



To boost immune system please take Triphala at night before going to bed; and Trikatu one or two capsules after every meal.

Break Fast Oats Recipe:

1. Add half gallon of water or milk
2. Four of medjoul dates.
3. Half cup or more of black organic raisin.
4. One cup of quick Oats.
5. Add one or two cut ripe bananas
6. Cook for 25 to 30 minutes until the oats are cooked
7. Optional add honey to taste
8. Side dish of fresh seasonal fruits

Lunch Quinoa or Brown Rice, cooked vegetables, yogurt

Quinoa or Brown rice

- 1- Add one cup of quinoa or brown rice in two and one quarter cups of water
- 2- Add one/half teaspoon of pink Himalayan salt and cook with a lid on the pot until grains are soft

Cooked vegetables

- 1- Add two or three cut tomatoes to one cup of water in a pot
- 2- Start the fire

- 3- After five minutes, add fine cut carrots, potatoes, red bell peppers (or any combination of vegetables of your choice)
- 4- Cook for 15-20 minutes, then add spinach
- 5- Cook for five minutes then add one teaspoon of turmeric, two or more tablespoons of shredded ginger, one half teaspoon of hing and two tablespoons of cilantro
- 6- After everything is cooked add ghee or olive oil

Serve the grains and cooked vegetables with a side dish of yogurt and a fresh tossed salad

Dinner - Yellow split mung dal with mixed vegetables with a salad

- 1- Add a half cup of yellow split mung dal five cups of water
- 2- Cook for ten minutes
- 3- Add three or more cut tomatoes
- 4- One red bell pepper cut in small pieces
- 5- One small to medium daikon radish cut in small pieces
- 6- One carrot cut in small pieces
- 7- One or two Yukon gold potatoes with skin in small pieces
- 8- Continue cooking for 20 minutes
- 9- Add one cup of cut spinach, two cups of cut cabbage, one teaspoon of hing, one or more teaspoons of pink Himalayan salt, one teaspoon of turmeric, one teaspoon of paprika and one or more tablespoons of ghee or olive oil
- 10- Cook for 10 more minutes
- 11- Serve the soup with a side dish of a fresh tossed salad

This suggested diet will help you to improve your immune system. It is also recommended to sip an eight ounce bottle of one fresh lemon squeezed in eight ounces of filtered water during the day. Take small sips every ten or fifteen minutes. Begin sipping early in the morning after bathing and continue until evening.

If you catch a cold, go on a liquid diet, drink two 8 ounce glasses of lemon water, continue Triphala every night before sleep, Trikatu during the day and add 6 capsules of Goldenseal/Bayberry during the day. Open your sinus tract by inhaling the Breathing Synergy blend.

If you have any questions please contact HH Harivilas Maharaj @ harivilas@vedicculturalcenter.org