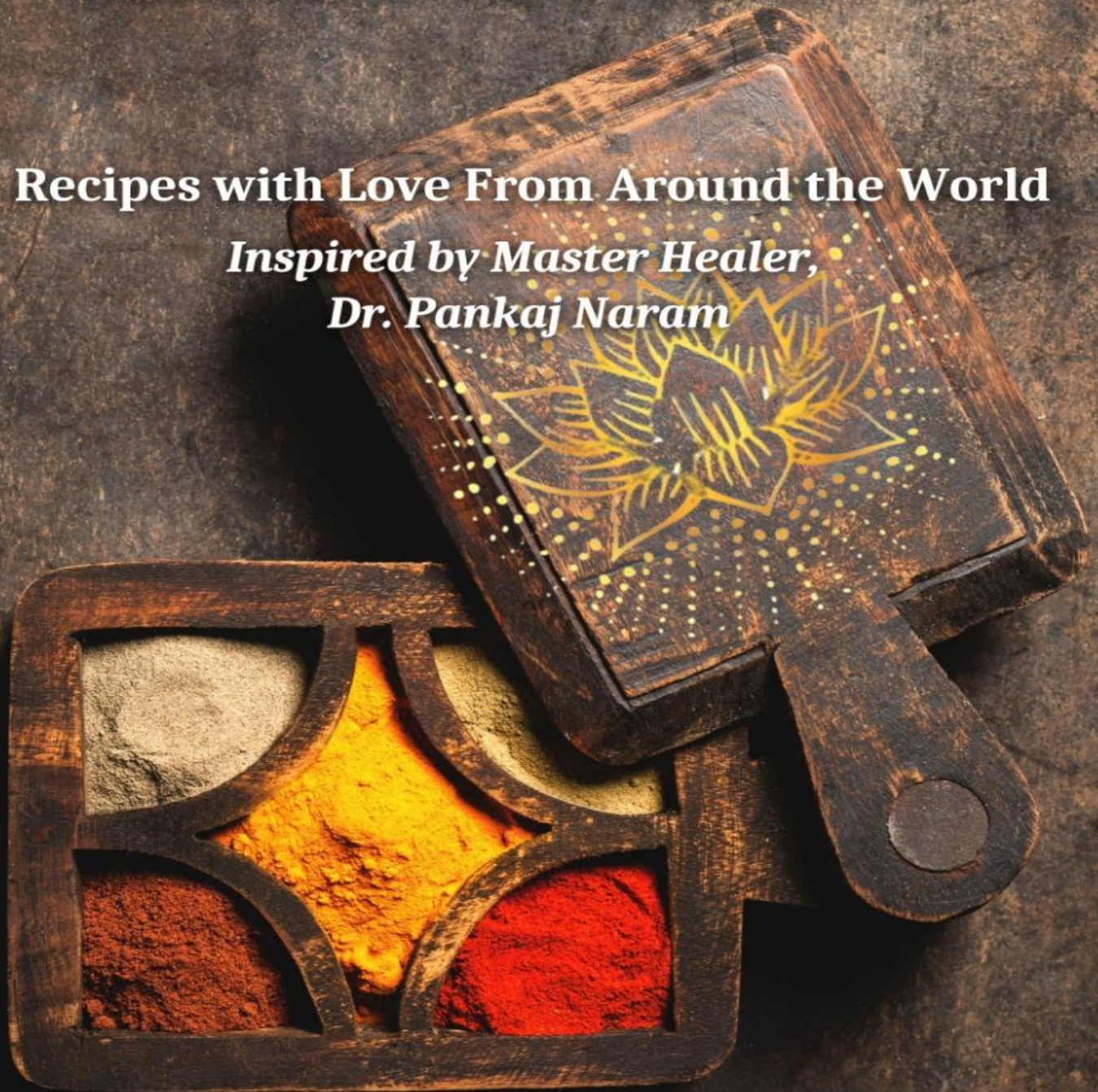


Ancient Secrets

for VIBRANT HEALTH,
UNLIMITED ENERGY & PEACE OF MIND

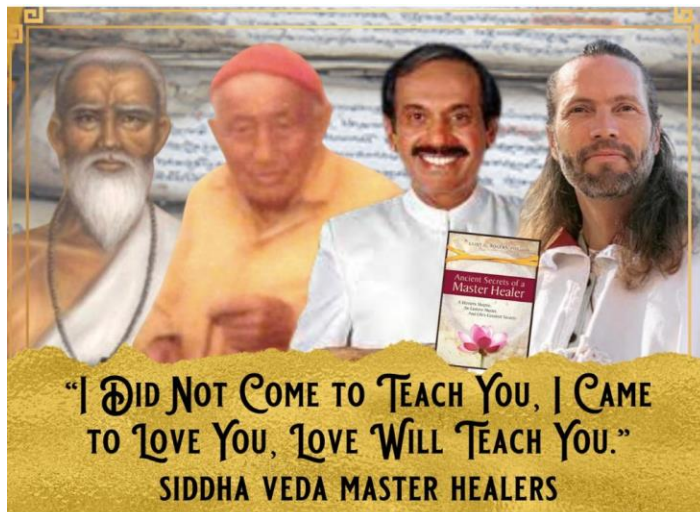
Recipes with Love From Around the World

*Inspired by Master Healer,
Dr. Pankaj Naram*



Created By:

Dr. Clint G. Rogers, Dr. Smita Naram, Carol Ray
and the Ancient Secrets Community



*Dedicated to the Siddha-Veda Masters:
Master Jivaka, Baba Ramdas, and Dr. Naram*

Foreword

Dear One,

In the book, *Ancient Secrets of a Master Healer*, I share how Dr. Naram taught me that “When you change your food, you change your future.”

Through this beautiful cookbook assembled by Carol Ray and other amazing volunteers from around the world, it can be easier than ever to change your food to be both delicious and healthy.

I’m excited for you to do an experiment with your life, integrating the principles and recipes into your diet, and see how much your life can change to increase your ability to experience vibrant health, unlimited energy, and peace of mind.

Much love and respect,
Dr. Clint G. Rogers

“Let thy medicine be food – let food be thy medicine.”

Who doesn't want vibrant health? Most people have no idea where to start.

Food was always more of a poison than medicine for me and my family. We didn't have the genetic information at the time, but I would eventually understand that we carry a genetic disorder called Ehlers-Danlos. It explains why my mother's intestines ruptured after taking antibiotics and why she had to have a colostomy in her mid-forties. My grandmother had a colostomy as well. That alone is great motivation to better understand my body's relationship with food. My youngest son was diagnosed with celiac disease in the late seventies, and I spent days at the college library trying to understand how to feed him. Gluten-free has been an intermittent diet depending on severity of flare-ups. Now I have diverticulitis, along with my youngest son and daughter.

I discovered Dr. Naram's diet and lifestyle modifications about the time we all discovered COVID-19. It has been a game-changer! 75-90% reduction in pain! I wanted to create a cookbook that family, friends, and everyone else could use to make delicious food that would change the relationship with food forever! My hope is that it will inspire you to try new and different ways of fueling your body for optimum, vibrant health, unlimited energy, and peace of mind. Take your time; listen to your body when it tells you it needs something. If you indulge in things 'not good for you', try and enjoy them to the maximum extent, then do better tomorrow.

It will be helpful if you know your body type, called a 'dosha' in Siddha-Veda. Knowing your dosha helps to identify what is medicine for you and what is poison.

My sincere appreciation to Dr. Clint G. Rogers for the encouragement and opportunity; Dr. Smita Naram and the entire Ayushakti team, and to everyone in the Ancient Secrets community who submitted recipes, formatted, transcribed, conducted tests in the kitchen, who made this book beautiful and readable; and to everyone who sewed a bit of love into it: thank you!

I love you and I am with you,
Carol Ray, Texas, USA
Volunteer



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Master Jivaka



Master Jivaka said everything can be either a poison or a medicine, depending on how you use it.

The same can be said for the food we eat; what provides nourishment for one might cause suffering for another.

The recipes and guidelines provided are based on Dr. Naram and Ayushakti guidelines. For a personalized, individualized diet specifically for your health and wellbeing, you are highly encouraged to consult with your Ayushakti Vaidyas.

You can make an appointment with Dr. Clint G. Rogers if he is coming to a place near you by applying at this link:

<https://MyAncientSecrets.com/contact-us/>

You can make an appointment for a zoom call at Ayushakti Ayurved here:

<https://www.AncientSecretsFoundation.org/Consultation>

Either will guide you forward to the correct dietary recommendations and potentially herbs for your specific body type.

Basic Terms

Aam: Aam is the name given to the physical toxins in the body which are produced because of undigested food, ingested pollutants, or emotionally and mentally stressful experiences. Excess Aam leads to our bodily systems being clogged or blocked, because it is not excreted by our natural systems. It leads to fermentation and subsequent imbalance in all three doshas. Aam (toxic material) is the fertile ground for the development of disease. It has no useful function within the body, only destructive and is best avoided and removed.

Agni: Agni (enzymes and hormones) is the metabolic or digestive fire. It helps digest whatever we eat and converts it into nutritional plasma and feces. The lymph and blood stream absorb the nutritional plasma and transform them into various tissues (Dhatus) with the aid of Dhatu Agni (metabolic fire or metabolic enzymes). As every bodily function is based on transformation, which in turn is supported by Agni, if Agni is diminished, then so are all our functions.

Dhatus: There are seven types of Dhatus (tissues) in the body, which are plasma, blood, muscle, fat, bone, bone marrow and reproductive fluid.

Doshas are predominantly made of 5 elements: earth, water, air, space, and fire. Siddha-Veda suggests that these doshas, Kapha, Vata, and Pitta, are the primary qualities or principles that govern every human body.

- **Kapha:** Composed of water and earth, Kapha is responsible for structure of the body, rejuvenation, stability, energy and maintaining immunity. When imbalanced, it creates lethargy, overgrowth, blockages, and mucus. For example, heart disease, which is associated with congestion in the arteries (lipoma, myoma, etc.).
- **Pitta:** Pitta is composed of fire and water. It is responsible for digestion, metabolism, absorption, transformation and governing of body temperature. When imbalanced, it creates excessive anger, frustration, and irritation, skin problems, acidity, and inflammatory disorders in the body.

- **Vata:** Vata is composed of air and space. It is responsible for every mental, emotional, and physical movement, including urination, bowel and intracellular movements, joint & muscle movements, thought processes, blood, air and food movements, just to name a few. When imbalanced, Vata disturbs the movement and creates tremors, stiffness in the joints and pain, anxiety, fear, insomnia, lack of energy, degeneration, overactive mind, and lack of concentration.

Strotas: Strotas are physical channels within the body, from large ones like the digestive tract, to the microscopic ones at a cellular level. Strotas carry blood, sweat, pancreatic fluid, semen, and feces, and this is how nutrients reach our cells, as well as how we excrete waste. To keep these channels open and flexible is, of course, essential to having good health.

Gunas: Gunas are groupings of different qualities of energy, which are *Sattva* (goodness, purity, light), *Rajas* (energy, passion, birth), and *Tamas* (darkness, destruction, death). They define and reflect our health, behavior, thinking, and diet.

Ojas: Ojas is the residual pure energy that is vital for maintaining our body's immune system. It is generated at the end of the conversion process. Healthy tissues (dhatus) and immunity (ojas) promote positive emotions, immunity, vitality, strength, health, anti-aging, fast recovery from chronic problems, enthusiasm, and tranquility of the mind.

Understanding of Bodily Functions

Ayushakti believes that every illness starts with weak digestion and metabolism (low agni). This creates aam (toxins) and excess dosha (imbalance). Excess dosha and aam block channels and bodily functions. Finally, tissues become undernourished, and illness is created. The key is to create transformation using the six tools of Siddha-Veda – i.e., diet, home remedies, lifestyle changes, panchakarma (detoxification), herbal formulas, and Marmaa Shakti to shift imbalances at the root. This holistic approach amazingly supports the entire body system to bring back long-lasting health naturally.

Dietary Recommendations

Dr. Naram

The subject of food is not only a cultural part of everyone's upbringing, but also a highly emotional aspect of our lives. Whether it is the process of purchasing the ingredients, preparing the food, or it is simply remembering the tastes and the aromas associated with memories of holidays and sitting around with family and friends, these memories shape the very foundation of our approach, not only to health and lifestyle, but they also influence the choices we make daily.



Our environment also plays a very important role in the choices we make. What's being offered in the supermarkets and the food trends emphasized through media and the press sways us in a certain direction. The flood of information affects our belief system and creates different emotions in connection to food and the overall well-being. For example, someone may be in a complete panic and expresses fear about recent blood reports or how they are deficient in certain vitamins such as 'D' or 'E' or some form of minerals. Let us look at the subject of vitamins and minerals from the point of view of Dr. Naram's Siddha-Veda lineage. In the ancient teachings of Siddha-Veda, the emphasis is on complete and proper digestion of food and the prevention of aam (toxins) accumulation, not on the amount of vitamins and minerals present in the food. A correct and complete digestive process in turn guarantees the balance in the body's doshas (constitution).

**Dr. Naram said, "Everything can be either a poison
or a medicine, depending on how you use it."**

Guidelines for your diet

Siddha-Veda suggests that food is medicine. Food is a source of life, and digestion is the basis of health. A primary sign of good health is that your agni is working well, which is the prerequisite for digesting the food you are eating efficiently. This will ensure that all the necessary nutrients are distributed into every cell and at the same time, that all waste products are burned off completely without leaving any deposits of toxins in the body.

In Siddha-Veda, no good or bad foods exists, only food that is good or bad for *YOU*. And whether a food is good or bad for you depends on your constitution, or, to speak in Ayurvedic terms, which dosha(s) is (are) predominant in your body.

This diet is focused on dosha balancing, aam reduction, increasing agni and nourishing the tissues (dhatus) and immune system. As there are many variables as to how to balance the doshas, particularly when imbalances have manifested in the form of an illness or certain symptoms, we recommend that you follow a diet recommended by an Ayushakti diet consultant rather than just following a dosha balancing diet.

Changing One's Diet

Changing one's diet takes time. Our food habits are quite central to our sense of self - socially, culturally, and historically. Getting started takes some courage and commitment, as mental and emotional energy must be engaged. In the beginning, effort may be required to find new recipes and experiment with purchasing, cooking, and eating foods that are unfamiliar.

When faster healing, better health, and improved quality of life are the rewards, these benefits give the energy and enthusiasm to go on. We experiment further, discover what does and does not work for us, and become confident enough to share some of our new-found recipes with family and friends.

How you eat is as important as what you eat, because the quality of digestion (agni) is affected by the condition of your mind, emotions, and environment.

To promote healing and good health, it suggests that you:

- Eat at regular times - no snacking
- Eat only when hungry
- Eat slowly and chew the food well
- Don't overeat, just enough to feel pleasantly 'full'.
- Take a short walk or lie on your left side for 10 minutes after eating to improve digestion.

In general, you are encouraged to eat:

- Fresh foods that are in season and locally grown.
- Warm, soupy, fresh, and cooked foods, rather than cold, stale, canned, raw or dry foods.
- Ghee (not clarified butter), herbs (basil, celery, etc.) and spices (garlic, ginger, cumin, cinnamon, cardamom, turmeric, coriander, black pepper, etc.) that aid digestion.

Vata and Pitta: Foods to avoid:

- Heavy-to-digest foods such as wheat, meat (esp. red meat) and refined sugar. These foods severely decrease the digestive fire (agni) and produce mucus and toxins (ama).
- Deep-fried foods are also heavy to digest and highly Vata increasing. If meat is eaten at all one should stick to white meat only, i.e., chicken and turkey.
- Fish is hot and increases Pitta but can be enjoyed occasionally. If eaten, one should choose fresh-water fish rather than sea fish.
- Sour foods such as tomatoes, all sour fruits (oranges, pineapples, lemons, grapefruits, etc.), vinegars and hot spices like chilies. These foods increase Pitta and heat in the body and also reduce the digestive power (esp. tomatoes). Parsnips aggravate Vata and Pitta.
- Fermented or fermentation-increasing foods such as yogurt, alcohol, cheese (esp. old and hard ones) and yeast-containing foods such as

Marmite, veggie pâtes, soya sauce, and beer. All fermented foods are sour in nature and therefore have Pitta increasing qualities. Whenever there is too much Pitta and heat in the intestines, fermentation is multiplied, thus resulting in gas and decreased digestive capacity.

- Ice cold foods and drinks are immediate 'killers' for the digestive fire. They are best avoided totally, but if taken, avoid directly before, after or together with meals.
- Avoid ready-made, canned (tinned) and microwaved foods! They are devoid of real nutritional value, deplete the digestive fire and produce toxins in the body.

If you have the Vata / Pitta constitution: Eat more cooked vegetables, squashes and pumpkin, moong, moong dal, lentils, and cooked green leafy vegetables. Avoid tomatoes, capsicum, brinjal, ground nuts, lemon, chili, and pungent foods.

Kapha: Foods to avoid:

- Heavy to digest foods such as wheat, meat (esp. red meat) and refined sugar. These foods severely decrease the digestive fire (agni) and produce mucus and toxins (aam).
- Deep fried foods are also heavy to digest and highly Vata and Kapha increasing.
- Sour foods such as tomatoes, all sour fruits (oranges, pineapples, grapefruits etc.), and vinegars and not only increase Kapha and irritation in the throat, and increases aam.
- Fermented or fermentation-increasing foods such as yogurt, alcohol, hard cheese and yeast-containing foods such as Marmite, veggie pâtice, soya sauce, and beer. All fermented foods are sour in nature and therefore have Kapha and Pitta increasing qualities.
- Raw vegetables, sprouted beans, and leafy green salads are hard to digest, cooling and Kapha/Vata producing. Broad, black-eyed and kidney beans, chickpeas, kohlrabi, Brussels sprouts, and cabbage should be avoided even when cooked.

- Ice-cold foods and drinks are immediate ‘killers’ for the digestive fire and are highly Kapha increasing.
- Avoid ready-made, tinned, and microwaved foods! They are devoid of life force (prana), deplete the digestive fire and produce toxins in the body.
- Avoid all dairy products, milk soya mil, and all sweet fruits.

If you have a Kapha constitution: Eat more vegetable soups. Spice your foods with turmeric, black pepper, garlic, and asafoetida (hing).

About Dairy



One of the first and probably most important dietary advice that we learn from Dr. Naram is to avoid milk and dairy products, except Ghee. Due to the process of preparing Ghee, the milk solids are removed, and Ghee transforms into a medicinal formula with amazing healing properties to balance all three doshas: Vata, Pitta, and Kapha. Dr. Naram recommends 1 tablespoon of Ghee daily, even in the case of people with high cholesterol. Studies confirm the claim that Ghee taken in small amounts benefits the body.

Fresh soft cheese such as cottage cheese, ricotta cheese, fresh feta cheese, and Paneer are preferred for occasional consumption. Eggs are not considered dairy; they are a good source of protein, and you may enjoy them if it does not conflict with your personal/religious beliefs.

About Nightshades

What? No white potatoes? No tomatoes? No bell peppers? According to Siddha-Veda, nightshades tend to irritate joints and the liver. Nightshades are difficult to digest, can disturb doshas, and can overtax the digestive fire. Additionally, the toxicity increases with the addition of cheese.

Nightshades get their name because they grow at night, absorbing 'deadly night energies.' They are viewed as increasing mental stress and anxiety due to their stimulating nature.

List of Nightshades to Avoid:

- White potatoes
- Tomatoes
- Tomatillos
- Tamarios
- Pepinos
- Pimentos
- Eggplant
- Bell peppers
- Chili peppers
- Cayenne pepper
- Paprika
- Tabasco sauce and similar red pepper spicy or hot sauces
- Belladonna (highly poisonous, deadly nightshade)



About Refined Sugar

Someone recently asked me what is wrong with sugar if you are thin and trying to gain weight. Would not the higher calories be beneficial in those cases?

Siddha-Veda considers sweet taste one of the most important of the six tastes (Rasas: sweet, sour, salty, bitter, pungent, and astringent). The sweet taste in Ayurveda is best when it comes from sweet fruits, rice, grains, legumes, nuts and seeds, dairy (ghee, milk, eggs) and some vegetables (beets, cooked carrots, yams, etc.). Sweet taste balances Vata and Pitta but aggravates Kapha. The primary elements in the sweet taste include earth and water. The associated qualities (gunas) include heavy, cold, oily, soft, relatively difficult to digest, grounding, building, and nourishing; positive emotions for sweet taste include love, sharing, compassion, joy, happiness, bliss – and the most sattvic of flavors. ¹

Of all sweeteners, less processed sugars like jaggery, honey, and maple syrup are considered more sattvic, having a peaceful effect on our minds. One source says, “White sugar is sweet, heating, and has a stimulating effect on the body, aggravating all the doshas (Vata, Pitta, and Kapha) they are rajasic and tamasic – creating strong outward-seeking desire combined with dullness, depression, and ignorance in the mind.”²

Refined sugar comes from processed sugar cane, corn, or sugar beets; it is typically a combination of glucose and fructose. The body quickly breaks down refined sugar, causing a quick rise in insulin and blood sugar. Because fruit has fiber, it breaks down sugar slower and you get more of a sensation of being full, unlike refined sugar that leaves you craving more and more.

¹ Banyan Botanicals: The Sweet Taste – at a glance <https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/diet/six-tastes/sweet-taste/>

² Yoga Basics: Concerned About Your Sugar Intake? See what Ayurveda has to Say - <https://www.yogabasics.com/explore/yogic-lifestyle/ayurveda/concerned-about-your-sugar-intake-see-what-ayurveda-has-to-say/>

About Siddha-Veda

Siddha-Veda is the structure wherein balance is attempted through 6 instruments, including diet, exercise, etc. The dietary changes may include addition of various herbal remedies. Whereas Ayurveda and Siddha medicine may use different minerals and metals that represent one (or more) of the five elements, the Siddha-Veda which Dr. Pankaj Naram advocates does not use heavy metals in its herbal preparations. In fact, Siddha-Veda goes to rigorous procedures to ensure there are no heavy metals in the herbal formulations, which have been passed down through the centuries. The goal of altering the diet, lifestyle and giving herbal preparations is to target the physical, mental, and emotional imbalances.



If thy food is:

FROZEN

CANNED

PROCESSED

DEAD

It maketh YOU feel:

FROZEN

CANNED

PROCESSED

DEAD

~ Dr. Pankaj Naram

*“Create strong digestion
and improve your immunity,
using powerful ancient
Siddha-Veda Principles to change
your life forever.”*

*As told to Dr. Naram in Nepal
by his Master
BABA RAMDASJI, at the age of 124*



Breakfast Options



- Energy Power Breakfast - Dr. Naram (recipe follows)
- Moong beans or khichari
- Steel-cut oatmeal or instant oatmeal with raisins or cranberries
- Porridge (use almond milk) with cinnamon and cardamom
- Scrambled eggs
- Vegetable omelet
- Gluten-free muffin
- Sweet fruits (steamed organic apples, pears, peaches) with cloves
- Banana slices fried in ghee with cinnamon and spices
- Protein and veggie-based shakes

During a "flare" instant oatmeal can be easier to digest than steel-cut oatmeal: Thanks, Dr. Stephen!

Energy Power Breakfast - Dr. Naram

Ingredients:

- 4 small dates or 1 fig
- 2-4 blanched almonds
- 2 whole cardamom pods
- 1 tsp fennel seeds
- 1/2 tsp ghee



Preparation:

Soak all except ghee overnight.

Drain and peel cardamom and almonds. Add half glass water and ghee. Blend mixture and drink or chew everything until it turns into a liquid.

****This breakfast will keep your energy high throughout the day, the dates and almonds provide energy and nutrients full with iron, potassium, protein, and B vitamins, and the fennel and cardamom increase digestive energy. Have a breakfast later only if you are really hungry.*

Source: Dr. Naram

Beetroot-Finger Millet Pancakes – Shilpi Gupta

The background story...



After my 100-day course and the 30-day detox, I've been very conscious of making healthy choices and always looking for ways of incorporating moong beans and all the healthy ingredients in my cooking. When I couldn't eat beetroots, I had to look for ways to incorporate it. The finger millet is absolutely great. The best part

is that my kids love these pancakes and what more could I ask for???

Taking the moong bean pancake up a notch by adding beet roots and finger millet flour (Ragi flour).

Ingredients:

- 4 small peeled and boiled beets
- 1 cup presoaked moong bean
- 1 cup finger Millet (Ragi) Flour
- Salt to taste
- Green chilies 2-3 or as per your tolerance
- Curry leaves 15-20
- 2 tsp cumin seeds
- Ghee or olive oil.



Preparation

Blend everything to a consistency of a batter that can be easily spread on a pan. If it gets thick, add water slowly. If it is runny, add Ragi flour to get a desired consistency. Heat some ghee or olive oil in a skillet or flat pan. Pour a spoonful on the pan, spread it with love. Cook for few minutes on either side and enjoy it with family.

Delicious!

Main Dishes

TRI-DOSHA

GOOD FOR EVERYONE

GLUTEN-FREE

DAIRY-FREE

REFINED SUGAR-FREE



Moong Bean Soup Mastery

Become a Master at Making Miraculous Moong Soup!

- Helps to balance all three metabolic body types or doshas: Vata, Pitta & Kapha.
- Aids the clearing away of aam (toxicity) as a powerful detoxifier.
- Has anti-cancer and anti-inflammatory properties, helps diabetes, improves cholesterol and blood pressure levels, plus is very high in antioxidants, and are rich in vitamins and minerals.
- Best diet to speed up healing in the body (recommended with cooked green vegetables).
- One great benefit of eating only moong soup during the detox, is that you are not eating all the other stuff that has been causing you problems.
- High in digestible protein - these beans are one of the best plant-based sources of protein. Rich in essential amino acids (amino acids that your body is unable to produce on its own), such as phenylalanine, leucine, isoleucine, valine, lysine, arginine and more.
- High in soluble fiber and resistant starch, promoting and improving digestive health.

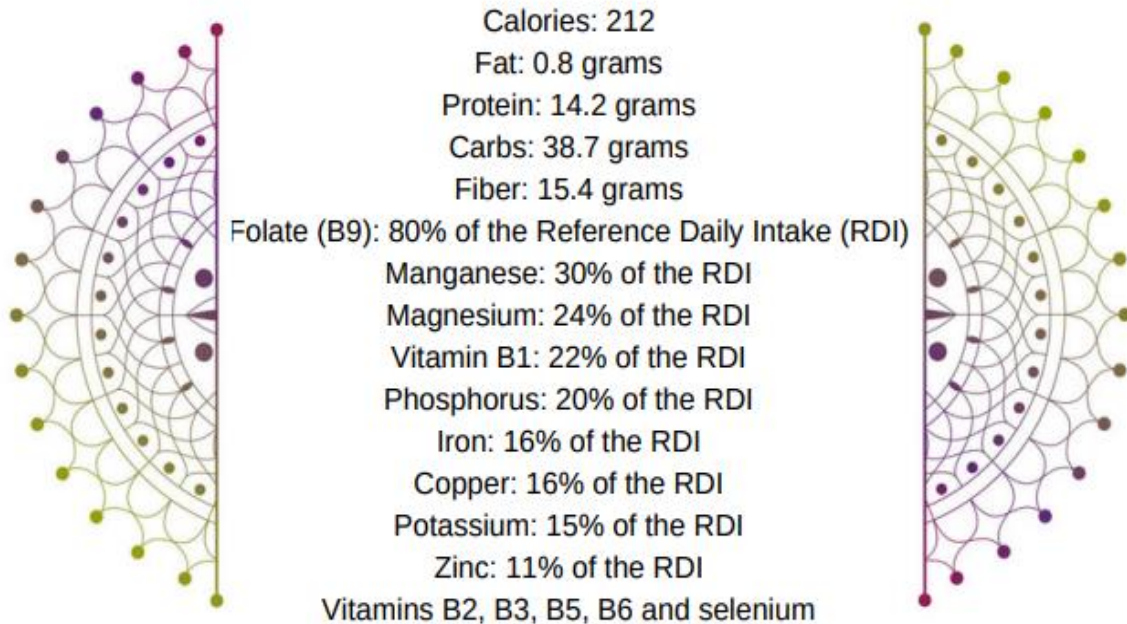


IMPORTANT NOTE:

The full 30-Day Moong Detox is a very powerful, deep healing process, it is STRONGLY recommended to first schedule an appointment with a Vaidya/Ayurvedic doctor before you begin. The detox process is not recommended for everyone, and often people need some extra support, especially during the first days, as with any kind of detox. order some herbal supplements which may support the healing to go deeper (e.g., *Healthiime Detox Kit*), which can be customized to you, through Ayushakti.

Nutritional Value of Moong (Mung)

One cup (7 ounces or 202 grams) of boiled moong beans contains



Here is a fun clip where Dr. Giovanni Brincivalli discusses research and health benefits of whole green moong beans.

https://youtu.be/tpcZVFs_MiU

Main Dishes

Magical Moong Bean Soup – Millie Rogers

Utah, USA

Our family started eating moong bean soup after my husband, George, first returned from a 30-day cleanse in India. George made the soup, and we probably ate it twice a week. After his passing it came to me to make the soup. I made sure I always had some available when Clint came home. It was after hearing about others' lack of pain that I decided to eat it with more regularity. It was after eating only moong soup for 2 1/2 days that I realized that the pain was gone in my knees when I was walking to a friend's house. I now eat it once or twice a day. I recommend it to anyone who is in pain. - Millie Rogers (proud mother of Dr. Clint G. Rogers).



Ingredients:

- 1 cup moong beans soaked overnight – with 1 tsp. of baking soda. Rinse well.
- Heat 1 tbsp ghee over medium heat and add 1 tsp black mustard seeds. Cook until the mustard seeds pop.
- 8 cups of water
- 2-5 vegetable bouillon (or cubes chicken bouillon)
- 1 heaping tbsp minced garlic
- 4 pieces of kokum chopped
- 2 bay leaves
- 1 tsp turmeric
- 1 tsp coriander
- 1 tsp cumin
- 1 tsp ginger
- 1 tsp garam masala
- 2 pinches of hing or asafetida
- 1 cup chopped onions
- 1 cup chopped carrots
- 2 stocks of chopped celery
- Add any other vegetable(s) you want.
- Add Lots of Love



Preparation

I cook this in my pressure cooker on a simmer for about 1 ½ hours.

Many of these ingredients may be purchased online (<https://www.MyAncientSecrets.com/recipe>) or in Asian/Indian food stores.

Kitchari – Carol Ray

Banyon makes a Kitchari Kit that comes with ghee, spice, Basmati rice, and yellow split moong dal. For two people, it lasts for weeks!

Ingredients:

- ½ cup Basmati rice (rinsed twice)
- ½ cup split moong beans (yellow moong dal) * (rinsed twice)
- 1 tbsp ghee (not clarified butter) or oil
- 1-3 teaspoons of spices to taste, and salt and pepper.
- 1 cup of minced organic carrots
- 1 cup of minced onion
- 1 cup of cubed sweet potatoes
- 1 cup of organic celery



**These quantities can be doubled or modified for more flavor or different properties.*

Preparation:

Put a tea kettle with 5 cups of water on medium high heat. In the meantime, heat the ghee in a large deep saucepan, put in the spices and wait for the mustard seeds pop. Sauté for a minute or so, then add the split moong beans and finally the rice.

Stir until all foods are flavored and colored with the spice mixture. Add 4 cups of boiling water and let the food come to a boil. After 5 minutes, reduce heat to simmer and let it cook for about 30-35 minutes or until the beans are completely soft. Then add a little salt.

You can add more water if you like a soupier consistency. As mentioned above you can experiment with different vegetables and spices to create different flavors and different properties. You can add your choice of vegetables during the last 10-15 minutes of your cooking time.

Moong Beans Handvo - Arati Malavalli-Majd

(Vegan Burger Alternative)

Moong beans Handvo, vegan modified original Gujrati recipe by Tarla Dalal, a famous Padma Shri decorated Indian female Chef.

Cooking time: 2 hours 55 minutes; makes 2 servings.

Ingredients:

- ¼ cup full green moong bean
- ¼ cup yellow dal moong bean
- ¼ cup of water plus 1 tsp
- 1 tablespoon semolina
- 1 ½ teaspoon besan flour
- 1 tbsp finely chopped coriander
- 1 tsp garlic paste
- ¼ tsp ginger powder
- ½ cup mixed vegetables (French green beans, carrots, green peas, etc.) chopped and boiled
- 2-3 tbsp finely chopped onions
- Pinch black pepper
- Dash of turmeric
- 1 tsp fruit salt/baking soda
- 2 tbsp of ghee
- 1 tsp mustard seeds
- 1 tsp sesame seeds
- ¼ tsp asafoetida (hing)



Preparation:

Soak both green and yellow moong beans together overnight, then drain and grind/mix them together with ¼ cup of water and mix well. Transfer to a deep bowl and add the spices and herbs except mustard and sesame (they are added before cooking, as well as baking soda/fruit salt at end), and blend into a coarse paste. Add ½ cup mixed veggies and 2-3 tablespoons of onion finely chopped, black pepper, and dash of turmeric. Add the fruit salt and 1 tsp of water evenly over the mixture and mix gently. Heat half of the ghee in a 125, (5”) non-stick pan and add mustard seeds, sesame seeds, and asafoetida, sauté on a medium flame for a few seconds. Pour ½ of the batter over it and spread evenly. Cover with a lid and cook on a medium flame for 10 minutes or until the base turns golden brown in color and crisp. Lift the Handvo gently using 2 large flat spoons and turn it over to the other side. Cover and cook for another 7-8 minutes or until it turns golden brown in color. Cool slightly and cut into equal pieces. Repeat for the second Handvo. Serve with any dip of your liking as long as it is homemade.

Source: adapted from - <https://www.tarladalal.com/green-moong-dal-handvo-40125r>

White Zucchini-Basil Soup – Ronney Aden

Prep Time: 10 minutes

Cook time: 15 minutes

Ingredients:

- 500 g (about a pound) white skinned zucchini, organic
- 1 handful fresh basil leaves, organic
- 1 small onion, organic
- 1 glove garlic, organic
- ½ tsp. turmeric powder, organic
- 1/2 tsp. cumin powder, organic
- 1/2 tsp. coriander powder, organic
- 1 pinch asafoetida (hing)
- 1/2 tsp. black salt - kala nimak according to taste
- 1/2 tsp. ghee organic



Preparation:

1. Wash and cut zucchini into pieces, approx. 1 cm
2. Wash basil leaves
3. Heat 1 tsp. of ghee in a pot
4. Add chopped onion and garlic
5. Add all spices and stir
6. Add chopped zucchini and sauté for 1 to 2 min.
7. Cover with hot water and bring to boil - boil for approx. 7 min.
8. Add basil leaves (keep some aside for decoration)
9. Mix ready soup in a blender
10. Add salt to taste
11. Serve and garnish with some basil leaves - ENJOY

Thai Vegetable Curry - Dr. Smita Naram

Ingredients:

- 2 tbsp oil
- 2 cups coconut milk
- 1 tbsp cinnamon powder or 2 inches bark broken/chopped into pieces
- 1 tbsp whole cumin
- 3 whole pepper corns
- 2 whole cloves
- 2 tbsp whole coriander seed powder
 - (Optional) 5 whole Kashmiri chilies (*Very special chilies who are not at all pungent, they give flavor and color but don't increase Pitta!*)
- 1 cup mixed vegetables chopped in large pieces: carrots, snow peas, zucchini, broccoli
- 1 cup chopped starchy vegetable like sweet potato
- 1 tbsp turmeric powder
- 4 tbsp roughly ground almonds
- 3 tbsp Bragg's amino acid (replaces soy sauce, so it's not fermented) 1/2 tbsp lemon grass
- 1 tbsp brown sugar
- (Optional) Shredded chili



Preparation:

Grind and mix spices together or combine powders.

Heat oil in pot and sauté spices and vegetables in oil for a few minutes. Add only 1 cup of the coconut milk to spices-vegetable mixture and cook until tender, then add second cup of coconut milk, turmeric, lemon grass.,
Optional: Bragg amino acids.

Source: Dr. Smita Naram

Moong Dal Soup – Dr. Sivanandani (Sivie) Pillay, PhD

Pietermaritzburg, Kwa Zulu Natal, South Africa

Dedicated to Dr Pankaj Naram

I got to know about Dr Naram through listening to a talk by Dr. Clint G. Rogers on TEDX. I was immediately drawn to Dr. Naram and began to research his work. I was drawn to him because of my late grandfather, Mr. G. Moodley, who hailed from India. As a young man, he came to South Africa as an indentured laborer. He had healing hands and helped a lot of people with their sprains, joint pains, ailments, etc. I never learned the art of Marmaa from him and deeply regret this.



After surgery to remove my left thyroid gland in 2019, I almost lost my voice. I was devastated as my job involved using my voice and communicating with children and adults. I managed to somehow contact Dr. Naram and he made various dietary recommendation which I followed. My voice gradually improved. I began to follow him carefully and tried the moong dhal soup.

I love cooking and experimenting with variations of the moong dhal soup. Whenever I am tired or feel sick, I make the soup as it contains fiber, iron, potassium, calcium including vitamin, A, B, C, and E. I often make this soup for my grandson, Kaairav, who is 16 months old, and he loves it. The heart of my family is enjoying good food together. This has inspired me to post my moong dhal recipe, since my goal in life is to motivate and inspire others. My wish is that my moong dhal soup will help those on a healing journey.

Ingredients

- 2 cups moong beans (soaked and washed)
- 1 tsp Himalaya salt
- 4 cups water
- ½ tsp turmeric
- 3 tbsp ghee
- 1 onion, finely chopped
- ½ tsp jeera (cumin) seeds
- ½ tsp mustard seeds
- 1 clove crushed garlic
- 1 stalk curry leaves
- ¼ tsp turmeric powder
- 6 dried chilies Chopped coriander leaves

Note: Some people should avoid chilies, and some should avoid broccoli. Check with your Ayushakti practitioner for your personal situation.

Preparation:

- Place pot on stove, add 2 cups moong dal beans, soaked and washed.
- Add: 1 tsp pink Himalayan salt and 4 cups water. Bring to boil, add ¼ tsp oil so it doesn't boil over.
- Add ½ tsp turmeric powder and cook on high for 10 minutes.
- Reduce heat and cook on low for about 30 - 40 minutes.
- If water level is low, add hot water. When moong is soft, remove and drop into a dish and let cool. Wash the pot.
- Add 2 to 3 tbsp of ghee to clean pan. When ghee is heated add jeera seeds and mustard seeds. Once popped add crushed garlic, chopped onion, curry leaves and ¼ tsp turmeric powder, dried chilies to preference, maybe 2 - I use about 6.
- Simmer on low for flavors to mix, stirring continuously. After about 15 minutes, add the moong dal beans. Let it boil on high for about 5 minutes. Reduce heat and simmer for 15 minutes. If the soup is thick, add more hot water to preferred thickness.
- Add chopped coriander leaves.

You can add a different variety of vegetables when braising the ingredients (i.e., finely chopped carrots, broccoli, green beans, and/or peas). You can add boiled lentils or channa during braising.

Moong Falafel – Minerva Larios

Rialto, CA, USA

After 2 months of eating the miracle moong bean soup I was ready for month 3 with the detox herbs and excited when my sister decided to join me. My sister Barbara was suffering from a list of health problems that included depression, anxiety, obesity, fatigue, and sleep apnea. After a case of Covid her doctor decided to send her for a sleep study. They learned that over the course of the night Barbara would stop breathing 123 times per hour and was given a breathing machine that she was to use for a minimum of 4 hours each night. This sleep apnea was depriving her body of much needed rest and recovery. We were in disbelief when she stopped snoring by day 3. We couldn't believe that this was working so quickly, nor could we understand how 3 days of moong bean soup and some herbal remedies could fix this problem. It was an unexpected miracle! By day 20 she had also lost 15 lbs. You could see her body shrinking and each day the inflammation in her body and face was visibly reduced.

For Falafel: Use soaked split or whole moong beans

1 cup split moong or the whole moong. I use a food processor because it gives me the texture and consistency that I want for patty. The first attempt had Italian parsley and 2nd didn't as I ran out. I preferred without. But it's part of original falafel recipe.

Ingredients:

- 1 cup split moong or whole moong beans soaked over night
- 1 bunch of cilantro - Note: I don't use stems
- 1 green Serrano chili,
- ½ of a small red onion, 1-2 garlic cloves if you'd like.
- ½ tsp turmeric
- ½ tsp of asafoetida
- ½ of garam masala
- ½ to 1 tsp of salt
- 1 tsp of cumin
- 1 tsp of coriander
- 1 tsp of pomegranate powder

Preparation:

Roast the 1/2 tsp of mustard seed and 1/2 tsp of cumin seed. In a food processor add all the above ingredients and pulse until you get a patty like texture which I like.

That's it! Put it in your processor until you get that almost creamy consistency.

I lightly fried the falafel in ghee and served it with mint chutney.

Side Dishes



Grilled Vegetables – Carol Ray

Dr. Pankaj Naram would be the first to remind people that more vegetables in your diet will keep you healthier and help you to live longer. Many people don't seem to enjoy vegetables as often as they should because they do not know how to cook them.

If you cook vegetables properly and add spice to your liking, you can enjoy eating cooked vegetables. Before reading Ancient Secrets of a Master Healer, my American diet consisted of lots of raw vegetables in salads. The result was a belly full of trouble! After consulting with the doctors at Ayushakti, I stopped eating raw vegetables (except occasional carrots and celery) and instead eat vegetables roasted or mixed with moong (moong) beans and perhaps some rice. Not only am I fifteen pounds lighter but am also free of abdominal pain after eating and sticking to Dr. Naram's diet: gluten, dairy, and sugar-free; very little meats; no sour fruits, and no raw vegetables, and no nightshades.

Carol Ray - Taylor, TX USA



Moong Bean (Mb) Hummus - Arati Malvalli-Majd

Germany

As a vegetarian, I grew up with moong beans as a festive food and mostly, my parents cooked the traditional Indian meals. Otherwise, I must say that I loved moong beans always and now since following Dr. Clint G. Rogers for the past year I have been consuming moong dishes every day at least once every day and tried several new dishes.



I do enjoy all of them and my family also started enjoying a few of these recipes, mostly dosas. I recently participated in a 28-day cleanse with moong beans and the Healthiimi Detox™ by Ayushakti. I lost about 5kg (about 11 pounds) during the cleanse, and felt my waistline slimmed down slightly. I was breathing better and had good stamina...

Food means a lot to me, as I believe in "Let food be thy medicine," according to Hippocrates.

I do love to cook vegetarian vegan dishes and love to have a variety daily. When I did the cleanse, within the first 3 days, I realized how my body was detoxing, meaning it was full of toxins from over the years.

Ingredients:

- 100 g (about a half-cup) of moong beans, whole green, or split with skin. Soak the split beans for 6 to 8 hours or the whole beans for 24 hours.
- 1 tsp ghee
- ½ tsp mustard seeds & curcuma powder
- 1/8 tsp asafoetida (hing)
- 1 tsp each of coriander seeds & cumin powder,
- 1 tbsp tahini (sesame paste)
- 1 clove garlic
- 2 tsp lime juice (or lemon juice)
- 2 tbsp olive oil
- 1 tbsp cilantro
- Green chilis to taste
- Himalayan salt, apple cider vinegar optional.
- Crush coriander seeds.

Preparation:

Melt ghee in moderate heat, bring mustard seeds to crackle, add crushed coriander and hing as well as drained moong beans. Mix well with spices, add 300 ml (2 tbsp) water, cook for 3 to 5 minutes, salt thereafter, or at the end. Add in the powdered spices, as well as Tahini and lime, olive oil, cilantro and mash when cooled.

Optional: If you want to skip cilantro, use optional parsley, or dill.

Moong Fruit Salad - Linda Tuma

Oregon, USA

I was introduced to Dr. Clint G. Rogers and Master Healer Pankaj Naram's teachings by my daughter, Sara Morrell. Dr. Clint was to be a guest speaker at an event she was hosting. Although the event never happened due to Covid-19, it set off a chain of events I could never have predicted.

I had recently been diagnosed with severe osteoporosis at the age of 63. The treatments my doctor offered me (IV therapy) had tremendous side effects and I began seeking alternative treatments. I knew there had to be a better way, a healthier way to conquer this condition. Around this time, Dr. Clint's book came out "Ancient Secrets of a Master Healer: A Western Skeptic, An Eastern Master, And Life's Greatest Secrets." The universe had sent me the answers I was seeking in this book.

Soon, my diet changed; not by giant leaps at first but by small steps. I don't let go easily. But over time the pendulum swayed. Suddenly I found myself ordering 40 pounds of organic moong beans, my cupboard was filled with jars of spices from faraway lands that I had never heard of before, and I was making ghee. I was becoming a believer. I stopped buying meat, began always checking labels for wheat or sugar.... I hung signs on my refrigerator like this quote from Dr. Pankaj Naram: "If you change your food, you can change your future;" and I started taking an Ayushakti supplement, Painmukti Sandhi-cal™ for my osteoporosis.

My husband always had a dislike for anything organic or healthy. His diet was potato chips, Pepsi, and candy bars. They took a toll on his body, and he had been recently diagnosed with congestive heart failure. I started listening to Dr. Clint's Ancient Secrets Foundation "SUNDAY INSPIRATION CALLS" and a miracle happened: my husband had been listening in and suddenly decided to give up his old way of eating and embrace this new healthier lifestyle!

We stripped the house of anything containing red meat, wheat, or sugar, replacing our previous diet with moong beans and vegetables. He even started walking every day. To date he has dropped over 20 lbs. and is working on improving his health following Master Healer Pankaj Naram's guidelines.

Today I am inspired every time I open my computer and I see the quote from page 77 of Ancient Secrets of a Master Healer: "The Great Secret for Succeeding at Anything –That may be true, but most people do not actually give 100 percent, because they are lazy or afraid of failing. When you start to actually give 100 percent in everything you do, a different quality of enjoyment comes into your life, fear lessens, and you start to see very different results."

With emotional healing I find the more I value my self-worth the more willing I am to put the effort in changing. It is the quote I hear every Sunday that inspires me to love myself and open my perspective to the healing art of Vedic-based healing practices: - "I didn't come to teach you. I came to love you. Love will teach you." - Linda Tuma

Ingredients:

Sauce

- ½ cup yellow moong beans
- 1 can coconut cream
- 1 tsp vanilla
- ½ tsp cinnamon
- ½ tsp Allspice
- ¼ tsp nutmeg
- 1 tbsp honey
- 1 tsp celery seeds
- 1 tsp sesame seeds
- ¼ tsp salt



Salad

- 1 cup cold cooked sticky rice - I used paella rice (slightly salted)
- 3 bananas
- 1 large cucumbers, approximately 2 cups
- 1 avocado
- ¾ cup pineapple
- ¾ cup Garbanzo beans
- 10 leaves of fresh mint
- Sliced almonds to garnish

Preparation:

Cook yellow moong beans until soften. Drain if necessary. Let cool.

Mix cooled moong beans with all the sauce ingredients in food processor, till creamy, adding enough coconut cream to achieve desired creaminess.

Then cube the cucumber, bananas, avocado, and pineapple.

Mix all the ingredients together and top with Moong sauce. Garnish with mint and sliced almonds. (which are good for people with Pitta)

Pesto Sauce – Rosa Ramirez

Ingredients:

- ½ cup walnuts
- 3 Cloves of garlic, minced
- 3 cups packed fresh basil leaves
- 1 cup spinach leaves
- juice of ½ lemon
- 1 ½ extra-virgin olive oil
- ½ teaspoon salt
- ½ teaspoon black pepper

Preparation

Heat a dry skillet over medium-high heat; when pan is hot, add the walnuts in a single layer and stir or shake frequently until lightly browned, about 2 minutes. Combine the walnuts and garlic in a food processor and pulse a few times to combine. Add the basil and spinach and pulse until coarsely chopped. Add the lemon juice.

While mixing on low speed, add the olive oil, in a slow stream until all the ingredients are fully blended. Add the salt and pepper and pulse a few more times to combine. Store in the refrigerator for up to 2 to 3 days in ice cube trays. HINT: Traditional pesto uses pine nuts, but these can be expensive. You can substitute whatever type of nuts you have on hand, like pecans or almonds.

Beverages



About Beverages



You can drink tea and coffee, but herbal or green tea and decaffeinated coffee are better. Good alternatives to real coffee are Caro, Barley Cup, or dandelion (dandelion is a diuretic) coffee. Ginger tea made from fresh roots is warming, agni increasing, removes mucus and toxins and is the best remedy for coughs and colds. Plain hot water is also good for clearing the digestive tract, especially first thing in the morning. Fresh vegetable and fruit juices are very nourishing but should be avoided in cold weather or while suffering from colds. Giving up iced beverages with meals is a definite challenge for many; especially Southerners in the US and their iced tea!

Dr. Naram's Ginger Tea

Ginger water is the ideal remedy when you have a cough, cold or excess mucus accumulation in your throat and sinuses. Being hot in nature, ginger has the quality to cut into and loosen mucus as well as stimulate the digestive fire so that the stomach can clear the mucus effectively. Due to this stimulating action on the digestion, it is also the perfect drink to be taken either before a meal or half an hour afterwards.

Cut 4-5 slices of fresh ginger root and place in a pan of water. Bring it to a boil and allow it to simmer for at least 5 minutes. Strain into a mug and enjoy! If you wish to sweeten it with honey, add it only after the liquid has cooled to a slightly warm temperature as honey is not heat stable.



Yogi Tea – Ralph Brown

This is the original recipe given by Yogi Bhanan. For each 8 oz. cup, start with 10 oz. of water. For convenience, make at least 4 cups at one time.

For each cup of boiling water, add:

- whole cloves
- whole green cardamom pods
- whole black peppercorns
- ½ stick cinnamon

Optional: 1 slice of fresh ginger root



Preparation:

Boil for 20-30 minutes, then add ¼ tsp. any black or green tea. Let sit for one or two minutes and then add ½ cup milk (or almond milk, oat, rice, or coconut) and reheat. Strain and serve with honey to taste. Black pepper is a blood purifier, cardamom is for the colon (gas), cloves are for the nervous system and cinnamon for the bones. Ginger has a delicious taste and is helpful when suffering from a cold, recovering from the flu or for general physical weakness. The milk aids in the easy assimilation of the spices and avoids irritation to the colon. The black or green tea acts as an alloy for all the ingredients, achieving a new chemical structure which makes the tea a healthful and delicious drink.

Source: Ralph Brown

Homemade Almond Milk

Recipe For Homemade Raw Almond Milk:

- 1 cup raw almonds
- 3 cups water
- 2 dates (optional)
- ½ tsp vanilla (optional)

- Soak the almonds in water overnight or for at least 6 hours.
- Drain the water from the almonds and discard. Blend the 3 cups of water, almonds and dates until well blended and almost smooth.
- Strain the blended almond mixture using cheesecloth or another strainer.
- Homemade raw almond milk will keep well in the refrigerator for three or four days. Enjoy!



Sweets



Puffed Rice Ladoo – Esther Wolkowitz

Los Angeles, CA

I spent 17 days at Ayushakti doing Panchakarma. The experience was life changing and I have never felt so nourished and cared for in my life. It was moong soup for breakfast and dinner and a tali plate (assorted veggies) at lunch. My extra treats were papaya at breakfast and after 2 weeks I had fresh pomegranate juice in the afternoon.

While there I was able to take cooking lessons with the chef at the on-site café. I learned many dishes that I was not eating but that I have now enjoyed making for myself and friends at home. The Ladoo is a sweet treat. Almost like rice krispy treats but healthier!

Ingredients:

- 1 cup jaggery (Light color is best)
- ½ tsp cardamom powder
- 4 tsp sesame seed
- 4 cups puffed rice



Preparation

Heat the pot empty until hot. Turn down burner and then melt the jaggery in hot pot slowly. Do NOT use any water. When melted, add the rest of the ingredients into the melted jaggery. Stir until coated.

Form coated puffed rice into 2-inch balls. YUM

Moong Bean Brownies – Esther Wolkowitz

Ingredients:

- 1 ½ cups of cooked moong beans
- ½ cup cacao powder
- ½ cup quick oats
- 20 drops liquid monk fruit sweetener or 6-8 pitted Medjool dates
- 2 tsp vanilla extract
- ½ tsp baking powder
- ¼ tsp salt
- ½ to 1 cup dark chocolate chips



Preparation:

Preheat oven to 350 degrees F

1. Line 8x8" baking pan with parchment paper
2. In food processor or blender combine all ingredients except chocolate chips and blend until smooth
3. Stir in chocolate chips and spread the batter evenly in the prepared pan. (Batter may be a bit crumbly and that is ok). Sprinkle some extra chocolate chips on top.
4. Bake for 16-20 minutes until toothpick inserted in center comes out clean
5. Allow to cool before slicing. Store in airtight container in refrigerator for up to 5 days.

Banana Coconut Oatmeal Cookies – Suzanne Maitzen

Utah, USA

I was looking for a recipe that is healthy for my 15- and 18-year-old boys, both are mostly plant based. I saw a Peanut Butter Oatmeal recipe that had sugar and other items, I did not agree with. Peanut Butter too much fat so I came up with this recipe. Gluten free, fat free, sugar free loaded with healthy ingredients like Cinnamon, Bananas, Protein Powder & lots of Love for my growing and always hungry boys. If you want the cookies to be sweeter and not concerned about sugar you can add regular chocolate chips, and if not concerned with fat add 2 tablespoons crunchy Peanut Butter.



Ingredients:

- 2 ripe bananas
- 2 scoops any vegan vanilla protein power (optional)
- 2 cups quick cooking oats
- ½ cup plant-based milk (I like chocolate oat or almond milk)
- 4 tbsp unsweetened shredded coconut
- 3 tbsp chocolate chips
- 2 tsp cinnamon
- 2 tsp vanilla extract
- 1/4 cup nuts of your choice (I use walnuts, sunflower, or pumpkin seeds)
- 1 tbsp cocoa powder (optional)
& lots and lots and lots of LOVE

Preparation:

Preheat oven to 325 F. Mix everything together. Scoop cookies onto cookie sheet, place in oven, bake for about 20 minutes.

Baked Pears with Goat's Cheese – Carol Ray

Texas, USA

Pears are rich in folate, vitamin C and K, copper and potassium as well as being a good source of polyphenol antioxidants. This is a beautiful desert to serve to guests.

Ingredients:

- 1 organic red pear serves two people
- ½ cup filtered water
- 2 ounces of goat's cheese (divided)
- 2 tablespoons blue agave or similar syrup (maple, molasses, etc.)
- 1 tablespoon chopped pecans or walnuts (divided)
- sprinkle of ground cinnamon (optional)



Preparation:

Pre-heat the oven to 425 degrees F. Carefully cut the pear in half lengthwise, leaving stem and seeds. Line a baking dish with foil for easy clean up, then place the pears cut side down on the foil. Add the water and bake about 20 minutes, depending on the size of your pears; pears should be very soft, but still intact. Remove from oven and turn pears over on the foil. Carefully remove the stem and seeds from the center and scoop out a bit of the pulp to create a small cavity. In a small bowl, mix goat's cheese with syrup and nuts. Place mixture on top of pear halves and sprinkle lightly with cinnamon if desired. For holidays, you can add cooked cranberries to the goat's cheese mixture and garnish with grated orange peel.

Gluten-Free Breads



Sunflower & Sesame Crackers – Carol Ray

Ingredients:

- 1 cup sunflower seeds
- 1 cup sesame seeds
- small amount of filtered water, just enough to make a paste

Optional: dried herbs such as parsley, thyme, basil, sea salt, black pepper, garlic powder, cinnamon, etc.



Preparation:

Preheat oven to 200 degrees F. Place sunflower seeds in a food processor and pulse to a flour consistency. Be careful not to pulse for too long as it will become sunflower seed butter. Transfer to a bowl and add the sesame seeds to the mix. Stir to combine evenly. Add water in small amounts and stir the mixture well, stopping when the flour and water have bonded into a mass of dough. Line a baking sheet with parchment paper and place the dough on top. Top with another sheet of dough on top. Top with another sheet of parchment paper and with a rolling pin, rollout the dough as thinly as possible, ensuring thickness is consistent. Remove the upper sheet of paper and sprinkle with salt, pepper, and/or herbs. Score the dough into desired shapes with a sharp knife. Do not cut all the way through the dough; just deep enough to help you break the crackers apart once baked. Bake until golden and the center is crisp, about 20 minutes. Turn the oven off, open the door slightly, and leave to cool to help dry out the crackers for maximum crunch. Once completely cooled, break along the score lines, and serve or store in an airtight container.

Adapted from [Girl Gone Primal: Recipe: Sunflower Sesame Crackers](#)

Gluten Free Roti/Flatbread – Aparna Yardi

Cincinnati, Ohio

Ingredients:

- 1 cup jowar/sorghum flour
- $\frac{3}{4}$ cup water
- salt to taste
- $\frac{1}{2}$ cup jowar flour for dusting

Preparation:

1. Bring the water to boil. When the water begins to boil, add some salt. Turn off the flame and add the flour to this boiling water. Mix with spoon as water is very hot.
2. Cover this mixture and let it rest and cool for about 30 minutes.
3. When it is still little warm knead with your hand; you may have to sprinkle a little water.
4. Make equal size balls out of the dough.
5. Dust the rolling surface with some flour.
6. Dip the dough in flour and flatten it by patting it slowly with hand, you may need to use some flour. I cut open a zip-lock bag and place the dough in the bag and then use a roller (rolling pin) over the zip-lock bag to roll the dough.
7. Put the griddle on the flame and once hot, put the flattened dough onto the griddle.
8. Now dip a cloth or brush in water and start wiping the top surface of the flatbread.
9. Wait until water evaporates and then flip it on to the other side.
10. Press gently with a cloth or ladle to pluff, now remove it from the griddle.
11. Note: each side should be roasted light brown in color.
12. I sometimes use finger millet (Ragi) flour, Amaranth flour, and make flatbread using the same process.

Well-Equipped Kitchen - Elio

For Safety: A fire extinguisher or at least an extinguisher spray to extinguish small kitchen fires.

For Measuring and Preparation:

- Cutting board (bamboo is excellent)
- Cutlery set (knife set with sharpener)
- Measuring spoons and Cups
- Vegetable peeler
- Metal Spatula
- Tongs
- Colander (strainer)
- Cheese cloth (for making ghee)
- Rolling pin (roller)



For Mixing:

- Hand-held blender/food chopper
- Set of stackable mixing bowls (lids are nice options to have)
- Whisk
- Large wooden spoons and spatula
- Rubber spatula

For Top-of-the-Range (Stove) or Oven Cooking)

- Copper or Stainless-Steel Pots and pans with lids
- 9X9 and 9X12 roasting pans for the oven
- Round cake pans (optional)
- Kettle for boiling water (electric kettle is also an option)
- Tea pot with a tea ball for loose tea

Nice to Have and for Storage

- Glass bowls with lids (nesting bowls save space)
- Shredder, grader, potato masher, corer, dicer
- Twist ties, zip locking bags, storage
- Make do – use what you have, can afford, and build on the basics.

Home Remedies – Ayushakti

Your Ayushakti Vaidya will advise you which home remedies you need to take. You can share these home remedies with your friends and family for the conditions that we have mentioned.

Condition	Home Remedy
Acidity, burning	20 munuka (black raisins) soaked overnight in ½ a glass of water. Smash & filter it and add powders of 1 tsp Jeera (cumin), ½ tsp varyali (fennel), ¼ tsp dry ginger ½ tsp jastimadhu (licorice), 1 tsp amla (myrobalan fruit). Mix all and have it. Same combination 3 times a day
Agni, low	½ tsp. Cumin powder ½ tsp. Ginger powder 1 pinch Asafoetida
Arthritis, joint pain, back pain, neck pain, knee pain, morning stiffness, shoulder pain.	<ol style="list-style-type: none"> 1. One teaspoon castor oil with warm water before going to bed. 2. 1 tsp Turmeric powder, ¼ tsp ginger, ½ tsp. fenugreek, ¼ tsp ajwain, 1 tsp. coriander, ½ tsp. garlic paste Mix all the ingredients in half a glass of warm water and drink twice daily.
Auto Immune or Immune balancing	One glass of fresh juice made from carrot, pomegranate, and beetroot. Add ½ tsp Organic Turmeric (Curcuma) powder and drink. Drink this juice twice a day.
Calcium Supplement	100 gms. Amaranth (Rajigro) cooked 100 gms. Ragi (red millet/Nachni) 1 Cup Cooked Spinach, daily 1 tablespoon White Sesame Seeds, 2x/day 4 Almonds, twice a day 200 gms. Cooked broccoli daily, Daily take any two of the above items and you will have enough calcium to support your bones.

Condition	Home Remedy
Cholesterol (to reduce)	2 tbsp. Isabgol (psyllium husk), 1 tsp. Methi powder with 1 glass a water, twice a day; 1 clove of garlic on empty stomach (in the morning)
Cold / Cough /Allergy/Congestion and sinuses	10 Indian Basil (tulsi) leaves (can be substituted with western basil) + 2.5 cm long piece of fresh ginger – crush both and get the juice from it (approx 1 to 2 tsp) + honey 1 tsp + black pepper powder ¼ tsp, Garlic juice ½ tsp. Take this mixture 2-3 times a day
Constipation	One teaspoon Ayushakti’s Amrutadi powder with half glass warm water daily at night
Detox tea	1 tsp cumin seeds powder, 1 tsp coriander seeds powder, ½ tsp dry ginger powder, 1 tsp fennel seeds powder- boil all above in 1 liter of water for 5-10 minutes and then put it in a thermos (to keep it warm). Drink this tea throughout the day. Stay on a Khichadi or moong and vegetable diet only.
Diabetes	½ tsp. turmeric powder, ½ tsp. methi powder, 1 tsp. amla powder, 1 tsp. Jamun Beet Powder
Diarrhea, dysentery	Pomegranate juice 2 glasses, twice daily. 2 tablespoons of fresh yogurt, ½ tsp cumin powder, ¼ tsp ginger and 1 pinch of salt. Mix well and take it as it is. Or with rice. Repeat 2-3 times a day.
Eye problems (burning, short sight, long sight, strain)	5 cardamon on empty stomach; cotton pads dipped in cold milk placed on the closed eyes for 15 minutes. Reduces burning sensation.

Condition	Home Remedy
Gas, Indigestion	1 tsp jeera powder (cumin), 1/2 tsp sunthi (ginger), 1/4 tsp ajwain, 1/2 tsp Black Salt, 1 pinch hing. Mix all in half a glass of water and have two times a day after food. if you have a lot of gas, have 4 times a day.
Heat/Pitta to Reduce	1 tsp cumin powder, 1 tsp coriander powder, 1 tsp Fennel Powder – Soak all the above in 1 liter of water for 2 hours, then pour it in a bottle (along with material) and then drink that water throughout the day.
Hair loss	Mixture of 2 tsp. each of warm coconut oil, almond oil and castor oil, apply 3-4 x a week. For better results, you can also use Ayushakti Sukesha tablets, and oil and you can also use Ayushakti's Sukesha tablets and Navkesh Oil
High Blood Pressure; Marmaa for BP	½ a glass of white pumpkin juice daily on an empty stomach. Apply ghee on temples, press Marmaa point on temples 6 times a day
Hormonal Imbalance	¼ tsp. ajwain Powder, 1 tsp. cumin powder, 1 tsp. fennel seeds powder. Mix the above in ½ cup water and take it twice a day.
Kidney stones	Lady fingers - take 2-3 lady fingers (Bhindi), soak overnight, crush and drink the water.
Low Kidneys, Oedema	1 tsp. barley (Jav) seeds. Boil it with 2 cups of water and filter. Add 1 tsp. coriander powder, 1 tsp. cumin seed powder, ¼ tsp cardamom powder. Drink warm. Repeat this 3 times a day.
Metabolism to Improve	1 tsp dry ginger powder (Sonth). Boil in 1 liter water for 5-10 minutes and then fill it in a thermos (to keep it warm). Drink little by little throughout day for to activate metabolism, burn fat and reduce congestion in respiratory system.

Condition	Home Remedy
Memory	1 tsp. Brahmi (Gotucola) powder with ½ glass water daily. Or Ayushakti Sumedha 1 tablet, twice a day.
Menstrual Bleeding, Excessive	1 tsp cumin powder, 1 tsp coriander powder, 4 pinches alum powder ½ tsp raw sugar. Mix it in ½ a glass of water & drink this mixture every hour.
Menstrual bleeding - scanty or no bleeding	1 tsp. cumin powder ½ tsp. Dill seeds powder ¼ tsp. ajwain powder, 1 tsp. jaggary.
Mind, Peace of mind, recover from panic – Marmaa Points	<ol style="list-style-type: none"> 1. Press center of both ear lobes 6 times. 2. Press center of upper lip with index fingers 6 times. While doing this Marmaa, sit on a chair with your feet flat on the ground 3. Head Marmaa: put ½ tsp. ghee on your crown and massage.
Neurological Tonic	White Pumpkin Juice ½ glass daily
PCOD	Cumin 1 tsp., Ajwain seed powder ¼ tsp., asafoetida 1 pinch, rock salt ¼ tsp., fennel 1 tsp., saraca India (ashok) ½ tsp. Mix all well in half a glass of water and drink 3 times a day. Take it for at least 6 months to 1 year
Sleep, Marmaa for	Do cow's ghee massage on both temples and both feet, 5–10 min before go to bed at night
Sperm Count, Increase	<ol style="list-style-type: none"> 1. 25 gms cooked urad dal daily. 2. Juice from 2 fresh amla (myrobalan fruit) 3. 2 deseeded dates filled
Stamina, energy, and increasing iron & calcium levels naturally	6 almonds + 2 dry figs + 2 dates + 2 cardamom + 2 walnuts + 1 tsp fennel seeds. Soak all the above in a glass of water over night. In the morning, deseed the dates, peel the almonds and cardamom. Crush all in a blender with water or almond milk and make a smoothie. Drink it first thing in the morning. Have breakfast only when you get hungry

Overview Different Diets

Consult with your vaidya, physician or dietitian before starting major dietary changes, especially if you are taking prescription medication, are pregnant, or have chronic illness. No diet is right for everyone: consider your dosha.

Type of Diet	Directions
Diet for burning toxins, blockages and to reduce weight	<p>Step One: 1-2 days ginger water diet. (2 tsp. of dry ginger powder added to 5 glasses of water. Bring it to a boil and drink warm throughout the day).</p> <p>Step Two: 3 days moong soup (soak one cup whole green gram overnight, pressure cook in the morning by adding 3 cups of water, garlic ginger paste, cumin powder, black pepper, salt and garnish with coriander leaves. Make it in a soupy consistency and drink whenever you feel hungry throughout the day.)</p> <p>Step 3: 5 days moong soup and vegetables. (Pumpkin, zucchini, squashes, asparagus, carrots etc. in the soaked moong, add enough water, spice it to your taste and cook well with a thick gravy consistency and drink throughout the day whenever you feel hungry for 5 days.</p> <p>Step 4: Then return to a normal diet but restrict your food proportion to 60 % vegetables, 30 % proteins and 10 % carbohydrates.</p> <p>List of Vegetables: zucchini (courgetti), squashes, pumpkin, leafy greens, spinach, mangold, onion, garlic, carrots, capsicum, fresh ginger, French beans, green peas,</p>

Type of Diet	Directions
	bitter gourd, marrow, snow peas (Mange-tout), asparagus, fennel, rutabaga (sweed), broccoli, beetroot, celery, chicory and leeks, bottle gourd.
Diet for hormonal imbalance	Have 60% vegetables, 30% protein, 10% carbohydrates. Avoid fried food, wheat, sour fermented, red meat
Detox diet	5-7 days of only moong and vegetables every month. You can eat items made from moong and vegetables whenever you are hungry for 3-5 times a day and eat nothing else. You can take coffee or tea, maximum 2 cups a day.
Tridosha	1 Cabbage/spinach 2 Carrots 1 Apple/pomegranate Make one glass of juice. Add half tsp. of organic turmeric powder and drink. 3-6 glasses of juice ever day

Spice Guide – Carol Ray

Hindi Name	English Name	Notes
Ajwain	Celery (Tymol) Seeds	Carom Seeds
Adrak	Fresh Ginger	
Alsi	Flaxseed	
Amchoor	Mango Powder	
Anardana	Pomegranate Seeds	
Ata	Wheat Flour	
Badi Elaichi	Cardamom (Black)	
Besan	Gram Flour	Made from chana dal
Buna	Roasted Gram	
Channa	Chickpeas	Key ingredient in hummus & chana masala
Channa Dal	Bengal Gram Dal	
Dalchini	Cinnamon	
Dania	Coriander Seeds	
Elaichi	Cardamom (Green)	
Haldi	Turmeric Powder	
Hing	Asafoetida	
Jaiphal	Nutmeg	
Jeera	Cumin Seeds	
Kadi Patta	Curry Leaves	
Kali Mirch	Black Peppercorns	
Kasoori Methi	Dried Fenugreek Leaves	
Kesar	Saffron	Zaffran
Kuskus	Poppy Seeds	
Lahsun Powder	Garlic Powder	
Laung (Lavang)	Cloves	
Maida	Flour	
Mehandi	Rosemary	
Methidana	Fenugreek Seeds	
Moong Dal	Green Gram	
Methi	Fenugreek	
Pippali	Long Pepper	
Poha	Rice Flakes	

Hindi Name	English Name	Notes
Rava	Semolina	Cream of Wheat
Sont	Dry Ginger	
Sonf	Fennel, Aniseed	Saunf
Subudana	Sago	
Sabut Moong	Whole Green Gram	
Sabza	Chia Seeds	
Tej Patta	Bay Leaf (dried)	
Thil	Sesame Seeds	
Thil ka thel	Gingelly oil	
Tulsi	Holy Basil	
Tuvar Dal	Toor Dal/Yellow Lentil	
Urad Dal	Black Gram	
Zerra	Cumin	Jeera

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Ancient Secrets Cookbook

- Recipes for Your Ayurvedic Dosha
- Made with Energizing, Nourishing & Delicious Foods
- Family Favorites From Around the World

“Everything can be either a poison or a medicine,
depending on how you use it.” -Jivaka

To learn more about Ancient Secrets and
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