



Vinterra
Life

AYURVEDA
HEALTH CARE
CENTER

YOGIC/
SATTVIC
FOOD PROGRAM

HEALING THROUGH HARMONY

44 Pent Road, Madison CT 06443(203)
640-2614
www.vinterra.life

Basic Principles

- * Eat the main meal at 12:00-1:00 p.m.
- * Do not eat heavy food after sunset.
- * Follow general eating habits and recommendations on food combining

GRAINS

Basmati rice, oats, rice, wheat. Eat whole or as a bread. Eat more in the winter for strength.

DAIRY

Raw milk, raw-milk cheese, small amounts of freshly made yogurt

SWEETENERS

Honey, jaggery, raw sugar. These in small quantities only.

OILS

Ghee, olive oil

FRUIT

Just about all fruit is all right. Consume smaller quantities of the heavier fruits such as bananas and avocados.

VEGETABLES

Most vegetables are all right. Eat smaller quantities of broccoli, Brussels sprouts, cabbage family plants, cauliflower, mustard, as

they are gas forming, and smaller amounts of potatoes and sweet potatoes as well, as they are heavy. No mushrooms. Vegetables may be fresh or steamed.

NUTS AND SEEDS

Fresh or slightly roasted. Almonds, pine nuts, walnuts. Do not eat large quantities. Nuts and seeds should be fresh.

BEANS

Aduki beans, mung beans, tofu

SPICES

Cardamom, cinnamon, coriander, fennel, ginger, turmeric. Use in larger quantities as they help balance the dampness of the high fruit and dairy diet. Avoid garlic and raw onion. Also avoid Cayenne pepper and all other very pungent spices.

BEVERAGES

Pure spring water, raw milk, sattvic herb teas such as chamomile and mint, sattvic vegetable juices

HERBS

Aloe gel, ashwagandha, astragalus, bhringraj, calamus, comfrey, ginseng, gotu kola, jatamamsi, lotus, mint, rose, saffron, sage, shatavari, skullcap, triphala. Also chavanprash and Brahma jelly.

ESSENTIAL OILS

Camphor, frankincense, lotus, rose, saffron, sandalwood



FOOD SADHANA

There is little that people do that is more sacred than eating food. When food is consumed, a person takes into his/her body atoms and molecules that have been around since the beginning of time. These atoms and molecules have played many roles over time. They were the stars, they were the earth, they were the dinosaurs and, upon consuming them, a person is hoping that they will join with them and become them. These same atoms and molecules will some day leave the person and become part of the earth again and the plants and someday join with other creatures. And this will go on and on.

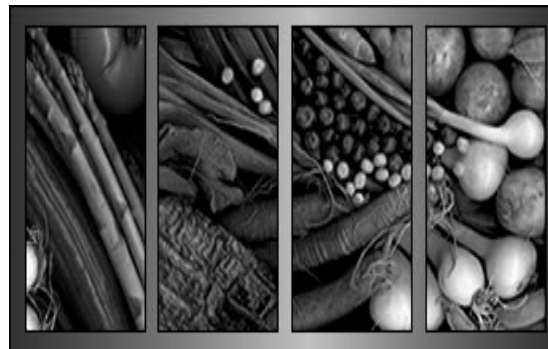
Hence, when food is taken, people are connecting themselves to everything that ever was, everything that is and everything that will be. In doing so, the past, present and future become one.

When food is consumed with respect, food is able to join with a person in a healthy way. When it is not, even wholesome food becomes toxic as ama is produced. It is better to consume poor quality food properly than high quality food improperly. The body will extract more prana (life energy) and produce less ama from consuming low quality food properly than from high quality food taken

improperly. Indeed, it is better to take fast food properly than healthy, home made food improperly. Still, it is better to take healthy, homemade food properly!

Sadhana is the process of making an action sacred. Food sadhana is the action of making the consumption of food sacred. This process begins with preparing the fields for receiving the seed. It continues with the proper nurturing of that seed followed by proper harvesting of the growth. This is followed by proper storage and transportation to the grocery.

When selected by a person, sadhana requires first an awareness that the food contains spirit that requires respect. This is followed by the proper preparation of the food and finally by proper consumption.



The Six Ayurvedic Tastes

There are six distinct tastes and each, as all of nature, is composed of elements. The overall qualities of the taste will either be harmonious or disharmonious to a doshic imbalance. The tastes form the basis of your food program and your herbal medicines.

SWEET: earth and water

Is heavy, moist, and cool and increases Kapha while decreasing Vata and Pitta. Some examples are nuts, grains and most dairy.

SOUR: fire and earth

Is heavy, moist, and hot and increases Pitta and Kapha while decreasing Vata. Some examples are fermented foods like yogurt and tempeh.

SALTY: water and fire

Is heavy, moist, and hot and increases Pitta and Kapha while decreasing Vata. Some examples are seaweeds and seafood.

PUNGENT: fire and air

Is light, dry, and hot and increases Pitta and Vata while decreasing Kapha. Some examples are chili peppers, ginger and black pepper.

ASTRINGENT: earth and air

Is dry and cool and neither too heavy nor too light, and increases Vata while decreasing Pitta and Kapha. Some examples are most beans, cranberries, and pomegranates.

BITTER: air and ether

Is light, dry, and cool, and increases Vata while decreasing Pitta and Kapha. Some examples are leafy greens and herbs like goldenseal.