

WEALTH OF  
FOOD  
HEALTH OF  
HEART



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# Wealth of Food Health of Heart

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Foreward

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Preface

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## BODY CHANGES VIS - A - VIS EVOLUTION

During the last few decades there have been phenomenal changes all over the world including India in the diet and life style. We are eating a diet today that the human body has not had the time to get adapted to. The evolution of the body is a gradual process. It occurs over long periods of time, thousands of years. When communication and transportation were not as they are today, people used to eat mostly what was available and grown in their region. Now it is different. You can get all types of food all the year round.

Overweight is relatively a modern phenomenon. Thousands of years ago finding enough food was a problem. Even today the abundance of food is only in certain parts of the world and for certain strata of people only. Vast majority of people have not enough to eat. Dieting is not their problem.

The body can easily convert dietary fat into body fat. In the times of starvation the body utilises this reserve store of energy. However for those who are trying to lose weight by dieting the body's metabolic rate (BMR) is slowed down to help to conserve weight. These two mechanisms -- easy conversion of dietary fat into body fat and slowing down of metabolic rate when food is restricted—are the main impediments in the control of obesity by conventional dieting, which advocates restriction of

calories.

Today many people eat a diet high in animal fat and dairy products, rich in fat, salt and sugar, and lead a sedentary life. Our body genes have not had enough time to adapt to gross changes in our diet and life style.

## OBESITY

According to the modern view overweight is not necessarily more weight than that in standard charts of height and weight. The normal weight for a person is that weight with which he is able to perform his daily activities for his age without discomfort or fatigue.

It is a common belief that overweight is the result of imbalance between energy intake and expenditure. This is only partially true. Obesity is commonly due to overeating, faulty eating, sedentary habits and at times a medical cause like hypothyroidism. It is rarely familial or hereditary.

In consideration of obesity it would be well to remember that all food calories are not alike. A fat calorie is not the same as a calorie from protein or carbohydrate. Fat has twice as many calories as that of protein or carbohydrate. 1 gm. of protein or carbohydrate gives 4 calories. 1 gm of fat gives 9 calories. The body converts dietary fat easily into body fat. It spends 10 times more energy to convert protein or carbohydrate into body fat than that required for the dietary fat conversion. The body spends only 2.5 calories as energy to convert 100 dietary fat calories into body fat, whereas it spends 23 calories as energy to convert 100 protein or carbohydrate calories into body fat. Furthermore, only 1% of dietary protein or carbohydrate ends up

as body fat. So the body would rather use them up than spend energy to store them. Therefore, when you take more of carbohydrate and protein instead of fat, you consume fewer calories and yet feel more energetic. The body requires only 4% - 6% calories from dietary fat for important body functions. More than 30% of fat calories leads to excess weight, heart disease, and other illnesses.

During the conventional dieting the size of fat cells in the body shrinks though the number of fat cells do not decrease. In addition to feeling hungry, the body tries to compensate the reduced intake of food by slowing down the rate of burning calories, that is basal metabolic rate (B.M.R.), and one may not lose weight in spite of eating less. This dampens the motivation. When the person goes off the diet and starts eating even normal food, he may gain more weight than was lost. This explains why it is harder to lose weight each time you go through the yo-yo cycle of dieting. **Reduction in the fat content of diet without reducing the quantity of food consumed may lead to a more steady weight loss than can be achieved through the conventional dieting.** Moreover, when the consumption of complex carbohydrate is increased, metabolic rate may also increase. Thus with adequate intake of food and without feeling hungry and deprived one could lose weight.

**Obesity causes many health problems like**

hypertension, diabetes, heart disease, orthopedic problems, skin irritation, reduced exercise capacity and psychological problems like social isolation, passivity and negative self-image. All this impairs the ability to compete and reduce the chances of success in life.

## CARBOHYDRATES

Carbohydrates are : (a) simple (b) complex. Complex carbohydrates are low in calorie, high in fibre and fill you up quickly, and a feeling of satiety is reached before you eat too much. They are absorbed slowly, so the sugar level does not rise quickly in the blood, keeping the blood sugar and energy levels rather constant. Complex carbohydrates are found in grains (cereals) legumes, pulses, fresh green vegetables, and seasonal fruits.

All carbohydrate-rich foods have not the same proportion of simple and complex carbohydrate content. Grains, fruits, and vegetables do not contain all the carbohydrates in the complex form. They do have a small amount of simple carbohydrates, the proportion of which varies. The root vegetables like potatoes, sweet potatoes, carrot, yam, and polished rice have a considerable amount of simple carbohydrates. The leafy vegetables contain very little simple carbohydrates.

Refined sugar, jaggery, commercially prepared honey, glucose, and alcohol are simple carbohydrates. Simple carbohydrates are absorbed quickly in the blood, raising the blood sugar levels fast. This results in high levels of insulin secretion which lowers the blood sugar quickly, often to a very low level. According to Dag Poleaszynski, "the low blood sugar level produces a severe state

of stress, giving rise to emotional instability in the form of depression, anxiety, irritability, and a craving for more sugar". One may consume a large amount of simple carbohydrates without feeling full. The rise in insulin secretion leads to deposition of fat and the increased synthesis of cholesterol. The body's inability to deal with the huge fluctuations of blood sugar results in fatigue, nervousness, and lack of concentration. Cardiovascular ailments have been linked directly to overconsumption of sugar.

Alcohol does not only have the disadvantage of simple sugar but also suppresses body's ability to burn fat. It has been shown that 3 oz of alcohol reduces body's ability to burn fat by about one third.

## PROTEINS

There are two sources of proteins : vegetable and animal. The vegetable proteins are mainly derived from legumes, grains and pulses. The animal proteins are from milk, eggs, fish, chicken, and meat. The vegetable proteins are not complete proteins. They are deficient in one or two essential amino acids. (protein building blocks.).

By combining various vegetable proteins, the missing amino acids can be provided. e.g. one part of legume with three parts of grains. (dal and chappati). Even various vegetables could be combined with legume and pulses. A small amount of dairy products like defatted milk or yogurt could also be added. By a judicious use of such combinations a lot of varieties and tasty vegetarian dishes can be prepared, yeilding all the essential amino acids.

Legumes are an excellent source of proteins and many other nutrients. They are rich in fibre, low in fat, and recently have been known to lower cholesterol. Moreover, they are an inexpensive source of proteins as compared to animal proteins.

In adults proteins are necessary only for the wear and tear of tissues and some important body functions. Protein from animal source including dairy products are not necessary as they may be atherogenic. A balanced diet of grains, pulses, and

legumes have all the necessary ingredients required for the normal functions of the body. Only 10% to 15% of calorie intake from vegetable proteins is needed. The diet recommended in this book easily meets with this requirement.

## FAT

We now know that dietary fat of 25% to 30% of total calorie intake will not promote any significant atherosclerotic regression, whereas less than 10% fat diets may. All of the regression studies suggest far lower fat guidelines. Further research is needed to determine the optimal fat intake for heart disease reversal and prevention. We believe that the acceptance of lower fat diets by the patients can be achieved when they are made aware of their ability to influence the reversal of atherosclerosis by the committed health care providers (Doctors and Dietitians). In our study, most patients with severe coronary disease have done well with less than 15 to 20 gm of fat in their daily diet.

The ingenious cooking techniques utilising the latent natural oils from vegetables can offer a variety of tasty foods. This helps keep up the motivation of people, normally used to high fat intake, to persist with low fat diet.

## **FIBRE**

Fibre makes the roughage of food. It is also rich in some vitamins and minerals. It is available from the outer coat of grains (bran), pulses, and from fruits and vegetables.

The advantages of fibre in diet are many. It constitutes the bulk and gives the feeling of fullness with smaller quantities of food, and thus controls weight. It helps reduce calorie intake, lowers cholesterol and triglycerides in the blood, slows down the absorption of carbohydrates, steadies blood sugar levels, relieves constipation and prevents fissures, piles and probably even the cancer of colon.

## SALT

Salt causes the body to retain fluids. If you consume a lot of salt, your body retains more water to dilute the salt concentration to proper levels. Therefore, eating a lot of salt makes the weight loss difficult. There is also some evidence that the increased consumption of salt accelerates the hardening of arteries.

It is common knowledge that the patients of high blood pressure and heart disease benefit by limiting salt intake. Canned foods, various ketchups, sauces, salad dressings, pickles, papads and most varieties of bread and biscuits are rich in salt. Leafy vegetables are inherently rich in salts and need less salt in their preparations.

Experts recommend not more than 1100 to 3300 mg of sodium for adults. The American Heart Association recommends 1000 mg of sodium with every 1000 calories intake, not exceeding 3000 mg. Roughly one teaspoonful of salt contains 2000 mg of sodium. By adding green chillies, coriander leaves, lime and other spices to food the use of salt can be reduced. Natural taste and flavour are enjoyed better with less salt. Like all tastes salt is also an acquired taste.

## FREE RADICALS

Free radicals are a by-product of normal metabolism and their production varies in response to the kind of diet, sunlight, x-ray and pollution such as cigarette smoke and car exhaust fumes. The excess of free radicals damages the cells of the body, hastens ageing and contributes to causing heart disease, cancer, lung diseases and cataract. They also impair the function of the immune system.

The diet of animal fat and red meat is rich in oxidants. They cause the body to produce excess of free radicals. A vegetable diet rich in complex carbohydrates and low in fat is high in anti-oxidants that help the body to remove free radicals. Betacarotene which is provitamin A as well as vitamins C and E are antioxidants. They are free radical scavengers and hence useful in the treatment of atherosclerotic diseases.

## RAW FOODS

Fresh raw foods are known as 'living foods'. Raw food diet is also called macrobiotic diet. They supply the nutrients and vitamins in abundance and are very useful in long standing chronic illness. Normally because of its great adaptability the human body is able to derive the required nutrition from the cooked foods. The prescription of raw food diet to prevent illness and maintain good health has more than one limitation: one, its unacceptability; two, the inconvenience of getting the necessary items of food round the year. Moreover, in the tropical climates, preservation and hygiene are difficult to accomplish. This may be possible in a small family with good means. Even then it requires a good deal of motivation. Particularly when you eat out, raw foods may not be hygienically quite safe and there could be a risk of dysentery, jaundice and typhoid fever. In our daily meals salads make good raw food.

## IDEAL DIET

In an average Indian diet the fat content is about 30% - 40% of the total calories. It is an important ingredient which makes food tasty. There is a general feeling that fat gives strength and energy. In small quantity fat is required for some important body functions. Fat stored in the body acts as a reserve source of energy in case of inadequate or no intake of food. When fat is stored in excess, it tends to accumulate under the skin all over the body and more over the abdomen. Excessive fat leads to lethargy and sedentary habits which in turn increase obesity with all its disadvantages.

The diet recommended here is pure vegetarian, even excluding large amount of defatted milk (animal protein). The diet should be rich in complex carbohydrates and vegetable proteins like grains, pulses, lentils, fresh green vegetables and seasonal fruits. However the intake of simple carbohydrates should be limited; they are refined sugar, jaggery, polished rice, preparations of rice (puffed rice, *poha*), commercially prepared glucose, honey and sugarcane juice. Simple carbohydrates are rapidly absorbed leading to increased insulin secretion with its attendant disadvantages such as increase in cholesterol synthesis and deposition of fat, the increased growth of smooth muscle cells in the walls of arteries, the stimulation of sympathetic

system as in emotional stress resulting in the increased tendency of constriction of arteries, platelets aggregation and clot formation in the arteries.

Complex carbohydrates are rich in fibre. They are slow in absorption, so a feeling of satiety comes with smaller quantities of food. Blood sugar fluctuations are minimum and insulin secretion is normal.

The body requires only about 4% to 6% of calories from fat to synthesize what are known as the essential fatty acids. Reversal diet has 10% fat which is more than enough. Above 30% dietary fat leads to excess weight, heart disease and other illnesses. There is no need to be calorie conscious as long as fat is restricted to less than 10% of total calorie. However, if you consume simple carbohydrates in excess it will lead to fat deposition, increased triglyceride formation, and may not help in checking atherosclerosis. One may eat enough to satisfy one's hunger but stuffing should be avoided.

## DIETING

CONVENTIONAL	NON-CONVENTIONAL
<ol style="list-style-type: none"><li>1. Restriction of calories; quantity of food consumed is less.</li><li>2. Feeling of hunger and adequate deprivation</li><li>3. Lack of energy and feeling fatigue</li><li>4. The body tries to conserve the weight in the face of lack of food intake by diminishing the basic metabolic rate (BMR). This does not help weight reduction.</li><li>5. As the weight loss is not achieved as desired, motivation is dampened and people tend to go off the diet.</li><li>6. There is a rapid gain in weight when a person gives up dieting as during dieting fat cells are reduced in size, not in number.</li><li>7. Yo-Yo dieting leads to frequent weight fluctuations with a higher risk of heart disease.</li></ol> <p>(Dr Kelly Brownell).</p>	<p>Only restriction of fat calories quantity consumed is sufficient.</p> <p>Feeling of satiety due to consumption of complex carbohydrates and proteins.</p> <p>Feeling of energy due to of sufficient calorie intake</p> <p>The consumption of adequate amounts of carbohydrates leads to increase in BMR, Which helps in weight reduction.</p> <p>When a diet high in carbohydrate and low in fat is eaten, more thyroid hormone is converted to the active form. It results in increase in BMR.</p> <p>As weight loss becomes easier to achieve there is a fillip.</p> <p>Fall outs are few. There is a steady weight loss.</p> <p>They continue to enjoy the new way of eating.</p>

## SMALL FREQUENT MEALS

The recent studies have shown that small frequent feeds are beneficial to maintaining good health, especially for heart patients. A large meal tends to stimulate higher insulin production which results in the fluctuating blood sugar levels. In small frequent meals the blood sugar levels remain more constant without many ups and downs.

A University of Toronto study published in 1989 found that the people who nibble through the day have significantly lower blood cholesterol levels than the people who stick to the three meal a day regime. However, what you eat (nibble) is still very important. If what you consume is rich in fat and sugar, it certainly does not help.

## EATING WITH AWARENESS

In our busy schedule we have many things to do at a time. To eat leisurely may seem a luxury. We gulp down breakfast while reading a newspaper, take a lunch attending phone calls, eat a dinner watching T.V. or engrossed in a conversation. When this happens, we consume food without being aware of the amount or the taste of food. When we are eating and doing something else we are not focussing on what we are eating, with the result that we do not enjoy our food fully, are likely to overeat, and digest food less effectively.

When we eat with awareness, we enjoy our food fully, are conscious of the quantity of food we eat. So overeating is avoided in order to control weight. Moreover, when we eat with awareness, we observe that a rich fatty meal makes us sluggish and tired. On the other hand, with the low-fat high complex carbohydrate diet, with small quantities we feel satisfied, light, and energetic. This motivates us to make the right choices while eating.

All religions and cultures have a tradition of saying a prayer before eating. Prayer calms the mind and helps one to enjoy the food with awareness. When we eat without awareness, we not only fill the hunger but also fill the void within with food. The feeling of void is due to the sense of isolation. Meditation heals isolation and is thus a food for the soul. It helps in more than one way in letting us enjoy our food and yet control weight.

## **SECTION - II**

In this part of the book, an attempt is made to reconcile the traditional food habits and innovative cooking methods using minimal oil, ghee, salt and sugar. A new turn of mind and old recipes viewed with new eyes make all the difference.

This is not a recipe book, but a guide to healthy cooking. The participants of our program who had the benefit of dietary counselling were encouraged to prepare some very tasty low fat common dishes. Some of the recipes are given at the end.

### **GRAINS**

Wheat, millet, rice, corn etc. are grains. They are the seeds of grasses with different flavours and textures. The whole grains and all cereals have identical chemical composition and nutritive value. They are rich in carbohydrate, for their average carbohydrate content is 70 gms per 100 gms and provide energy and proteins of good quality. They also contain essential vitamins and minerals. The refining process destroys a large part of proteins, vitamin E, and fibre. Sprouted legumes and grains have added nutritional value of vitamins B Complex, C, E, calcium and iron.

## SOYABEAN

Soyabean is one of the most nutritious and complete vegetable foods. It belongs to the family of pulses. It is an important source of oil, protein and a fairly large amount of complex carbohydrates. It makes a very suitable food for diabetics and heart patients.

Soyabean is known for its food value. Apart from protein it has vitamins and minerals. Its protein is of great biological value. It compares well in every respect with the protein of milk, eggs and meat. Lecithin content is abundant in soyabean which helps disperse deposits of fatty material and cholesterol in arterial wall.

Soya flour can be mixed with wheat flour to ~~make~~ *chapaties*. Yogurt or curd can also be prepared from soya milk. Researches have now discovered the protective property of soyabeans in breast cancer and heart disease.

## **PULSES AND LEGUMES**

Pulses are cultivated in all parts of the world and they have an important place in our diet. In India especially the vegetarian people depend largely on pulses and legumes for their staple food. Pulses contain more protein than any other plant. They have been described as the "Poor man's meat". A combination of pulses and grains have nutritive value as good as animal proteins.

Sprouting the pulses not only improves nutritive value but also its digestibility. In the process of sprouting vitamins, minerals and proteins increase substantially.

## CHAPATI (*ROTI*)

Chapati is staple food all over. They include *chapati* (Roti), *paratha*, *puri*, *bhakhari* and *nan*. In all these preparations whole wheat flour, sifted flour (removing only the husk) and *menda* (removing the superficial protein content of wheat) are largely used. Whole wheat flour has better nutritive value in its protein, fibre and vitamin content. Therefore, it may be used in all these preparations. The addition of bran or soya flour to whole wheat flour increases its food value. *Menda* (Maidha) should preferably be avoided. Brown bread is better than white bread. Pizza bread, usually made of white wheat flour and a lot of oil, could be replaced by toasted brown bread.

Another common ingredient of *chapati* is its oil content. Oil, ghee or butter is used freely either in preparing the dough or it is applied over the baked chapati. If the flour is soaked in water for sometime and the dough is well kneaded it can be made soft with very little oil. *Ghee* or butter need not be applied when *chapaties* are eaten hot. Similarly brown bread can be taken without butter. *Parathas* can be prepared on non-stick fry pan with very little oil. *Puries* being deep fried had better be avoided. *Rotala* (loaf) is thick *chapati*. It is made of corn flour, millet or *jawar* and can be eaten round the year. Oil is not needed in making the dough. The use of hot water makes the dough soft.

## VEGETABLES

Vegetables are complex carbohydrates, low in calorie, high in fibre and full of vitamins and minerals. Unlike nonvegetarian food, vegetarian diet has a wide range of seasonal fresh vegetables.

Vegetables can be cooked seperately or may be combined with pulses, legumes or flour to make pancakes, cutlets, *dhokala*, vegetable mix, soups and salads.

Leafy vegetables are a good source of Vitamins A, B, C and minerals like calcium and iron. They are low in carbohydrate content. Root vegetables like potato, sweet potato, yam and *suran* are rich in simple carbohydrates and hence may be taken moderately. Onion, turnip, raddish, carrot, beetroot contain less quantity of simple carbohydrates. They may be added to other vegetables, salads and soups for better taste, aroma and creaminess.

In order to retain their nutritive value vegetables may be washed whole before cutting them. Normally they are cooked dry or with gravi. In dry cooking usually considerable amount of oil is used. Instead, if they are steam cooked without being overcooked and water is allowed to evaporate before cooking them in a non-stick pan, much less oil is required and their natural taste is preserved. In this way *parval*, *tindola*, cauliflower, *kankoda* and other stuffed vegetables can be cooked. Onions

and tomatoes when mixed with other vegetables would need much less oil in dry cooking. When pulses and legumes are mixed with vegetables and cooked in pressure pan less oil is required. Cooking time is also reduced. Natural taste is preserved. By mixing vegetables with pulses the missing amino-acids (protein making block) are provided to make complete protein. Spices may be used if needed. Here are some combinations :

\**Turia, galka* or *dudhi* (gourd) with *chana dal* (bengal gram) *mung dal* (green gram).

\*Brinjal or onion with chick peas or split beans.

\*Tomato and or onion with black-eye beans or bengal gram.

\*Pumpkin, brinjals, onions, tomatoes with black-eye beans.

## CUTLET

In preparation of vegetable cutlet all the vegetables are steam-cooked and water is allowed to evaporate, so that it does not become soggy. Then the cooked vegetables are coarsely mashed. Powdered corn flakes or bread crumbs are added to bind the vegetables and make them crispy. They should be roasted on a non-stick fry pan, not deep fried.

## BAKED DISH

This is a preparation made with white souce, vegetables, fruits, spagetti, macroni and noodles. In the preparation of white sauce, instead of refined white flour, corn flour can be used. Corn flour is mixed with cold defatted milk and then heated to make a thin paste. Paneer can be added to it instead of cheese. A paste prepared from mashed potatoes and yogurt can serve the purpose of cheese to make the top crust.

## HANDVA

Flour, vegetable oil and vegetables like *dudhi* etc. are the ingredients of this baked dish; by increasing the proportion of vegetables like *dudhi*, peas, cauliflower and french beans to flour and using yogurt, the use of oil can be minimised.

## NUTS AND SEEDS

The most popular nuts are almond, cashew, groundnut, pistachio and walnut. Nuts are high in protein, fat and carbohydrates. Almond fat is unsaturated and provides one of the most beneficial fatty acids known as Linolenic acid. This fatty acid is polyunsaturated and is helpful in lowering serum cholesterol. A few nuts, 4 to 6 almonds a day could be taken with advantage.

The seeds which are in common use are mustard, sunflower, sesame and safflower. They are a good source of protein, essential fatty acids, lecithin, minerals, vitamin B complex and vitamin E.

## SOUPS

In preparation of soups butter, *maida* (white wheat flour) or corn flour are commonly used for creaminess. Instead, creamy taste can be achieved by adding *dudhi*, *potato*, onion, carrot etc. e.g. potato can serve as a creamer to spinach soup. Cabbage and fresh green peas make a very tasty soup. Plain cauliflower is creamy on its own. Fresh corn soup can be prepared by simmering the grated corn for 10 to 15 minutes in water. A variety of soups could be made of vegetables, legumes or of the combination of both.

## SALADS

It is quite common to use olive oil, salad oil, fresh cream, cheese, vinegar etc. as salad dressings. Instead, yogurt can serve as a good creamer, and fresh lime juice could replace vinegar. Vegetable jelly, sprouted pulses and fruits also make good salad ingredients.

We have a vast variety of salads such as mixed vegetable salad; mixed vegetable and fruit salad; mixed vegetables, fruits, sprouted pulses and vegetable jelly salad. Black pepper, coriander leaves and lime are used to garnish salads. Most salads taste better when chilled.

## SWEETS AND DESSERTS

In India usually dessert does not form part of a meal. But the practice is to serve a sweet dish along with the meal only on special occasions. In preparation of some sweets instead of refined sugar, jaggery and commercially prepared honey, sweet fresh fruits like *chikoo*, mango, bananas, figs and sweet dry fruits like dates, figs and raisins could be used.

### HALWA

*Halwa* is a very popular sweet e.g. carrot *halwa*, *dudhi halwa* etc. *Ghee* is normally used in its preparation. Instead, grated vegetables can be directly added to defatted milk along with a small quantity of skimmed milk powder. Sugar should be used sparingly. Now-a-days sweetened condensed milk is often used in preparation of *halwa*. It is rich in sugar and fat, hence better be avoided.

### RICE PUDDING

Rice Pudding is another popular sweet. Here, instead of rice broken wheat or vermicelli can be used.

## PURAN POLIE

Sweet stuffed *chapati* has a good deal of protein and complex carbohydrates. However it will be desirable to go slow on sugar and avoid *ghee* on the top. If you eat it hot, you can do without *ghee*.

## SHRIKHAND

Market shrikhand is full of fat and sugar and is not always hygienically safe. It can be prepared at home from fat free curd after draining water from it. If curd is not sour and fresh fruits are added, then less of sugar will be needed.

## VEGETABLE JELLY WITH FRUITS

Vegetable jelly with fruits also makes a good dessert. Jelly is rich in sugar but has no fat. Fruit jelly with more fruits and proportionately less jelly makes a good sweet dish.

Sweets which are ordinarily made of *ghee*, sugar and *mava*, which is hygienically unsafe and full of fat, should be avoided. Instead, sweets made of paneer with moderate sugar could at times be taken.

Fruit salad can be made by mixing fruits with defatted milk as long as milk does not curdle with sour fruits. Instead of custard, skimmed milk

powder can be added. It would be ideal to take fresh fruits as dessert.

## ICE CREAMS

Ice cream is all cream, but can also be made of defatted milk, fruits and moderate sugar. Soyamilk could also be used.

## RECEPIES

### BRAN PULAV

- 1 cup broken wheat
- 1 cup green peas
- 3 cups hot water
- 1 big onion
- 2 green chillies
- 2 teaspoons vegetable oil.
- grated ginger

Heat oil, add cumin seeds and finely chopped onions and fry. Add broken wheat, peas, chilli, ginger and very little salt. Stir well, add water and cook on slow uniform heat till wheat is cooked. Serve with curd or soup.

### VEGETABLE RICE

- 1 cup rice
- 1 cup green peas
- 1 cup chopped carrot
- 1 cup grated brinjal
- 2 - green chillies finely chopped.
- 4 pieces of cinnamon
- ½ teaspoon cumin seeds
- 1 - tablespoon oil
- garlic (3 to 4 pieces)
- a few cloves
- salt to taste.

Wash rice and soak in just enough water for 1/2 hour. Heat oil; add cloves, cumin seeds and cinnamon in a vessel. After draining the water from the rice add vegetables. Pour enough water to cook the rice. Then add garlic, green chillies and salt. Mix well and cook in a pressure cooker. Before serving mix gently and serve hot.

## VEGETABLE NOODLES

- 250 gms. wheat noodles
- 150 gms. cabbage
- 150 gms. french beans
- 150 gms. green peas
- 150 gms. chopped carrot
- 100 gms. *dudhi* (gourd)
- 250 gms. ripe tomatoes
- 150 gms. capsicum
- 1 tablespoon oil
- 150 gm. onions
- 1/2 teaspoon cumin seeds
- 6 cloves
- 6 cinnamon pieces
- ginger
- finely chopped green chillies
- black pepper
- salt to taste.

Cut all the vegetables into small pieces and steamcook for 15 minutes. Cook the noodles

separately in water. Drain the water from the noodles. Heat oil and add cloves, cinnamon, cumin seeds and onions. When onions turn a little brown, add tomatoes and stir gently. Transfer all the vegetables and noodles and mix well. Cover the vessel and cook on low heat for 5 minutes. Serve hot. It may be taken with defatted curd.

## **STUFFED CAULIFLOWER**

- 750 gms. cauliflower
- 750 gms. green peas
- 200 gms. chopped onion
- 500 gms. tomatoes
- 1 tablespoon oil
- ½ teaspoon lime juice
- 2 teaspoon sugar (optional)
- chopped green chillies/ginger / garlic /  
coriander leaves
- salt to taste
- turmeric powder
- coriander powder

Wash the cauliflower and cut it into big pieces. Steam cook cauliflower for 10 minutes. When cool, stuff the cauliflower pieces with the pea paste prepared by grinding peas with green chillies and garlic. Make a tomato paste in a mixture. Fry the onions in a thick bottom pan and add to it the tomato paste, turmeric powder and little

salt. Arrange the stuffed cauliflower pieces on tomato paste. Cook on low fire for five minutes. Garnish with coriander leaves.

## VEGETABLE *DHOKLA*

- 250 gms. gourd (*dudhi*)
- 300 gms. spinach
- 200 gms. fenugreek leaves (*methi*)
- ½ cup curd
- ¾ cup coarse wheat flour or corn flour and ¾
- 1 tablespoon oil
- cup gram flour
- ginger, green chilli paste
- mustard seeds
- salt/ dry chilli powder / coriander powder

Wash spinach and fenugreek leaves and chop them finely. Grate gourd. Mix wheat and gram flour. Add curd to the flour mix. Add ginger - chilli paste, little salt, dry chilli powder and coriander powder to flour mix. To this add spinach, fenugreek leaves and grated gourd to make a thick paste. Pour it on a thali (Dhokla plate) and steamcook for about 10 minutes. Cut into small pieces. Season it with mustard seeds. Garnish with coriander leaves. Serve hot. Green chutney could be used as a dip.

## **FRESH CORN *CHEVADA***

- 2 kgs. fresh corn
- 2 teaspoon Oil
- 1 cup defatted milk
- 1 teaspoon sugar (optional)
- a few raisin
- a few cashnew nuts
- lime juice, green chilli, coriander leaves,  
mustard seeds

Grate corn. Use a non-stick pan; put oil and mustard seeds and allow the seeds to splutter. Then add the grated corn. Cook on low heat till corn turns light brown. Pour 1 cup of milk and 1 cup of warm water. Keep stirring. Add all the spices, raisins, nuts and lime juice. Garnish with coriander leaves and serve.

## **PIZZA**

- brown bread
- pizza sauce
- yogurt cheese spread
- capsicum - cut into small pieces.

Apply a thin layer of yogurt cheese spread on bread slices. Top them with pizza sauce and pieces of capsicum. Roast in oven till it is light brown.

## TAKO

- 1 cup - black eye beans (*chaula*)
- 4 tomatoes
- 2 capsicum
- 2 onions
- 250 gms *Khakhara* (roasted crisp *chappati*  
from green gram)
- 250 gms. grated green papaiya
- 250 gms. cabbage
- 2 carrots, salt, chilli, ginger

Soak beans for about 4 hours in warm water. Cook in a pressure pan with a little salt, chilli and ginger. When cooked, crush into coarse thick paste. Prepare sauce from tomatoes, onions and capsicum. To serve, take a *khakhara*. Spread the mashed beans on the top. Sprinkle sauce on it. Garnish with grated cabbage, carrot and papaiya.

## BHEL

- 1 cup puffed rice - previously warmed and made crisp
- 1 cup gram-flour macaroni (*seva* in Gujarati)
- 1 cup *khakhara* crumbs or corn flakes
- 1 cup steam cooked sprouted green gram
- ½ cup boiled potatoes cut into small pieces
- ½ cup onions cut into small pieces
- 2 apples cut into small pieces

- ½ cup pomegranate seeds
- date chutney
- green chutney

Mix puffed rice, *seva* and *khakhara* crumbs or corn flakes. To prepare bhel, take the mix in a plate - add onions, potatoes, apple, pomegranates and sprouted green grams. Garnish with dates chutney, green chutney and coriander leaves.

## **DAHIVADA**

- 1 cup green gram dal (*mung dal*)
- 1 cup black gram dal (*udad dal*)
- 1 cup black eyebean dal (*chaula dal*)
- 1 litre yogurt (fresh, not sour)
- dates chutney
- green chillies and ginger paste
- salt / cumin seed powder

Soak all the three *dals* in enough water for about 3 hours. Grind in the mixer to prepare a thick paste. Add a little salt and 2 tablespoonful of yogurt and allow the paste to ferment for about 3-4 hours. Prepare *idlies* from the thick paste as usual. Soak the *idlies* in warm water for about an hour. Squeeze the *idlies*. Mix yogurt with green chillies and ginger paste. Add a little salt and stir it to make a homogenous thin paste. Pour yougurt on *idli* and garnish with date chutney, dry chilli powder and cumin seeds powder.

## ***GUJARATI UNDHIYU***

- 500 gms. double beans
- 100 gms. brinjal (*ravaiya*)
- 100 gms. small potatoes
- 100 gms. yam
- 100 gms. sweet potatoes
- 1 banana
- 1 teaspoon coconut powder
- 2 teaspoons sesame seeds
- 10 groundnuts

Prepare masala paste from green chilli, ginger, turmeric powder, dry coriander powder, asafoetida, sesame seeds, ground nuts, dry coconut powder. Mix all these ingredients into a paste. Half of this paste should be used for stuffing vegetables and the other half for mixing with beans.

Grease the bottom of the pressure pan, with one tablespoon oil. Sprinkle celery seeds. First make a layer of double beans mixed with masala paste. Then place all the stuffed brinjals and potatoes and yam on it. Add 1/2 cup of water. Cook till 2 whistles. Then keep on low heat for about 10 minutes. Before serving, mix gently and garnish with coriander leaves.

## **VEGETABLE RAWA IDLI**

- 100 gms. samolena (*rawa*)
- 10 gms. lentil dal
- 10 gms. fenugreek seeds
- 1 table spoon sour curd
- 100 gms. grated cabbage
- 100 gms. grated carrot
- 1 tablespoon oil
- Salt to taste
- ginger, green chilli paste, mustard seed, curry leaves.

Roast samolena dry. Heat oil with fenugreek and mustard seeds and curry leaves in a vessel. Add the roasted samolena and mix well. Add warm water and stir well to make a thick paste. Keep aside for 2 to 3 hours. Prepare idlies as usual. Serve hot with green chutney.

## **AMIRI KHAMAN**

- 200 gms. or 2 cups green gram dal
- 100 gms. or 1 cup bengal gram dal
- 50 gms. or 1/2 cup rice
- 1/2 cup curd
- 1 tablespoon oil
- 1 teaspoon sesame seeds and mustard seeds, pinch of asafoetida, ginger, green chillies and finely chopped coriander leaves
- salt to taste.

Soak both dals and rice for 2 hours. Grind them in a mixer with green chillies and ginger to form a paste. Add curd. Mix well. Pour the paste in a thali and steamcook. Allow it to cool. Break the *khaman* into small crumbs.

Heat oil and add mustard, sesam seeds, asafoetida and sprinkle on the *khaman* crumbs. Garnish with coriander leaves. Pomegranate seeds, apple pieces, onions and green mango pieces may also be added to the *khaman* crumbs.

## **PANOLI**

- 250 gms. green gram dal
- 4 green chillies
- 2 teaspoons oil
- mustard seeds
- sesame seeds

Finely chopped coriander leaves. Soak the green gram dal for 4 hours. Grind in a mixer with green chillies to make a thick paste. Pour the paste in a thali and steam cook. When cooked, cut the spread into small square pieces.

Heat oil, splutter mustard seeds and sesame seeds. Sprinkle it on the pieces of *panoli*. Garnish with coriander leaves.

## BAKED PURI CHAT

### PURI :

- 1 cup wheat flour
- 2 teaspoon oil
- $\frac{1}{3}$  cup defatted milk
- $\frac{1}{2}$  teaspoon pepper powder
- $\frac{1}{2}$  teaspoon cumin seeds
- salt to taste.

### CHAT :

- 1 large boiled chopped potato
- $\frac{1}{2}$  cup boiled *kabuli channa* (grams)
- $\frac{1}{2}$  cup chopped tomatoes
- $\frac{1}{2}$  cup chopped onions
- $\frac{1}{2}$  teaspoon chilli powder
- 2 teaspoons lime juice
- salt to taste
- finely chopped coriander leaves

Mix flour, salt, oil, pepper powder, cumin seeds and make hard dough with milk and keep aside for  $\frac{1}{2}$  hour. Roll small *puries* and make pin holes on the *puri*. Arrange the *puries* on a plate and bake them in the oven. For *chat*, mix chopped potatoes, tomatoes, onions and boiled *kabuli channa*. Add salt, chilli powder, coriander leaves, and mix well.

Make a layer of the *chat* on the baked *puri* and

sprinkle lime juice. It can also be garnished with yougurt and date chutney.

## **VEGETABLE PAN CAKES (OMELET)**

- 100 gms. bengal gram flour
- 100 gms. rice flour
- 500 gms. gourd
- 1 tablespoon oil
- ginger, green chilli paste, finely chopped coriander leaves
- salt to taste, asafoetida

Mix both the flours and add salt, asafoetida, chilli, ginger paste with coriander leaves. Grate gourd and add to the flour mix and add a little water to make a thin paste. Heat a non-stick pan greased with oil. Pour a big spoon of the thin paste and spread evenly on the pan (like omelet or *dossa*). Cook on low heat till light brown. Turn it over and when done, serve hot with green chutney.

## **LADOO MADE OF WHOLE WHEAT FLOUR**

- 500 gms. coarse wheat flour about 4 cups
- 200 gms. jaggery
- 3 teaspoon oil
- 1 cup defatted milk
- 1 teaspoon ghee
- 5 almonds
- cardamom.

Mix oil with wheat flour. Roast dry in a heavy bottom pan till light brown. Remove it in a plate. Heat jaggery with ghee in the pan, on low heat. Then add roasted flour and mix properly till jaggery melts to a thin paste. . Add powdered almonds and cardamoms. Sprinkle defatted milk to the mix for proper consistency to make *lados*

## **GREEN CHUTNEY**

coriander leaves  
curry leaves  
coconut powder (optional)  
a few groundnuts  
sesame seeds  
green chillies  
garlic (optional)  
lemon  
sugar (optional)

Mix all the ingredients in a mixer to make a thin paste. Add salt and lemon to taste.

This chutney can be used as sandwich spread; as a dip with *khakharas*, vegetable cutlet, sprouted grains, vegetables *dhoklas*, *idlies* and *dahivada*.

Curd can be added to green chutney which will further add to the taste.

When coriander leaves are not available, cucumber and spinach could be substituted.

## MANGO CHUTNEY

- 2 tender green mangoes
- 2 onions
- 2 small green chilli
- ½ teaspoon sugar (optional)
- cumin seed powder

Peel off the skin and grate the mangoes. Grate onions. Mix the grated mangoes and onions. Add finely chopped chillies, salt and cumin seed powder. Stir well to mix.

## DATE CHUTNEY

- 250 gms. dates
- 8 pieces dried green mango (*ambolia*)
- chilli powder
- cumin powder
- salt to taste.

Remove the seeds from dates and wash them well. Wash dried mango pieces to remove salt. Put dates and mangoe pieces in a utensil and add about two cups of water. Allow to simmer on low heat for about 15 minutes. When cool, crush in a mixer to make a thin paste. Add chilli powder, cumin powder and salt to taste. Mix well.

This chutney can be taken with *bhel*, *dahivada*, *pattice*, *khakhara* and with sprouted grains.

## MASALA SPREAD

- 50 gms. green chillies
- 20 gms. garlic
- 1 tablespoon coriander seeds
- 1 teaspoon cumin seeds
- 2 teaspoon sugar (optional)
- 3 teaspoon gram flour
- 2 teaspoons oil
- ½ teaspoon turmeric powder,
- ½ teaspoon red chilli powder.
- salt to taste

Mix all the ingredients and grind in a mixer by adding a little water to make a thin paste. This is masala spread. It can be spread on slices of potato, brinjal, yam on both the sides and cooked on low heat in a non-stick pan, coated lightly with oil.

For tomato slices take a heavy bottom pan. Put one teaspoon of oil and a little water. Apply masala spread on both the sides of tomato slices. Arrange them in the pan and cook on low heat till slices are just cooked and a little gravi forms. Garnish with coriander leaves.

## YOGURT CHEESE SPREAD

- 500 gms. yogurt
- powdered mustard seeds
- salt to taste.

Drain the water from yogurt by hanging it in a thin muslin cloth for about 3 to 4 hours. Add a little salt and mustard powder to the yogurt

This spread can be applied on toast, sandwiches, cream crackers. It can be used in preparation of white sauce for baked dishes and in preparation of pizza in place of cheese.

## **PIZZA SAUCE**

- 6 tomatoes
- 2 capsicum, finely chopped
- 2 onions finely chopped
- 5 pieces garlic
- 2 green chillies finely chopped
- 4 cloves
- ¼ teaspoon cinnamon powder
- 2 teaspoons oil.
- chilli powder

Put oil in a thick bottom sauce pan. Add finely chopped onions, capsicum and cloves. Sprinkle little water. Cook on low heat till done. Add garlic, green chilli, cinnamon powder, dry chilli powder, and keep stirring.

Cut tomatoes in small pieces and crush them in a mixer. The tomato crush is then added to the above mix and cooked on medium heat to make a thick paste.

## **Appendix**

### **Universal Healing**

Coronary heart disease (CHD) is a global phenomenon. In India increasingly more people in the prime of life are victims of this disease. The tell-tale causes of coronary heart disease are: heredity, high blood pressure, diabetes, high serum cholesterol, smoking etc. The way of living and the way of feeling appear to be quite important factors in its increasing incidence. Hostility, lack of social support, job and family stress are the important causes of heart attack amongst the young.

The present medical approach is to dilate the arteries and increase the blood flow through them and diminish the need of oxygenated blood by the heart muscle. The surgical approach is bypassing the narrowed arteries or dilating them by inflating a ballon inserted in the narrowed artery. These are palliative measures and do not deal with the root cause of the problem.

Dr. Dean Ornish has been conducting a unique program in USA which has proved a boon to the patients of severe coronary heart disease. He has conclusively shown that CHD can be reversed by comprehensive life style changes. These changes include a very low fat vegetarian diet, mind body stress management techniques, moderate exercise, smoking cessation and psychosocial support.

Providing life style changes in this new model as a valid alternative to the patients, who otherwise would receive coronary bypass surgery or coronary angioplasty, results in immediate and substantial cost savings. In India bypass surgery and angioplasty cost more than Rs. 1,25,000/- and Rs. 60,000/- respectively. Despite the enormous expense of bypass surgery and angioplasty, up to one half of bypass grafts become blocked after five years, and one third to one half angioplastied arteries clog up again after only four to six months. When this occurs, coronary bypass surgery or coronary angioplasty is often repeated, thereby incurring additional costs.

With spiralling health care cost, prevention and less expensive treatment of coronary heart disease should be our foremost concern for the teeming millions of our country. We are committed to this goal. The Universal Healing Charitable Trust was founded with an idea of pursuing an allround approach to the complex problem of coronary heart disease. The main aims of the Trust are:

- A holistic approach accommodating all measures - drug as well a non-drug ones of whatever discipline.
- To create mass awareness regarding coronary heart disease, and dispel unnecessary fear of the disease.
- To promote research and original thinking in the prevention, treatment, and rehabilitation of the patients of coronary heart disease.

- Simplify the treatment of coronary heart disease bearing in mind the cost effectiveness of all interventions.
- All the above efforts to be made with scientific temper without prejudice to the widely accepted current methods of treatment and prevention.

Encouraged by the favourable results of Dr. Dean Ornish's program, we launched a program on the similar lines at Ahmedabad on October 2, 1991, Gandhi Jayanti day. During the span of nearly three years, about 800 patients have participated. We have quite an encouraging feed-back from these patients in their feeling of wellbeing and improvement in the objective assessment of their cardiovascular status.

Our program consists of:

- \* Diet counselling.
- \* Moderate exercise like walking on level for 30 to 40 minutes.  
Stretching and relaxation exercise leading to progressive deep relaxation i.e. shavasan.
- \* Meditation and visual imagery.
- \* Group discussion with emphasis on the sharing of feeling.

A trained yoga teacher helps us in conducting the program of progressive deep relaxation, shavasan and meditation. A qualified dietitian guides the participants regarding proper diet and gives individual advice taking into account the dietetic habits of the family.

The following types of patients have taken part in our program:

Those

- who have strong family history of CHD and hypercholesterolemia and wish to benefit from the program for prevention of coronary heart disease.
- who have mild disease and wish to prevent further progression.
- who cannot afford the cost of surgery.
- who fear surgery.
- who consider bypass surgery only a temporary palliative measure and wish to try an alternative.
- who wish to be motivated to accept life style changes which will give them the benefits of angioplasty and bypass surgery for a long time.
- who have not benefited after bypass surgery and angioplasty.
- who do not wish to go in for repeat angioplasty or bypass surgery.
- who are considered technically unfit for bypass surgery.

It is now increasingly felt that CHD is not only a physical ailment but has also psychosocial and spiritual aspects. Treatment is not complete unless all these are given due considerations. Our program along with the conventional approach of drugs and surgery offers such a holistic approach. Our experience shows that it not only heals the coronary arteries, but heals the individual as a whole. The

participant becomes more confident, relaxed, and he frees himself from unnecessary anxiety. Aggressiveness and hostility diminish. He feels connected with others, and develops an altruistic attitude. This further heals him.

Dr. Dean Ornish has noted that self-centeredness, hostility, and cynicism are toxins to the heart. They constrict the arteries, whereas selfless benevolent work opens them. The feeling of isolation is by far the most important factor in increasing the incidence of heart attack in the individuals who are prone to it on other scores. The feeling of isolation and hostility in the cancer-prone individuals triggers the incidence of cancer and also affects the immune system causing psoriasis, arthritis and peptic ulcer.

What heals isolation? What overcomes self-centeredness and hostility? What promotes altruism? We feel that the perception of real identity and the concept of nonflowing time bring about the desired changes. Our greatest limitation is that we perceive ourselves as individuals limited in space and time. This perception is real but not total. There is another dimension of our reality, free from the bounds of space and time, which is the source of everyday reality. During meditation, one experiences this boundless dimension of reality. No experiment in physics has proved the flow of time (Davis). What we experience as the flowing time accelerates wear and tear. When we experience the eternal present and

the real identity, the sense of isolation, self-centeredness, and hostility come to an end.

The occurrence of a heart attack is a dynamic process. All of a sudden the narrowed arteries become further narrowed due to spasm and the blood flowing through the artery becomes thick due to the increase in viscosity of blood and clumping of platelets. This is usually the result of extreme sympathetic activity following the undue physical and mental exhaustion and stress. A heavy meal, alcohol and smoking aggravate the arterial spasm and clotting of blood. The practice of shavasan, meditation, and change in food habits with avoidance of alcohol and smoking blunts the edge of these harmful reactions and saves the patient from heart attack.

## **Meditation**

It is difficult to calm the mind even for six seconds. It is estimated that out of 16 hours of waking time, hardly for an hour and a half do we live in the present. Most of the time our awareness is in the past or in the future. Meditation helps us to stay in the present moment. It diminishes the need of oxygen by the heart muscle. It has been estimated that within only three minutes of meditation, 20% of oxygen consumption is reduced as against only 8% reduction in oxygen consumption after six hours of good sleep.

Meditation brings our awareness into the present by focussing on the process of breathing or some sound, like *Om*. It slows down the rate of entropy. In other words wear and tear are reduced resulting in better health and increase in longevity. The progressive deep relaxation i.e. shavasan prepares the individual for meditation. The technique of meditation is simple. Sit dwn in a relaxed manner. Close your eyes softly. Gently bring your awareness to the process of breathing. Simply watch the inhaling and exhaling of your breath. Thoughts may come and go, but remain unconcerned. Breath is life. When you are breathing, it is not only air that you breath in, you breath in light and life force also. Thus your consciousness becomes one with your breath and life force, and healing follows. Meditation motivates the individuals to adopt a healthy life style. It helped the participants in Dr. Dean Ornish's program to become strict vegetarians and teetotalers. Shavasan and meditation generate alpha waves in the brain. It helps the healing process. During meditation one experiences that one is eternal and boundless. Feeling of connectedness with the universe and wisdom dawn on the individual. This whole experience helps in toto.

In one study by Dr. Dean Ornish 46 patients of coronary heart disease were divided into two groups of 23 each. All the 46 patients were given the conventional advice and treatment and a diet very

low in fat. One group was taught stress management which consisted of shavasan, meditation and visualization. The results of a twenty four day studies revealed a significant difference in the clinical improvement between the two groups. The group which was taught the stress management technique showed much greater improvement in the left ventricular function. There was 20% fall in cholesterol level and 90% reduction in the frequency of anginal attack.

Dalai Lama, explaining the importance of faith in the treatment of any illness, gave a tip to an eminent Harvard Cardiologist who had gone to Dharamsala to study the benefits of meditation. He said that the essence of Chinese medicine consists of three conditions vital to curing of any disease:

1. Doctor's faith in himself to cure his patient.
2. The patient's faith in his doctor that he will cure him.
3. Doctor's Karma - his skill and its application with love.

The program does not claim to be a panacea. Nor is it against the conventional approach in dealing with the patients of coronary heart disease including angioplasty and bypass surgery. We feel that this approach can serve as a model of a "third alternative" without compromising the quality of health.

Navajivan Trust, Ahmedabad 380 014 has published

two books Primer of Universal Healing in English and Haridayarogno Payano Upachar in Gujarati, both by Dr. Ramesh I. Kapadia. Audio and video cassettes of the program and the books are available during the U.H. program at C.N. Vidyavihar, Ahmedabad 380 006 on Tuesday and Fridays from 1730 hrs 1900 hrs.