

HEALTHY LIFE

Indu Soin

An illness prevailing in the body is expressed through some symptoms like dryness, scars and marks on the body, headache, contagious disease, energy loss and constipation. Balanced and vegetarian food can be helpful in making the body strong. Natural medication and food intake can remove the harmful and waste products from our body.

The water intake during the daytime should be increased, we should include vegetables and fruits in our daily diet, avoid refined flour and sugar, and keep ourselves away from unhealthy food.

- Take as much raw food as possible. Eat fruits, leafy vegetables and seasonal fruits.
- Consume more of barley, Indian millet, brown rice, cold pressed oil and rock salt.
- Use natural brushes to keep the skin clean, which are not rough for the skin.
- Dead skin should be removed by scrubbing, or by use of salt.
- Use oils, which are prepared naturally.
- Do not keep heavy, sweet dishes at home because we get inclined to eat such food during emotional disturbance.
- Remove refined flour, sugar, instant food, processed food or any kind of packed food from the kitchen racks and store only natural food, which provides nutrients.
- Give importance to nutritious seasonal fruits.
- Remove aluminum and plastic containers from the kitchen.
- Drink plenty of water. Eat fruits and vegetables regularly. Reduce intake of carbohydrates.
- Reduce intake of dairy products, which are rich in fat. Avoid tea and practice deep breathing. Keep away from alcohol.

Daily diet

- Avoid over cooking. Take steamed or less fried food.

- Sprouted cereals are good for health as it is rich in vitamin and minerals. Steam cooked sprouts are ideal in the diet.
- Reduce oil while cooking as less as possible.
- Spices, herbs, cumin seeds, turmeric powder, rock salt and ginger should be used in cooking.
- Eat slowly. Chew it properly and eat at regular intervals. Do not keep stomach empty for long time. Eat food in less quantity. Expose the body to sunlight for some time and take deep breathe and rest.

Three days diet to purify body

First day

- Start the day with lemon water. Till 11 a.m. eat fruits. Take vegetable juice till 11 a.m.
- Eat two chapattis made with Indian millet for lunch with salad and seasonal fruits.
- Eat any fruit at 4 p.m. Take soup with salad. Eat two chapattis made with Indian millet with some curries and sprouted cereals.

Second day

- Continue the same procedure. Add barley with Indian millet flour to prepare chapattis.

Third day

- Continue the same procedure. Take brown rice with chapattis made with millet. Continue with this procedure for 15 to 45 days.

Health with rich diet

- Cauliflower, tomato, finely chopped onion and coriander leaves, green chillies, lemon juice, roasted cumin seeds, roasted gram flower – cut all these vegetables like salad and mix it and eat accordingly.
- Eat fried rice made with carrot and tomato. Take vegetable soup.

- Eat chaat made of beetroot. One boiled beetroot, grated carrot, one spoonful capsicum, one finely chopped tomato, one grated cucumber, one spoonful sprouted Moong dal, coriander chutney. Cut beetroot and all the vegetables and chew thoroughly and eat.
- Mix three spoons of mango pulp, one peeled orange, few grapes, three spoonful of roasted and chopped walnut, salt to taste, pepper powder and consume.
- Mix one small chopped cucumber, two spoons of finely chopped onions, two spoons of finely chopped coconut, one spoon finely cut boiled potato, one spoon sprouted gram, two finely cut green chillies, three spoons of lemon juice, salt as per taste and eat.
- Cook two small finely chopped tomatoes, one finely cut onion, three garlic pods, and vinegar for 10 minutes. Let them cool down, add salt and eat.
- Mix one-cup curd, two garlic pods, and two spoons of finely chopped coriander leaves and eat.
- Take 10 large tube (known as Jimikand in Hindi), 20 gm bottle gourd, raw banana, 10 gm potato, 10 gm cucumber, one drumstick, ¼ grated coconut, one chilly, one small onion, half cup curd, ¼ spoon cumin seeds, ¼ spoon onions, two curry leaves, one pinch of turmeric powder, one small spoon coconut oil, wash all the vegetables and cut them fine. Boil the tube separately. Add green chilly, chopped onions, and turmeric. Boil drumstick separately or put half boiled vegetables. Add coconut, cumin seeds, and onions and curry leaves in curd and grind.
- Boil vegetables in grated coconut for 10 minutes and let it boil in low flame. Remove it from the flame and add curry leaves and add coconut oil. This food is tasty and healthy.



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