time when pitta-related ama naturally accumulates at these locations. Virechana uses strong purgatives such as castor oil or rhubarb root and whilst it induces loose bowel movements, it affects the body quite differently than diarrhea. Diarrhea causes dehydration and depletes the body of its vitality – it is usually caused by infection or food/drug poisoning. However, Virechana is a natural, herb-induced purging process that ceases once the waste material and toxins have been eliminated and results in the client feeling stronger and revitalized. Virechana therapy is excellent for all Pitta-related disorders such as malabsorption, acne, dermatitis, psoriasis, eczema, leprosy, leukoderma, hyperacidity, colitis, urticaria, hemorrhoids, headaches, migraine and allergies.

After virechana treatment the client follows a graduated diet of easily digested preparations of rice and split yellow mung dal (lentil). The first meal is a purely liquid preparation of rice water. Subsequent meals have progressively more rice and less water until finally, by the second day following Virechana, the meal consists of equal parts rice and dal (lentils). A little ghee, black salt and jaggary may be added in the first few preparations with fresh ginger, turmeric, cumin, coriander and fennel added in the later preparations to further spark the digestive fire.

The final preparation of rice and lentils is called kichari and the client may stay on this diet throughout the whole course of Panchakarma treatments. Kichari is very nourishing, easy to digest, provides complete and balanced nutrition, and is suitable for all types of constitution as it balances all three doshas. It strengthens all seven tissues (dhatus) and aids the detoxification process. It is therefore also recommended during any period of illness, detoxification or rejuvenation process. The length of time spent on this diet depends on the digestive capacity of the individual and is usually determined by his/her individual Ayurvedic constitution.

The client should only eat when his/her appetite is strong as a good appetite is our body's signal that digestion, assimilation and elimination are working well. Those of a pitta constitution may find their digestion is back to full strength after only three light meals while a person of a kapha constitution may find their digestion isn’t back to full strength until after ten light meals have been taken. Drinking freshly grated, ginger root tea and cumin seeds will help restore the appetite but once it is back to normal the client should ensure he/she follows the recommendations for maintaining a strong digestion. This would include; eating only when hungry, eating until sated and not until the stomach feels full and heavy, eating the largest meal at mid-day, eating a light meal in the early evening, avoiding snacking between meals, not drinking cold drinks (especially with meals), eating in a calm environment, avoiding heavy, fried foods and fasting for a day once or twice a month.

The Ghee and sesame oil treatment (Snehana): The ingestion of ghee and the application of sesame oil massages and heat treatments (swedana) help prepare the body for virechana by drawing impurities and toxins from the organs and tissues and moving them into the small intestine. If Virechana is administered in the late evening, rather than the early morning, it should be taken two to three hours after a light meal that is relatively hot, spicy and sour. By late evening the meal will be in the small intestine and thereby allow the herbal stimulus to exert its cleansing influence on the pitta organs and tissues whilst the sour, spicy tastes of the meal will help promote pitta-related secretions. Any physical or mental activity, which would draw energy away from the gastrointestinal tract, is contraindicated during this process as this severely limits the cleansing effect of virechana. The client rests and usually begins to feel the need to move his/her bowels within three to four hours. For the following hour or two there may be three to fifteen bowel movements – the amount varies depending on the clients Ayurvedic constitution and the amount of ama present in the pitta region of the body. Once all the ama has been expelled from the small intestine, the urge to evacuate naturally subsides.
The fecal matter is usually solid at first, but progressively softens until it is entirely liquid. Mild cramping or burning sensations occasionally occur due to pitta-related ama being expelled and can be counteracted by taking a small amount of ghee. To prevent dehydration and electrolyte loss the client can sip hot water with a little jaggery and black salt (or colloidal mineral concentrate) after each bowel movement.

If the client has less than three or four bowel movements this indicates that ama was not fully eliminated from the small intestine and virechana therapy needs repeating. If cleansing is incomplete the client may feel bloating or hardness in the abdomen, itching on the skin, a metallic taste in the mouth, or nausea in the stomach due to the retention of gas, feces, toxins and waste products in the small intestines. Ginger tea will help reduce these sensations as will a warm hot-water bottle over the abdomen. Once the bowel movements become completely liquid they may contain some mucus. This indicates that the small intestine has been emptied and mucus from the stomach and the kapha areas of the body is starting to come out.

Following completion of virechana the client should drink chamomile or licorice tea to soothe the intestinal tract and rest in a warm, relaxed environment. He/she should also refrain from exercise and sexual activity and follow a light diet of lentil and rice soup for several days or until full digestive strength returns. It is very important not to eat or drink anything cold as this will shrink the bodily channels, aggravate vata and tax an already weakened digestive fire. After a successful virechana digestion improves, appetite increases, abdominal bloating and heaviness disappear, the mind feels calm and clear, skin inflammation clears and the client feels clean, strong and vital.

**Basti (enema therapy):** This is a powerful Ayurvedic therapy that accounts for fifty percent of the benefits of Panchakarma. Herbal preparations are administered into the colon through the rectum and these help flush waste products and toxins (ama) from the vata organs and tissues, especially the bones and small intestine. Whilst basti directly affects the colon it is also indirectly affects all the other organs and tissues as the colon is inextricably linked to, and nourishes, supports and sustains, all areas of the body. The colon is not only the main organ concerned with the absorption on nutrients and the elimination of waste material but is the main seat of vata, the primary energy that helps govern all physiological activities in the body. When vata is functioning normally it facilitates the removal of impurities, toxins and waste matter from the tissues and helps eliminates them from the body. By balancing the energy of vata we are able to control the onset of disease by preventing toxins (ama) from being carried from the gastrointestinal tract into the deeper tissues where they can generate disease.

It is worth noting that bastis are herbal preparation used within a whole framework of preparatory measures designed to loosen and mobilize impurities from the entire body. They are very different from enemas or colonic irrigation, with which we are more familiar in the west. Unlike basti neither enemas nor colonics address the nutritive role of the colon and may well damage and dry out the delicate mucous linings and disrupt the colon’s proper functioning. Enemas promote evacuation and help treat constipation by clearing fecal matter from the rectum and sigmoid colon whilst colonic irrigation clears accumulated fecal matter from the entire colon through repeated flushing with water. However, basti, when used within the package of Panchakarma, clears toxins not only from the colon but from the entire body. It isn’t limited to counteracting constipation as restoring healthy colon function is not simply a matter of ridding the body of fecal material. The basti preparation is absorbed by the colon, promoting normal functioning and thereby nourishing, repairing, strengthening and maintaining the entire body. Basti also helps eliminate accumulated fecal matter from the colon and waste matter and toxins from all the tissues in the body.

Basti therapy is used to treat vata disorders such as osteoporosis, Alzheimer's disease, Parkinson's disease, multiple sclerosis, muscular-dystrophy, constipation, low back pain, sciatica, rheumatism, arthritis, gout, epilepsy and mental fatigue. To aid the effectiveness and ensure the success of basti
therapy the body must be adequately prepared. This involves snehana (oil intake and external application of oil through massage) and swedana (heat or sweating therapies) which serve to relax the body and loosen ama. They also open the body's channels so that toxins move out and nutritive substances move in to the dhatus.

There are two main types of basti. The water-based basti decoction (nirooha or shodhana) is a cleansing therapy which removes ama that has been drawn to the colon from all the tissues and organs of the body during the pre-treatment procedures. It is retained in the colon for as long as fifty minutes. During this time some of the purifying herbs and oils are absorbed by the colon and serve to nourish and purify the entire body whilst the bulk of the decoction is expelled along with fecal matter and accumulated toxins. Each day the cleansing process reaches deeper and levels of the physiology, clearing the energetic pathways of vata, pitta and kapha and nourishing and purifying the seven tissues (dhatus). The oil-based basti (anuwasan or matra) is a nourishing therapy which balances or normalizes vata functioning and, through balancing vata, restores normal, healthy functioning to the entire body.

**Shodhana basti:** On the first day of *shodhana basti* treatment the colon is cleansed of toxins (ama) and waste products (mala). This allows the second *shodhana* basti to balance, cleanse and nourish the vata areas of the body (which results in greater mental clarity and calmness). This in turn allows the third large basti to draw out ama from the pitta areas of the body, especially the lymph (rasa) and blood (rakta) tissues – there is greater strength and vitality as rasa is purified and improved skin tone and colour as rakta is purified. The fourth and fifth bastis draw toxins from the kapha areas of the body especially the muscles (mamsa) and adipose or fat (meda). The sixth basti reaches the bone (asti), the seventh the bone marrow/nerves (majja) and the eighth the reproductive tissue, the semen/ovum (shukra). Thus, as the days progress the bastis gently penetrate through the more superficial tissue layers to the deeper tissue structures. In the process they cleanse, purify, nourish, rejuvenate and strengthen them whilst also removing accumulated toxins and waste products.

**Matra basti:** The purpose of the smaller oil-based enema (matra or Anuwasan basti) is to lubricate, nourish and strengthen the tissues (dhatus) of the body and to counteract the dryness of vata. This basti is usually retained in the body for three to six hours and people with particularly dry colons often absorb the oil and keep it even longer. They are often administered before and after the *shodhana* basti treatment to counteract the depleting nature of this powerful eliminating therapy. This is a particularly good treatment for problems relating to muscles, bone, bone marrow and nerve tissue and often prescribed for chronic neuromuscular disorders.

**Post treatment diet**

Whilst it is important to properly prepare the body for *Panchakarma* therapy it is also very important to follow the post-treatment recommendations in order for the digestive system (agni) and tissues (dhatus) to rebuild themselves. If these post-treatment recommendations aren’t followed digestion remains weak. This will create new ama and the tissues will absorb inferior toxic material instead of nutritive, strengthening substances. The client’s immune system will remain at low strength and he/she will be more prone to illness and infection. During this process of re-building the digestive fire the physiology is in a vulnerable state and energy resources are not at their full capacity. The client should therefore follow a light, graduated diet and lifestyle immediately after treatment to ensure success in restoring full health and vitality.

It should be remembered that *Panchakarma* treatments lower the digestive fire as ama is drawn back into the digestive tract and then expelled from the body. As weak, impaired digestion creates a potential for disease to arise in the first place, it is of utmost importance that digestion is strengthened at the conclusion of *Panchakarma*. The tissues must be properly nourished and the immune system strengthened for health to be maintained.
In order to re-establish full digestive capacity and prevent the formation of new ama the diet following Panchakarma must be very light to begin with and only very gradually increase in heaviness. Just as one would use only paper and small twigs to start a bonfire, only light, easily digestible food should be fed to a low digestive fire. Once a fire is burning brightly larger twigs and eventually small logs may be added. Only when these are burning brightly can large logs be added. Adding large logs to paper and kindling will douse the fire and so it is with our digestive fire; it must be carefully tended; only adding heavier material once it is burning properly. Only if this procedure is followed properly will digestive strength be maximized, food and medicine properly digested, absorbed and assimilated and immunity from disease be accomplished. Once the client has a strong, normal appetite he/she is ready to digest a heavier diet suitable for his/her particular Ayurvedic constitution.

Post treatment lifestyle
After undergoing Panchakarma treatments it is imperative that the client graduates slowly back to a 'normal' lifestyle, hopefully with some healthy additions included. This ensures that the delicate state of the nervous system at this time is not over-stimulated, the tissues are able to re-build themselves properly and energy levels rise sufficiently to cope with the increase in metabolism necessary for everyday activities. Failing to do this can lead to a drain in energy levels and an increased strain on the immune system – and the client ends up feeling worse than they did before.

Following Panchakarma it is even more important than ever that we follow the ‘Ideal Daily Routine’ – waking, sleeping, eating at the proper times, consuming the right foods for our body-type and integrating exercise, yoga, massage, herbal teas and meditation into our daily program. If we finish a ten-day detox and then jump straight on the plane or into a stressful office or domestic situation we halt the delicate process of renewal and revitalization before it has had chance to fully carry out its re-integration phase. We then wonder why we feel so tired and become prone to colds and flu more easily rather than feeling energized and healthy. When we fully understand the profound power of Ayurveda, and especially Panchakarma, we take the time to complete the process fully and thereby transform our physiological and psychological resources into storehouses of immense strength and resilience.

Ideally, after panchakarma, we should take a few days to progress slowly back into our normal daily routine before we face the world head on again, just the same as we would take a little time to adjust to the day ahead after waking from a deep sleep or when coming out of a profoundly peaceful meditation. For Panchakarma to be successful we need time to assimilate the benefits and regain our energy levels – we should avoid undue mental and physical stress, late nights, excessive travel, strenuous exercise, prolonged sunbathing, cold water, cold or rainy weather and sexual activity for at least a week following the last treatment. If these guidelines are diligently applied we support and enhance the effects of the Panchakarma therapies and assists the body in concentrating its energy on complete rejuvenation and revitalisation.

Maintaining and enhancing the results of Panchakarma
A light, nutritious, vegetarian diet of pulses, grains, fruits and vegetables ensures a light workload for the digestive system and maximises its ability to eliminate toxins from the body. A light diet is taken on completion of treatments to ensure completion of the cleansing process. This also allows the digestive fire (agni) to increase gradually without being dowsed by heavier foods. With the digestion strengthened and the body cleansed everything we eat will be properly digested, assimilated and metabolised. With digestion functioning correctly less toxic residues or fatty deposits are deposited within the body and this helps ensure we remain free from future disease or illness. We can then enjoy life to the full with optimal health, joy and vitality - life as it’s meant to be.
We should also follow the ‘Ideal Daily Routine’ to as great a degree as possible. One of the most powerful ongoing procedures to follow is to take time to have a sesame oil massage each morning. While not as effective as the Abhyanga massage used in Panchakarma, it is nevertheless very effective in removing some of the waste, ama and impurities that have accumulated during the previous day. Oil massage will also balance vata and settle the nervous system whilst a warm bath afterwards will act in a similar way to the swedana steam therapy; it will allow the shrotas, or channels of elimination to dilate and thereby facilitate the removal of impurities and waste products.

Post treatment rasayana or rejuvenation therapy
Rasayana therapy increases the effectiveness of Panchakarma's rejuvenating power. It involves taking mild herbal formulations and spices to gently strengthen and rebuild bodily tissues and is ideal after Panchakarma as the physiology is in a more receptive state to fully assimilate their effect. For this therapy to work effectively the digestion needs to be strong, the doshas need to be balanced and waste products, toxins and ama need to have been cleared out beforehand.

There are many traditional Rasayanas; some nourish the tissues, some are rejuvenating, some strengthen the immune system, some increase strength, vitality and stamina, some balance the nervous system and some increase reproductivity. The most common formulations include: Ashwagandha which pacifies and balances vata, Amalaki which improves clarity of thought and positivity of the mind while also balancing both pitta and vata and Brahmi and Manjista which pacify pitta. Others can be found in our own kitchen and include: Turmeric for purifying the blood, eliminating excess mucus and soothing sore throats, ginger, black pepper and Pippali which improve the digestion and pacify kapha, Aloe Vera which cleanses the blood and is good for balancing pitta and relieving sunburn, Licorice for balancing Vata, peppermint for balancing Pitta and Kapha, and cinnamon, cayenne, ginger and clove for removing ama

However, one of the most truly magnificent Rasayanas is Chywanprash or Amrit Kalash which has been taken as an elixir of life for thousands of years and which science is now proving to be one of the strongest antioxidants known to man with the ability to arrest and improve many of our modern day diseases such as cancer and many auto-immune disorders. It is meticulously prepared with up to fifty different herbal compounds and has one of the highest concentrations of vitamin C in any natural product. It balances all three doshas and can be taken on a daily basis to strengthen the physiology and protect the immune system.

Dealing the years to follow
It should be understood that while Panchakarma may be very successful in alleviating symptoms of disease, its real goal is to eliminate their cause. An absence of symptoms does not necessarily indicate a complete cure - symptoms of disease can often be eliminated or subdued but a complete cure often takes much longer. It is generally accepted that if a person’s disease has been slowly manifesting over a number of years it will take at least the same amount of time to completely reverse the damage and obtain complete relief. The person will need to dedicate their lives to restoring health through a change in diet and lifestyle, an altering of general attitude and mental state, dealing with emotional issues and stress and, above all, to repeated Panchakarma treatments to completely cleanse the ‘seeds of disease’, the ama, waste and toxins in the physiology. The most important treatments are the herbal enemas (bastis) which pacify and nourish vata, the prime mover of all the functions in the body.

The ideal length of Panchakarma, especially in a chronic illness scenario, should be twenty-eight days but few people are able to take this much time away from their work and responsibilities these days so shorter treatment plans are often prescribed. These ten to fourteen-day treatments focus on pacifying and nourishing vata and helping cleanse ama and mala from the Pitta and vata zones of the body. These programs are recommended twice a year as preventative treatments to keep the system balanced and free from impurities.
Castor oil

Castor oil is extracted from the castor plant (*ricinus communus*) and is native to Africa and India. It is one of the most ancient medicinal herbs known to man and is classified in Ayurveda as sweet and astringent with anti-rheumatic, analgesic and anti-inflammatory properties. It pacifies *vata*, liquefies excess *kapha* and alleviates *pitta* problems. Applied externally it easily penetrates, cools and softens the skin, supporting growth and strengthening underlying connective tissue. Taken internally, it is purgative, demulcent, anti-flatulent, emetic, mildly expectorant, strengthening and rejuvenative. Castor oil is known as Eranda in India and is believed to pacify all seven dhatus or tissues: plasma, red blood, muscle, fat, bone, nerve, reproductive. It promotes metabolism and assimilation by enkindling the digestive fires of all the tissues whilst simultaneously cleansing waste products or burning ama. It should not be used in cases of diverticulitis, ulcerative colitis, diarrhoea, Crohn's disease and pregnancy.

Castor oil applied to the skin is rejuvenating and helps heal bruises. A paste made from castor oil and baking soda is good for moles and warts and a castor oil, ghee and neem powder mix (ratio of 4:4:1) helps with cases of eczema, fungal infection and herpes zoster. Castor oil improves complexion by pacifying *pitta dosha* and, used during massage, is excellent for gout, lumbago, stiffness, aches and strains. As a remedy for hiccups an equal mix of honey and castor oil is made and ¼ teaspoon taken every 15 seconds for two to three minutes.

Ingesting castor oil after childbirth facilitates the production of breast milk whilst a poultice of steamed leaves placed on the nipples promotes the release of breast milk and soothes sensitive tissue that may result from nursing. Castor oil packs or compresses on the abdomen will help tone and strengthen the colon and reduce a sore or swollen lower abdomen. It will also help prevent the accumulation of fat. A poultice or oil pack on the abdomen promotes menstrual flow and the oil mixed with flax and mustard oil may be used to massage mastic tissue to reduce fibrocystic accumulations. Castor oil massaged into the perineum is good for prostate or cervical problems.

For problems relating to the joints taking two teaspoons of Castor oil with ginger tea at night will help release toxins and promote strength and flexibility. It will help remove ama and improve the functioning of the colon and, as it is through this organ that the minerals vital to the nourishment of bone tissue (*asthi dhatu*) are absorbed, it will help rectify disorders related to the skeletal system.

To improve digestion, maintain a healthy colon and also maximize the assimilation and metabolism of nutrients to the tissues it is recommended that, once every month or two, the colon is cleansed using a strong purgative – castor oil fulfils this role. It clears accumulated mucus, waste and toxins from the intestinal tract by promoting strong peristaltic movements followed by a series of loose bowel movements over the next few hours. A hot bath is taken at 4am followed by 30mls of castor oil. Sucking on a small piece of orange, lemon or lime afterwards prevents nausea. Taking ghee in small amounts during the preceding three or four days helps improve the effectiveness of this detox (see mini ghee detox section). This ensures that the liver, gall bladder, kidneys and stomach are also thoroughly cleansed.

Castor oil is vata and pitta pacifying and thus helps improve the condition and strength of nerve tissue. It increases intellect, promotes clarity of mind and induces calmness while also acting as a topical analgesic for neuralgia and sciatica. One or two drops placed in the eyes at night will help with conjunctivitis and sties.
Ghee is cow’s butter from which the water and milk solids have been removed and can be used for frying herbs, sautéing vegetables and spreading on toast. Ghee is oilier than butter and very health promoting; it has a long shelf life and a beautiful flavour. It pacifies all three *doshas*, strengthens and protects bodily tissue, improves memory, increases mental clarity, promotes stamina, stimulates digestion, produces a healthy complexion and aids rejuvenation and longevity. If taken in moderation (1-2 tsp) with each meal it enhances the digestive process but over two tablespoons per day, especially for a Kapha body type, will clog the system and subdue the digestive fire. In Ayurveda it is often used as a vehicle to carry herbs into the body; it enhances the absorption of beneficial chemicals and antioxidants into the lipid-permeable cell membranes. Applied to the eyes, especially during the Ayurvedic treatment of Netra Tarpana, it can help rectify many eye problems and on burns it helps cool, heal and repair damaged tissue.

Over the past few decades we have been hoodwinked into believing that all fats are detrimental to health and promote fat production and weight gain. Science is now proving that some fatty acids are in fact very beneficial for the body while others are absolutely essential. Fats can be saturated or unsaturated. Saturated fats contain either long-chain or short-chain fatty acids. Long-chain fatty acids may not be totally digested and metabolised by the body and frequent digestion of products which contain them, primarily meat and dairy, may, in the long term, lead to excess acidity in the body which can result in cancer, arthritis, rheumatism and thrombosis. However, short-chain fatty acids are digested, assimilated, absorbed, and metabolised very easily and help the body release energy.

Similarly, unsaturated fatty acids, are either monounsaturated or polyunsaturated. Monounsaturated fats are very healthy while the polyunsaturated are not (science has once again changed its mind). The reason involves the kind of chemical bonds these fats form. It seems that monounsaturated fats form single bonds and polyunsaturated fats form multiple bonds and this is where oxidation takes place during heated or processing causing the fat to become toxic. Foods fried in polyunsaturated fatty acids (sunflower, cornflower etc) become oxidized and toxic; they loose electrons (free radicals) and change the chemical structure of the oil. The generation of free radicals is now known to cause havoc in the body and is believed to be the primary cause of most cancers and chronic diseases prevalent in the world today. As the majority of vegetable oils contain predominantly polyunsaturated fatty acids it is not advisable to use them for cooking. Sesame oil however is an exception as it contains powerful antioxidants and doesn’t become toxic on heating.

Margarine is particularly unhealthy as it is hydrogenated and contains a large percentage of trans-fatty acids. These acids, which are chemically altered during processing, are synthetic; they do not occur in a natural form and are therefore unrecognisable to the body. They have been shown to be associated with heart disease and to increase low-density lipoprotein (the bad cholesterol) just as saturated fats do. Predominantly monounsaturated fatty acids, such as olive oil, mustard oil, canola oil, and rapeseed oil however are associated with the prevention of many diseases including heart disease and cancer. Furthermore, ghee contains 25% monounsaturated fatty acids and only 5% polyunsaturated fatty acids. It contains saturated fats but most of these are short-chain fatty acids with only 10% long-chain fatty acids. As a healthy diet requires and a consumption of both saturated and unsaturated fatty acids, ghee is excellent as part of our daily diet as it contains around 65% saturated fats, most of which are short-chain fatty acids, and around 30% monounsaturated fats. Ghee is a good source of vitamins A, D, E, and K whilst also having anti-carcinogenic and antioxidant properties perhaps due to its linoleic acid content.
Panchakarma Detox – Foods to Favour/Avoid
(also followed for three to five days before and subsequent to Panchakarma treatments)

Favour

- Steamed or boiled food
- Fresh, organic food
- Sweet fruits
- Hot water
- Herbal tea
- Fruit/vegetable juices
- Rice milk
- Oat milk
- Coconut milk
- Courgettes
- Butternut squash
- Fennel
- Cucumber (in juices)
- Spinach
- Asparagus
- Carrots
- Chicory
- Bokchoy (sea-kale)
- Spinach
- Apples
- Pears
- Apricots
- Dates
- Pineapple
- Raspberries
- Strawberries
- Blackberries
- Kiwi
- Rice
- Quinoa
- Millet
- Bulgur wheat
- Buckwheat
- Barley
- Yellow mung beans
- Red lentils
- Basil
- Parsley
- Coriander
- Cumin
- Ginger
- Turmeric
- Nutmeg
- Cardamom
- Vanilla pod
- Cinnamon
- Ghee
- Udo’s oil

Avoid

- Un-toasted bread
- Brussels sprouts
- Cabbage
- Mushrooms
- Onions
- Garlic
- Chillies
- Hot peppers
- Vinegar
- Horseradish
- Potatoes
- Parsnips
- Turnips
- Tomatoes
- Melons
- Avocado
- Bananas
- Citrus & sour fruit
- Meat
- Fish
- Sugar
- Alcohol
- Tea/coffee
- Excessive salt
- Dairy products
- Very large salads
- Very hot spices
- Frozen/tinned food
- Canned/bottled drinks
- Left over food
- Deep-fried food
- Microwaved food
- Processed/refined food

The foods in the ‘favour’ columns are the best foods to include during a period of detoxing but there are many more that can be added. The most important aspect of this detox is to eliminate the intake of anything that will hinder the digestion and produce further toxins in the body. Thus, it is imperative to follow the recommendations in the ‘avoid’ columns as these are not recommended during a detoxification program.
Panchakarma Detox – meal planning/guidelines

(this section is for information purposes only – it details the procedures that are followed by clients whilst on a Panchakarma pre-treatment program)

All day: Hot water with ginger
Breakfast (7am): Carrot, carrot/apple or carrot and spinach (3:2) juice
Mid-morning: Carrot, carrot/apple or carrot and spinach (3:2) juice
Lunch (12-1pm): Starter (optional and only if you feel you will be very hungry without it). Should be either a small side salad with dressing, chutney or dip or a small bowl of dhal/soup
Main course - choice of grain and a selection of vegetables and a sauce/gravy. Ground pumpkin/sunflower seeds or a churna may be sprinkled on your meal
Desert (optional and only if you feel you will be very hungry without it)
Mid-afternoon: Carrot, carrot/apple or carrot and spinach (3:2) juice
Evening meal (by 7pm): Soup/dhal (chapattis if desired)

General Guidelines

• This diet plan should be followed as closely as possible for maximum benefits.
• Drink up 2 litres of hot water (with ginger, lemon or fennel) each day.
• Generally take things easy, only undertake light activities, reduce commitments to a minimum and retire to bed early.

If your consultant has prescribed ghee and/or castor oil to be taken before your treatments please follow the instructions below:

• If you have been prescribed the ingestion of ghee, ensure that you take it in the right order (ie, smallest amount on the first day) and aim to finish by taking the castor oil on the day before you arrive for treatments. Do not take ginger pickle while taking ghee/castor oil.
• Melt the ghee on a radiator or place jar in hot water until fully melted. Take before 6am each morning. Suck on an orange segment (or use the fresh juice) to take away taste if desired.
• If you have been prescribed castor oil you should only have peya soup (see ‘mini detox’ instructions) on that day. This can be kept in a large steel thermos flask or slow cooker and eaten whenever hungry.
• On the day following your last potion of ghee take the castor oil. Make sure you are not working on this day. Mix the castor oil with the juice of half a lemon in a tall glass. In a separate glass, add some warm water to a pinch of bicarbonate of soda and then add this solution to the castor oil (stir well – usually becomes frothy). Drink immediately and suck on an orange as before if you need to take away any lingering taste. Elimination will happen 1-4 hours later (usually 3-10 movements). Alternatively, take the castor oil neat as you did with the ghee – suck on an orange afterwards (or juice of fresh orange) to take away any after-taste. Drink plenty of hot water to speed up and enhance this process.
• If you feel nauseous after taking ghee go not take the next day’s ghee (have a day of rest instead) and then take the castor oil the following day. Drink fennel or barley tea to ease any feelings of discomfort.
Ayurvedic therapies
(These are a few of the treatments carried out during a Panchakarma detox)

Abhyanga
This wonderful Ayurvedic therapy consists of a full head and body massage administered by two technicians working in synchrony and lasting for up to one hour. Aromatic herbal oils are lovingly applied to the body in a continuous flowing sequence. The depth and speed varies according to your Ayurvedic body type. The warm sesame oil penetrates the pores of the skin and penetrates the subcutaneous adipose tissues to loosen impurities and toxins which have accumulated there.

Vishesh
An invigorating sports-type massage with firm, kneading actions to help promote the release of deep-seated imbalances, toxins and impurities. It is especially helpful for soothing sore, tired or aching muscles.

Pizzichilli
A unique relaxation experience – two therapists gently massage and bathe the body with gallons of warm aromatic oil. Aches and pains, cares and worries effortlessly subside in a continuous flow of liquid golden nectar. It is particularly good for pacifying vata and easing musculoskeletal problems.

Udvaratana
A coarse herbal paste is applied to the body by two technicians. It enlivens and energises the body helping promote better digestion, healthier skin and firmer muscle tone. It also increases circulation, helping break down fatty deposits and cellulite and is therefore recommended for those wishing to lose weight.

Garshan
Raw silk gloves are used to rapidly massage the body. The friction and static electricity created refreshes and stimulates the skin, promoting better circulation and the breakdown of cellulite.

Shirodhara
This amazingly relaxing therapy gently releases stress and tension from the mind and body; it usually accompanies Abhyanga or Vishesh. A steady stream of warm, aromatic oil flows rhythmically across the forehead calming the mind and soothing the nervous system. It induces deep relaxation and feelings of profound happiness and well-being.

Swedana
A herbal steam treatment allowing the body to perspire and release impurities from the skin. It is excellent for helping soothe painful, sore/aching muscles and joints and for improving the complexion.

Marma
This blissful healing session helps balance the body's energy points by stimulating powerful junction points or ‘Marmas’. It helps resolve emotional imbalances resulting in increased clarity, strength, calmness, confidence and feelings of self-worth.

Specialist treatments
For clients suffering from specific ailments or conditions other specialist therapies may be prescribed to help alleviate them. These include treatments for the eyes, nose, back and digestive system.
Using aromatic oils*

Essential oils are an aromatic constituent of many plants, flowers and shrubs and have powerful healing properties if distilled and applied correctly. Obtain organic, grade A (clinic/therapeutic grade) oils with ISO/AFNOR certification to ensure they’ll be safe and will have the desired therapeutic effect. If essential oils meet the above criteria many may be used to flavour beverages or food, added to base oils for massage, mixed with bathwater, evaporated in aroma burners, applied topically to the body and inhaled from diffusers. The oils supplied by Young Living (see resources) are the best quality essential oils on the market today.

Organic, clinical grade essential oils work synergistically with the body and are free from harmful side effects if used correctly. They rectify deep underlying problems rather that just the superficial, outward symptoms of imbalance.

To prepare a herbal tea, add one or two drops of essential oil to a one-litre thermos flask. Be sure to only use oils that are recommended for oral consumption.

When using oils on the skin it is best to mix with a base oil such as sesame or almond in order to prevent any skin irritations or sensitivity and also to increase it’s therapeutic value (a mix of 20:1 base oil to essential oil is ideal). If used neat on the skin it is important to test on the back of the hand first to check for skin sensitivity. Do not use undiluted anywhere on the skin if a reaction occurs.

Serious complaints and imbalances in the body have often taken many months or even years to manifest as physical symptoms. Essential oils can help heal the underlying problem and can thereby reduce or eliminate the outward symptoms. However, this healing and balancing process may take weeks or even months depending on the severity of the problem being tackled so patience and perseverance are vital.

Prescribed drugs may well clear up outward symptoms of a disease very quickly but they are generally toxic to the body and can further weaken an already compromised immune system. Furthermore, they don’t often address the underlying problem but simply suppress the condition and drive it even deeper into the tissues. As with any medical condition, the disease, illness or complaint is both a warning sign that you are treating the body incorrectly and also the body’s way of releasing toxins or impurities. If you suppress that process with drugs you have a short-term gain but a dangerous long-term loss because the real problem hasn’t been addressed and dealt with.

The cause of specific ailments or conditions are manifold but are often a combination of wrong diet, stress and lack of exercise. Eating well-balanced, freshly cooked, nutritious meals, reducing stress levels and exercising regularly go a long way to preventing the onset of disease processes.

• NB: Refer to ‘The Essential Oils Desk Reference’ published by Essential Science Publishing (www.espublishing.com/ Tel: 001 800 336 6308) for details of how to apply oils and which oils to apply for which conditions.
Aromatic oils*
(uses of a small selection of commonly used essential oils)

Basil
Use for migraines, mental fatigue, scanty periods, relaxing muscles, insect bites and chest infections. Apply diluted to the temples, crown, forehead, heart and navel. May be added to food and water. Balances Vata and Kapha.

Cedarwood
Good for combating hair loss, insomnia, skin problems, nervous tension and anxiety, dandruff, cystitis and fluid retention. Apply diluted to problem areas. Balances Vata.

Cinnamon
Use for improving circulation, coughs, exhaustion, digestion, rheumatism and warts. Apply diluted to the feet, ankles and wrists. May be added to food and water. Balances Pitta.

Clove
Good for fighting infectious diseases, intestinal parasites, respiratory infections, pain, toothache, scabies, infected wounds, warts, mouth/skin sores, skin cancer/disease, dermatitis, rheumatism, arthritis, cystitis, diarrhoea, acne, halitosis, headaches, nausea, insect bites and neuritis. Use diluted with sesame oil as a mouth gargle and apply diluted to problem areas. Balances Vata & Kapha.

Eucalyptus globulus (NB: 2nd distillation only)
An excellent oil for: healing wounds; using as an insect repellent; for asthma, coughs, diabetes, herpes, hypoglycaemia, lung problems, headaches, aches/pains, arthritis, burns, ulcers and general sores. Apply diluted on location and use for steam inhalation. May be added to food and water. Balances Kapha.

Fennel
Very good for improving the digestion. Also use for cystitis, nausea, menstrual pains, spasms, gout, constipation, hormone balancing, internal cleansing and respiratory complaints. Apply diluted to problem areas. May be added to food and water. Balances Vata, Pitta & Kapha.

Frankincense
Use for asthma, depression, ulcers, stress, allergies, insect bites, bronchitis, cancer, respiratory infections, headaches, herpes, high blood pressure, inflammation, stress, warts. Apply diluted to problem areas. Balances Vata.

Ginger
Good for motion sickness, arthritis/rheumatism, digestion, alcoholism, appetite, respiratory problems, coughs, nausea, sprains, sinusitis and sore throats. Apply diluted to problem areas. May be added to food and water. Balances Vata & Kapha.

Lavender
Strong antiseptic and good for burns, wounds, skin care, nervous disorders, sunburn, allergies, headaches, indigestion, insomnia, high blood pressure, nausea, menstrual pains, scarring, arthritis/rheumatism, asthma, insect bites, infections, hives and depression. Apply diluted to problem areas. May be added to food/water. Balances Vata & Pitta.
Lemon
Use for skin care, warts, varicose veins, throat infections, asthma, bleeding, herpes, anaemia, lowering blood pressure, improving digestion, healthy nails, improving memory, boosting immune functioning and respiratory problems. Apply to problem areas diluted with sesame oil or as a floral spray mixed with peppermint. May be added to food and water. Balances Pitta.

Nutmeg
Good for fighting fatigue and increasing energy levels, improving appetite/digestion, gallstones, halitosis, rheumatism, nausea, pain, frigidity, impotence, menstrual pains and bacterial infections. Apply diluted to problem areas. May be added to food and water. Balances Vata & Kapha.

Peppermint
Good for the liver strengthening cleansing, improving digestion, nausea, respiratory problems, improving concentration, itchy skin, asthma, candida, diarrhoea, heartburn, halitosis, haemorrhoids, menstrual pains, headaches, motion sickness, tumours, shock, throat infections, varicose veins, skin problems, arthritis/rheumatism and toothache. Apply diluted to the stomach, feet, temples and tongue (for increased concentration, alertness and memory). May be added to food and water. Balances Pitta.

Pine
Good for respiratory problems, as an antiseptic, muscles/joint problems, infections, fatigue, asthma, lungs, diabetes, sinusitis, rheumatoid arthritis, coughs, cuts, lice, sores, stress and increasing blood pressure. Dilute to avoid skin irritation and avoid low cost adulterated oils. Do not use if epileptic, under doctor supervision or have high blood pressure. Apply diluted to problem areas or use for steam inhalation. Balances Kapha.

Rosemary
Use for improving concentration, arthritis/rheumatism, liver cleansing, menstrual pains, asthma, digestive problems, breathing difficulties and nervous tension. May be used for steam inhalations or applied diluted to problem areas. May be added to food and water. Balances Kapha.

Sandalwood
Good for nervous disorders, circulation problems, insomnia, enhancing meditation, infections, depression and skin problems. Apply diluted to problem areas. Balances Pitta.

Spruce
Use for athlete’s foot, fungal infections, respiratory problems, arthritis/rheumatism, painful joints, nervous disorders, hormonal imbalances and respiratory problems. Apply diluted to problem areas. Balances Vata, Pitta and Kapha.

Tea-Tree
Use for athlete’s foot, fungal infections, respiratory infections, bronchitis, gum disease, rash, sore throat, sunburn, tonsillitis, vaginal thrush, acne, burns, candida, cold sores, warts, wounds. Apply diluted to problem areas. Balances Pitta.

* NB: Refer to ‘The Essential Oils Desk Reference’ published by Essential Science Publishing (www.espublishing.com) Tel: 001 800 336 6308) for details of how to apply oils and which oils to apply for which conditions.
Ayurvedic & western herbs
(a small selection of commonly available herbs and some of their benefits)

Asafoetida (hing; Ferula asafoetida)
Good for digestion and cleansing of digestive tract; it dispels gas and improves the intestinal flora.
It is also useful for cramps, flatulence, constipation, arthritis, rheumatism, colic pain and asthma.
Balances: Vata and Kapha.

Ashwagandha (Winter Cherry, Withania somnifera)
The Ginseng of India with powerful rejuvenating and revitalising properties.
It is calming and promotes sound sleep while being good for overwork, emaciation, skin problems, rheumatism/arthritis, anaemia, infertility, fatigue, breathing difficulties, convalescence and nervous exhaustion.
Improves greying hair, vitamin C and calcium levels
Balances Vata, Pitta and Kapha

Bhringaraj (Eclipta alba)
This rejuvenating herb is excellent for greying and/or balding hair, strengthening bones, teeth and hair and improving sight, hearing and memory. It is the best medicine for cirrhosis and the liver in general as well as being a good brain tonic and sleep-inducer. It is good for the complexion and when applied externally it helps reduce inflammation and draw out impurities from the skin.
Balances: Vata, Pitta and Kapha

Gotu Kola (Centella asiatica, Hydrcotyle asiatica, Bacopha monniera)
A brain tonic and best taken with honey to reduce stress and anxiety whilst improving memory and mental abilities.
It detoxifies the liver and blood, reduces tumours, improves energy levels and strengthens the kidneys.
Balances: Vata and Pitta

Guggul (Indian Bedellium, Commiphora mukul)
Good for skin/tissue regeneration and reducing fat/toxins. It is often used to help arthritis.
Balances Vata, Pitta and Kapha

Haritaka (Terminalia chebula)
A good brain, nerve, digestive and energy tonic. It also helps regulate the colon and is good for both constipation and diarrhoea. Haritaka is the basis for Triphala.
Balances Vata, Pitta and Kapha

Neem (Azadiracta indica)
A powerful blood purifier and good for many skin complaints (especially inflammation, eczema and acne). It can also help reduce inflammation in joints and muscles. Balances: Pitta and Kapha

Triphala
A safe laxative and colon tonic composed of Amalaki, Haritaki and Bibhiaki.
It revitalises the body; removes toxins, gas and distention; nourishes the nervous system; improves digestion, reduces fat and lowers cholesterol and blood pressure. It is good for anemia, constipation, diarrhoea, yeast infections, indigestion and skin disorders. Balances: Vata, Pitta and Kapha
**Turmeric (Curcuma longa)**
Improves skin conditions, relieves pain and has anti-oxidant, anti-carcinogenic, anti-tumour, anti-bacterial, anti-biotic, anti-microbial, anti-viral, carminative and immuno-stimulant properties. It is good for acne, allergies, burns, diabetes, arthritis, obesity, digestive disorders, gallstones, liver disorders, skin rashes, tumours, reducing cholesterol, cancer and ulcers. Balances: Vata, Pitta and Kapha

**Shatavari (Asparagus racemous)**
Is particularly rejuvenating for the female reproductive system as it cleanses the blood and increases fertility. It is good to take during the menopause and for impotence, diarrhoea, stomach ulcers, hyperacidity, cancer and chronic fever. High in vitamin A. Balances: Pitta

**Chywanprash**
An excellent herbal food supplement or ‘super food’ to nourish and strengthen the mind and body. Good for Vata and Kapha

**Trikatu**
A powerful tonic for improving digestion and relieving constipation. It is also very good for managing kapha complaints. It is prepared by mixing a pinch of ground ginger, black pepper and cayenne pepper (1 pinch of each) in a little honey.

**Western herbs**

**Alfalfa (Medicago sativa)**
A cleansing and detoxifying herb with high concentrations of vitamins and minerals. It is particularly helpful for anaemia, arteriosclerosis, osteoporosis and during the menopause.

**Aloe Vera Juice (aloe barbadensis)**
Contains high concentrations of vitamins, minerals, amino acids, enzymes and natural sugars. It is good for the digestion, liver, blood, reproductive system and as a laxative. As a gel it is excellent mixed with ghee for burns and piles. Also helps with constipation, obesity, inflammatory skin conditions and conjunctivitis.

**Bilberry (Vaccinium membranaceus)**
Improves circulation and is a natural anti-oxidant for the eyes.

**Burdock (Arctium lappa)**
Blood cleanser, digestive stimulant and good for skin problems.

**Devils Claw (Harpagophytum procumbens)**
Good for arthritis, rheumatism, gout and tendon damage.

**Echinacea (Echinacea purpuria)**
It cleanses the blood and lymph and destroys ama. It is good for lung problems, colds, flu, wound healing, skin complaints and viral/bacterial infections.

**Ginger Root (Zingiber officinale)**
Helps relieve nausea, travel sickness, headaches, coughs, colds, poor digestion and poor circulation.
Gingko (*Gingko biloba*)
An anti-oxidant and good for circulation, heart problems, memory loss, asthma, bronchitis, tinnitus and vertigo.

Ginseng (*Panex ginseng*)
A general tonic for increasing energy levels and promoting weight loss and tissue growth.

Golden Seal (*Hydrastis canadensis*)
Good for colds, flu and allergies (use in moderation).

Green Tea (*Camelia sinensis*)
A very effective antioxidant – 200 times more powerful than vitamin E in neutralising free-radicals that attack lipids.

Liquorice Root (*Glycyrrhiza glabra*)
Relieves coughs, sore throats, respiratory problems; abdominal pain and hyperacidity.

Passiflora (*Passiflora incarnata*)
Promotes relaxation and helps with insomnia, agitation, anxiety, nervousness and stress.

Psyllium Husks
Roughage for improving digestion, relieving constipation and cleansing the colon.

Sarsaparilla (*Smilax ornate*)
Good for skin problems, digestion/appetite, flatulence, gout, arthritis, rheumatism and nervous disorders.

Slippery Elm (*Ulmus fulva*)
Reduces inflammation and is good for lung problems and ulcers.

Spiralina
A very high protein sea-plant that is excellent for weight loss, detoxification and reducing appetite.

St John’s Wort (*Hypericum perforatum*)
Calms the nervous system and is beneficial for the treatment of mild depression and insomnia.

Valerian (*Valeriana officinalis*)
Good for nervous disorders such as tension and anxiety. It is also good for insomnia, fainting and menstrual cramps.

Wild Yam (*Dioscorea villosa*)
Helps with hormonal imbalances, period pains, menopause, colic, joint inflammation, flatulence and liver cleansing.
Self -Help

&

Other Therapies

The following therapies, tips and self-help advice may help you deal with many mental, emotional and physical ailments common in society today. Many of the problems we suffer with in the west often seem untreatable by conventional means. However, following some of the procedures in this section may relieve or even overcome some of these problems. If you are unsure of the correct procedure to follow always consult a health professional with experience in that particular field.
Nasya home treatment

This self-treatment can be undertaken if you frequently suffer from mild headaches, congestion or blocked sinuses. However, it is contra-indicated during colds/flu and high fever and should only be used under medical supervision if highly congested.

You will need:  MP16, MA634, sesame oil & eucalyptus oil – from MAP (see resources)
Box of large tissues, salt water, hot water bottle
Steam bowl, boiling water, one bath towel, two hand towels
1 dropper (for applying oil into nose)

Daily:          Apply MP16 as directed on bottle

Once per week:

1. Vigorously massage the head with sesame oil for 5 minutes.
2. Have a steam inhalation with 1-2 drops of eucalyptus globulus or MP634 for 5-10 minutes. Add more hot water and/or oil if required.
3. Fill a hot water bottle and cover with a hand towel or bottle cover.
4. Fold a hand towel four times (lengthways) and place in boiling hot water – make sure ends are not placed in water. Hold ends and wring out.
5. Open towel and shake briefly (should remain hot but still be bearable on skin), fold in half, lengthways, lie down on bed and wrap around head (avoiding eyes). Then use hot water bottle to maintain temperature of towel and face for 2-8 mins.
6. Remove towel and dry face thoroughly.
7. Lie with head hanging over side of bed and apply one drop (from dropper) of MP16 or ‘Shakti’ (see recipe below) into each nostril.
8. Pinch both nostrils, start to inhale and immediately remove fingers to allow for a deep inhalation – repeat several times to allow substance to penetrate sinus cavities.
9. Massage the forehead, above/below the eyebrows, the sides of the nose and under the cheekbones
10. Cough up and spit out any mucus that forms in the throat – blow your nose if necessary and do not suppress sneezing (have your tissues handy).
11. If there is a burning sensation in the throat gargle with salt water and tilt head further back next time you insert the nasya substance.
12. Repeat steps 7 – 11 with 2, then 3, then 4, then 5 drops in each nostril.
13. Increase the amount of drops (but not beyond five) until there is some mucus discharge. Never continue if the nose becomes completely blocked, a headache develops or you experience other unpleasant effects.
14. Finish by gargling with salt water and then keep head warm and dry for rest of the day.

Recipe for Shakti:
On a low heat slowly warm 15mls of sesame oil in a small pan with ¼ level tsp ground ginger, ¼ level tsp ground black pepper and ¼ level tsp ground clove. Remove from heat before it starts to smoke (about one minute) – cool for 30secs – reapply to heat for 10 secs – cool again for 30 seconds – heat again for 10 seconds and then allow to cool to body temperature. If the oil starts to smoke or burn at any stage throw the mixture away and start again. Strain the mixture through a muslin cloth, allow to cool and then place in a small glass bottle (with dropper top). The bottle and mixture can be warmed slightly (to body temperature) in hot water just before use.
Healing sounds

Daily repetition of these sounds can have profound remedial, balancing and harmonising effects on the part of the body indicated. Take a deep breath and make each sound while exhaling. The sound should be held for as long as is comfortable and may be repeated three to ten times (some sounds like ‘nnn’ and ‘ma’ also can be repeated in staccato fashion). Place your awareness both on the sounds and the sensation in the body where they appear to resonate.

**Balance the whole body:**

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**Lungs, chest:**

Humm Humm Humm Humm

**Sinuses:**

Mmmm Mmmm Mmmm Mmmm

**Ears:**

Nnnn Nnnn Nnnn Nnnn

**Eyes:**

Immm Immm Immm Immm

**Nose:**

Lmmm Lmmm Lmmm Lmmm

**Stomach:**

Paam Paam Paam Paam

**Reproductive organs:**

Mam Mam Mam Mam

**Stomach, digestion system:**

Huh Huh Huh Huh

**Diaphragm:**

Ha Ha Ha Ha

**Lungs, large intestines:**

Ssss Ssss Ssss Ssss

**Liver, small intestine:**

Shhh Shhh Shhh Shhh

**Spleen, gall bladder:**

Who Who Who Who

**Kidneys, bladder:**

Wooo Whoo Whoo Whoo

**Heart:**

Ma Ma Ma Ma

**Throat:**

Kaa Gaa Gha

**Migraines & headaches:**

Yaa Yu Yai

**Heart, throat:**

So Hum So Hum So Hum

**Respiration, stomach:**

Chi Uh Huh Chi Uh Hah

**Chakras:**

Lam Vam Ram Yam Ham Sham Om
Overtoning

This technique requires no singing skills whatsoever and can easily be accomplished by anyone with a little practice. It is practiced by Tibetan monks to achieve higher states of consciousness but is also a very pleasant way to quickly re-balance the mind and effectively remove stress and tension from the body. It also has proven effective for improving hearing and increasing alertness.

Overtoning produces harmonics or pure notes and their flute-like sounds ethereally hover above the base tone or drone. The deep, resonant sound is produced by making a deep ‘oooo’ sound in the back of the throat and then altering the position of the tongue and shape of the mouth to produce variations of that sound. The tongue is curled up and bends back towards the roof of the mouth and is then gradually moved forward. The resonance is amplified by pursing the lips, flattening the cheeks (the mouth slightly open) and allowing air to flow between the tip of the tongue and the roof of the mouth; the mouth being the hollow resonating chamber. A deep sound is produced with the tip of the tongue near the back of the mouth and a higher sound with the tip of the tongue towards the front of the mouth, just behind the upper teeth. By slowly saying a long, drawn-out ‘onre’ as the tongue gradually unfurls towards the front teeth the correct sound is produced. The deeper ‘ooo’ or ‘uuu’ vowel sounds are produced when the tongue is near the epiglottis and the higher ‘iii’ and ‘eee’ vowel sounds are produced when the tongue is near the upper front teeth.

If the tongue touches the roof of the mouth and air isn’t able to pass over it the sound stops resonating and becomes flat. As you become familiar with the technique you can experiment with altering the shape of the mouth, as well as the tongue, to produce a clearer, more rounded, resonating note.

Try experimenting by imitating the noise of a model aeroplane as it twists and turns above you or a racing car hurtling round a racetrack. If you’re not familiar with this sound ask any young lad to demonstrate – they’re usually pretty good. This isn’t ‘over-toning’ as it varies in pitch but its practice involves similar mouth movements. The harmonics a Tibetan singing bowl produces when struck are overtones of a single note and as one listens more closely more overtones are often ‘picked up’.

As you continue practicing overtuning, harmonics will certainly be produced, though they are often difficult to pick up yourself until your ears becomes ‘tuned-in’ to them. Other people can often hear them before you do but if you practice in a good resonating chamber that echoes the sounds around you’ll notice them much more quickly. Large, empty rooms, bathroom sinks, tunnels, bridges and churches work especially well. Cupping your hands behind your ears also helps and practicing with other people can produce quite phenomenal sounds, especially if the room you’re in is very resonant.

As you begin to hear the harmonics appearing above or alongside the basic tone/drone you’ll begin to sensitise the hearing process and begin to find interesting, captivating sounds in the most unusual places and from the most unexpected sources. The sound of a washing machine or train can suddenly become an enthralling and tantalising experience to the ear that’s ‘tuned in’ to their harmonics. As you begin to explore this new realm of sound you may find that you aren’t tone deaf and can sing a few notes and keep in tune after all.
Meir Schneider and the ‘Bates Method’

Meir Schneider was born with cataracts and by the time his eyes were operated on, at the age of four, his brain had lost the opportunity to develop the ability to see. He had already developed nystagmus, which is involuntary movement of the eyes, glaucoma, which is high pressure in the eyeball, and cross-eyes. The surgery, and the four operations that were done later, scarred his lenses to the extent that light could hardly penetrate through them. By the age of 7 he was declared legally blind for life, and for the next ten years did all his reading in Braille. Today he can even read the small print on his unrestricted driver’s licence. Meir broke boundaries and proved that eyes cannot only get worse, as is the common belief, but can improve. At the age of 17 Meir was introduced to vision improvement exercises, a method developed by Dr. William Bates over 100 years ago. In his studies of visual function, Bates observed how people behaved visually when they see perfectly and based on these observations, he developed exercises to mimic optimal visual behaviour. He also learned how people create refractive errors - nearsightedness (myopia) far-sightedness (hyperopia), middle-age farsightedness (presbyopia), and astigmatism. In every case of refractive error he found "a strain of the mind" that was held in the body, the face, and especially the eyes. This anxiety, he found, was relieved and relayed continuously along the body's neural pathways. To relieve chronic tension in the eyes, as in the rest of the body, Bates hypothesized, one must learn to use them properly and to relax them often; every Bates exercise is a relaxation technique.

Probably Bates' greatest gift was his ability to view medicine in a different light. Organs that could be seen as mechanical objects; the eye as a camera or the heart as a pump, could also be viewed holistically, as parts of an interdependent system. The body could be seen as intrinsically passive, and so requiring health care (drugs, surgery, corrective lenses) or as living tissue, with a built-in consciousness and capacity for learning. Bates favoured the latter view.

It was already known in Bates' time that the tissue of the retina, the back of the eye where light falls on photosensitive cells, is brain tissue. The parts of the brain associated with vision are as much a part of the visual apparatus as the eyes are. In fact the brain is the dominant part of the visual system and Bates reasoned that seeing is psychological behaviour, which can be done well or done poorly. "We see very largely with the mind," he wrote, "and only partly with the eyes". Vision depends on the mind's interpretation of the impression on the retina. What we see is not that retinal impression but our own interpretation of it. But when, as a coping response that has become habitual, the mind refuses to let the eye see properly, a deliberate act of imagination can help.

Thus, Bates would invite patients to appreciate and visualize the forms and blackness of letters on an eye chart until the patients would at last give themselves permission to relax and see the letters. With the help of a retinoscope, which allows the user to determine the degree of visual clarity and nature of the subject's refractive error, Bates checked hundreds of thousands of eyes and the results surprised him. He found that normal 20/20 vision wasn’t constant and none of the eyes he examined had perfect vision around the clock. Normally sighted eyes drifted off at moments of farsightedness, nearsightedness, and astigmatism, and then picked up again at 20/20. Bad vision got worse, got a little better, and even had flashes of perfect vision and temporary anxieties produced refractive error.

Bates had been taught that in daytime, full colour vision is sharpest in a small area in the centre of the retina called the macula, especially in the tiny centre of the macula, the fovea. The macula is sculpted into a parabolic receiver - like an antenna dish, but for light - with the fovea at the pit. Vision at the fovea is 20/20; 10 degrees off centre, it is 20/4000, within the realm of legal blindness.

The correctly functioning eye sees the small detail it is focusing on best - a characteristic called central fixation. To see many details equally well, a correctly functioning eye will flit rapidly from one sharply realized detail to another; Bates called it shifting. Good daytime vision is passive and effortless, consisting of automatic and continual central fixation and shifting. The poorly functioning eye overstrains and then numbs the macula until it has lost central fixation.

There are now Meir Schneider centres teaching ‘The Bates Technique’ all around the world.
**Eye exercises**

*Sleep in the dark:* Curtains should shut out streetlights; the eyes get full rest only in darkness.

*Palming:* Rub your hands together, close your eyes and gently cover them with your hands so you block out all light but without pressing on the eye. Breathe easily and picture a black object – imagine this object on a black background and then paint the world black. Do this whenever the eyes need relaxing.

*Peripheral vision:* Take a black piece of paper four inches square and stick it between your eyebrows so you can’t see in front of you. Sit in a dark room and rapidly move two flashlights out to either side of you while looking straight ahead. As you can see the flashlights better, increase the challenge by moving the flashlights further back. Alternatively you may do this exercise in normal light and substitute waggling movements of the fingers for the movement of the flashlights. This exercise will improve your peripheral vision and train both eyes to work together.

*Shifting:* Look at a picture on the wall in a relaxed way and move your attention from one small detail to another. Then close your eyes and visualize what you have just seen. Repeat. The same brain cells work for visualizing as for seeing and this exercise helps retrain them and strengthens the macula.

*Blinking:* Sit easily, breathing gently and blink rapidly one hundred times - then close the eyes and visualize blinking a hundred times. Repeat. This massages and cleanses the eyes. In times of stress, just when blinking and relaxed breathing would be most useful, we are most likely to suspend these essential functions.

*Focusing:* Place the index finger 6 inches from the eyes and, for approx 30 seconds, alternate your focus from your finger to an object on the horizon. This should be simple and smooth with no strain or discomfort. The speed of alternating may increase as strength of eye muscles improve.

*Far-Reading:* Place some reading material on a wall, relax, breathe easily and read from a distance that is comfortable – increase the distance gradually each day (read for 30 seconds).

*Near-Reading:* Relax, breathe gently and place reading material at the nearest distance that is comfortable to read from. Decrease distance very gradually each day (read for 30 seconds).

*Colours:* With eyes CLOSED look towards sun (or full spectrum light) for 30 seconds and then turn away. Watch the colours in a relaxed and gentle way– massage eyes – watch colours again (for as long as is comfortable). Repeat.

*Eye positioning:* Practice for 30 seconds in each direction. Look up-left; look down-left; look up-right; look down-right; look through third eye/centre of eyebrows; focus on tip of nose; imagine looking at tongue. Do not strain and look for as long as is comfortable. Increase time each day if comfortable (30 secs max.).

*Tramlines:* Draw a circle with tramlines and place on a wall in front of you. Now circle the eyes clockwise round train-line for 30 seconds. Repeat in an anti-clockwise direction.

*Dotting:* Draw a circle and randomly place a few dots within the circle. Place the paper on a wall in front of you. Now allow the eyes to randomly follow the dots in no particular sequence as in dot-to-dot.

*The cat:* Bring the face of the cat and the body of the cat together by altering focus – go half cross eyes but while looking at cat in a relaxed fashion. Don’t try too hard or strain – be relaxed and breath normally – this may take time to master.
Caring for the eyes

Netra program

This program can be undertaken two or three times each year. It is especially beneficial for Pitta types who are more prone to eye complaints and is indicated for eyes that are frequently tired, hot, achy or gritty. Outside of this program, the application of ghee to the eyes should not be practiced for more than two or three days consecutively, as this can allow the eyes to become lazy and may prevent them from producing their own lubrication.

Instructions:

Melt a small amount of ghee in your palms and apply to eye area (with eyes closed). Open eyes slowly and blink a few times so that ghee bathes the eyes.

<table>
<thead>
<tr>
<th>Week</th>
<th>Practice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week one</td>
<td>Practice every night before bed</td>
</tr>
<tr>
<td>Week two</td>
<td>Practice every other night before bed (ie; three times during week)</td>
</tr>
<tr>
<td>Week three</td>
<td>Practice every third night before bed (ie; twice during week)</td>
</tr>
<tr>
<td>Week four</td>
<td>Practice four days after last application</td>
</tr>
<tr>
<td>Week five</td>
<td>Practice five days after last application</td>
</tr>
<tr>
<td>Week six</td>
<td>Practice six days after last application</td>
</tr>
<tr>
<td>Week seven</td>
<td>Practice seven days after last application</td>
</tr>
</tbody>
</table>

The idea is to gradually reduce the number of times each week that you practice this procedure. Thus, in the first week you are placing ghee in the eyes every night and by week seven you are only placing ghee in the eyes once during the week.

‘The Willis technique’

If your eyesight has become less focused when reading, or even if you use reading glasses for close up work, this simple exercise will help retrain your eyes to relax and focus again.

Practice ‘palming’ (see eye exercises).
Open a book with relatively large print.
Slowly and easily (without straining to see individual words) scan the page.
After a while the odd word may jump out and be clearly visible.
At this stage stop scanning and read the page.
If you get a headache stop reading, close your eyes and practice palming for a couple of minutes and then try again.

Don’t worry if words don’t jump out at first, just persevere with this daily practice each day and eventually they will. The key is patience and a relaxed mind.
Healing Pressure Points

(See ‘Acupressure’s Potent Pressure Points’ by Michael Reed Gach for more detailed instructions)

For relief of:
Sinus complaints and hay fever   St 3, LI 20, B 2, B 10, GV 24, GV 26, GV 20, B 7, LI 4
Shoulder tension   GB 20, GB 21, TW 15, LI 14
Anxiety and nervousness   TW 15, B 10, P 3, P 6, H 7, GV 24, CV 17
Headaches and migraines   GB 20, GV 16, B 2, GV 24, St 3, LI 4, LV 3, GB 41
Lower back and sciatica   B 23, B 47, B 48, CV 6, B 54
Knee pain   B 54, Lv 8, J 10, Sp 9, GB 34, B 53, St 35, St 36

Directions:
Place pressure on the appropriate points with thumb or forefinger and hold for 30-60 seconds while breathing deeply and allowing the sensation/stress/pain to dissolve and lessen on each out breath.

Location:

B 2   Either side of the nose bridge just under the eyebrows/eye-socket
B 7   One inch either side of the crown (on a line up from the backs of the ears)
B 10  One inch either side of the spine and one inch below the skull
B 23  Between 2/3 vertebrae, two finger widths away from spine at waist level
B 47  Between 2/3 vertebrae, four finger widths away from spine at waist level
B 48  Two fingers from sacrum and midway between top of hipline and base of buttock
B 53  On the outside of the knee, where the crease ends when the knee is bent
B 54  In the centre of the back of the knee crease
CV 6  Two finger widths directly below belly button
CV 17 Three finger widths up from bottom tip of breastbone
GV 16 At the top of the neck in the indentation under the base of the skull
GV 20 On the crown of the head between the cranial bones
GV 24 Between the eyebrows, above the bridge of the nose
GV 26 Two thirds up from the middle of the upper lip
GB 20 On either side of the spine at the base of the skull in the hollow of the neck muscles
GB 21 On the shoulder, two inches from neck on the highest point of the muscle
GB 34 On the outside of the lower leg, below and in front of the shinbone
GB 41 In the groove between 4th and 5th toes, one inch above toe gap/webbing
H 7  On the outside of the hand on the wrist crease
K 10  On the inner edge of the knee crease, in the hollow between the two tendons
LI 4  Between thumb and forefinger – at the highest point as the fingers are brought together
LI 14 Outside of upper arm, 1/3 down from shoulder to elbow (on muscle band)
LI 20 Either side of the nose, just to the side of the nostril
Lv 3  In the valley between the big toe and second toe two inches up from toe gap/webbing
Lv 8  On the inside of the knee, where the crease ends when the knee is bent
P 3  Inside of lower arm, just below elbow crease
P 6  Middle of inner forearm, 2-3 finger widths up from wrist crease
Sp 3  Under the cheekbone, just below the pupil
St 3  Inside of leg, below bulge that’s down from inside of knee & under head of shinbone
St 35 Just below the kneecap in the outer indentation
St 36 Four finger widths below the kneecap, one finger outside of shinbone
TW 15 On shoulder, 2 inches from neck on the highest point of the muscle and ½ inch back
Thought Field Therapy (Tft) employs a simple technique which operates on the quantum level of
the body to rapidly remove the debilitating effects of phobias, traumas, anxiety and depression. By
‘tapping’ a few times on specific ‘energy’ points (acupuncture/marma points) in a specific sequence the
offending emotional/mental aberrations present can effectively be removed - this is often achieved in only
a few minutes. This miraculous phenomenon can seem bewildering to the patient who has often
undergone months and sometimes years of physiological counselling to control the problem; and often to
little or no avail.

This incredible technique was discovered and evolved through the dedication and perseverance
of Roger Callahan, an eminent and highly successful American clinical psychologist. He has developed
and refined this amazing technique over the past twenty-five years and now has a success rate of over
95%.

At the heart of his theory is the belief that behind every emotional problem is an undigested
thought or ‘perturbation’. In stressful situations our minds filter out anything we can’t cope with in order
for us to deal more effectively with the situation in hand. However, the problem here is that if these
issues are permanently blocked from our awareness and we are never given a chance to deal with them
they may eventually pop up as phobias, fears, anxieties that bear very little or no resemblance to the
original problem or situation. A mistake of the intellect during the stressful situation leads to a
‘perturbation’ in that particular ‘thought field’. It can permanently cloud our judgement surrounding
many seemingly unconnected issues and creates further stress and ultimately ill health or dis-ease. As the
problem is simply a wrongly ‘tuned’ frequency connected with that particular past event it follows that
removing or ‘re-tuning’ that thought field will resolve the issue very quickly.

The ancient Vedic, Tibetan and Chinese philosophies with their time-honoured systems of
diagnosis and healing are primarily ‘consciousness-based’. The success of Tft is that it also works at this
quantum level of consciousness.

The power of many ancient eastern health systems result from a deep subjective understanding
of consciousness or the quantum level of the mind (the ‘thought field’). From the Vedic perspective the
very concept of a relative universe first necessitates an imbalance or ‘perturbation’ in the unified field.
As human beings, living on the relative plane of existence, we are continually subject to these imbalances
and to live a life of harmony requires we balance and rectify extreme imbalances or irregularities through
diet, exercise and meditation (strengthening our own individual thought fields by tuning into and
entraining the universal or quantum thought field with is always perfectly balanced).

Vaidyas (the original Indian doctors) read the pulse to detect imbalances or perturbations in the
physiology. It is believed that the energy and intelligence of every tissue, organ and system of the body is
carried holographically in the pulse and can be felt as irregularities or perturbations at varying points and
depths of the radial artery. Three fingers are used in this practice and each fingertip has three different
detection points. There are also seven levels (or depths) and two hands to read this pulse from – there is
therefore an almost infinite number of possible permutations or patterns to detect and diagnose. It is the
deviation from the norm that is under observation and changes in lifestyle and diet or supplementation
with herbal preparations are recommended to rectify these imbalances. Specific herbal preparations
contain energies or vibrational information that resonate with the tissue, system or organ of a
corresponding vibrational code. The weak or offending area is therefore entrained back into its proper
vibrational pattern.

Tft is also a system of diagnosis that tunes into this same field of energy and information. As
the mind and body are intimately connected, from a quantum point of view, this technique seems to
access the same information but from a slightly different aspect of the physiology. The beauty of Tft is
the ease and rapidity of treatment and it will be interesting to see whether physical problems can be
treated with as much success as mental/emotional problems. As both are interconnected this would seem entirely feasible.

At the heart of Vedic technology is another tool for rectifying vibrational irregularities; the art of meditation. This technique involves introducing a sound into the body’s vibrational field. This sound resonates with the specific vibrationary rate of the particular individual and entrains his/her field back into balance. During the practice of meditation the mind transcends through the various ‘perturbations’ or stresses and arrives effortlessly at a state of pure awareness or restful alertness. This is the realm of pure un-manifest consciousness or the quantum level and is free from stress, imbalance or ‘perturbation’. As the mind is naturally drawn back from this quantum level to the manifest level of reality it entrains the mind back into a state of normality. It infuses the mind with vibrant energy and ‘iron out’ perturbations – the more this takes place the more these perturbations are dissolved and collapsed and the more balanced the mind/body feels.

While meditation tackles stresses/imbalances/perturbations on a daily basis and slowly dissolves accumulated mental debris Tft rapidly tackles specific and often extreme imbalances that are causing severe problems in the present. The two therefore work hand in hand to create balance and harmony in the physiology. Meditation gently works away at dissolving perturbations that may cause problems in the future whilst Tft tackles perturbations that have become a problem and need dissolving or collapsing quickly.

Also in the Ayurvedic armoury is the practice of Panchakarma. Through a series of powerful detoxification procedures the body is gently cleansed of imbalances and impurities, which have accumulated in the body due to improper digestion or metabolism. While Ayurveda recognises that different body types (vata, pitta or kapha) require different proportions and tastes in the types of food consumed it also concludes that if the digestion is strong any toxins ingested should be naturally and efficiently eliminated from the body. When the body’s defences are under par this is not always the case and impurities build up creating pain and illness (dis-ease) in the body and mind. Purifying herbs and oils are ingested to encourage a release of toxins and massage and steam treatments further mobilise these impurities. Herbal enemas are then given to facilitate the release of these circulating toxins from the colon. Depending on the severity of the problem up to 40 days of treatment may be prescribed. Ideally this routine is encouraged at the change of each season to ensure continuing good health. Until these toxins are removed from the body and the digestive fire (agni) is strengthened, changing the diet and/or ingesting herbal preparations will have limited effect.

It is known that the presence of toxins in the physiology can occasionally effect the successful treatment of mental/emotional imbalances with Thought Field Therapy (Tft). During Panchakarma physical toxins are removed from the body, the digestion is strengthened and the immune system enhanced. This would lead us to suppose that in the few cases where toxins effect the long-term treatment of phobias, traumas and anxieties an internal cleansing program, such as Panchakarma, may hold the key to increasing the already high success rate enjoyed by Tft.

Whilst it is sometimes necessary to consult a qualified Tft diagnostic practitioner to obtain relief from more involved or difficult emotional/mental problems, many people have cured themselves using the ‘algorithms’ Roger Callahan has discovered over the past 25 years. These simple procedures have been proven to work in over 75% of cases.

* Please refer to Roger Callahan’s book ‘Tapping the healer within’ for more in depth information and instructions for using this technique effectively.
Thought Field Therapy Instructions*

1. Tune in to the thought field – this means thinking briefly about the problem you would like to resolve (a phobia, fear, anxiety etc) and bringing the issue to the forefront of the mind.

2. Obtain a SUD rating – this necessitates writing down a ‘subjective unit of distress’ – using a scale of 0 –10. A ten would be very distressful when you think of the problem, whilst a six would be less severe. A zero would therefore indicate no distress when thinking about the problem to be dealt with – in this unique situation you would need to put yourself in an environment where a SUD rating could be made.

3. Choose the algorithm which you deem most appropriate to the problem you wish to overcome and ‘tap’ the areas indicated – the correct sequence is very important but the ‘tapping’ point is approximate (use two or three fingers to cover the general area to be tapped)

Thought Field Therapy Codes (for use with algorithms on next page)

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>eb</td>
<td>Tap eyebrow point (between eyebrows with two fingers).</td>
</tr>
<tr>
<td>e</td>
<td>Tap under eye high on cheek bone.</td>
</tr>
<tr>
<td>oe</td>
<td>Tap outside edge of eye socket bone about ½ inch from eye, near the temple.</td>
</tr>
<tr>
<td>a</td>
<td>Tap four inches below armpit (about level with nipple on men).</td>
</tr>
<tr>
<td>c</td>
<td>Tap collarbone point one inch below and right or left of collarbone notch.</td>
</tr>
<tr>
<td>Lf</td>
<td>Tap little finger point (on inside tip next to the nail).</td>
</tr>
<tr>
<td>if</td>
<td>Tap index finger point (on the thumb side next to the nail).</td>
</tr>
<tr>
<td>th</td>
<td>Tap thumb point (outside edge next to nail).</td>
</tr>
<tr>
<td>mf</td>
<td>Tap middle finger (edge next to index finger).</td>
</tr>
<tr>
<td>un</td>
<td>Tap under nose.</td>
</tr>
<tr>
<td>ch</td>
<td>Tap on chin just under bottom lip.</td>
</tr>
<tr>
<td>g</td>
<td>Tap gamut spot on the back of the hand one inch from knuckle valley between ring and little finger.</td>
</tr>
<tr>
<td>9g</td>
<td>Tap gamut spot with eyes open (5 taps), eyes closed (5 taps), eyes open, looking down to the left (5 taps), looking down to the right (5 taps), whirl eyes one direction (5 taps), whirl eyes other direction (5 taps), hum short tune (5 taps), count aloud from one to five (5 taps), hum tune again (5 taps).</td>
</tr>
<tr>
<td>sq</td>
<td>Repeat the initial majors sequence (ie., e, a, c).</td>
</tr>
<tr>
<td>er</td>
<td>Complete floor/ceiling eye roll (while tapping gamut spot). Hold head level and look downwards with the eyes – to a count of eight slowly roll eyes upwards across floor, up wall and across ceiling as far as you can.</td>
</tr>
<tr>
<td>pr</td>
<td>Psychological reversal (reversed polarity of meridians). PR spot is located on the outside edge of hand, midway between the wrist and base of little finger. This is used if the algorithms appear to yield minimal results.</td>
</tr>
<tr>
<td>Mini pr</td>
<td>Tap gamut point about 15 times to reduce SUD if stuck around 2-4.</td>
</tr>
</tbody>
</table>
| Cbb  | Collarbone breathing. Use if stuck above SUD 1-2. Breathe normally – full, deep breath in and hold – let half out and hold - let rest out and hold – take half breath in and hold – release.  
1. Simultaneously touch collarbone point (c) and tap gamut point (g)  
2. Repeat on other collarbone point using same hand  
3. Repeat on first collarbone point using knuckles of same two fingers  
4. Repeat on other collarbone point  
5. Repeat 1-5 using other hand on collarbone points |
Thought Field Therapy Algorithms*

Most simple phobias/fear:
Spiders, claustrophobia:
Simple anxiety/stress:
Addictive urge/general anxiety:
  
  
  
Simple trauma: rejection, grief
Complex trauma:
Complex trauma with guilt:
  (add to complex trauma algorithm)
Complex trauma with anger:
  (add to complex trauma algorithm)
Anger:
Guilt:
Simple relaxation:
Negative behaviour
Abnormal clumsiness or awkwardness:
Inhalant type allergy reactions:
Nasal congestion/stuffiness:
Lung problems:
Obsession and OCD:
  
Rage:
Depression:
Physical pain:
Embarrassment:
Shame:
Panic/anxiety disorder:
  
  
  
Inability to visualise/overcoming addictions:
Jet lag (also try ‘west to east’ instead if necessary):

NB:  Perform psychological reversal (pr) after first major sequence if no change in SUD level
Perform mini psychological reversal (mini pr) after second sequence if SUD level is above 2
Stress free vacations
(a few tips to help you enjoy holiday travel)

- Plan well ahead to avoid panicking and rushing about arranging last minute details.
- Consciously make an effort to enjoy the journey to your chosen destination and take pride in the preparations – preparations are a chance to find out about new places and new ways to travel while delays during travel are opportunities to meet new people and catch up on some reading.
- Leave yourself time to wind down from work before you go away – take time to pack and relax for a few days before you depart.
- Once you leave work, put the phone on answer, delegate and trust other people to make decisions and advance things on your behalf and, above all, don’t be tempted to phone in to check on how things are going. Tell work colleagues NOT to ring you at home or on holiday – it’s your rest and re-cooperation time.
- Make sure you’ve got enough foreign currency – get it BEFORE you go to avoid rushing about at the airport or trying to find somewhere to exchange money at your destination. Have your money, credit cards, passport, travel ticket, accommodation details and other crucial paperwork and telephone numbers somewhere together where you WON’T forget them.
- Rest, relax, exercise, eat healthily and meditate regularly during the week before you go away. You’ll be able to settle into the vacation and enjoy it all the more if you’re already rested and fully prepared before you go.
- Make sure your diet is as healthy as possible in the weeks before you go away – this ensures maximum immunity, settled digestion and loads of energy and vitality stored up to allow your holiday to be fully enjoyed. The most important thing is to avoid any processed or refined foods (very few nutrients and lots of toxins for the body to deal with). Avoid refined sugar (in most processed/refined/packaged foods), reduce salt (except Vata types), avoid white/brown bread and white pasta/rice (except basmati), avoid margarine (stick to butter, ghee or olive oil) and cut down on red meat and cold milk.
- Favour organic produce for maximum nutrition and energy (you’ll eat less and they’ll be more tasty). Favour fresh fruit and vegetables, whole grains (buckwheat, barley, millet, quinoa etc), homemade fruit/veg juices and small tasty salads. Reduce tea/coffee and alcohol and favour herbal teas, hot water with lemon or ginger and juices (without added sugar).
- Supplement your food with a good multivitamin/mineral, flor-essence (for detoxing, especially while in foreign parts), and Udo’s oil/Optimum oil blend. Maximize the use of ‘superfoods’ such as wheatgrass (fresh or powdered), spirulina, chlorella, kelp, milk thistle, ginseng, ground sunflower/pumpkin/linseed and almonds.
- Set off for the airport with loads of time to spare. Take plenty of reading material to occupy your time if you are delayed in airports etc. Enjoy the delays and don’t get angry or frustrated – use the time to your benefit – read, talk, eat early etc.
- Once on holiday drink plenty of water (not ice-cold as this destroys your power of digestion and can lead to stomach upsets). Take Flor-essence to rid the body of any unfamiliar bugs/bacteria you may pick up. Eat only when hungry and avoid eating past the feeling of comfort – put less on your plate and wait five minutes before taking seconds – usually you don’t need any after that.
- Pitta types should avoid too much sun and keep cool – plenty of water and a good sun cream. Coconut oil or ghee/aloe vera with lavender oil helps soothe and re-moisturise the skin.
Tips for air travel

Jet lag and travel sickness are due to a Vata imbalance caused by excess movement and can be reduced or avoided by following the recommendations below:

Before you fly:

- Ensure adequate rest and a good nights sleep the night before travel.
- Exercise, practice yoga, pranayama and meditating on the morning before travel.
- Take ginger pickle before main meals in the week preceding travel.
- Avoid cabbage, Brussels spouts, beans and other vata increasing foods (for 24 hrs).
- Massage sesame oil into the nostrils immediately before the flight.
- Apply lavender or sandalwood essential oil to temples, ears and forehead.

During the flight:

- Sip hot water with added ginger and/or peppermint.
- Meditate for twenty minutes soon after take off and then again after every two hours flight time.
- Apply lavender oil to handkerchief and sniff periodically.
- Avoid drinking alcoholic and cold drinks before and during travel.
- Read a light novel rather than taxing the brain with work-related or hard-to-follow literature.
- Listen to soothing music.

After the flight:

- Walk in nature and undertake some light exercise.
- Practice yoga, balanced breathing (pranayama) and meditate in the early evening.
- Have an early night.

During the holiday:

- Drink plenty of hot water (with lemon or fennel seeds) to maintain healthy, balanced digestion.
- Practice yoga, pranayama and meditation each morning and evening.
- Be sensible with the amount of time spent in the sun (cover up between 11am and 3pm).
- Apply coconut oil to enhance your tan, prevent burning and help keep the skin moisturised.
- Use lavender oil with Aloe Vera (or ghee) if you experience sunburn.

Before the return flight:

- See ‘before you fly’
Toxins in your bathroom

Sixty years ago few people believed that the skin absorbed substances that were rubbed onto it. Nowadays it is widely known that whatever is placed on the skin is readily absorbed and can enter the bloodstream and subsequently enter the body’s deepest tissues in a matter of seconds. Although this is beyond dispute, manufacturers of cosmetic and bathroom products still allow potentially toxic substances to be included in their products; substances that are also used in the manufacturing industry with health warnings associated with them. Listed below are some of the ingredients to watch out for.

- **Sodium Lauryl Sulphate (SLS):** one of the commonest foaming and bulking agents used in cosmetics. It is also used as an engine de-greaser, garage floor cleaner and car wash detergent. It readily penetrates the skin and can accumulate in our bodily tissues causing damage and irritation to the skin. It also damages the immune system and can cause hair loss with long-term use. It has been associated with the formation of cataracts, gum disease and mouth ulcers.

- **Propylene Glycol:** a petrochemical solvent used in anti-freeze, de-icer, paint, floor wax, brake and hydraulic fluid, pet food and many cosmetic and personal care products. It is a humectant or moisture retainer and prevents things drying out. It can make the skin feel smooth but beyond that it has no therapeutic benefits. It has been implicated with contact dermatitis, kidney damage and liver abnormalities. It may cause skin rashes, gastro-intestinal disturbances, nausea, headaches, vomiting and central nervous system depression.

- **Alcohol:** An easily absorbable solvent, often found in mouthwash. In high concentrations is has been implicated with mouth, tongue and throat cancer.

- **Fluoride:** found in most toothpaste products and shown to be poisonous when ingested over long period, as it accumulates in our body tissues.

- **Talc:** chemically similar to asbestos and a known cancer causing substance. It is used as a dry lubricant on surgical gloves, condoms, personal-care powders and many cosmetics. It clogs the pores and has been linked to post-operative peritonitis and fibrous adhesions. On condoms it may result in fallopian tube fibrosis and infertility.

- **Formaldehyde:** Used as a preservative in many cosmetics. It is known to cause eye, nose and throat infections, coughing, asthma attacks, shortness of breath, nausea, vomiting, skin rashes, nose bleeds, headaches and dizziness.

- **Diethanolamine (DEA), Diethanolamine (TEA), Monoethanolamine (MEA):** When found in products containing nitrites can chemically convert to form nitrosamines which are potentially carcinogenic and are also known to be skin and eye irritants. They are readily absorbed through the skin and accumulate in organs.

- **Toluene:** A very common solvent found in nail enamels, spray cans, hair spray, hair gel, perfumes and fragrances. It triggers asthma attacks and can cause asthma in previously healthy people. It is a neurotoxin (adversely effects the nervous system) and can cause liver damage and hormonal imbalance.

- **Aluminium:** A metal found in antiperspirants and often suspected of being linked to Alzheimer’s disease. As a neurotoxin it can actively interfere with brain functioning.

- **Peg Laureth (ethoxylated):** May contain dioxane which is an oestrogen mimic, endocrine disrupter and also potentially carcinogenic.

Luckily alternative sources of natural personal care and cosmetic products are available and can be obtained from: Green People and Young Living (see ‘resources’ section at back of book)
Tips for cultivating mental peace

- Gently turn your mind away from negative/stressful thoughts and place your attention on the area of the body where this negativity is felt. Rest your attention on this area for a while, breathe into it and as the feeling fades turn the mind to healthier, happier thoughts.
- Remember that fear, worry and anxiety are the largest drain on the body’s energy levels and a major cause of illness and disease.
- Try to live in the present, enjoying and savouring each precious moment. Regret or reminiscence of past events drain your energy and hinder your enjoyment and appreciation of the present. Accept what has been, what is and what may be and enjoy each moment for it comes only once.
- Trust in nature and have faith that the future will work out fine when unhindered by stress and negative thought patterns.
- Never blame circumstances, people or events for your present problems or predicaments – each are opportunities to observe, listen and learn.
- Use positive language in verbal and mental communication with yourself and others. Try not to use words such as, I can’t, I should and I need and replace them with words such as: I can, I will, I must or I choose. These words have more power of conviction and are more likely to be acted upon.
- Boost your confidence and increase your self-worth and self-esteem by listing all the things you like about yourself, the things that make you unique and all the things you are good at.
- Remember that it is only through self-confidence, happiness and inner harmony that you may pass joy and happiness to those around you. Love and peace can only spread through the world, affecting each and every living thing when we are happy and loving within ourselves.
- Help yourself to help others by radiating love, peace, honesty, understanding and calmness. Notice the beauty and gentle sounds of nature and spend time appreciating the rising or setting sun.
- Be non-judgemental and graciously accept the way things are. Remind yourself often for it is the only way to truly begin to learn how to change oneself. Practice acceptance and silently allow life to unfold naturally and effortlessly, accepting things as they are and not as you wish they were.
- Learn to trust and act on your intuition, trying not to let the mind hinder your self-referral process with fear, doubt or anxiety. Casually witness the choices you make each day and ask yourself what the consequences of making this or that particular choice might be. Will acting on the choice you make bring fulfilment and happiness towards yourself and those affected by making that choice?
- Having now begun to accept the challenges life throws your way and also having begun to trust and act upon your intuition in response to them, it’s now time to also take responsibility for your actions. This means not blaming anyone or anything for the situations you find yourself in and realising that each and every situation presented is an opportunity in disguise – an opportunity to take each moment and transform it into a greater benefit.
- Relinquish the need to defend a point of view. Try not to feel the need to convince or persuade others to accept your point of view or to be rigidly attached to it. This way, the mind is flexible and free. It is able to move on, progress and learn.
If you feel ‘stuck’, indecisive, lacking in motivation or simply ‘rushed of your feet’ it is time to take stock of the reason for your problems. It’s time to put them into some sort of order and to re-assess your goals and priorities. The following instructions and priority chart are a very simple and effective way to go about accomplishing this.

Instructions:
• Decide what your goals are and list them in order of priority (also attempt to divide them into short, medium or long-term). Use positive language in your pursuit of these goals; exchange: try, should or want for: can, must and will.
• For each goal state the reason why it’s important to you – these can be either negative or positive (i.e.; they can either create greater pleasure/happiness or reduce pain/unhappiness).
• Decide how each of these will be achieved/advanced/maintained and in what timescale.
• Aim to advance/implement at least one, if not all, items in this list in some way each day.
• Each day may have a different order of priorities depending on circumstances – be flexible and advance any items in this list as opportunities arise.
• Re-evaluate this list periodically and be prepared to change it in light of new values/beliefs.

Be rested and relaxed:
In order for opportunities to be recognised,
In order to see how opportunities can be utilities most effectively,
For optimum mental/physical efficiency involved in pursuing the task in hand,
In order to enjoy the process of progress/expansion,
In order to obtain fulfilment and happiness from end results/achievements,
In order to notice and rectify potential problems before they become potential crisis (section 1),
In order for others to benefit from your presence, input and responses.

Achieve rest and relaxation by taking time out for yourself on a regular basis – only by looking after yourself will you be able to look after others well. Your capacity to benefit others is directly proportional to how rested and relaxed you are – if you are happy, full of life and overflowing with energy you will have the motivation and strength to help others be the same - they will feel better simply by being in your presence. Above all, meditate daily to calm the mind, eat well to increase energy levels, drink enough water and exercise regularly to flush out impurities.

In today’s hectic society we could do well to heed the Ayurvedic maxim: ‘Do less and accomplish more’.
## Time management priority chart

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**Instructions:** Fill in on a daily basis, a weekly basis, a monthly basis or as a ‘chart for life’.

**Notes:**

**Top Left** (section 1) – these have to be dealt with as a matter of priority; there’s little choice involved and they are, therefore, often stressful. As life becomes more structured and orderly this section should have less and less in it.

**Top Right** (section 2) – list here all the things that are important to you and have a positive, life-enhancing effect on yourself and those around you socially, professionally and personally. These are things that make yourself and everyone else around you happier, healthier and more fulfilled and therefore increase and advance relationships at home and at work. They advance and cultivate success in whatever endeavour you’re involved with and have nothing but positive effects in those areas of life. As this list grows and is dealt with in a relaxed way the items in the top left box shrink.

**Bottom Left** (section 3) – these are things often imposed on us by other people (deadlines etc) and need not impact your life if you so choose. They are other people’s priorities and should remain so.

**Bottom Right** (section 4) – any items listed here can be banished from your mind; they need not impact you at all and need not concern you in any way.
The following selection of recipes has been devised by Carol Willis for use in our Ayurveda detox centre and retreat. They are wholly vegetarian and are suitable for all body-types with the judicious use of appropriate churnas. They are light on the digestion, settling to the mind and nourishing to the body. Bearing in mind the ‘foods to favour and foods to avoid’ in the ‘digestion and detox’ section of this guide most can be eaten during a period of convalescence, detoxing or during panchakarma pre-treatment. Try to obtain organic, GM free produce where possible as this ensures the food you are eating has its proper compliment of nutrients and life-giving properties.

Symbols Used: C = cup (8 fl.oz), T = tablespoon, t = teaspoon, M = medium, L = large, S = small, Ltr = litre
Dhal
(Red Lentils or Yellow Mung Beans)

General Instructions:

Soak lentils overnight (½ C).
Place in sieve and wash under tap until water is clear.
Heat pan, add one tsp. ghee and then add lentils.
Stir gently with a wooden spatula to coat the lentils and then add one cup of boiling water.
Cook until all the liquid has gone (stirring continually with a whisk – this helps break down the lentils).
Repeat this process twice and then add 1ltr of boiling water.
Bring to the boil and cook slowly (low heat setting).
Stir occasionally and add more liquid if required.
Your dhal should now be nice and smooth and ready for adding spices.

Frying Spices (for other recipes – amount of ghee changes):
In a small pan heat ½ t ghee and add the spices/herbs required.
Fry quickly using wooden spatula to coat and evenly fry ingredients.
Add one cup of the dhal and stir into spice mix. Add this to the remaining dhal.
Add salt/pepper just before serving (seaweed may be using instead of salt)

Coconut Dhal: Add 200ml of coconut milk to the basic dhal just before serving.
Coconut & Spinach Dhal: Add 200ml of coconut milk and 2 C of chopped spinach just before serving.
Coriander Dhal: Add 1 C of fresh coriander, 1 t grated ginger, ½ t turmeric and a pinch of hing (asafoetida) just before serving.
Vata/Pitta/Kapha Dhal: Fry 1 t chuma, 1 t ginger, ½ tsp turmeric and a pinch of hing (asafoetida).
Carrot Dhal: Add 2 C of grated carrot half way through cooking process.
Add 1 C of carrot juice and 1 t grated ginger just before serving.
Lemon & Parsley Dhal: Add 1 bay leaf, a pinch of hing (asafoetida) and 1 t turmeric to basic dhal.
Add the juice of ½ lemon and 2 T chopped parsley just before serving.
Coriander Dhal: Fry 1½ t cumin seeds and ½ t coriander seeds and add to basic dhal.
Just before serving add ½ C coconut milk and 1 C fresh coriander.
Apricot Dhal: Add 5 dried apricots (chopped fine), 2 t cumin powder, ½ lemon juice and 1 t turmeric to basic dhal.
Herb Dhal: Fry ½ t turmeric, 1 t fennel seeds, 1 t cumin seeds, and 1 t coriander seeds and add to basic dhal. Half way through cooking process add 1 T of finely chopped fresh herbs (basil, sage or tarragon).
Herb Dhal II: Add 1 grated carrot and ½ t sage, ½ t thyme and ½ t oregano to basic dhal. Add ½ C carrot juice just before serving.
Sauces

Red Pepper Sauce I
1 red pepper - diced
1 courgette - diced
2 carrots - juiced
1 t thyme
1 t oregano
½ t basil
1 t salt
¼ pepper
6 C water
1 C soya milk

Bring everything (except milk & carrot juice) to boil and simmer for 30 minutes. Blend thoroughly and then add soya milk and juice.

Red Pepper Sauce II
1 red pepper - chopped
1 C soya milk or coconut milk
1 t nutmeg

Put pepper and nutmeg in a saucepan and cover with boiling water. Simmer until liquid has reduced to half. Place in liquidizer with the soya milk and blend until smooth. One cup of cooked red lentils may also be added if desired.

Watercress Sauce
75 g watercress – washed thoroughly
1 C cooked red lentils
1 ltr boiling water
1 T coconut milk
Salt/pepper (opt)

To the cooked lentils add the boiling water, bring to boil and add watercress. Simmer for 10 mins. and then liquidize with the coconut milk. Add salt/pepper to taste.

Pesto Sauce
2 tsp ghee or olive oil
1 C fresh tarragon/basil
1 T fresh parsley
1 T pumpkin seeds - ground
¼ t hing (or 1 clove garlic if not on PK diet)

Blend all the ingredients until smooth. Serve with pasta or add 1 T Udo’s oil and use as a salad dressing.

Asparagus Sauce
½ courgette - chopped
1 C asparagus ends - chopped
1/2 C coriander or basil
Salt/pepper to taste (add before serving)
1 bay leaf
½ C cooked lentils

Bring to boil and simmer until soft (except lentils). Remove bay leaf and add lentils. Blend until smooth.

Coriander Sauce
1 C fresh coriander
1 C fresh basil
1 t fresh ginger - grated
4 asparagus spears – chopped/steamed
1 C warm soya milk
Salt/pepper (opt)

Blend in a liquidizer until smooth and then add hot water if a more liquid sauce is desired.

Basil Sauce
1 1/2 C fresh basil
1 C fresh parsley
2 M courgettes – chopped small
1 broccoli floret
1 t vata churna
1 t ghee
3 C hot water
1 C warm soya or coconut milk
1 t fresh ginger

Melt the ghee and add ginger and vata churna. Fry for 1/2 min and then add vegetables and 1C hot water. Bring to boil and simmer until liquid has been absorbed. Add parsley, basil and 2 C hot water and bring to boil and simmer until liquid has halved. Blend with the milk in a liquidizer until smooth.
Churnas
(spice mixtures)

Vata

2 t cardamom
1 t cumin
1 t ginger
½ t cinnamon
½ t nutmeg
Pinch hing
Pinch salt (opt)

Pitta

2 t coriander
2 t fennel
1 t cumin
1 t cardamom
½ t ginger
½ t turmeric
¼ t cinnamon
¼ t stevia
Pinch salt
Pinch salt

Kapha

2 t ginger
1 t black pepper
1 t coriander
½ t turmeric
¼ t cinnamon
Pinch salt

Chinese spice mix

1 t grated ginger
¼ t nutmeg
½ t cinnamon
½ t caraway seeds
Pinch black pepper
Pinch hing (asafoetida)
Dash of lemon or lime

Indian Curry mix

1 t cumin
1 t cardamom
1 t turmeric
1 t coriander
Pinch hing (asafoetida)
Salt/pepper (opt)

Korma mix

2 t ground coconut
1 t ground almonds
1 t coriander
1 t ginger
1 t cumin
¼ t nutmeg
¼ t paprika
¼ t clove
¼ t cinnamon
Pinch hing (asafoetida)
Chutneys

Mint Chutney
1 C fresh mint leaves
2 T grated coconut
1 T sesame seeds (opt)
1 T lemon juice
1 T grated fresh ginger
1 t honey
¼ C water

Place in a blender and blend until smooth.

Fruit Chutney
½ C fresh pineapple
1 apple
¼ C raisins
¼ C dates
¼ C apricots
½ C fresh coriander
¼ t turmeric
¼ t cayenne pepper

Chop the pineapple, apricots, dates and coriander. Place in a small pan and add the other ingredients. Cover with boiling water and simmer until almost all the liquid has gone. For spicier chutney add 2 t kapha churna.

Kapha Chutney
½ red pepper
1 t fresh ginger – grated
1 t kapha churna
Pinch hing or jerk
½ t honey (opt)
1 t pumpkin seeds - ground

Simmer pepper, ginger, churna and hing in 1 C hot water until liquid has gone. Allow to cool and then add pumpkin seeds and honey.

Fig & Pear Chutney
6 dried figs – chopped
3 pears - chopped
¼ C raisins
1 T coriander - fresh
1- 2 fresh apricots - chopped
1 t Kapha churna

Place all the ingredients in a small pan and cover with boiling water. Simmer until all the liquid has gone.

Date & Pear Chutney
4 pears (dried) - chopped
8 dates
½ t paprika
1 t parsley - dried
¼ t ginger - ground
½ t French mustard

Place all the ingredients in a small pan and cover with boiling water. Simmer until all the liquid has gone.

Fresh Green Chutney
1 C parsley/coriander- chopped
Juice of 1 lemon
¼ t cayenne pepper
¼ C almonds - flaked
¼ C water
Salt to taste

Place in a blender and blend on a low speed until smooth.
Dips
(not to be used on a Pk detox diet)

Avocado Dip
1 avocado
1 S tomato
2 t lemon juice
¼ t hing
Pinch salt/pepper

Place all the ingredients in a small bowl and mash thoroughly.

Soya Bean Dip
2 C soya beans – soaked overnight
Pinch hing
2 t chives
1 T Udo’s oil
½ t salt/pepper (or cayenne pepper)
1 C water & 2 t lemon juice

Cook beans for approx. 1½ hrs and then liquidise all the ingredients until smooth.

Cashew Dip
¼ Avocado
S ginger piece – finely grated
1 t lemon juice
¾ C cashew nuts - ground
1 t Udo’s oil
Hing - pinch
Salt/pepper (opt.)

Add all the other ingredients together and then blend until smooth.

Almond & Avocado Dip
¼ avocado
2 t almonds – ground
2 t mint - chopped
2 t lemon juice
1 t Udo’s oil
Hing - pinch
Salt/pepper – to taste

Add the ingredients together and blend until smooth. Add more oil if needed.

Pine Nut Dip
½ C pine nuts
½ C almonds - ground
1 T pumpkin oil
1 T yoghurt
Salt/pepper to taste

Add the ingredients together and blend until smooth.

Parsley Dip
I T ground pine nuts
1 t dried parsley or 1 T fresh parsley
½ t cider vinegar
½ t honey (opt)
2 T Udo’s oil
Hing - pinch
I T full cream (opt. Not on PK)
I T cold water

Add the ingredients together and blend until smooth.
Dressings
(flax, pumpkin or hemp oil may be used instead of Udo’s oil)

Instructions: For the recipes below place ingredients in a blender and blend until thoroughly mixed.

Basil & Orange Dressing
1 T Udo’s Oil
1 t honey
1 t basil – fresh
Black pepper - pinch
1 t English mustard
2 t orange juice - freshly squeezed

Mint Dressing
1 T Udo’s oil
1 t honey
2 t mint – fresh
2 t Balsamic vinegar
1 t English mustard
2 t yoghurt

Tarragon Dressing
2 T Udo’s oil
1 t honey
2 t tarragon – fresh
2 t Balsamic vinegar
½ - 1 t mustard – whole grain

Tomato & Mint Dressing
1 T Udo’s Oil
1 S tomato
½ t English mustard
1 T mint leaves - chopped

Ginger and Basil Dressing
3 T Udo’s oil
2 t honey
1 t ginger - fresh
3 T basil – fresh
½ t Balsamic vinegar
1 t cider vinegar
¼ t Dried mustard
1 t almond – ground (opt.)

Parsley & Pumpkin Dressing
4 T Pumpkin or Udo’s oil
¼ C pumpkin seeds - ground
1 t honey
1 C parsley – fresh, chopped
2 t cider vinegar
2 T water
1-2 T lemon juice - fresh

For a thicker consistency only use 2 T of oil and no water – this makes a good ‘dip’
Vegetables

Celery & Aubergine

4 celery stalks - chopped  Pinch of turmeric  
1 L aubergine - chunks  Salt & pepper (opt)  
1 C coriander - chopped  Ghee  

Place ½ t of ghee in a wok, heat and add turmeric & celery. Fry for 2 mins, stirring all the time. Add ½ C of hot water. Cook on medium heat until all the liquid has gone. Add the aubergine and half the coriander and fry for further 1 min. Add ½ ltr of hot water, bring to the boil, and then turn the heat to low. Cook until the vegetables are soft. Add the remaining coriander and salt/pepper and serve.

Aubergine & Courgettes

1 L aubergine – thickly chopped  ½ t turmeric  
3 M courgettes – thickly chopped  1 t thyme  
½ t oregano  1 bay leaf  
1 t salt  1 t basil  
1 t beetroot – grated  1 T ghee  

Stir fry aubergine and courgettes in ghee for 1-2 mins. Add all other ingredients and 2 C hot water and simmer for 5 mins. Add beetroot and turmeric just before serving.

Tasty Broth

1 L celery stick  ½ pineapple – diced  
3 cauliflower leaves  1 C fresh coriander - chopped  
5 carrots - juiced  1 t salt  
Ginger root – 3 L slices  Pepper  
1 t fennel seeds  

In 1½ ltr water simmer all ingredients until cooked (except the carrot juice and coriander) and then strain. Add coriander and carrot juice and then serve.

Vegetable Stew

1 M butternut - chopped  I fennel bulb - chopped  
5 M carrots - sticks  ½ t thyme  
1 M aubergine - diced  ½ t paprika  
2 courgettes - diced  Salt/pepper  

Dry-fry the herbs/spices in ghee and then add the carrots and fennel and 1 cup of hot water. When all the liquid has gone add the other vegetables and 1 ltr hot water and cook for 30 mins. Add salt/pepper to taste.

Spicy Courgettes

2 M courgettes – thin strips  ½ C carrot juice  
2 t ginger – grated  1 t ghee  

Prepare the courgettes. Heat the ghee and fry the ginger until golden brown. Add the courgettes and continue to fry until they appear slightly browned – stir occasionally. Add the carrot juice and simmer until the courgettes are tender and the liquid has almost gone.
Spinach & Celery

1 T ghee
3 ½ lb spinach
6 celery stalks - small pieces
1 t vata churna
1 T soy sauce
1 T tarragon
1 T thyme
½ t nutmeg - grated

Heat the ghee and sauté the spinach until tender. Barely cover with water and add everything but the nutmeg. Simmer for about 10 minutes. Serve warm with a sprinkling of nutmeg.

Chunky Veg

1 aubergine
2 courgettes
4 baby mooli
1 t kapha churna or jerk
1-2 t ghee

Chop the vegetables into large chunks. Mix the mooli and courgettes with the spices - leave for 15 mins. Heat half the ghee in a wok and stir-fry the aubergine for 1 mins and then remove and set aside. Add the rest of the ghee, courgettes and mooli to the wok and stir fry for 2 min. Add 1 C boiling water and simmer until all the water has gone. Then add the aubergine and 2 C of boiling water and simmer until all vegetables are cooked.

Glazed Carrots

8oz carrots - sliced
½ t ghee
1 T soy sauce
1 t maple syrup

Steam or boil carrots until tender and then stain. Heat the ghee in a frying pan and stir-fry the carrots until slightly browned. Add soy sauce and maple syrup. Toss and serve.

Curried Sweet Potatoes

2 sweet potatoes - cubed
½ leek stem- finely sliced
1 garlic clove – chopped (or pinch hing)
1 t black pepper, salt and turmeric
½ t kapha churna
Ghee

Boil sweet potatoes until almost cooked. Strain (keep the liquid). Heat the ghee in a wok, add the onion and garlic and fry until golden brown. Add the spices and stir for 1 min. Add potatoes and stir for 2 mins. Add the potato water, bring to boil and then turn heat down. Cook until liquid reduced to half. Place in an ovenproof dish, cook on gas mark 5, for ½ hr. Serve.

Fennel & Red Peppers

2 fennel bulbs – L chunks
(steamed until almost soft)
1 red pepper – cut in strips
Sesame seeds (opt)
1 t ghee

Heat the ghee in a wok, add the sesame seeds and fry for 1 min. Add fennel and pepper and fry for 1-2 mins. with 1 C hot water until soft. Serve.

Butternut Puree

1 M carrot - chopped
1 M butternut – chopped
1 M courgette - chopped
1 M fennel - chopped
Pinch nutmeg
1 ½ hrs hot water
¼ t pepper

Place all the ingredients in a saucepan and cover with hot water. Bring to boil and simmer until water has almost gone. Liquidize or mash and serve hot as a side dish.
Curry Dishes

Cauliflower Curry

1 M cauliflower - florets
2 M apples - chopped small
1 T sultanas
2 M carrots - diced
½ aubergine - chopped
2 t ground coriander
2 t ground cumin
1 t ground ginger
Salt/pepper to taste
½ t ground cinnamon
1 C coriander – fresh

Fry cauliflower in 1 t of ghee for 4 minutes, stirring occasionally. Add 1 C boiling water and the other vegetables, keep the heat on high and stir slowly until all the water has gone. Stir in all other ingredients. Add 2 C of hot water and simmer, stirring once or twice and adding more liquid if required. Add fresh coriander and serve.

Vata, Pitta or Kapha Curry

1 apple - chopped
2-3 dates - chopped
1 t ginger chopped
3 M fennel - chopped
2 M carrots - grated
1 celery stick - chopped
6 green beans
1 t turmeric
1 C butternut squash – chopped
2 t churna (vata or pitta or kapha)
1 t cumin
1 t cardamom
1 ltr boiling water
2 t ghee

Coat vegetables with the herbs/spices and leave for 10-20 mins. Heat the ghee and dry-fry for 2 mins, stirring continuously. Add 1 C boiling water and cook until liquid has gone. Add the rest of the water and bring to the boil. Simmer until the vegetables are cooked. Serve with rice.

Squash & Fennel Curry

1 M butternut squash - chopped
2 C fennel - chopped
1 C carrots - chopped
3 C water
1 t ground cumin
1 t ground cardamom
1 t turmeric
1T fresh coriander - chopped
½ ltr coconut milk

Heat 1 t ghee and then add vegetables and herbs/spices. Add the water and bring to the boil - simmer for 25mins. Add the milk and simmer for a few minutes. Add coriander just before serving.

Sweet Korma

½ red pepper - sliced
1 courgette - sliced
1 M aubergine - cubes
½ sweet apple - chopped
½ C dates - chopped
½ C raisins
1 t fresh ginger - grated
1 t ground cardamom
¼ t nutmeg - grated
Salt & pepper
1 t Ghee
2 t korma mix
1 C coconut milk

Melt ghee in a wok, add the red pepper and stir-fry for 1 min. Add ½ C of water and cook until all the liquid has gone. Add the courgette and cook for 1 min. Then add the rest of the ingredients and ¼ ltr of water. Bring to the boil and then turn heat to low and simmer until the vegetables are cooked. Add coconut milk and simmer for 2 mins. Serve.
Rice Dishes

Cooking rice: Place rice in sieve and wash thoroughly under tap – until water is clear. Add to saucepan and cover with water – 2cm above rice (for wild rice – first heat a little ghee in a saucepan, add rice and stir-fry for 1 min. Add 1 C hot water and cook until liquid has gone). Bring to boil and simmer with lid on for approx. 15 mins. Remove lid and cook for a further 2 mins. Serve.

Coconut-Sesame Rice Dish

2 C Basmati rice  ¼ T sesame seeds
2 t ghee  ¼ T desiccated coconut
Water  Coriander - chopped
1 t salt

Cook rice for about 15 mins and remove from heat. In separate saucepan heat ghee and add the sesame seeds and coconut - stir until they darken slightly. Pour immediately into cooked rice and toss with coriander. Serve.

Aborrio Rice

2 C aborrio rice  4 saffron strands
Salt & pepper  ½ t turmeric
2 t olive oil

Cover rice with water. Fry the saffron stands, turmeric, black pepper in the olive oil to release the flavour and add this to the rice. Cook the rice. Serve.

Mediterranean Risotto

1 ½ cups basmati rice  1 t salt
3 ½ cups mixed veg  Black pepper - pinch
2 bay leaves  2 T ghee or olive oil
1 t turmeric  2 T pesto (basil)
½ t thyme  12 black olives
½ t basil  1 t oregano

Briefly fry all the herbs in the ghee/olive oil. Add the chopped vegetables (except olives) and stir-fry for 1 min. on a high heat. Add 1 C boiling water and simmer until the vegetables are cooked. Cook Basmati rice separately with turmeric and add to the vegetables when cooked. Add olives and serve.

Indian Pilau Rice

2 C basmati rice  2 bay leaves
3 C mixed vegetables - diced  1 T ginger - grated
1½ T raisins  1 t cinnamon
3 cloves  ½ t turmeric
1 T cumin seeds  3 C water
1 t fenugreek seeds  3 t ghee
1 t cardamom

Fry the spices in the ghee until the cumin seeds have darkened. Add the vegetables and ½ C hot water and dry-fry for 5 minutes. Add the rice and turmeric and continue to stir-fry for a few minutes. Add the salt and water, bring to boil, cover and turn down low. Leave to cook for 20 minutes.
Grain Dishes

Buckwheat, bulgur wheat, millet, cracked wheat, rye, quinoa: Heat a little ghee in a wok and stir-fry grain for 1 min. Add one cup of hot water and cook until the liquid has gone. Repeat this process until all the grain is soft. Add herbs/spices.

Barley: Wash barley, place in saucepan and add water (1 litre per cup). Bring to boil and simmer for 15 mins. Strain off liquid (can be put in flask and used as a herbal tea) and add to soup or main meal.

Plain Couscous: Cover with boiling water — it is fully cooked once all the water has been absorbed. For a spicy couscous heat a little ghee in a wok, add herbs/spices and couscous and stir-fry for 1-2 mins before adding boiling water.

Couscous & Carrot

4 oz couscous
1 red pepper - chopped
3 carrots - grated
½ C of fresh peas
1 t cashew nuts – ground (not on PK diet)
1 t pumpkin seeds - roasted
1 t ginger -grated
2 t soy sauce (not on PK diet)
Hing (asafoetida) - pinch
½ t paprika
Salt & pepper
Ghee or olive oil
½ ltr hot water

Heat the ghee in a wok and then add the pepper, carrots, peas and ginger. Fry for approx 2 mins. Add the cashew nuts and pumpkin seeds and fry for a further 2 mins. Add 2 C of hot water and cook on a med. heat until the vegetables are soft and the liquid has almost gone. Add the hing, paprika, salt, pepper and couscous and stir together. Stir in the rest of the water. The couscous should have absorbed all the liquid and be separated. Place in small to medium sized bowls, compress and then turn out on plates.

Nut Loaf

1 C millet
1 C red lentils - cooked
2 broccoli florets
½ S fennel
½ red pepper
½ yellow pepper
½ C sunflower seeds
½ C cashew nuts (not on PK diet)
1 t sesame seeds
1 inch ginger - fresh
1 t sage - ground
1 t oregano
Salt/pepper - pinch
2 t ghee

Put all the seeds, nuts, vegetables herbs/spices into a food processor and grind. Heat ghee in a wok and add millet – stir-fry for 2 mins. Add 1 C boiling water - when liquid has gone repeat process twice more. Turn heat off, add the other ingredients and turn into oiled loaf tin – cover with foil. Bake at gas 6 for 45 – 90 mins (or until it slightly shrinks from sides). Remove from oven and let cool for 5 mins. Remove from tin and leave to stand for a further 5 mins before serving.

Country Loaf

1 T basmati rice
1 T red lentils
1 C mixed ground seeds
½ red pepper
½ leek (but not if on PK diet)
½ C fresh basil
Salt and pepper

Cook the rice and lentils and then place one cup of this in a food processor with the rest of the ingredients. Blend until it resembles a cake mixture and then place in an oiled loaf tin. Cover with foil and bake at gas 6 for 45 – 90 mins (or until it slightly shrinks from sides). When firm and almost ready remove foil and bake for a further 5 mins. Remove from oven and let cool for 5 mins. Remove from tin and leave to stand for a further 5 mins. As an alternative the loaf tin may be lined with spinach leaves before the mixture goes in.
Soups

Vegetable Stock

½ C peas - fresh
1 celery stalk/leaves - chopped
¼ C parsley - chopped
1 carrot - chopped
½ red pepper - chopped
4 ½ C water

Bring all the ingredients to the boil and then cover, reduce heat and simmer until tender. Either strain out the vegetables or puree them into the stock.

Cream of Asparagus Soup

300g asparagus
3 C coconut or seed milk (see milk recipes)
1 T pumpkin seeds - ground
1 C coriander - fresh
1 t ghee
Salt/pepper - to taste

Steam the asparagus until tender and then cut off the tips and set aside. Heat the ghee in a small pan, add the hing and ground pumpkin seeds and sauté on a low heat for 30secs. Stir while adding a little water to make a paste. Add the milk and stir for further 30 secs. Place in a blender with the asparagus stems and coriander and blend until smooth. Reheat if necessary and then add the asparagus tips before serving.

Celery Soup

1 celery head - chopped
½ C red lentils - cooked
¼ C rice
1 t dill
9 C water
1 t parsley
1 C soya milk
1 t ghee
5 M carrots - juiced
1 t celery salt

First cook the lentils. Then melt the ghee in a separate pan and the add herbs, celery, rice and 1 C of hot water - bring to the boil and simmer until all the liquid has been absorbed. Add the rest of the water and the lentils and then bring to boil again and simmer for 45 mins. Finally, liquidize with the soya milk and carrot juice and serve garnished with fresh herbs.

Rice & Celery Soup

1 celery - chopped
4 celery stalks - juiced
½ fennel – juiced
½ C rice
1 t ginger - grated
1t celery salt
2 t fennel - ground
1 t ghee
1 C soya milk

Cook the rice. Heat the ghee and add the rice, ginger, celery. Fry for I min. and then add 1 C boiling water – cook until liquid has evaporated. Add ground fennel and I ltr of boiling water - simmer until celery is tender. Add the celery juice, fennel juice, soya milk and salt (blend for a smoother soup).
Spinach Soup

½ C cooked basmati rice
500g spinach (juice 250g)
½ C soya milk
1 t nutmeg - grated
1 t ghee

Steam half the spinach until tender. Heat the ghee and add nutmeg and rice – stir fry for one min. Add 1 ltr hot water and bring to boil. Add spinach and simmer for 2 mins. Add milk and spinach juice and serve. Add salt/pepper to taste.

Vegy Broth

5 carrots - juiced
3 cauliflower florets - chopped
1 courgette - diced
½ red pepper - diced
4 celery sticks
1 t dried dill
1 carrot - diced
4 raisins

Add to 1 ltr water and simmer until vegetables are soft. Add juice, blend and serve.

Butternut Squash Soup

1 M butternut - chopped
½ C red lentils
1 t nutmeg
Cinnamon – pinch
1 t vata churna
½ t ground ginger
Salt/pepper to taste
3 T coriander - chopped

Heat the ghee and then add the herbs (except coriander) and squash and fry for one minute. Add the lentils and 1 cup of boiling water. Boil until liquid has gone and then repeat twice more. Add 1 ½ litres of boiling water and simmer until cooked. Blend the soup very thoroughly and add the coriander.

Sweet Potato & Squash Soup

2 M sweet potatoes - diced
1 M butternut squash - diced
1 t basil
Nutmeg - 2 pinches
½ t ground ginger
Salt & pepper
1 bay leaf
1-2 t ghee (optional)
2 T milk or soya milk
2 T parsley or coriander - chopped

Place all ingredients except the milk in a pan and cover with water. Bring to the boil and simmer for 35 - 45 mins until soft. Add the ghee and milk and blend. Add the chopped herbs and serve.

Thermos Flask Lunch

¼ C yellow mung dhal
¾ C basmati rice
1 ½ C mixed vegetables – chopped
Herbs/spices to taste
Salt/pepper
1 t ghee
1 ½ ltr boiling water

Heat the ghee in a saucepan and stir-fry the herbs/spices (cumin, ginger, coriander, dill etc) for 1 min. Add the other ingredients, stir and then add 2 C of the boiling water. Rapidly cook until most of liquid has gone. Add the rest of the hot water, bring to boil for 2-3 mins and then pour into flask. Leave enough gap at the top of the flask for rice/lentils to cook and swell. Ready in 3-4 hours. Shake well before opening flask to mix contents thoroughly.
Carrot & Red Lentil Soup

2 C carrot juice
½ kg carrots - grated
2 L vegetable stock or water
1 C red lentils
2 M fennel – chopped small
1 C fresh coriander
1 tsp fresh ginger - grated
1 t cumin
1 ½ t vata churna
½ t cardamom
Hing - pinch
1 t ghee

First cook the lentils (see ‘dhal’ cooking instructions). Then coat the vegetables with the herbs and leave for 10 mins. Next, heat the ghee and fry the vegetables for 2 mins. Add 2 C stock or water, bring to boil and simmer until liquid has almost gone – stir occasionally. Add to the cooked lentils and simmer until vegetables are soft. Liquidize half the soup with ⅓ C coriander and carrot juice; return to pot and cook for a further 2 mins. Garnish with coriander, salt, pepper and a little coconut milk if desired.

Hearty Vegetable & Red Lentil Soup

2 carrots - grated
1 celery stick – chopped small
2 courgettes – chopped small
2 C red lentils
1 bunch asparagus - chopped
½  C fresh coriander
1 tsp fresh ginger - grated
200 mls coconut milk
2 t vata churna
Hing - pinch
1-2 t ghee

First cook the lentils (see ‘dhal’ cooking instructions). Heat the ghee in a wok and dry-fry the hing and ginger - add the celery and stir. Add 1 C hot water and cook until the water has been absorbed. Add the carrots and courgettes and another cup of hot water. Whilst this is gently cooking, steam or simmer the asparagus and then add this to the rest of the soup mixture along with the vata churna and 1 ½ L hot water. Bring to the boil and simmer until the vegetables are soft. Add the coconut milk and coriander, simmer for 2 mins. and serve. Add salt/pepper if desired.

Peya Soup

½ C basmati rice
½ C split yellow mung beans
2 t fresh ginger – grated
½ C fresh coriander
¼ t turmeric
½ t cumin
salt/pepper
½ t coriander
½ t cardamom
1 t ghee

Soak the rice and beans overnight (red lentils may be substituted if split yellow mung beans are difficult to obtain). Place the rice/dhal in a sieve and wash thoroughly under a cold tap until the water is clear. Cook the mixture as basic dhal (see dhal section) but adding more water near the end to make a thin soup – it should then be simmered for 20 minutes more. Fry the ginger, turmeric, cumin, salt/pepper, coriander, and cardamom in the ghee and then add to the dhal mixture. Mix in most of the fresh coriander but save a little to use as a garnish.
Desserts

Baked Pears & Apples

1 apple or pear - cored 2 dried apricots - quartered
4 dates - quartered 2 C apple juice
2 T raisins

Mix the dried fruits together and pack them into apple core. Place in a small ovenproof dish and pour over the apple juice. Cover and bake at gas 5/160 C for 30 minutes, checking after 15 mins (apples sometimes take longer).

Apricot Fool

2 C dried apricots (soaked) 1 apple
½ vanilla pod ½ C soya milk

Cover fruit with water, add vanilla pod and bring to the boil. Simmer until all the liquid has gone, remove vanilla pod and add milk. Liquidise until smooth. Serve.

Mango Dream

3 very ripe mangos 100 mls coconut milk

De-stone the mango and place in a blender with the coconut milk. Blend until smooth.

Mango & Pawpaw

1 pawpaw 1 mango
6 red grapes

Liquidise the grapes and pawpaw. Place in serving dish. Liquidise mango and pour over pawpaw/grapes.

Almond Delight

1 t honey 2 t yoghurt
1 C almonds (soaked overnight)

Dry the almonds and place in a grinder - grind into small pieces. Mix with the honey and yoghurt. Top with a sprig of mint.

Strawberry Delight

6 strawberries 1 T Udo’s oil
1 t maple syrup 1 t coconut milk

Liquidise all the ingredients and use as a fruit topping.
Herbal Teas

Digestive Tea (drink during meals)

2 t cardamom seeds  2 t fennel seeds

Add seeds to flask and add 1 ltr boiling water.

Post Digestive Tea (for after meals)

2 cups of boiling water 1 tsp fennel seeds
1 tsp coriander seeds 1 tsp cumin seeds

Place seeds in blender and blend for 30 secs. Add water and blend for further 30 secs. Strain and serve.

Ginger Tea

1 ltr boiling water 4 slices fresh ginger

Place ginger in flask and add boiling water.

Hibiscus Tea

1 ltr boiling water 2 tsp hibiscus
1 cinnamon stick 1 tsp grated fresh ginger

Bring water to the boil and add all the ingredients. Cover and turn heat to low. Simmer for 10 mins. Strain and serve unsweetened (or add ½ tsp honey when tea has cooled to body temp). This tea is excellent for relieving and preventing cold/flu (as a preventative add more ginger to the mix).

Ajwan Tea

½ ltr boiling water ½ tsp ajwan seeds

Pour boiling water over seeds and let sit for 5 mins. Strain serve unsweetened (or add ½ tsp honey if desired). This tea is good for relieving lung congestion but be careful if you have asthma.

Raisin Tea

½ C washed raisins 1 l tr boiling water

Place raisins in flask and add boiling water. Allow to steep for 15 minutes. Raisins can be eaten after you’ve finished drinking the tea.

Barley Tea

½ C organic barley 1 l tr boiling water

Soak barley for ½ hour and then rinse. Place barley and water in a saucepan and bring to boil. Simmer until soft and then strain into flask. The cooked barley can be used in soup.
Lassi & Raita

Plain Lassi

1 C yoghurt  Sugar (or jaggery) to taste
3 C water ½ t cardamom

Whisk together and serve.

Lassi Zinger

½ cup yoghurt  Pinch ginger powder
1 cup water  Pinch black pepper
2 tsp honey  Pinch ground cumin
Pinch cinnamon 3 cardamom seeds

Blend all the ingredients. This drink has a kick and is best for kapha types (pitta types beware!).

Mango Lassi

1 C yoghurt ¼ t nutmeg
Pulp of 1 mango 2 t honey
½ t cardamom 3 C water

Whisk together and serve.

Banana Lassi*

1 C yoghurt ½ t cardamom
1 banana 3 C water
2 t maple syrup

Whisk together and serve. * (Not suitable on a PK diet)

Raita I

1 C cucumber 1 C salted water
1 T yoghurt

Finely chop the cucumber and cover with salted water for 10 mins. Strain through a sieve and with the back of a spoon carefully squeeze out excess moisture. Mix in the yoghurt and then blend briefly or fork mix. Add salt/pepper to taste.

Raita II

¼ t freshly roasted ground cumin 1 C plain yoghurt

Stir in most of the cumin and sprinkle rest on top. Cover and refrigerate for 30 mins before serving. Add finely shredded carrots or radishes (or other vegetable) if desired.
Fruit & Vegetable Juices

Natural Homemade Fruit & Vegetable Juices

A delight to the taste buds and an elixir of life to the body. They contain an abundant supply of vitamins, minerals, antioxidants, and nutritional enzymes and are easily digested by the body. One or two pints of juice per day can be consumed but raw/cooked fruits and vegetables should also form part of a daily diet to help cleanse the colon and keep it functioning properly.

Vata balancing juices:

Apple (good for headaches, asthma and arthritis)
Lemon & ginger (good for migraines)
Beetroot, carrot & cucumber (good for headaches and weight loss)
Apple, guava & potato (good for insomnia)
Grape (good for rheumatism, dry skin, constipation)
Beetroot (good for gaining weight and as a liver cleanser)
Apricot, cranberry, orange, peach, pineapple, pomegranate (variety of combination)
Asparagus, carrot, cucumber, green beans, turnip, pumpkin (variety of combinations)

Pitta balancing juices:

Carrot & ginger (good for eyes)
Carrot & Spinach (purifies the blood and good for weight loss)
Watermelon (refreshing & cooling)
Peach, pineapple, pomegranate, prune, apple, grape (variety of combinations)
Asparagus, celery, potato, cucumber, peas, leeks, cabbage (variety of combinations)

Kapha balancing juices:

Grape (good for constipation)
Carrot, cucumber & celery (good for weight loss)
Orange, pomegranate & papaya (reduces constipation)
Apples, pears, berries, cherries, peaches, prunes, mangoes (variety of combinations)
Asparagus, carrot, potato, celery, spinach (variety of combinations)
Other Drinks & Digestives

Hot Water
Boil water, preferably distilled, and then pour into a small, stainless steel flask. Small sips should be taken frequently throughout the day. Hot water reduces toxicity/impurities in the tissues and is very good for digestion and weight loss. It is balancing to the physiology of all body types and is a general cleanser and purifier of the body. Add fresh ginger, lemon or peppermint for extra flavour if desired.

Nourishing Milk Drink
1 Cup of organic milk 8 – 10 raisins
2 tsp of root ginger Pinch of turmeric
Pinch of cardamom ½ tsp Ghee
½ inch of vanilla pod Pinch of nutmeg

Place all the ingredients (except ghee) in a heavy bottomed, stainless steel saucepan. Bring slowly to the boil and simmer for two minutes, stirring continuously. Add ghee, pour into cup and drink slowly. Soya or rice milk may be used for those who are lactose intolerant. Boiling milk breaks down it’s proteins making it much easier to digest and causing less congestion/mucus than if taken cold – it should not be taken with meals but alone for breakfast and/or before bedtime.

According to Ayurvedic texts milk is rejuvenating, strengthening and nourishing – it also soothes the mind and promotes longevity. It is high in calcium and, contrary to popular belief, has been shown to lower cholesterol levels. Even people diagnosed with lactose intolerances are able to digest small quantities of boiled milk, especially once the above ingredients are added.

Ginger Pickle
½ t ginger grated
½ t lemon juice freshly squeezed
½ t honey cold-pressed/organic
Salt pinch

The above is enough for one serving but it is far more convenient to make one week’s supply at a time. To do this, simply grate enough fresh ginger to fill half a jam jar, cover with lemon juice and store in a refrigerator. Twenty minutes before lunch and evening meal take 1 tsp. of the ginger/lemon mix, add honey (to taste) and a pinch of salt.

Taking ginger pickle regularly helps maintain a strong, healthy digestion and improves the metabolism/assimilation of nutrients from the food you intake. From an Ayurvedic standpoint, it contains all six tastes (sweet, sour, salty, bitter, pungent and astringent) required to satisfy the palate and leaves the body feeling balanced and satisfied after eating.

Date Recipe
Soak 10-15 dates overnight. Cook for 10-15 minutes, remove stones and then blend with 1 t ghee and a pinch of cardamom. This is good with breakfast or as an afternoon pick-me-up as it feeds and nourishes the physiology on a very deep level.
Milk Drinks
(Add to soups, deserts, breakfast cereals & sauces)

Coconut Milk

500ml hot water  180g coconut – grated

Puree the water and coconut in a blender until fairly smooth and allow to stand for 10 minutes. Line a sieve with a piece of muslin and strain the liquid through it. Squeeze out any remaining liquid from the cloth. This drink is balancing for vata and pitta dosha types.

Almond Milk

½ C almonds  
500 - 700mls water (hot or cold)

Soak the almonds overnight in a little water. Drain and then grind the nuts and then place in a blender with the water and mix until smooth.

Pumpkin or Sunflower Seed Milk

½ C pumpkin seeds (or sunflower seeds)  
500 - 700mls water

Grind the seeds and then place in a blender and mix until smooth.

Soy Milk

170g soya beans  
1 L water (hot or cold)

Clean the beans and soak overnight in plenty of water. Puree the beans and water in a blender until smooth and then strain the mixture through a muslin cloth. It may be stored refrigerated for up to a week.
Ghee

Making Ghee At Home

• Place 2 lb of UNSALTED, organic butter into a heavy bottomed, stainless steel saucepan and slowly melt on a low heat.

• Continue to cook slowly, keeping a wary eye all the while as it burns easily if heated too fast or on too high a heat. Bubbles will be seen rising to the surface and a residue of milk solids will be seen forming on the surface. This usually clears in the middle allowing you to observe the liquid changing colour beneath and milk solids forming on the base of the pan.

• When ready (about 30 mins), the ghee turns a transparent golden brown colour and bubbles begin to stop rising to the surface (the bubbles are the water content of the butter evaporating). The ghee burns very quickly at this stage so remove from the heat as soon as the milk solids on the bottom of the pan begin to turn brown and most of the bubbles have stopped rising.

• Wait until the ghee has cooled but is still in a liquid form and then strain the ghee through a piece of muslin cloth into a suitable container - jam jars work well.

• Ghee has a long shelf life if stored in tightly sealed jars. Refrigeration is unnecessary.

Why Is It So Good For You?

• Ghee is cow’s butter with the milk solids and water content removed and is a very pure food. It aids digestion, strengthens the body, increases energy levels, improves memory and brain functioning and increases longevity.

• It strengthens and balances the physiology but doesn’t raise cholesterol or clog the liver and arteries. This is due to its chemical makeup - predominantly short-chain fatty acids which are easily absorbed, assimilated and metabolised by the body for energy release. Ghee is high in antioxidants (free radical scavengers) and high in monounsaturated fatty acids, which are associated with the prevention of cancer and heart disease. It also contains linoleic acid, a chemical that may have anti-carcinogenic properties, as well as vitamins A, D, E & K.

• Taking 1 t to 2 T daily will greatly improve your health but any more than that will start to have the opposite effect and reduce digestive efficiency.

• Ghee can be spread on toast, used to fry herbs and spices or simply added to vegetables during cooking. It can also be used medicinally to help heal burns, reduce skin inflammations and on haemorrhoids and eczema where it is especially effective combined with equal parts of pure Aloe Vera gel.
How to make chapatis

**Ingredients:**

1 cup chapatti flour
Cold water

- Mix the chapatti flour with enough water to make a soft dough ball.
- Kneed for two to five minutes.
- Cover the dough with a small damp towel/kitchen roll.
- Leave in the fridge for half an hour.
- Kneed the dough again for two to five minutes.
- Divide dough into four to six small balls.
- Roll each ball into very thin saucer-sized chapattis on a ‘floured’ board.
- Heat a flat skillet or frying pan (med. heat).
- Place one chapatti on the skillet for approx. 30 secs.
- Turn over with a fish slice and heat until it begins to rise a little.
- Turn the chapatti over again and remove once it has risen slightly.
- Repeat this process with the rest of the chapattis.
- Serve with a drizzle of ghee or Udo’s oil.

(opt: Vata churna can be added to the dough mix at the start of the process)
For The Kitchen

**Implements**
- Oscar Juicer
- Water Distiller
- Blender
- Food Processor
- Grinder
- Wok

**Herbs**
- Aniseed
- Asafoetida (hing)
- Basil
- Bay Leaves
- Black Pepper
- Caraway Seeds
- Cardamom
- Cardamom Seeds
- Cayenne
- Cinnamon
- Cinnamon Sticks
- Cloves
- Coriander
- Coriander seeds
- Cumin
- Cumin Seeds
- Curry Powder
- Dill
- Fennel
- Fennel Seeds
- Fenugreek
- Ginger
- Hibiscus
- Mint
- Mustard Seeds
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppercorns
- Rosemary
- Saffron
- Sage
- Tarragon
- Thyme
- Turmeric
- Vanilla Pods

**Dried Fruits**
- Apricots
- Dates
- Figs
- Pears
- Raisins
- Sultanas

**Grains/pulses/lentils**
- Aborrio Rice
- Barley
- Basmati Rice
- Buckwheat
- Bulgur Wheat
- Chapatti Flour
- Couscous
- Gram (chickpea Flour)
- Millet
- Red Lentils
- Yellow Mung Dhal

**Nuts/Seeds**
- Almonds
- Cashew Nuts
- Pine Nuts
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds

**Oils**
- Flax
- Ghee
- Olive
- Pumpkin
- Sunflower
- Udo’s

**Miscellaneous**
- Honey
- Jaggery
- Maple Syrup
- Date Syrup
- Steva Extract
- Balsamic Vinegar
- Black Olives
- Celery Salt
- Cider Vinegar
- Desiccated Coconut
- Mustard
- Pesto
- Soy Sauce
- Salt
- Coconut Milk
- Oat Milk
- Rice Milk
- Soya Milk
The following selection of sayings and quotes have inspired and motivated Carol and I on our exciting journey into the world of health and well-being. We have included them with the sincere wish that you will also feel the truth of these inspirational words. We hope they will give power and conviction to the path you have chosen to take.
Various writers

Whatever you can do, or dream you can, Begin it. Boldness has genius, power and magic in it, Begin it now

Goethe

We are born at a given moment; in a given place And like a vintage year of wine We have the qualities of that year and of the season in which we are born A strology does not lay claim to anything more.

Carl C Jung

We shall not cease from exploration, And the end of our exploring Will be to arrive where we started And know that place for the first time

T.S.Eliot

The highest beauty is of perception, to hold eternity in the palm of your hand and infinity in an hour.

Blake

Look well to this day for it is life; the very best of life In its brief course lie all the realities and truths of existence. The joy of growth; the splendour of action; the glory of power. For yesterday is only a memory and tomorrow is only a vision, But today, if well lived, makes every yesterday a memory of happiness and every tomorrow a vision of hope. Look well therefore to this day.

Ancient Sanskrit poem

Without forgiveness, life is governed by an endless cycle of resentment and retaliation

Robert Assagioli

Creation is only a projection into form of that which already exists

Shrimad Bhagavatum

To live a creative life we must lose our fear of being wrong

Joseph Chilton Pearce

In creating, the only hard part is to begin

James Russell Lowell

Be realistic, plan for a miracle

Bhagwan Shree Rajneesh
Sayings of Yogi Bhajan

I do not believe in miracles, I rely on them

Emotions are like guests. They should be treated very nicely and gently, and sent away if they don’t fit in.

Your heart has not to open to others.
Your heart has to open to yourself.

Self-rejection can bring a lot of pain.
Learn to love yourself.

If somebody is terrible bad, thank God that it is not you.
And if somebody is terribly good, thank God that you have seen something good, and that it could be you.

What gives you strength? Your thoughts.
What weakens you? Your thoughts.
What destroys you? Your thoughts.
In reality, thoughts are given to expand you, so you’ll realise, “I am all”

Your brain will release thoughts, one thousand per wink of the eye. So you have no thinking power; you only have pursuing power. It is up to you which thoughts you will pursue.

Words are not a small thing. Words have real power. The whole universe is a magnetic field. If we create positive words, we feel love. If we create negative words, we feel hatred.

When a negative thought hits you, hit it with a positive thought – you will come out the best.

If you are conscious, you are alert, you are intuitive and there is no place for error.

You will be tested – but that is the nature of life. When it is rough, be very calm. Go inside and find your soul. Be neutral and meditate, and the way will become more clear.

Go inside and listen to your inner voice. Every question has an answer. Your soul is full of wisdom and knows the way.
If you need an answer to something, just concentrate. In one second the answer will come to you. It’s the law of the Universal Mind. The Universal Mind is always there to feed you. Right within you there is always a very feeble, simple, unoffending, absolutely knowledgeable, little conscious voice. It talks. It’s not loud. It’s very soft.

Going through life without intuition is like driving a car which has no side mirror and no rear-view mirror. All you can see is just straight ahead.

It is very important that we work to develop our intuitive power (which comes through meditation), for without intuition, we have doubt, which in turn creates duality and leads us into crisis in our lives.

Go inside and listen to your inner voice. Every question has an answer. Look deeper and listen to that quiet voice.

The energy of the universe is yours. It’s your birthright. Just claim it.

Don’t solve your problems, dissolve your problems so that they should not reoccur again.

To be successful in life, you have to learn to change your gears to meet the circumstances around you. If you are not in control of the transmission, life will be a disaster for you, no matter who you are. You have to learn how to control your own energy.

If you can’t see God in All, Then you can’t see God at all.

Whenever you do something, do it as a piece of art. Otherwise just don’t do it. Let everything express the creativity of you.

Everybody is a candle, true. But not everybody is lit.

You can literally wake up another person with your glow. When you are with somebody, that person should feel comfortable.

Not to recognise the effect of the aura is a great tragedy. Your radiant power has more power to repel negativity than anything your brain can ever think.

A true spiritual man is one who lives for infinity, and whose presence creates peace. If your presence doesn’t work, nothing works.

People lie. Auras never lie.
Desiderata

Go placidly amid the noise and the haste
And remember what peace there may be in silence.

As far as possible, without surrender, be on good terms with all persons.
Speak the truth clearly, and listen to others, even the dull and ignorant:
They too have their story.

Avoid loud and aggressive persons; they are vexations to the spirit.
If you compare yourself to others you may become vain and bitter,
For always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans.
Keep interested in your career however humble;
It is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery.
But let this not blind you from what virtue there is;
Many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself, especially do not feign affection.
Neither be cynical about love;
For in the face of all aridity and disenchantment, it is as perennial as the grass.
Take kindly the counsel of years gracefully surrendering the things of youth.

Nurture the strength of spirit to shield you in sudden misfortune.
But do not stress yourself with imaginings.
Many fatigues are born of fear and loneliness.
Beyond a wholesome discipline, be gentle with yourself.

You are a child of the universe, no less than the trees and the stars:
You have a right to be here.
And whether or not it is clear to you,
No doubt the universe is unfolding as it should.

Therefore be at peace with God,
Whatever you conceive Him to be.
Whatever your labours and aspiration, in the noisy confusion of life,
Keep peace with your soul.
With all its shams, drudgery and broken dreams, it is still a beautiful world.
Be careful.
Strive to be happy.

Unknown
Every day is life.
We don’t pass over the present for some glorious future.
Never think that we won’t start to live life until we are in unity.

When we live in the present nature works out our destiny.
Nature is the best organiser.
Simplicity and naturalness will bring success.

Naturalness is the basis of happiness.
If one poses to be someone else, one loses the charm of naturalness.
The result is that one accumulates a stress.

We do not think of life, we live it.
We do not think of ourselves too much.
We do not think of others too much.
We just behave in a natural way.
We do not make moods, or wonder what anyone thinks of us.
We do not live life on the remarks of others.
What others think is not our concern – it is their concern.

If we are weak we will always put ourselves at the whim of others.
We do not base our lives on the opinions of others.
But if we are not clear in our conscience, then we will always be weak.
And will always mind the looks and remarks of other people.

It is important only that we radiate life.
Every individual must be a joy to himself, to his family and to society.

If we think of defeat, that is what we get
If we are undecided, nothing will happen to us.
We must just pick something great and do it.
Never think of failure at all,
For as we are now, that is what we get.
Sayings of Maharishi Mahesh Yogi

Keep your desires turning within and be patient.
Allow the fulfilment to come to you.
Gently resist the temptation to chase your dreams into the world.
Pursue them in your heart until they disappear into the self,
And leave them there.

It may take a little discipline - be simple, be kind, stay rested.
Attend to your own inner health and happiness.
Happiness radiates like the fragrance from a flower
And draws all good things towards you.
Allow your love to nourish yourself as well as others.

Do not strain after your needs in life -
It is sufficient to be quietly alert and aware of them.
In this way life proceeds more naturally, effortlessly.
Life is here to enjoy.

Enjoy your life and be happy,
Being happy is of utmost importance.
Success in anything is through happiness,
More support of nature comes through being happy.
Under all circumstances be happy,
Even if you have to force it a little to change long-standing habits.

Just think of any negativity that comes to you
As a raindrop falling on your ocean of bliss.
You may not always have an ocean of bliss,
But think that way anyway as it will help it to come.
Doubting is not blissful and does not create happiness.
Be happy, healthy and let all that love
Flow through your heart.
Sayings of Maharishi Mahesh Yogi

Do not oppose, because in opposing
The tenderness of the feeling level is crushed.

All action should be to develop the fine feelings
Developed in the Sidhis.
This is why we say speak the Truth
But see that you are speaking delicately.

Do not speak non-truth
And do not speak in a non-sweet way,
So that the feeling is nourished.
The whole effect of activity
Is to enrich the feeling of the other.
Be as delicate as possible.

If a communication
Accomplishes something on the gross
But damages something on the level of feeling,
Then it is a spiritual loss.

The feeling is more important to life.
Nourishment of the feeling is the basis
For growth of spiritual holistic value.

Delicate behaviour on the surface
Should be as to nourish, uphold and enhance
The transcendental value
Where feelings merge into a common source.

Do not oppose
Opposition is dangerous to immortality.
Sayings of Paramahansa Yogananda

When the mind becomes still
You are in the kingdom of the Infinite

When the mind is calm
How quickly, how smoothly, how beautifully
You will perceive everything!

We are the very consciousness
Out of which this universe has been created

We are gathered here to travel together for a while.
Then in diverse directions we have to go;
But if we have divine love in our souls,
No matter where we go we shall meet again.
We can never remain apart.

Think constantly of the Beauty behind the flowers,
The Light behind the sun,
The Life that twinkles in all eyes.

Go within,
Where the soul expresses itself.
From the factory of the soul emerge all experiences of inner life.

The subtly soul secretly sleeps
In every blade of grass, in every nook of creation.

Silence is the alter of God

Infinity is our home.
We are just sojourning awhile
In the caravanserai of the body.

Those persons who have perceptive eyes
Enjoy beauty everywhere.

In deep sleep you are pure spirit,
One with your Infinite Self....
“Beyond the flights of fancy, formless am I”...
Hold on to the thought
That every night
You are with Spirit.
Sayings of Paramahansa Yogananda

What seems true to reason and perception is not always true in fact. The only sure way to know truth is to realise it intuitively.

To have intuition is to possess the original power of conception, the power to create something no one else has created. Everyone is born with this God-given power.

Life is entertaining when we do not take it too seriously... To be able to laugh at life is marvellous.

Each flower is a symbol of the infinite trying to express itself.

You can’t hide from others what you really are. Your thought vibrations will be reflected in some way in your behaviour.

Pray that unceasing truth flow into your mind. And unceasing joy flow into your soul.

Those who look through matter into ‘Spirit’ really know the mystery of the unreal and the Real.

Most people imitate others. You should be original. And whatever you do, do well.

Reflect about God, or about a beautiful peaceful scene, or about some pleasant experience. Calm, positive mental activity is revivifying.

Stillness is the vast spirit that lies behind all created things.

Learn to stand alone, secure in your own virtue and self-worth.

Why take the surface details of life so seriously? Be drunk with the inner peace of divine realisation, whatever your earthly lot.

Do not take life’s experiences too seriously... Play your part in life, but never forget it is only a role.

Live more simply, so that you can find time to enjoy the little pleasures of life.
Sayings of Paramahansa Yogananda

Resurrection is the art of emerging from what you are
Into what you are going to be in the future.
Keep your mind positive and strong.
It is your inner experience that is the most important.

Always be ready to be active, but carry calmness with you into activity.
Every day and minute and hour is a window
Through which you may see eternity.
To be alive is to be on fire with purpose,
To move forward with undaunted determination towards a goal.

Be always with people who inspire you;
Surround yourself with people who lift you up.

You should be a different person,
Expressing the very best of your own unique nature.

Love is the silent conversation between two hearts.

Happy are those who are wise enough to seek contentment by cultivating true joy and peace in a simple environment.

Be the beauty that is in a flower and the attractiveness that is in a pure mind.
When you are attractive in that way, you will always have true friends.

The whole ocean of divine joy
Rolls beneath the little wave of your consciousness.

To be able always to spread an aura of goodness and peace
Should always be the motive of life.

A rise from dreams of littleness to the realisation of the vastness within you.
Give love and unselfishness and you will receive love and unselfishness.

In meditation...the power of God begins to reflect
In the clear waters of your consciousness
THE DALAI LAMA MANTRA
- A vision of possibilities

- Take into account that great love and great achievements involve great risk.
- When you lose, don’t lose the lesson.
- Respect yourself and respect others.
- Take responsibility for your actions.
- Remember that not getting what you want is sometimes a wonderful stroke of luck.
- Learn the rules so that you know how to break them properly.
- Don’t let a little dispute injure a great friendship.
- When you realise that you’ve made a mistake, take immediate steps to correct it.
- Spend some time alone everyday.
- Open your arms to change but don’t let go of your values.
- Remember that silence is often the best answer.
- Live a good, honourable life. Then when you get older and think back, you’ll be able to enjoy it a second time.
- A loving atmosphere in your home is the foundation of life.
- In disagreements with loved ones, deal only with the current situation. Don’t bring up the past.
- Share your knowledge. It’s the best way to achieve immortality.
- Be gentle with the earth.
- Once a year, go some-place you’ve never been before.
- Remember that the best friendship is one in which your love for each other, exceeds your need for each other.
- Judge your success by what you had to give up in order to achieve it.
- Approach love and cooking with reckless abandon.
Scientific references


Psychological effects of PK – reductions in distress, anxiety, depression, fatigue, vigour.


Lipid peroxide levels – reduced significantly three months after treatments


Reduction in cholesterol and urea. Emotional stability, psychological inhibition


Morgan test – systolic blood pressure, hearing threshold, near-point vision. 4.8 yrs reduction in biological age in one-two weeks.
Some Inspiring Reading

Fictional Books
The Worm Forgives the Plough  J S Collis
The Glass Bead Game  Hermann Hesse
Knulp  Hermann Hesse
The Art of Motorcycle Maintenance  Robert Pirsig
Lila  Robert Pirsig
Bridge Across Forever  Richard Bach
Illusions  Richard Bach
Walden  H Thoreau
The Snow Leopard  P Metthiason
Touching the Void  Joe Simpson

Inspirational Books
Men From Mars Women from Venus  John Grey
The White Hole In Time  Peter Russel
Conversations With God  N D.Walsh
The Seven Spiritual Laws of Success  Deepak Chopra
Autobiography of a Yogi  Yoganananda
TheWay of the Peaceful Warrior  Dan Macmillan
The Celestine Prophecy  James Redfield
Tai of Poo/Piglet  Benjamin Hoff
Bhagavad Gita  Maharishi
The Road Less Travelled  M. Scott Peck

Ayurvedic Books
Perfect Health  Deepak Chopra
Home Ayurveda Spa  Anna Selby
Contemporary Ayurveda  Hari Sharma
Ayurveda and Aromatherapy  Light Muller
Awakening Nature’s Healing Intelligence  Hari Sharma
The Key to Health & Rejuvenation  Andrea Moritz
Freedom from Disease  Hari Sharma
The Wisdom of Healing  David Simon
The Physiology of Consciousness  Robert Keith Wallace
Prakruti  Dr. Robert Svoboda
Ayurvedic Beauty Care  Melanie Sachs
A Woman’s Best Medicine  Nancy Lonsdorf
Ayurveda and the Mind  David Frawley
Ayurveda, The Science of Self-Healing  Vasant Lad
Mind, Body & Sport  John Douillard

Music Books
Through Music to the Self  Peter Michael Hamel
Healing Sounds  Jonathon Goldman
The Mozart Effect  Don Campbell
Resources (Products)

Wholistic Research Company 01438 833 100
Juicers, water distillers, grain mills
www.wholisticresearch.com

Theolife Ltd 0845 458 8177
Juicers
www.theolife.com

Planet Organic 0207 221 1345
Organic produce, Juicers
deliveries@planetorganic.com

Simply Organic 0845 1000 444
Organic produce, Juicers
www.simplyorganic.net

Young Living Essential Oils 001 800 763 9963 (USA)
Aromatic oils. (Quote Carol Willis #309 318)
www.youngliving.com

NRH Essential Oils (UK) 0845 310 8066
Aromatic oils
www.nrh.kz

Essential Oil Publishing 001 800 336 6308 (USA)
Essential Oil Desk Reference Book
www.essentialscience.net

Savant 08450 606070
Udo’s oil, Flor Essence, Wheatgrass,
www.savant-health.com

Mannatech 0207 659 7970
Ambrotose, Plus, weight loss (Quote Carol Willis #847)
www.mannatech.co.uk

Nutri Centre 0207 436 5122
Ayurvedic herbs and supplements
www.haleclinic.com

Higher Nature 01435 882880
Mineral/vitamin supplements
www.higher-nature.co.uk

Quest Vitamins 0121 359 0056
Mineral/vitamin supplements
www.questvitamins.co.uk

Health Unlimited 0117 9020 622
Colloidal minerals/sliver supplements

Dr Hauschka 01386 792 622
Skin/hair care (natural/organic)
www.drhauschka.co.uk

Green People 01444 401444
Skin/hair care (natural/organic)
www.greenpeople.co.uk

Maharishi Ayurveda Products (MAV) 01695 51015
Sesame/coconut oil, churnas, herbal tea/coffee, herbs, tongue scrapers
www.maharishi.co.uk

Pukka Herbs Ltd 01608 659 818
Ayurvedic herbs
www.pukkaherbs.com

Dabur Ltd 01420 4776 62
Ayurvedic herbs and cosmetics
www.dabur.com

Nightingale Conant 0800 387 869
Ayurvedic training course on tape/CD (by Dr Deepak Chopra)

Macromedia 001 603 659 2929 (USA)
Videos/books on Cymatics, vibrational healing and sound therapy
www.macromedia.com

Centre For Implosion Research 01752 345552
Vortex water energisers

Shakti Chakra Ltd 01322 447 610
Pinhole glasses
www.acumag.net
## Resources (clinics & organisations)

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Phone Number</th>
<th>Website</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ayurveda UK Retreat (Staffordshire)</td>
<td>0870 744 1508</td>
<td><a href="http://www.ayurveda.uk.com">www.ayurveda.uk.com</a></td>
<td>Ayurvedic Panchakarma courses in residence</td>
</tr>
<tr>
<td>Maharishi Ayurveda Centre (Lancashire)</td>
<td>01695 51008</td>
<td><a href="http://www.maharishi.co.uk">www.maharishi.co.uk</a></td>
<td>Ayurvedic consultations / semi-residential detox courses</td>
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<tr>
<td>The Ayurveda Centre (Dorset)</td>
<td>01962 866 302</td>
<td><a href="http://www.ayurvedacentre.co.uk">www.ayurvedacentre.co.uk</a></td>
<td>Ayurvedic consultation / semi-residential detox courses</td>
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<tr>
<td>Ayurveda Medical Centre (Hale Clinic, London)</td>
<td>0207 631 0156</td>
<td><a href="http://www.haleclinic.com">www.haleclinic.com</a></td>
<td>Ayurvedic consultations / massage</td>
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<tr>
<td>Ayurvedic Company of GB (London)</td>
<td>0207 224 6070</td>
<td><a href="http://www.unifiedherbal.com">www.unifiedherbal.com</a></td>
<td>Ayurvedic consultations / training courses</td>
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<tr>
<td>College of Ayurveda (Milton Keynes)</td>
<td>01908 960 3960</td>
<td></td>
<td>Ayurvedic training courses</td>
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<tr>
<td>Ayurcare (Dr Rekha Depala (London)</td>
<td>0208 931 2642</td>
<td><a href="http://www.ayurcare.co.uk">www.ayurcare.co.uk</a></td>
<td>Ayurvedic consultations / treatments</td>
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<tr>
<td>Traditional Ayurvedic Clinic &amp; Dispensary (London)</td>
<td>0208 543 6826</td>
<td><a href="http://www.real-medicine.org">www.real-medicine.org</a></td>
<td>Ayurvedic consultations / treatments</td>
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<tr>
<td>TM organisation (London)</td>
<td>0207 402 3451</td>
<td><a href="http://www.maharishi.com">www.maharishi.com</a></td>
<td>Ayurvedic consultations</td>
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<tr>
<td>East West Centre (Glastonbury)</td>
<td>01458 833 382</td>
<td><a href="http://www.eastwestcentre.com">www.eastwestcentre.com</a></td>
<td>Ayurvedic/Jyotish consultations and weekend training courses</td>
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<tr>
<td>Ann Roden</td>
<td>0208 866 5944</td>
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<td>Introductory w/e Ayurveda courses</td>
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<tr>
<td>The Sun Centre (France)</td>
<td>0033 466 45 59 63</td>
<td><a href="http://www.thesuncentre.net">www.thesuncentre.net</a></td>
<td>Ayurveda/yoga retreat venue</td>
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<tr>
<td>The Chopra Centre (Costa, LA, USA)</td>
<td>001 888 424 6772</td>
<td><a href="http://www.chopra.com">www.chopra.com</a></td>
<td>Panchakarma courses (from £420/day)</td>
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<tr>
<td>The Ayurveda Institute (USA)</td>
<td>001 505 291 9698</td>
<td><a href="http://www.ayurveda.com">www.ayurveda.com</a></td>
<td>Ayurvedic training courses / Panchakarma courses (from £285/day)</td>
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<tr>
<td>The Raj (USA)</td>
<td>001 800 248 9050</td>
<td><a href="http://www.theraj.com">www.theraj.com</a></td>
<td>Panchakarma courses (£450 - £800/day)</td>
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<tr>
<td>Vedic astrologer (USA)</td>
<td>0091 471 363691</td>
<td><a href="http://www.internaturalhealth.com">www.internaturalhealth.com</a></td>
<td>Ayurveda PK detox programs in India</td>
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<tr>
<td>Vedic astrologer (Leicester/London)</td>
<td>001 972 359 0819</td>
<td><a href="http://www.goahealthholidys.com">www.goahealthholidys.com</a></td>
<td>Panchakarma in India (Kerala)</td>
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<tr>
<td>Overtone chanting (London)</td>
<td>0208 533 0223</td>
<td><a href="http://www.aviontours.com">www.aviontours.com</a></td>
<td>Ayurveda PK detox programs in India (travel)</td>
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<tr>
<td>Psychic surgeon (Chelmsford, Essex)</td>
<td>0116 276 3071</td>
<td><a href="http://www.healingvoice.com">www.healingvoice.com</a></td>
<td>Vedic astrology (sent on tape)</td>
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<td>Psychic surgeon (Chelmsford, Essex)</td>
<td>0116 276 3071</td>
<td><a href="http://www.healingvoice.com">www.healingvoice.com</a></td>
<td>Vedic astrology (sent on tape)</td>
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<tr>
<td>Transcendental Meditation courses</td>
<td>01245 348 325</td>
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<td>Non-invasive surgery</td>
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<tr>
<td>Colin Beckley – Kent/London (£290) (independent teacher)</td>
<td>01843 841 010</td>
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<td>TM courses – national office (£1280)</td>
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<tr>
<td>Chris Greathead – North East (£290) (independent teacher)</td>
<td>0191 281 3507</td>
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<td>TM courses – national office (£1280)</td>
<td>0207 402 3451</td>
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Tel: 01283 815 669 or 0870 744 1508 • Info@ayurveda.uk.com • www.ayurveda.uk.com

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