

**YOU ARE WHAT YOU EAT,
WHAT YOU THINK AND
THE PEACE IN YOUR HEART**

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Food plays a very important role in restoring the health by supplying the needed nutrients that aid in the recuperation of the body organs.

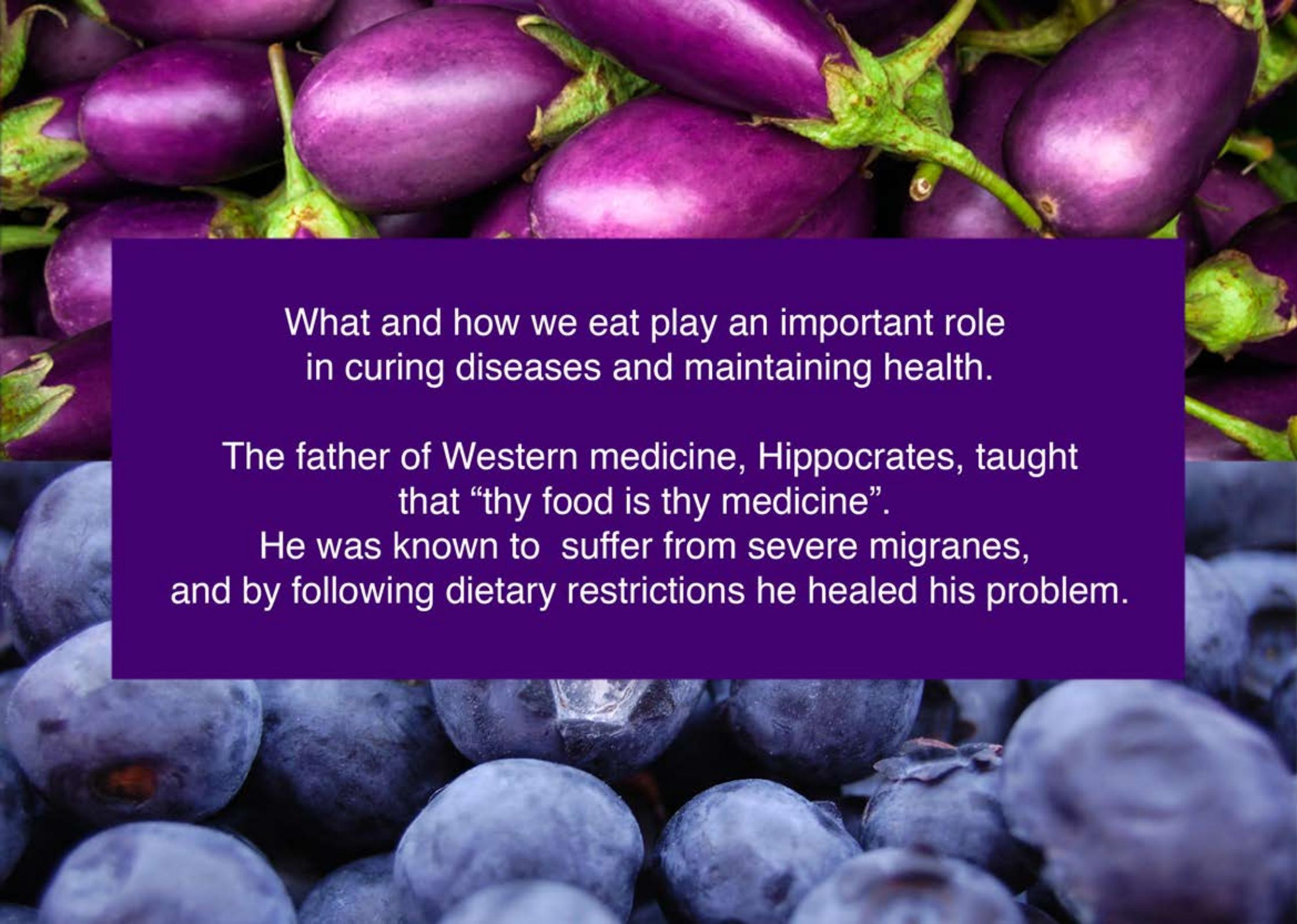
The background of the slide is a collage of fresh produce. The top half features several bright yellow lemons with water droplets on their skin. The bottom half features vibrant green leafy vegetables, possibly chard or spinach, also with water droplets. A dark green rectangular box is centered over the image, containing white text.

Holistic science maintains that it is important
what we eat and when we are eating,
and that it makes a great difference
if we concentrate
and be connected with the food
while we are eating.



Indications about diet have been advised from time immemorial, and the science of Ayurveda has emphasized the importance of dietary restrictions in curing many ailments.

Fasting and dieting were followed by the sages and Rishis long before a medical science was developed.

The background of the slide is a collage of fresh fruits. The top half features several purple eggplants with green stems, and the bottom half features a close-up of blueberries. A dark purple rectangular box is centered over the image, containing white text.

What and how we eat play an important role
in curing diseases and maintaining health.

The father of Western medicine, Hippocrates, taught
that “thy food is thy medicine”.

He was known to suffer from severe migranes,
and by following dietary restrictions he healed his problem.

It has been said that the best doctors are:

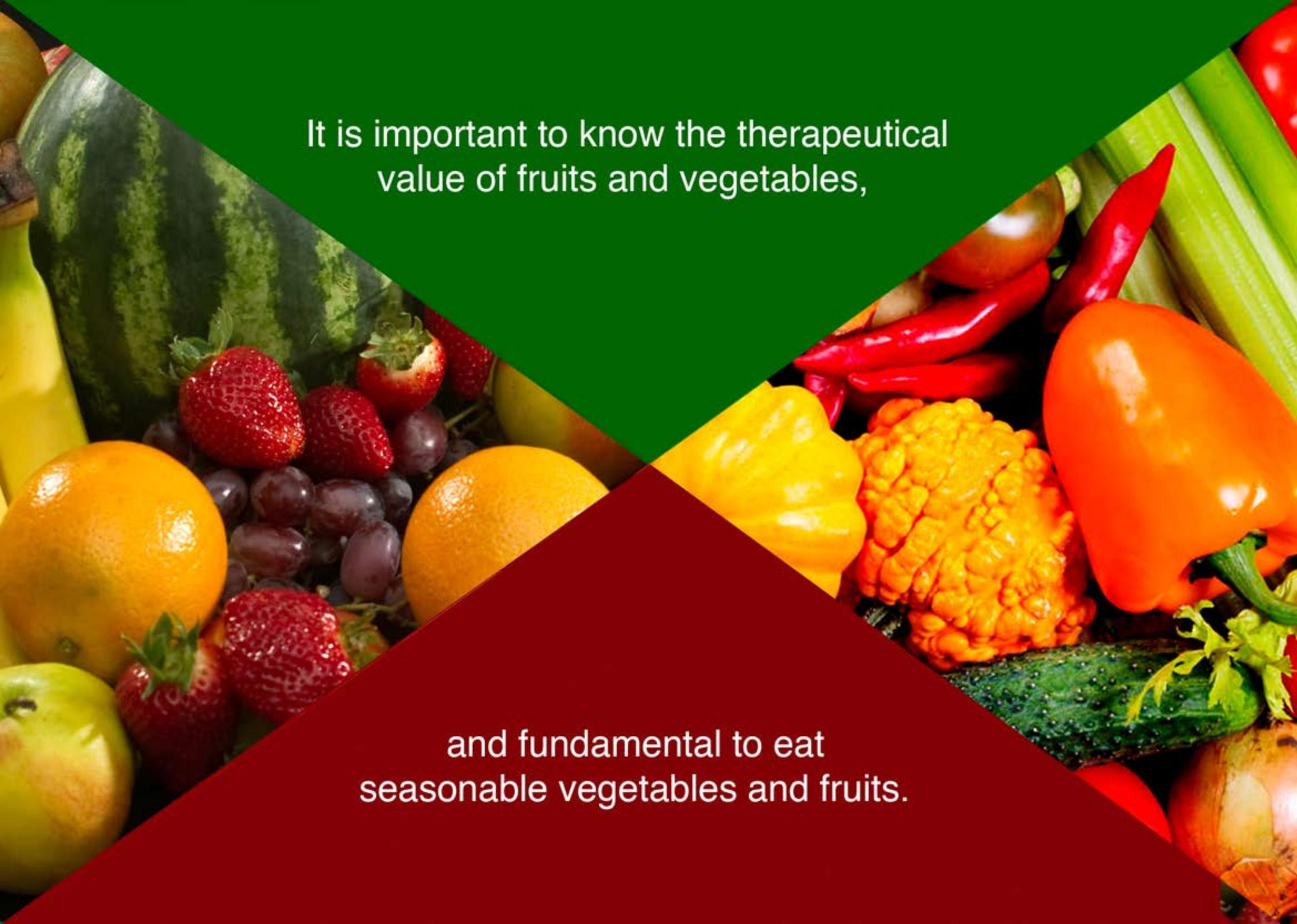
Dr. Diet

Dr. Quiet

and

Dr. Happy





It is important to know the therapeutical
value of fruits and vegetables,

and fundamental to eat
seasonable vegetables and fruits.

It is important to follow a cleansing diet every change of season.





Onion, garlic and ginger - food as medicine

As a doctor, I've done a lot of research on many common foods that are readily available and have healing qualities. As a Brahman, I was brought up in a culture that prohibits us from eating the following three foods, but when I started breaking the traditional restrictions and using them in my diet, I saw great improvement in my health.



Onions

Onions are very important with incredible medicinal value. The smell of a cut onion can unblock plugged nostrils.

Onion is a good stimulant for digestive disorders. It oxidizes and reduces cholesterol.

As a remedy, take 1 tsp of raw onion juice in the early morning to reduce cholesterol.

Chopped onions mixed with honey and left to soak for a day is an excellent medicine for asthma.

Onion is anti-inflammatory, and a powerful antiseptic, it can be used in treating wounds. It is a good source of vitamin C and organic salts like calcium, iron, phosphorus, magnesium and sulfur.



Garlic

Nature's gift, garlic has remarkable curative properties. It's a blood purifier, useful in treating intestinal problems and replacing intestinal flora.

It is very effective in lowering cholesterol and preventing heart diseases.

It also helps in relieving gas from the stomach.

Garlic is a good source of phosphorus, zinc, potassium and iodine.



Ginger

Ginger is a root that is classified as a spice. It has been commonly used in India and now it is easily available in the West.

Ginger contains 80% moisture, very little protein and fiber. It is a good source of iron, magnesium, manganese and zinc.

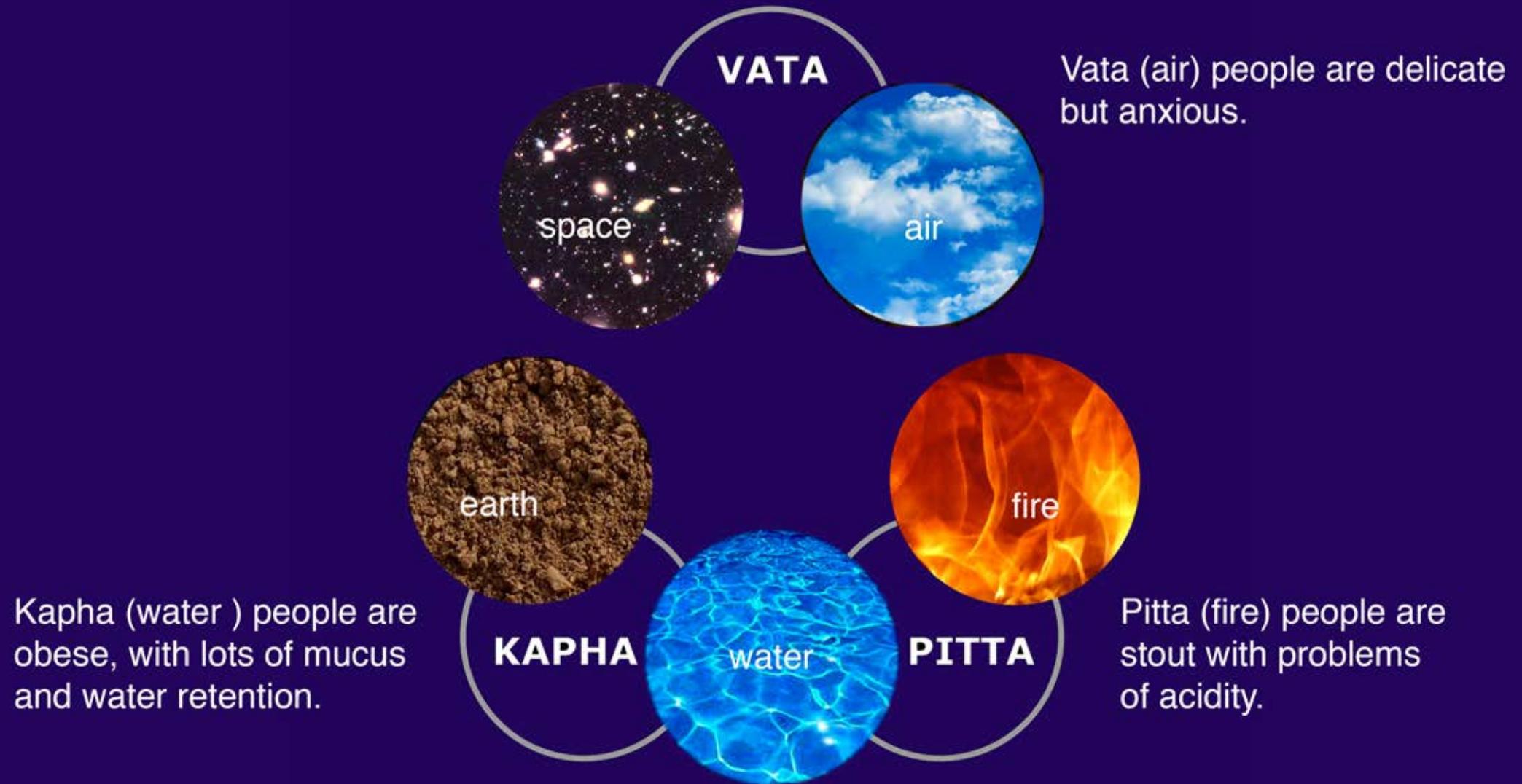
In India, ginger is used in almost all good preparations to enhance flavor and taste.

It is also carminative, stimulant and a blood purifier. It stimulates appetite and is a remedy for cold, cough and even asthma, using 1 tbs of honey in warm water.

A healthy warm soup can be made with celery, parsley and ginger boiled and pureed.

Ayurveda

The ancient holistic medical science of India categorizes people into three doshas, body types or kinds of metabolism, that have different nutritional needs and are susceptible to different kinds of illnesses. Each person is unique. We are connected with the five elements.



Acidic/Alkaline

All foods can be classified according to their effects on the body

Acidic

Cereals: Refined wheat, barley, corn, white bread, cakes, biscuits, pastries.

Fruits: Unripe bananas, plums, prunes.

Vegetables: Beans, peas, processed chocolate, coffee, tea, lentils, sugar.

For good health it is important to balance acidic and alkaline foods.

Alkaline

Cereals: Unpolished rice (integral), whole wheat, ragi (an asian grain).

Fruits: apples, apricots, ripe bananas, cherries, berries, dates, figs (fresh and dry) grapes, grapefruit, lemons, melons, peaches, pears, pineapple, raisins, almonds.

Vegetables: beetroot, cabbage, carrot, celery, cauliflower, broccoli, cucumber, lettuce, parsley, potato, pumpkin, radish, spinach, tomatoe, turnip, onion, cottage cheese, soybeans, sweet potatoe.



Always eat fruit on an empty stomach to take advantage of its cleansing qualities.



Fruit juices such as a mixture of apple, carrot, ginger with a little lemon juice can be taken in the early morning.



ARTHRITIS

Drink juice of:

Carrot
Pinapple
Cellery
Lemon



KIDNEY DETOX.

Drink juice of:

carrot

watermelon

cucumber

cilantro



STRESS

Drink juice of:

banana
strawberry
pear





How to eat - common sense

In the early morning, drink warm water with lime juice as a detox.

4 glasses of warm water, 45 minutes before eating is a therapy by itself, good for hypertension, obesity, rheumatism, constipation, hiperacidity, irregular menstruation, etc.

For arthritis and rheumatism, I recommend doing this 3 times a day to remove toxins from the bones and from the joints.

Eat slowly, do not overeat.

Eat small portions and more often, chewing carefully.

The body likes food to be warm. Don't eat too late at night, avoiding cold food and lactose to sleep well with peace of mind.



Avoid reading, watching TV, chatting by Whatsapp while eating.

Think about what you are eating.

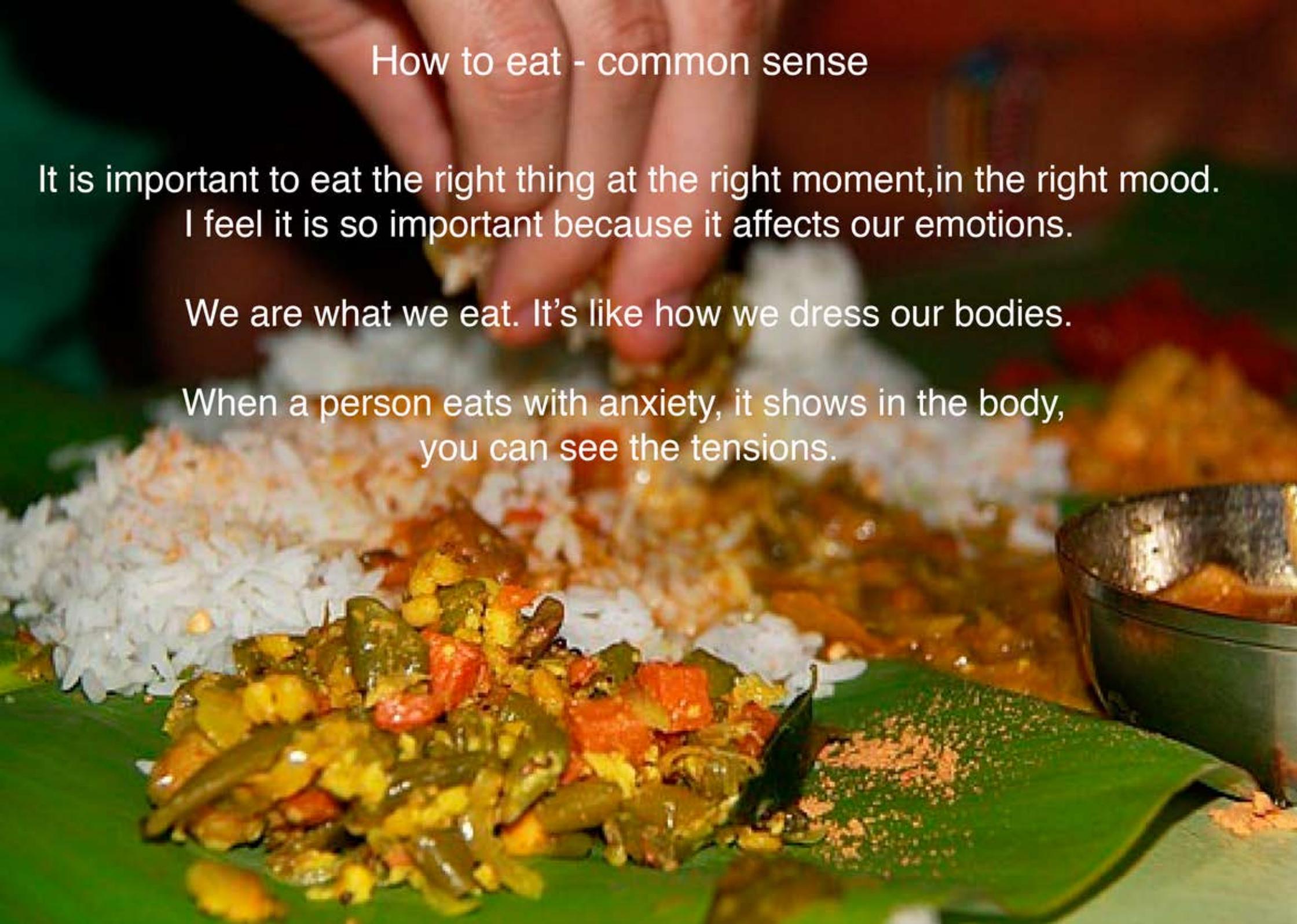
Do not drink water while you are eating,
drink half an hour before or after your meal.

How to eat - common sense

It is important to eat the right thing at the right moment, in the right mood. I feel it is so important because it affects our emotions.

We are what we eat. It's like how we dress our bodies.

When a person eats with anxiety, it shows in the body, you can see the tensions.



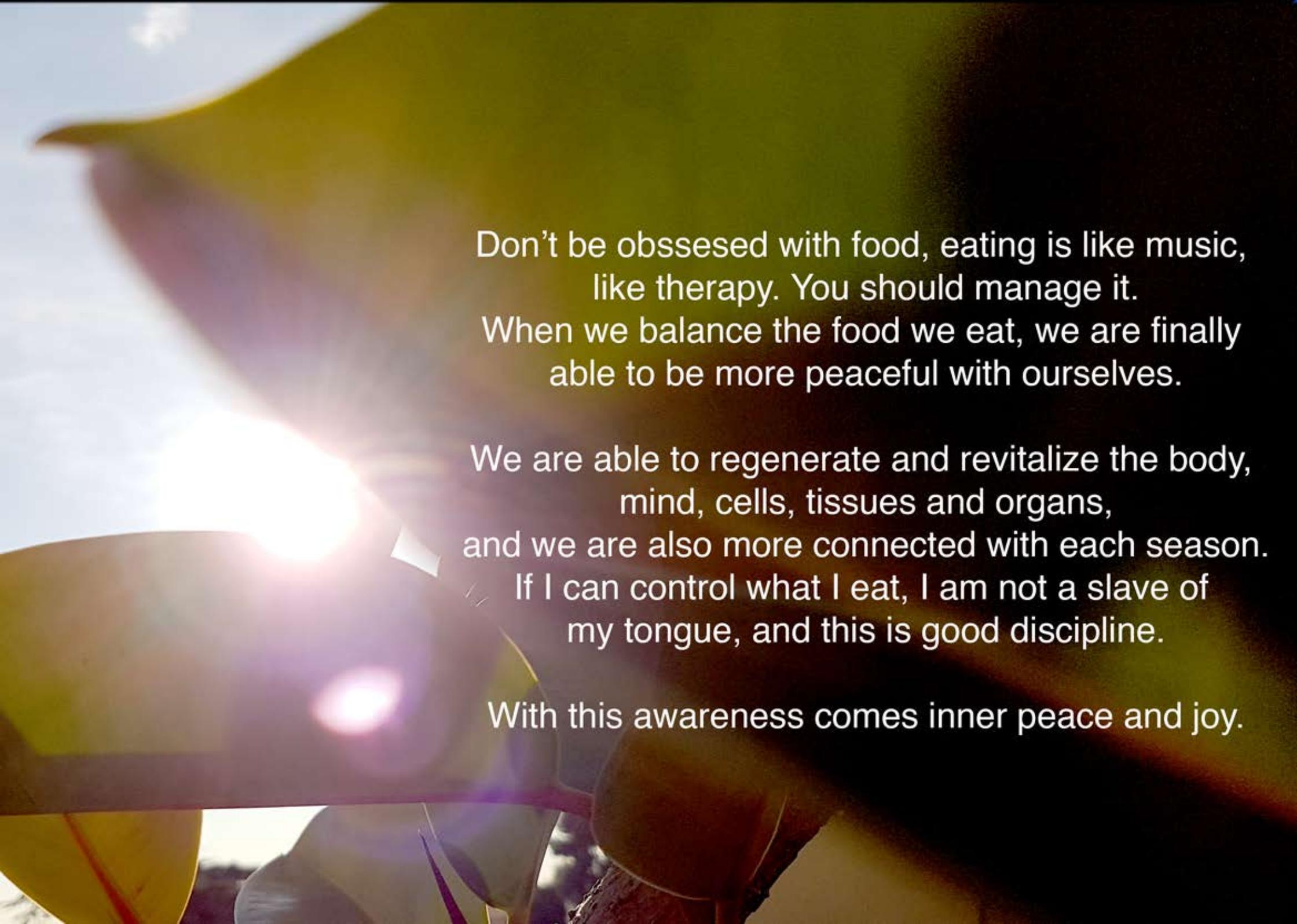
How to eat - common sense

Avoid eating tinned food, fried food, too much sweets and spices, avoid taking heavy dinners.

Avoid the wrong combination of foods such as carbohydrates, protein and fatty foods. Eating between meals should be avoided.

Avoid drinking too much tea, chocolate, coffee.

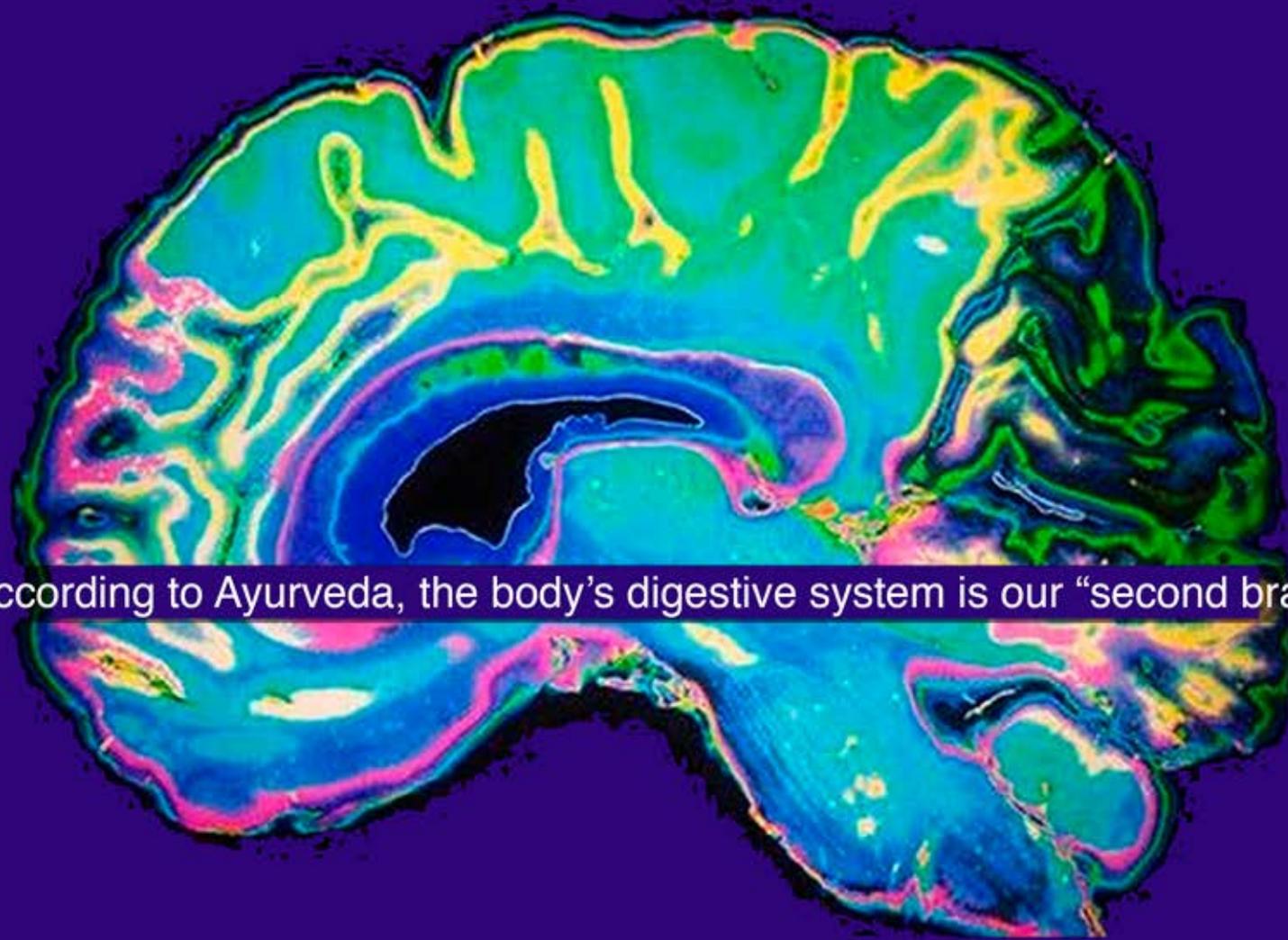
A diet that is 70% fruit and vegetables and 30% cereals is best. Eat balanced meals. I recommend short fasts to cleanse the bloodstream. Constipation and indigestion are often the root of headaches.



Don't be obsessed with food, eating is like music,
like therapy. You should manage it.
When we balance the food we eat, we are finally
able to be more peaceful with ourselves.

We are able to regenerate and revitalize the body,
mind, cells, tissues and organs,
and we are also more connected with each season.
If I can control what I eat, I am not a slave of
my tongue, and this is good discipline.

With this awareness comes inner peace and joy.



According to Ayurveda, the body's digestive system is our "second brain"

The second chakra is located where we digest our food, but it is also the storehouse of memories and traumas from the past, with feelings of fear, insecurity, low self-esteem. It is necessary to digest these negative, disempowering thoughts. Just as food is digested by enzymes in the digestive tract, extracting minerals and nutrients and excreting waste and toxins, we can learn to throw out old thoughts and try to tune into the present.

Mindfulness means thinking positive and empowering thoughts.
This is one way to make sure that we live the kind of life we want to live.



Norman Cousins, in his book *Anatomy of Illness* says.
“Never underestimate the capacity of the human mind and body
to regenerate even when the prospects seen are most wretched.
The life force may be the least understood force on earth.”



For me everything is in our mind and we can do it through food that is such a basic thing in our lives, if we know how to control ourselves, like playing the piano.

You can control your life happily, joyfully,

and live healthily, in peace.

Teach and motivate other people by being a good example. This is how we contribute to our own lives, to our loved ones, and the planet.