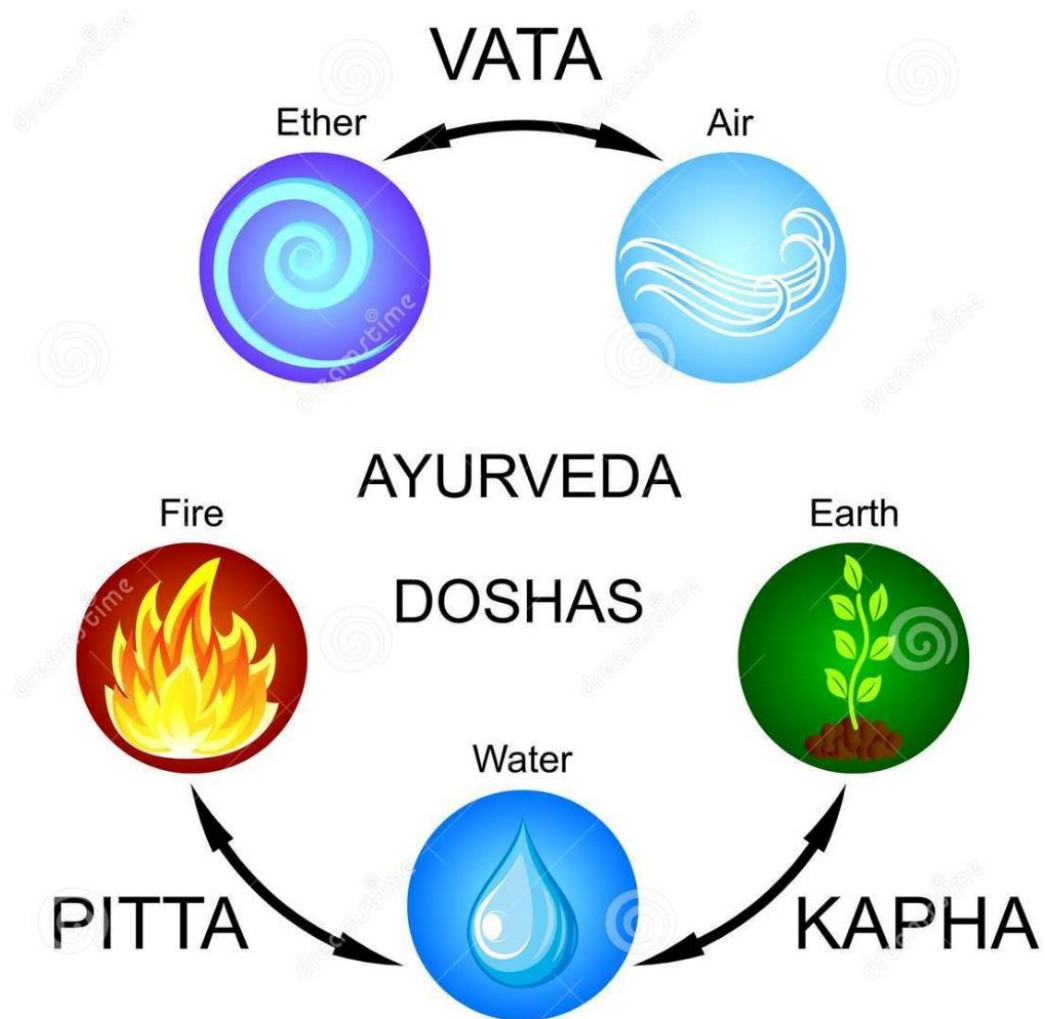




THE MISFITS

Health and Nutrition



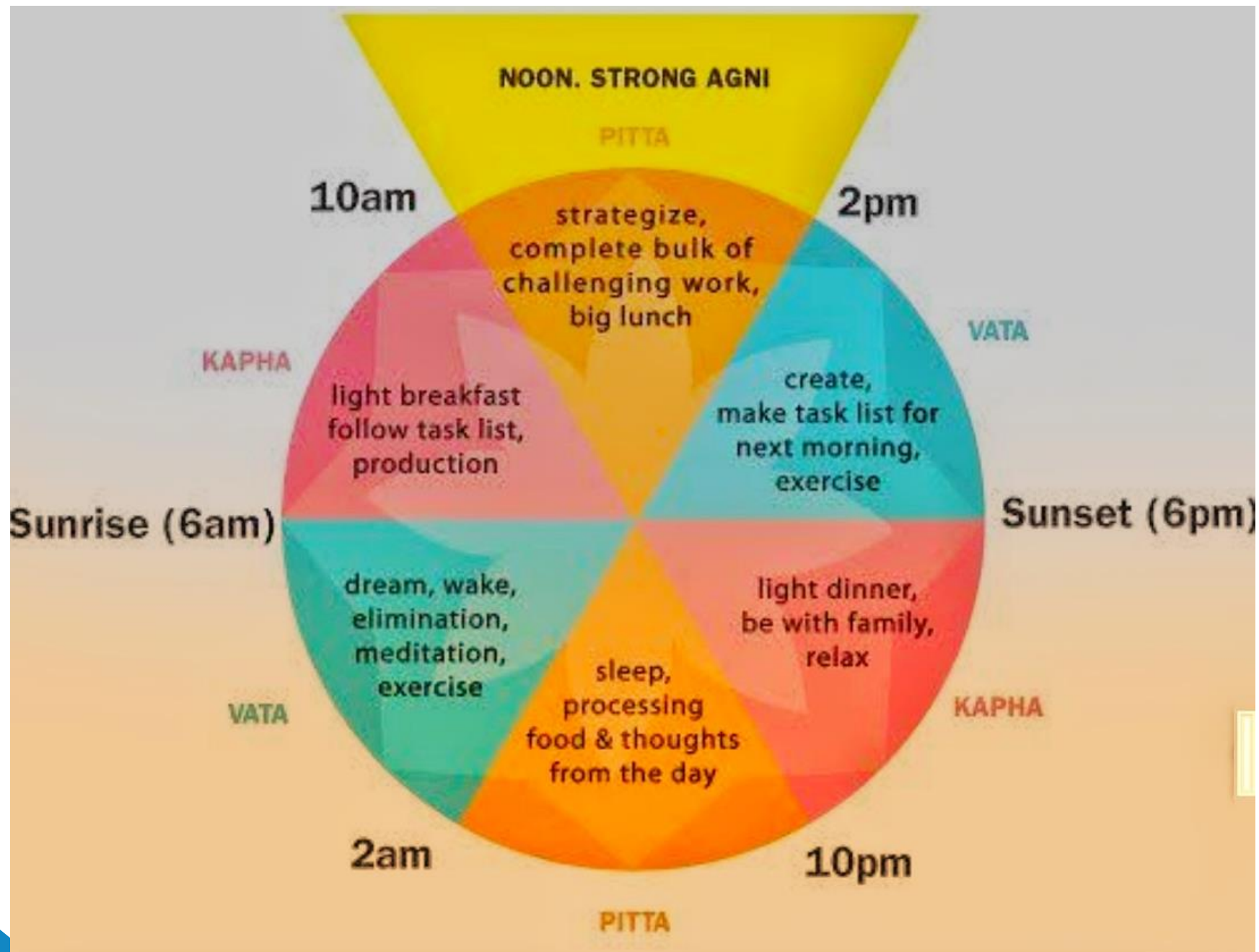


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healthy
body

+



healthy
mind

=



happy
human!

RAJAS



*movement
energy
desires
passion
anxiety*

vedapathshala.com

SATTVA



*positive
pure
balance
peace
harmony*

TAMAS



*dull
inactive
negative
depression
ignorance*



SATVICK

Fresh fruits and
vegetables
Whole food
(unprocessed,
unrefined)
Juicy (water-rich)
Freshly cooked
Lightly seasoned.
Living food with life
energy.



RAJASIK

Too bitter
Too sour
Too Salty
Pungent
Dry and Hot
Excess flavoring of
spices



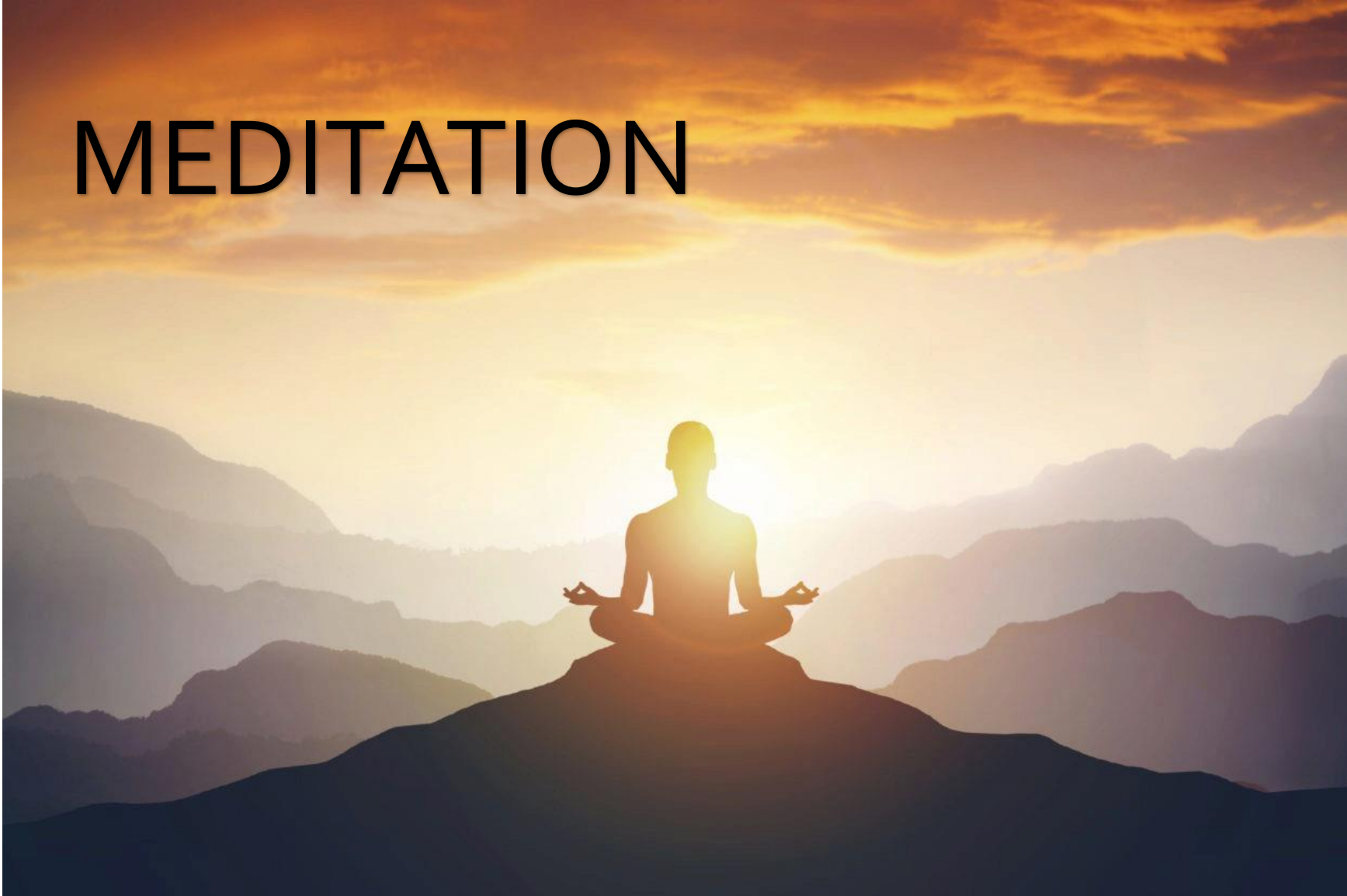
TAMASIK

Stale
cooked after 3 hours
rotten (meat & sea food)
Foul
Liquor

- Tamasic food is dead food. When we eat dead food the same death is transferred to our body in the form of disease.

NO KARMA FOOD

MEDITATION



Life gives you both
positive & negative.
Focus on the good
& move ahead
with commitment.

- Sri Sri Ravi Shankar

