

- ◆ Antidotes, like cardamom in coffee, or ghee and black pepper with potatoes, often can help alleviate some of the negative effects. (Coffee is stimulating and ultimately depressing to the system, and potatoes cause gas).
- ◆ If foods with different and possibly aggravating qualities, such as a mixture of vegetables, are cooked together in the same pot, the foods tend to learn how to get along. Using appropriate spices and herbs helps with this too.
- ◆ Eating a ‘bad’ combination occasionally usually does not upset the digestion too much.

#### SOME USEFUL TIPS TO AID DIGESTION:

- ◆ Eat \_ teaspoon fresh grated ginger with a pinch of rock salt before each meal to stimulate agni.
- ◆ Salt also aids digestion, and helps to retain water.

- ◆ Alkalies help digestion and regulate gastric fire.
- ◆ Ghee stimulates *agni* and improves digestion.
- ◆ Small sips of warm water during a meal will aid digestion and absorption of food. Do not drink iced water as it slows *agni* and digestion. Indeed ice water should not be taken under most circumstances, as it is too shocking to the system.
- ◆ Proper chewing is essential to good digestion, ensuring food gets thoroughly mixed with saliva.
- ◆ A cup of *lassi* at the end of a meal also aids the digestive process. Make by blending \_ cup yogurt with 2 pinches of ginger & cumin powder in 1 cup water.
- ◆ Ideally, one should fill the stomach with one-third food, one-third liquid and one-third should be empty.

The following table lists some\* of the **incompatible food combinations** worth avoiding:

Don't Eat:	With
Beans	fruit; cheese, eggs, fish, milk, meat, yogurt
Eggs	fruit, especially melons; beans, cheese, fish, kitchari, MILK, meat, yogurt
Fruit	As a rule, with <b>any other food</b> . (There are exceptions, such as certain cooked combinations, as well as dates and milk, which have the same rasa, virya and vipaka.)
Grains	fruit; tapioca
Honey**	With equal <b>GHEE by weight</b> (e.g. 1 tsp. honey with 3 tsp. ghee); boiled or cooked honey.
Hot drinks	mangos; cheese, fish, meat, starch, yogurt
Lemon	cucumbers, milk, tomatoes, yogurt
Melons	EVERYTHING – especially dairy, eggs, fried food, grains, starches. Melons more than most fruit should be eaten alone or left alone.
Milk	BANANAS, cherries, melons, sour fruits; bread containing yeast, fish, kitchari, meat, yogurt
Nightshades e.g., potato, tomato	melon; cucumber, dairy products
Radishes	bananas, raisins; milk
Tapioca	fruit, especially banana and mango; beans, raisins, jaggery
Yogurt	fruit; cheese, eggs, fish, hot drinks, meat, MILK, nightshades

Foods in CAPITALS are the most difficult combinations.

\* These guidelines are by no means an exhaustive list. It must be remembered that a proper Ayurvedic diet should also consider nutritional value, constitution, seasons, age and any disease condition.

\*\*According to ancient Ayurvedic literature, honey should never be cooked. If cooked, the molecules become a non-homogenized glue that adheres to mucous membranes and clogs subtle channels, producing toxins. Uncooked honey is nectar. Cooked honey is considered poison.

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