

Simple Tools for Your New Path

The spice guide on the next page is an easy reference to help you optimize the use of herbs and spices. Try one or two at a time if they are new for you. If you are accustomed to processed foods that contain large amounts of sugar, caffeine, salt, and other chemicals, use spices such as cumin, coriander, ginger, and turmeric to aid your transition.

Select the spices you want to use and cook them in the order on this list. Notice that the hard seeds come first so that the longer cooking will bring out their flavor. Add the fresh herbs at the end.

coriander seed

“sweet” spices:

- cardamom pods
- cinnamon sticks
- whole peppercorns
- cloves

black mustard seed

chana dhal

urid dhal

cumin seed

nuts:

- almond
- cashew
- hazelnut
- pecans

aromatics:

- fenugreek
- dry neem leaves
- asafoetida
- fennel seeds
- bay leaves

fresh neem leaves

fresh curry leaves

dry red chilies

sesame seeds

fresh coconut

dry coconut

turmeric (fresh, powder)

ginger (fresh, powder)

fresh chilies*

fresh garlic*

fresh onion*

The following spices are aids in digestion. You may find them fresh, in dried seeds, and powdered. Fresh spices are ideal, although most forms are good. Certain spices change qualities when they are powdered. Ginger, for instance, is more drying when in powder form. Store spices in a cool dark place for best retention of prana.

asafoetida (hing)

- dispels gas and cramping; good for cooking beans and legumes
- destroys parasites, antibiotic properties, cleanses intestinal tract

bay leaf

- warming, digestive aid

black mustard seeds

- digestive aid
- dispels gas and toxins
- stimulates circulation

black pepper

- increases pitta; pacifies vata and kapha
- destroys digestive toxins
- antidote for excessive raw foods

cardamom

- stimulates agni
- pacifies all doshas
- increases joy and vitality in the body
- neutralizes mucus-formation from milk and detoxifies caffeine

cinnamon

- pacifies vata and kapha
- strengthens and harmonizes the circulation, heart, and kidneys
- digestive, warming

cloves

- very heating, digestive

coriander seed

- cooling, dispels gas and bloating, digestive

Freedom in Your Relationship with Food

- pacifies all doshas
- excellent for the urinary tract

cumin

- dispels gas, digestive
- antidote for hot, pungent foods (tomato, chilies, etc)
- pacifies vata and kapha, balancing for all doshas

fennel

- cooling, digestive

fenugreek

- warming, digestive
- pacifies vata and kapha
- rejuvenates and tones the entire body

garlic*

- warming, reduces ama used in small amounts
- increases pitta; pacifies vata and kapha
- natural antibiotic
- in excess dulls and irritates the mind

ginger

- pacifies vata and kapha
- relieves gas, cramps, and nausea
- stimulates the appetite
- digests toxins in the body

saffron

- balances all doshas, digestive, cooling
- regulates menstrual cycle, spleen, and liver
- increases love, devotion, and compassion

turmeric

- balances all doshas
- purifies blood, mind, and skin
- natural antibiotic, yet strengthens intestinal flora
- cleanses chakras, subtle channels, and restores ligaments
- helps digest protein
- promotes balanced metabolism

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kombu

- digestive, removes heavy metals

lemon

- increases pitta

lime

- balancing to all doshas

onion**

- strengthening
- increases appetite

*Increases rajas (minimize if you prefer a harmonious mind)

**Some say rajas and some say tamas (minimize if you prefer a harmonious mind)