

SEVEN PREVENTATIVE STEPS TO CONQUER ARTHRITIS

7 Secret Steps to help you reduce risk of Arthritis at any age

1. One tsp. of Castor Oil every other day after the age of 50. If there is already joint trouble, then take it every day.

2. Avoid heavy beans, wheat, fried food, red meat, and raw vegetables. Replace eating raw vegetables by drinking fresh juice made from salads, vegetables and fruits.

3. Take an Enema of following ingredients once a week **after the age of 50:**

1 teaspoon Ginger powder
1 tsp. Cumin seed powder
½ clove of garlic - crushed
1 pinch Asafoetida
1 tsp. fenugreek seed
150 ml water

- Boil every thing for 2 to 3 minutes and filter.
- Add water to make 100 ml. if needed.
- Add 1-tablespoon castor oil and one teaspoon sesame seed oil to this warm decoction.
- When it is lukewarm, take an enema of this mixture.
- If you cannot do the enema once a week, even taking it once a month can help prevent or neutralize the initial symptoms of arthritis.

4. It's best to eat a **VATA PACIFYING DIET** (please read further) In addition, take at least two tablespoons of sesame seeds in the form of Tahini or crushed sesame powder every day. This will fulfill your daily Calcium requirement.

5. If you do have symptoms of Aama (toxicity), fasting on MUNG SOUP for 3 to 5 days will help. The health effects of this soup are miraculous! Spice this soup with ginger, coriander and cumin and watch the changes in your body, mind and emotions!

Green Mung Soup Recipe

Serves: 4

Ingredients:

- 1 cup green mung - soaked overnight
- 2 cup water + 1 tsp. salt- to cook mung in pressure cooker
- 2 cup water - to achieve the soup
- 1 tbs. sunflower oil
- ½ tsp. mustard seeds
- ¼ tsp. Hing (known as Asafoetida in the West)
- 1 bay leaf (Tejpatta)
- ½ tsp. turmeric
- 1 tsp. mixed Cumin and Coriander Powder
- 1½ tsp. ginger - chopped
- ½ tsp. garlic - chopped
- 2 tsp. salt
- 1½ tsp. lemon juice (optional) 1 tsp. raw sugar cane
- 1 pinch garam masala powder

Preparation Time: 45 minutes

- 1) Soak the mung overnight in water.
- 2) Clean and finely grind ginger and garlic
- 3) Drain the mung, wash them two times and cook in a pressure cooker with the indicated amount of water until tender. It takes around 25 minutes, according to your pressure cooker. The mung have to be broken.
- 4) Heat the oil in large deep saucepan and add mustard seeds. When mustard seeds pop, add Hing (Asafoetida) and bay leaf. Mix well.
- 5) Place the cooked mung - including the cooked water plus fresh water - into the saucepan.
- 6) Bring to a boil and add all remaining spices. Simmer the mung for a few minutes more.

Amazing Health Benefits of Mung Soup:

AAM is toxic mucus that lodges in the body due to poor diet, lack of exercise and wrong lifestyle. These toxins block the flow of energy in your body; they inhibit or unbalance the doshas, the elements in your body, and as a result, create health problems in many forms.

In Ayurveda, Mung Soup has a magical and powerful effect! It helps balance all 3 doshas. Its spices are part of the medicinal quality of this delicious and nourishing soup. Mung soup actually eliminates the blockages created by Aam. Through better diet, exercise and herbal formulas, blockages of **AAM** all over the body are broken, energy flow restored and guaranteed good health revealed. In the same way that a gun is able to shoot through objects and break them, the Mung Soup spices have this effect.

- 6) Take a regular Sesame Oil Massage with steam at least once a week.
- 7) Spice your food with ginger, coriander, cumin, garlic, asafoetida, clove, cinnamon, celery seed, olive oil, sesame oil and ghee on a daily basis.

Rejuvenate Your Joints

1. Take one teaspoon of Castor Oil every night with Warm Ginger Tea.
2. Eat lots of Calcium-boosting food in your diet.
3. Take oil with your meals. The best to use are Olive and Sesame oil.
4. Boil one potato chopped with its skin every morning in two cups of water. Reduce the water to one cup, filter it and drink with half a teaspoon of whole fenugreek seeds. (Fenugreek is optional).
5. Pour warm sesame oil on your larger joints — especially the hip, knee, ankles, wrist and cervical and lumbar spine at least once in 15 days.

6. Make sure that, Vata and Aama are not produced. Eat sensibly and you will feel better!

Boost Your Calcium Naturally

100 gms of Rajgira (Amaranth) seeds = 510 mg. Calcium.
100 gms of Dried Curry Leaves = 830 mg Calcium
100 gms of Sesame Seeds = 1450 mg. Calcium
100 gms of Cumin Seed Powder = 1080 mg. Of Calcium
100 gms of Poppy Seeds = 1584 mgs. Of Calcium
100 gms of Milk = 200 mg Calcium

The Minimum Daily Requirement of Calcium is 1000 mg.

There is always a better waythe Siddha Veda way!

Let's revisit the topic of this booklet...and what's been revealed in its pages.

Are your joints stiff when you get out of bed in the morning or raise yourself out of a chair? Do your neck, knees, hips or shoulder ache throughout the day, especially when it rains, or joints crack with every movement? Even a little bit? If so, you may have the beginnings of arthritis.

Transforming Diet for Arthritis

This diet reduces Vata and Aama and nourishes the bones with calcium.

Vata Aggravating Diet

These foods aggravate or increase VATA Dosh, so those with arthritic or pre-arthritic conditions would want to AVOID eating these things: Wheat, meat, Seafood, Red Meat (such as Beef and Pork), Sweets, Fried Foods, Fermented Foods and Heavy Beans (Kidney, Chick Peas, Black-Eyed Peas, Lima Beans, Split Peas), Raw Food, Salad and Dried Nuts

Enjoy Occasionally (twice a week)

Turkey, Chicken or Lamb, Eggs, Seafood, Cooked Vegetables like Cauliflower, Broccoli, Sprouts and Cabbage, Soaked Nuts and Nut Butter.

Vata Pacifying Diet

These foods pacify or reduce VATA Dosha and it's best to TAKE MORE of them: Sweet Fruits such as Bananas, Coconut, Figs, Dates, Grapes, Melon, Papaya, Cooked Vegetables, Beets, Carrots, Okra, Garlic, French Beans, Cooked Onion, Sweet Potato, all kinds of Squashes and Ridge Gourd, Bottle Gourd, Snake Gourd, Red and White Pumpkin, Cooked Rice and Wheat, White Meat, Eggs, Sea Food, Mung, Yellow Dal, Orange and Yellow Lentils, and Masoor Dal. Spices like Black Pepper, Cinnamon, Clove, Garlic, Ginger, Cumin, Coriander, and Asafoetida are excellent. You can eat all Nuts in moderate quantities. Jaggery (natural, unrefined sugar available in Indian grocery stores), Honey, Palm Sugar, Unrefined Sugar, Ghee, Butter and Milk (especially skimmed milk powder – 100 grams equals 1370 mgs of calcium) pacify Vata. We recommend consumption of oils in moderate quantities.

A Few More Proven Tips...

- It's best to avoid heavy, stale, gassy and indigestible food. Eat more soupy food and cooked vegetables rather than raw. Cooked vegetables are definitely your friends.
- Your diet should contain more warm and light foods made with spices like: Garlic, Ginger, Ajwain, Cumin, Coriander, and Asafoetida (Hing).
- All your food should contain a moderate amount of Oil or Ghee.

REMEMBER!

- Plain boiled food without Oil also causes excess Vata.
- Chilled water, cold drinks, cold milk, curd, ice creams, if eaten regularly, increases Vata and can decrease the digestive power, finally causing toxins
- Excessive fasting also increases Vata.

Other lifestyle causes that may contribute to arthritis include: over exertion, frequent late nights, worries, grief and fear. One thing to be very aware of – make sure that **AAMA** (toxins) are not produced if you are experiencing Arthritis conditions!

What Causes Arthritis?

In Ayurveda it's a known fact that as we grow older, especially after the age of 40, the **VATA** Dosha increases. Actually, Arthritis also affects people in all age groups, including 300,000 children. Half of the 70 million adults with Arthritis in America don't think that anything can be done to help them. But this is not true! When this **VATA** or Air Element becomes blocked into our joints, it can be very painful. Did you know that 'Arthritis' refers to more than 100 different diseases that affect areas in or around joints?

Ayurveda says that Arthritis begins due to a weak **AGNI** (digestive power) and excess **AAM** (toxins) and **VATA**. Excess **VATA** takes the toxins and **PITTA** (Fire Element) from the colon and deposits them in your joints. The combination of **AAM** and **PITTA** produce swelling that are like balloons filled with water. There may also be a burning sensation because the mucus membranes that normally prevents your joints from rubbing each other when you move about change. Eventually, **VATA** even causes deformity in our joints. Many breakthrough remedies in Ayurveda for Arthritis have to do with reducing **VATA** – the Air Element.

Few Common Types of Arthritis

Anklyosing Spondylitis
Cewrvical Arthritis
Fibromyalgia
Gout
Infectious Arthritis
Juvenile Rheumatoid Arthritis
Lumbosacral Arthritis
Osteoarthritis
Osteoporosis

Paget's Disease Psoriatic Arthritis
Reiter's Syndrome
Rheumatic Diseases
Rheumatoid Arthritis
Rheumatoid Foot and Ankle

Reduce or Eliminate Your Dependency on Medications

Don't delay! You don't have to take chemical medications for relief. The **Revolutionary Seven Ayurveda Tips** in this booklet and the magical herbal formulations we've shared, if you act now, can change your health – they've been working for centuries! They've arrived at your doorstep with a good track record!

Rejuvenating Arthritis Herbs Used For the Past 6300 Years

These potent Ayurveda herbs, when used in PROVEN herbal combinations, are anti-inflammatory & bring relief from pain and swelling

- They are Vata-reducing and effective for different types of Arthritis
- Increase calcium content in the body
- Strengthen the bones
- Nourish the tissues
- Reduce morning stiffness, swelling and joint pains.

Punarnava (Boerhaavia Diffusa)
Nirgundi (Vitex Negundo)
Haritaki (Terminalia Chebula)
Gokshur (Tribulus Terrestris)
Devdaru (Cedrus Deodara)
Maharasna ghan, Dahsmool Ghan
Gandhaprasarini (Paederia Foetida)
Rasna (Pluchea Lanceolata)