

—*Ayurvedic Healing*—

PITTA FOOD PROGRAM

E-GUIDE

*When diet is wrong, medicine is of no use.
When diet is correct, medicine is of no need.
~Ayurvedic proverb*



ILEANA GONZALEZ -
WWW.APURVAWELLNESS.COM



TASTES



Best

Sweet
Bitter
Astringent



Avoid

Pungent (hot)
Sour
Salty



PROTOCOL

Foods listed as:

“Best” can be eaten without reservation on a daily basis.

“Small Amounts” can be eaten in small portions fairly often or in larger portions once or twice per week.

“Avoid” should be eaten only on rare occasions.

Remember, it is not what you do once in a while that matters. Long-term habits determine your health. Healthy habits create a healthy life. Unhealthy habits lead to an unhealthy life.



Grains

It is best to eat these as a cooked grain or an unyeasted bread. Small amounts of yeast breads are all right however. Grains should make a large portion of the diet.

Best: Barley, white basmati rice, millet, oats, white rice, wheat, whole wheat

Small Amounts: Brown rice (only in acute pitta conditions, otherwise it can be used often)

Avoid: Buckwheat, corn flour

Dairy

It is best to use raw or organic milk. Milk should be taken warm with a small amount of ginger and cardamom.

Best: Unsalted butter, cottage cheese, cream cheese, ghee, milk

Small Amounts: Hard, non-salted cheeses

Avoid: Buttermilk, salted cheeses, sour cream, kefir, cultured milks, yogurt

Sweeteners

Best: Maltose, maple syrup, rice syrup

Small Amounts: Dextrose, fructose, honey, table sugar

Avoid: Molasses, raw sugar



Oils |

Best: Ghee, olive oil

Small Amounts: Avocado, canola, corn, coconut, soy, sunflower

Avoid: Almond, castor, flaxseed, margarine, mustard, peanut, safflower, sesame

Fruits |

Sweet and ripe fruits are best. Avoid sour fruit.

Best: Apples, avocados, blackberries, blueberries, cantaloupe, coconut, cranberries, dates, dried fruit, figs, grapes, lemons, limes, nectarines, pineapple, prunes, raisins, raspberries, strawberries

Small Amounts: Apricots, bananas (very ripe only), cherries, grapefruit, oranges, pineapple

Avoid: All sour fruits, such as sour oranges (mandarin), sour pineapple, sour plums, papaya, olives, tangerines, and all unripe fruit

Vegetables |

Vegetables are best eaten fresh. You may eat large amounts. Eat them cooked in the winter or if digestion is weak. Eat them raw in the summer if your digestion is strong. Fresh green vegetable juices are very good. Those with arthritis should avoid all nightshades.



Legumes |

Best: Black lentils, chickpeas, mung beans, split peas, soybeans (soy products), tofu

Small Amounts: Aduki beans, kidney beans, navy beans, pinto beans

Avoid: Red and yellow lentils

Spices |

When spicing, the overall spiciness is more important than individual spices. Even some “Avoid” spices can be used if balanced with other spices on the “Best” list. For pitta, food should be spiced mild to moderate and never very hot or bland.

Best: Cardamom, catnip, chamomile, coconut, coriander, dill, fennel, lemon verbena, peppermint, saffron, spearmint, turmeric

Small Amounts: Basil, bay leaf, black pepper, caraway, cinnamon, cumin, ginger (fresh), oregano, rosemary, thyme

Avoid: Anise, asafoetida, calamus, Cayenne pepper, cloves, fenugreek, garlic (raw), ginger (dry), horseradish, hyssop, marjoram, mustard seeds, nutmeg, poppy seeds, sage, star anise



Best: Alfalfa sprouts, artichoke, asparagus, bean sprouts, bell peppers, bitter melon, broccoli, Brussels sprouts, cabbage, cauliflower, celery, cilantro, cress, cucumber, green peppers, kale, leafy greens, lettuce, mushrooms, onions (well cooked), peas, pumpkin, seaweed, squash, zucchini

Small Amounts: Avocado, beets, carrots, corn, eggplant, garlic (well cooked), parsley, potatoes, spinach, sweet potatoes, vine-ripened tomatoes

Avoid: Chilies, hot peppers, mustard greens, onion (raw), radishes, tomato paste, tomato sauce and any hot or pungent vegetable

Nuts and Seeds |

Best: Coconut, sunflower, pumpkin seeds

Small Amounts: Piñon nuts, sesame seeds

Avoid: All sour fruits, such as sour oranges (mandarin), sour pineapple, sour plums, papaya, olives, tangerines, and all unripe fruit

Meats |

If you choose to eat meat, limit consumption to 2-3 times per week.

Best: Chicken, egg whites, fresh water fish (trout), turkey

Small Amounts: Beef, duck, egg yolk, lamb, pork, sea fish, venison, any other red meat



Condiments |

Best: Carob sweetened with the best sweeteners noted above

Small Amounts: Mayonnaise, sweet mustards

Avoid: Chocolate, salt, vinegar

Beverages |

Best: Five cups of water per day. Bitter and astringent herb teas such as alfalfa, chicory, dandelion, hibiscus, and strawberry leaf. These can be found in grain beverages such as Sipp, Pero, Inka and Cafix. Milk, wheat grass juice. Try the Pitta tea available at the front desk.

Small Amounts: Chai tea or black tea, diluted fruit juice with one-half water

Avoid: Alcohol, carbonated water, coffee, sweet fruit juices, spicy herb teas, soft drinks, tomato juice

Seeds and Herbs |

Best: licorice root, fennel seed, coriander seed, mint leaf, cardamom seed, alfalfa leaf, chamomile flowers, jasmine flowers, lavender flowers, rose buds, rose hips



| Teas and Recipes |

Rose Coriander Tea

Add 1 tbsp. rose petals and 1/2 tsp. coriander seeds to ½ liter boiling water

Alfalfa Burdock Mint Tea

Steep alfalfa, burdock root and mint teas in hot water. Drink up to 3 cups a day.

Licorice Peppermint Tea

1 tsp dried mint, 1 tsp dried licorice, 2 cups boiling water. Steep for 5 minutes.

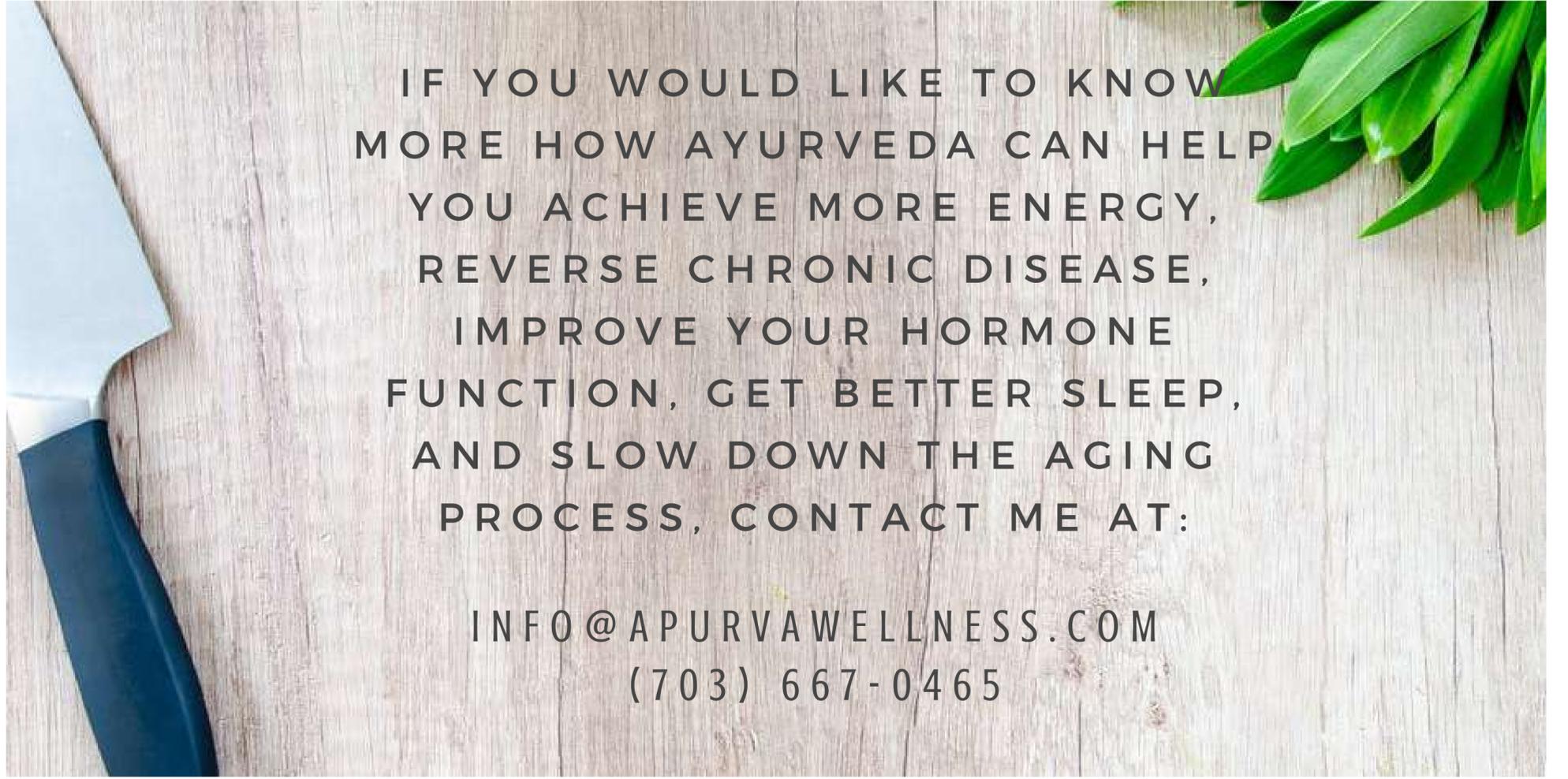
— *Who am I?* —



Ileana Gonzalez
NAMA Professional

member

I founded Apurva Ayurveda Healing in 2011 to bring the ancient healing secrets of ayurveda to Northern Virginia. I believe in the long term rewards of a healthy lifestyle, and am very much committed to offering my clients the tools and the support needed to live a life of balance and wellbeing.



IF YOU WOULD LIKE TO KNOW
MORE HOW AYURVEDA CAN HELP
YOU ACHIEVE MORE ENERGY,
REVERSE CHRONIC DISEASE,
IMPROVE YOUR HORMONE
FUNCTION, GET BETTER SLEEP,
AND SLOW DOWN THE AGING
PROCESS, CONTACT ME AT:

INFO@APURVAWELLNESS.COM
(703) 667-0465

YOUR DIGESTIVE SYSTEM IS VERY DELICATE AND CAN BE
AFFECTED BY MANY FACTORS. BECOMING AWARE AND
CONSCIOUS THAT THE ACT OF NOURISHING YOUR BODY IS A
SACRED ACT, WILL KEEP YOUR DIGESTIVE SYSTEM FUNCTIONING
AT ITS BEST, AND YOU FEELING YOUR ULTIMATE BEST!

YOU ARE NOT WHAT YOU EAT, YOU ARE WHAT YOU DIGEST, BOTH
PHYSICALLY AND MENTALLY. KEEP YOUR FOOD AND YOUR
THOUGHTS PURE AND CLEAN, AND YOU WILL FEEL LIGHT,
JOYOUS, AND FULL OF ENERGY.