

Food Selection

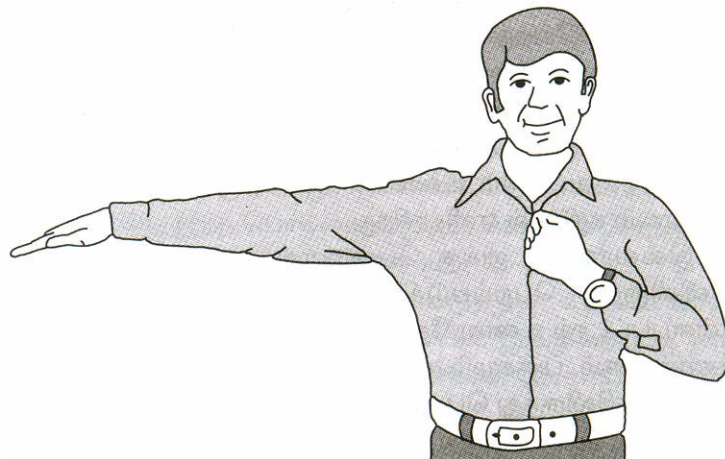
Food what you eat/drink become poison/toxin when it is not acceptable by the body. This is the major reason for getting the diseases. It is very possible that something suitable to someone may not be useful to another person.

Why it is like that?

Our body is combination of prakritis i.e Vata, Pitta & Kapha. When these are maintained in proper proportion in the body, a proper metabolism is ensured and the body remains healthy. However, due to eating habits more often than not, we disturb the one or two types and thus, upset the metabolism and there is a predominance of three different types of combinations. So, you should know what food/drink is good for your body.

How to find out what food/drink is suitable to you

First stand straight, keep your left hand fist closed on the heart, and outstretch your right hand parallel to the ground (See figure). Ask someone to pull down the right hand. Resist as much as possible.



Now, keep the eatable in your left hand palm and keep it on your heart and outstretch your right hand parallel to the ground. Ask someone to pull down your right hand. Resist as much as possible. Now if this eatable is beneficial to your body resistance power will increase. If it is harmful, resistance power will be greatly reduced and right hand will come down easily.

In case of drink, you can keep it in a metal utensil preferably copper and do as shown above.

This method is based on the electricity of our body. Proper food/drink enhances the polarization of electric flow and so increases the power of resistance. Improper food/drink depolarizes the flow and so the resistance is reduced.

This way, you can find out easily what to eat/drink and what to avoid.

Ref: Health in your hands, Vol-I Page No.120 by Dr.Devendra Vora. To know more about prakriti, read page No.53.