

EATING IS A SACRED ACT

*It is taking something
that is not yourself and
making it yourself.*



Take a moment to appreciate the food
you are eating.

Eat in a pleasant & calm atmosphere.

Eat wholesome foods - fresh & organic.

Choose food according to the season.

Eat foods that will not aggravate your doshas.

Eat slowly and chew your food well.

When you eat, refrain from other activity.

When feeling emotional - do not eat.

Drink hot or room temperature water.

Stop eating when you are satiated
(about 75% full).

Rest for a few minutes when you finish eating.

Remember, enjoy your food!

SIX TASTES & SOME EXAMPLES

Sweet (Water & Earth)

Honey
Beets
Melons
Rice

Sour (Fire & Earth)

Yogurt
Cheese
Rose Hips
Tamarind

Salt (Water & Fire)

Sea Salt
Rock Salt
Kelp

Pungent (Fire & Air)

Onion
Garlic
Chilies
Cumin

Bitter (Air & Ether)

Dandelion Root
Rhubarb
Fennugreek
Fresh Tumeric Root

Stringent (Earth & Air)

Unripe Bananas
Pomegranates
Chick peas

SPICES:

With proper diet and lifestyle medicine is of no need. Without proper diet and lifestyle medicine is of no use.
~Ayurvedic proverb



BASIL ~ clarity of mind, strengthens immune system, pungent, heating (-)vk (+)p (excess)

BAY LEAF ~ good for digestion and to expel
mucus,
pungent, heating (-)vk (+)p

BLACK PEPPER ~ helps digestion and opens the channels, clears toxins, pungent, heating (-)vk (+)p

CARDAMOM ~ good for digestion, protein metabolism, opens the emotional heart, neutralizes negative effects of coffee, pungent, sweet (=)vkp

CINNAMON ~ increases circulation, helps metabolize glucose, helps cravings, cuts down fat, pungent, sweet (-)vk (+)p

CLOVE ~ helps digestion, breaks up mucus,
pungent, heating (-)vk (+)p

CORIANDER ~ diuretic, removes toxins from the urine, bitter, pungent, cooling, metabolises fat (=)vpk

CUMIN ~ helps digestion, channel clearer, burns ama, sweet, pungent, astringent (=)vpk

FENNEL ~ digestive aid, balances appetite, calms vata, carminative, sweet, pungent, cooling (=)vpk

FENUGREEK ~ helps fat and sugar metabolism, kindles agni, heating, pungent (-)vk (+)p

GARLIC ~ anti-microbial, good for colds and flu, circulatory stimulant, rejuvenates, mainly pungent but also sweet, salty, bitter, astringent (-)vk (+)p

GINGER ~ helps digestion, motion sickness, and nausea, cuts fat, sweet, pungent (-)vk (=)p (if fresh ginger)

HING ~ great for digestion, carminative, heating, pungent! (-)vk (+)p

MUSTARD SEED ~ clears sluggish digestion, warms the digestive system, heating, pungent (-)vk (+)p

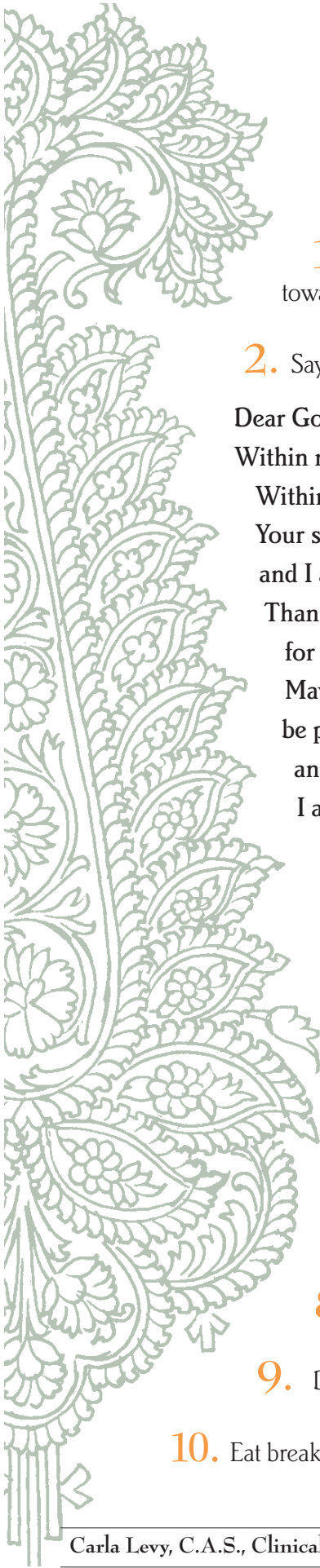
NUTMEG ~ digests toxins and helps metabolism, enkindles the appetite, sleep aid, calming to nerves, pungent, heating (-)vk (+)p

SALT ~ reduces fear, increases water retention and blood pressure, heating (-) v (+)pk

SAFFRON ~ nourishes the female reproductive system, alleviates skin diseases, improves the complexion,
bitter, sweet, pungent (=)vpk

TURMERIC ~ supports joints, detoxifies liver, helps digestion and inflammation, helps complexion, antibiotic, bitter, astringent, pungent, heating (=)vpk

(+) raises, (-) lowers, (=) neutralizes



MORNING ROUTINE

1. Upon waking - wake up early, start the day with an open heart, a loving attitude toward yourself and others. Choose to live the day fully.

2. Say a prayer or affirmation. Feel grateful for the day in front of you.

Dear God, you are inside of me

Within my very breath

Within each bird, each mighty mountain.

Your sweet touch reaches everything
and I am well protected.

Thank you God

for this beautiful day before me.

May joy, love, peace and compassion
be part of my life

and all those around me on this day.

I am healing and I am healed.

— Dr. Vasant Lad

3. Go into the bathroom and attend to natural urges of elimination.

4. Clean your teeth and scrape your tongue from the base forward.
This stimulates digestion and removes bacteria.

5. Brush your teeth with a soft toothbrush.

6. Clean your nostrils with a neti pot and oil your nostrils with sesame oil.

7. Oil your body with warm oil and leave on for a few minutes.

8. Take a warm shower or bath.

9. Do a yoga/pranayama and meditation practice.

10. Eat breakfast according to your hunger, the season, and your agni.

READING LIST/REFERENCES FOR THIS WORKSHOP

Ayurveda - The Science of Self-Healing

Dr. Vasant Lad

Secrets of Healing

Maya Tiwari

The Book of Ayurveda - A Holistic Approach to Health and Longevity

Judith Morrison

Ayurveda & The Mind

Dr. David Frawley

Yoga & Ayurveda

Dr. David Frawley

Charaka Samhita

(Classical)

Charaka

Ayurvedic Home Remedies

Dr. Vasant Lad

Ayurvedic Cooking for Self-Healing

Dr. Vasant Lad

The Ayurvedic Cookbook

Amanda Morningstar

A Life of Balance (Cooking & More)

Maya Tiwari

For more information or a private consultation contact:

Carla Levy, C.A.S.

Clinical Ayurvedic Specialist

760 268-0560

www.carlalevy.org • ayurveda@carlalevy.org



KASHMIR CHAI



1 quart of water
3-4 slices of Ginger (*optional*)
1 Cinnamon stick (*optional*)
1 handful of Cardamon pods
2 pinches of Mace or Nutmeg
8-10 threads of Saffron
1 handful of green tea or 2 tea bags
1 cup of milk
Sweetener of choice

2 quart pot
Mortar and Pestle or Surabachi

- Bring the water to a simmer and add the slices of ginger.
- Crush the Cinnamon stick and cardamon pods in a mortar and pestle or suribachi individually before adding to the pot.
- Allow the masala to simmer for 10-15 minutes.
- Saffron goes in towards the end of the simmer time.
- Add the milk and allow it to warm in the masala.
- Add the green tea and allow a few minutes for the tea to steep.
- (Do Not bring to a boil or steep the tea for too long.)
- Strain and sweeten to taste.
- For an exotic touch try Jasmine green tea.

Note: Both recipes work well with caffeine-free, moderately caffeinated teas and sugar substitutes: Decaf Black teas, Decaf green teas Roobois or Twig teas make good chai. Sweet options like Stevia a concentrated natural sweetener and agave nectar will not affect blood sugar or if you use honey do not add it in the pot, add it in your cup individually. Honey can be toxic when exposed to high temperatures.

MAKING TRADITIONAL CHAI



Basic spices

1 full palm of grated ginger (about 3 inches of fresh root)

1 full palm of cardamon (about 3 tablespoons)

Accent spices

2 cinnamon sticks

5 finger pinch of fennel (*optional*) (about 1 teaspoon)

A few cloves or a dash of nutmeg (*very optional*)

1 1/2 quarts of filtered water

1 quart of organic milk

1 full palm of quality black tea

(Assam, Darjeeling, Ceylon Black Orange Pekoe Tea)

2 big spoonfuls of Sucanat, raw sugar or sweetness of choice

2 quart pot

Small iron skillet

mortar and pestle, suribachi or herb grinder

- Bring the water to a simmering boil and add the grated ginger first. Next gather and prepare the other spices.
- Warming the spices individually in a iron skillet is good way to awaken the fire and essence of the seeds and tea. It is not essential, but enhances the quality of the masala (*mixture*).
- A mortar and pestle, or suribachi are hand tools essential for grinding spices. (A clean coffee grinder can work as well)
- Allow the mixture of spices to simmer for about 20 minutes together.
- It is optional, but a nice touch to very lightly toast the tea.
- Steep the tea in the masala for 2 minutes or steep tea separately in boiling water and add to the masala.
(Longer steeping will increase the tannins in the tea and cause it to taste bitter.)
- Strain the entire mixture into another pot and add 1 quart of milk and sweetener of choice.
- Warm on the stove , but Do Not Boil the Chai.
- Chai Ma! Enjoy and Share the Love!

KITCHARI

FOOD OF THE GODS



serves 4
prep time: 30 minutes
tridoshic = pacifies all doshas

1-2 Tbsp ghee
1 Tbsp finely chopped fresh ginger root

1/2 tsp cumin seed
1/4 tsp ajwan (optional)
1 cup presoaked, cleaned moong dahl (split yellow mung beans)
1/2 tsp coriander powder
1/2 tsp turmeric powder
1 pinch (1/16-1/8 tsp) asafoetida powder
1/2 cup washed, cleaned white basmati rice
3 cups pure water

- Melt ghee in medium-sized thick-bottomed pot on medium heat.
- Add ginger and stir until lightly brown.
- Add cumin and ajwain (opt.) seeds.
After seeds pop, add strained moong dahl.
Stir for a few minutes over medium heat.
- Add coriander, turmeric and asafoetida and stir.
- Add strained rice. Stir until all grains are coated.
- Add water, bring to a boil, simmer until all water is absorbed,
(about 20 minutes.)

Serve hot with garnishes of your choice:

Dr. Bronners Mineral Bouillon
4-5 Tbsp finely chopped fresh cilantro
4-5 Tbsp finely grated coconut (fresh or dry)
1 lime (cut in quarters)-squeeze over top
chutneys