



Pitta Comprehensive Purification Diet Program

THIS DIET IS TO BE FOLLOWED FOR THE NEXT 3 to 4 WEEKS.

Balancing the Doshas

The purpose of this diet is twofold. First, this diet will help to balance the functioning of all three doshas, with an emphasis on the dosha **PITTA**.

Strengthening digestion

Secondly, this diet will enable the body to recover balanced digestive capability. This allows the body to better digest the foods you eat, as well as begin to metabolize and eliminate deposits of wastes and impurities that may be lodged deep in the tissues. These wastes and toxins are called “ama” in Ayurvedic terminology, and are considered to be a major contributing factor in many illnesses.

Eliminating Ama

Ama is formed when the food we eat is not properly digested; i.e. it is not fully broken down into the finest molecules of protein, carbohydrate and fat. Rather, these large, complex molecules may be absorbed from the gut into the bloodstream and circulate into the tissues, getting lodged in the tiny capillaries, or in the spaces between or within cells or cell membranes. These tiny blockages build up over time and can cause impaired cellular activity, slowed metabolism and weight gain, reduced circulation, stiffness, aging and if the immune system becomes involved, inflammation and pain may result (such as in arthritis and various autoimmune diseases.)

Promoting Ojas

This dietary program, with the help of the accompanying herbal program, will allow your body to begin to digest food more completely. Following the program usually results not only in improved digestive symptoms, but also in better energy, greater mental clarity, better sleep, greater sense of well being, improved symptoms in other health areas and weight loss if needed. This is the result of proper and complete digestion of the food, which Ayurveda describes results in the formation of “ojas”, the most refined product of digestion. Ojas supports youthfulness, immunity, strength and stamina, and the experience of bliss in the mind-body system.

Subjective Experiences

In the first week, you may not feel better yet, and in fact may feel some fatigue, transient digestive symptoms, or moodiness as impurities and wastes begin to be eliminated from your system. Keep in mind that this is a healing and recovery process, and that takes some energy from the body initially. Usually by the end of the second week, individuals begin to feel the benefits of the cleansing process, with increase in lightness, energy, clarity and well being.

If you are uncomfortable at any time during this program, or have questions about the program, please inform our office right away. The doctor will then adjust your program if needed and will be happy to answer your questions.

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I. MAIN PRINCIPLES OF THIS BALANCING DIET:

In order to eliminate ama and prevent its further accumulation:

1. Food must be freshly prepared, preferably in your own home.
2. Do not use frozen or canned foods.
3. Do not consume any leftovers (i.e. food that has been cooked and then refrigerated. This includes most deli foods, such as pasta salad, potato salad, etc.)

II. Please do not use any of the following at any time during this 3 - 4 week program:

Use organically grown foods as much as possible.

No red meat (beef, pork, lamb, etc.)

Vegetables:

- No potatoes, beets or root vegetables (except carrot.)
- No oily or heavy food preparations such as fried foods, cream sauces, heavy desserts or pies.
- No raw vegetables or salads.

Spices:

- No hot spices such as chilies, hot peppers or jalepeno.

Carbohydrates:

- No pizza, bread (made with yeast, sourdough or baking soda/powder), cookies, chocolate, cocoa, candy, pastries or baked goods.

Dairy:

- No curdled milk products such as yogurt (except lassi,) cheese, cottage cheese or sour cream.
- No butter, cream, ice cream, frozen yogurt or any other frozen desserts.

Fruits:

- No jam or dried fruits except soaked raisins and dates.

Drinks:

- No cold water or ice.
- No soft drinks or carbonated beverages or carbonated water.
- No alcohol.
- No caffeinated drinks (coffee, tea or colas.)
- No bottled, packaged, reconstituted or canned fruit or vegetable juices.

- You may juice your own fresh vegetable or fruit juices at home. Use the fruits or vegetables recommended in your diet program. Juiced zucchini and cucumber are particularly cooling and balancing for pitta. **Fresh homemade juices are highly recommended** for their purifying and nourishing effects. **Drink on empty stomach** in the early morning or late afternoon for best results.

Condiments:

- No vinegar or vinegar-containing substances such as catsup, mustard, pickles, olives, relishes, etc.

General:

- Avoid exposure to cold, such as cold baths or showers, drafts, and sudden changes in temperature.
- Limit exercise to light activities such as easy walking, light weights stretching, yoga, etc.

III. MAINTENANCE PHASE

The following list highlights the most important principles of the Comprehensive Purification Diet for you to continue after the initial 3 to 4 weeks. This will help maintain and further enhance the good results you have experienced so far:

GENERAL POINTS

- Eat mainly fresh, warm foods. Avoid leftovers, canned, bottled, packaged or processed foods.
- Prepare the food at home as much as possible. Limit restaurant meals to once or twice a week.
- Eat mostly cooked vegetables, grains, legumes, fruits, nuts, seeds and wholesome fresh ingredients.
- Avoid cheese and red meat. Strictly avoid cheese and other curdled products such as sour cream, yogurt and cottage cheese in the evening.
- Eat your main meal at noon and a lighter meal in the evening- by 7:30 PM.
- Avoid alcohol, caffeine, and sugar-based products (cakes, cookies, etc.) except small servings as an occasional “treat” if you strongly desire them.
- Continue to avoid red meat, cheese, store-bought yogurt, cold drinks, ice cream, frozen yogurt and leftovers.
- If at some point you begin to lose the benefits gained on the Comprehensive Purification diet, it is recommended to return to it for several weeks to promote the natural healing and re-balancing of your body.

MAIN POINTS for PITTA BALANCE

Key Points: Practice Moderation; Take it easy; Eat on time; Avoid hot, spicy food

1. Favor pure foods and ingredients; eat organic foods whenever possible.
2. Avoid toxins, stimulants and over-indulgences such as alcohol, caffeine, artificial ingredients, drugs, excessive sugar and greasy foods.
3. Avoid hot spicy foods, sour or acidic tastes (including vinegar-containing foods and condiments, pickled foods, etc.)
4. Favor sweet juicy fruits such as melons. Minimize citrus and other sour-tasting fruit.
5. Drink plenty of plain, pure water every day; at room temperature is best.
6. Get plenty of exercise, outdoors whenever possible. Avoid overdoing at work or play. Take time to smell the roses. (In fact, rose scent is very pitta pacifying.)
7. Eat your meals on time, especially lunch.
8. Favor cooling sports such as water sports in summer and outdoors sports in winter. Protect yourself from excessive exposure to the sun.
9. Avoid anger. Practice forgiveness and tolerance.
10. Practice Transcendental Meditation to promote inner bliss. TM practice will help balance your dynamic pitta tendencies with deep rest and inner peacefulness. Over 500 published scientific studies on the TM Program document its many health benefits.

SAMPLE MENU FOR COMPREHENSIVE PURIFICATION DIET- PITTA

Here is a sample menu plan for your individualized diet program. Following this menu is a list of foods from which to choose specific food items and details regarding ideal preparation and selection from the grocery store.

BREAKFAST:

Begin the day with a sweet apple or pear cooked in water with raisins and 2 whole cloves. This enhances ojas, supports good digestion and elimination, and is light and refreshing. (Do not eat the cloves.)

If still hungry, choose from the following for a second course:

- A. Cream of rice, cream of wheat or other hot cereal (with raisins, cardamom, ghee and milk)
- B. Boiled warm milk (optional: boil with 2-3 dates, then blend in blender to make a “date shake”)
- C. Toasted chapati with ghee (alternative: olive oil)

LUNCH:

Vegetables: Choose 1-3 vegetables from your list and steam. Then drizzle with spices sautéed in ghee (alternative: olive oil.)

Also have one cup of steamed green leafy vegetables either at lunch or at dinner (ideally pureed with a small amount of hot water to help release the nutrients)

Grains: Choose a grain from your diet and boil it in water. You may add spices sautéed in ghee after cooking. (Boil approximately 1/3 cup grain per person in twice as much water until cooked.)

High Protein Food: Select 1-2 high protein items from your list.

Lassi: as recommended

Chapati: toasted and spread with ghee (alternative: olive oil) if desired.

LATE AFTERNOON SNACK

Honeydew, cantaloupe or other melon OR raisins

Boiled warm milk with 1-2 tsp. rose petal jam OR

Chapati with ghee and rose petal jam

DINNER:

Vegetables: Same as lunch, but avoid any root vegetables such as sweet potatoes

Grains: 1 serving of boiled grain.

High Protein Food: soupy dahl or lentil soup

FOOD ITEMS FOR COMPREHENSIVE PURIFICATION DIET- PITTA

Oils: *ghee (best for pitta balancing,) olive oil.* AVOID all other oils.

Important: Use only extra virgin, cold pressed, **organic** oils, since refined oils are damaging to the body. (They contain trans fatty acids and other toxic residues from the refining process.)

Vegetables: Steam or cook in a small amount of water. Then add sauteed spices afterward as explained below.

- Best: *winter squashes (such as acorn, butternut, etc.), summer squashes, zucchini, fennel, cucumber, asparagus, artichokes. all green leafy cooked vegetables (except spinach,)*
- Also: *carrots, green beans, broccoli, cauliflower, cabbage, peas, snow peas, okra, lettuce, brussel sprouts, parsley, cilantro, bok choy, sweet corn, sweet potato (in small amounts cooked with other vegetables or soup.*
- *Strictly Avoid: tomatoes, green and red peppers, eggplant, spinach*

High Protein Foods:

- Legumes: *Favor mung bean soup (split or whole), red lentils, green or brown lentils.*

All other dried peas or beans acceptable in small portions if indigestion does not result.

- Soy: (Fermented or processed soy products should be avoided, i.e. tempeh, textured soy protein, soy dogs, etc.)

plain, cooked tofu (you may sauté in ghee and spices, or steam)

- Nuts/seeds: (Unprocessed, without added oil or salt. No nut butters at this time.)

pumpkin seeds, almonds (blanched is best)

Have in small amounts, as all nuts and seed increase pitta somewhat.

- Non-vegetarian

chicken, turkey, egg white (Have only if strongly desired. A vegetarian diet is recommended during this time. Servings should be freshly cooked, warm and not processed.)

- Kitcheri:

Recipe: 2 parts mung dahl or red lentils and 1 part rice, well-cooked in a large amount (about 12 parts) of water to form a soupy consistency. For about four servings, use 1/2 cup dahl and 1/4 cup rice in 6 cups water.

Spices: Spice your food at each meal. This helps the digestive process and, of course, adds flavor.

coriander, anise, fennel, cardamom, turmeric.

Fresh green herbs: cilantro, parsley, rosemary and basil leaves.

Strictly Avoid: *chiles, hot peppers, cayenne, asafoetida (hing), garlic, ginger powder, cinnamon.*

Pitta Churna (**Pitta Spice Mix**)

- Avoid hot spices, garlic, onions and condiments.
- Salt: Use in small quantity. Preferably use rock salt or sea salt.

- Sugar:** Minimize sugar. Use date sugar, rock sugar or raw, whole cane sugar in small quantity.

To spice your vegetables: After steaming the vegetables, you may add a mixture of 1-2 teaspoons of the prescribed oil or ghee sautéed with spices. To prepare, heat 1-2 tsp. oil/ghee over medium low heat. First add any seeds (like cumin) and fry gently until golden brown, then add any of the powdered spices listed above. Pour this mixture over the vegetables, adding fresh herbs such as parsley or cilantro and salt at the very end.

Grains: All grains should be cooked in water during this time, which makes them lighter and easier to digest. Processing grains by baking with yeast, baking soda or other leavening agents makes the grain more difficult to digest.

- Chapatis or tortillas made without yeast or baking soda are acceptable. Toast or dry fry them on a skillet before eating

Chapati, tortilla (see above), unleavened crackers

Cous cous, bulgur wheat, quinoa, amaranth, barley, rice (basmati, Texmati or jasmine), pasta (eggless)

Fruits:

- **Fresh Fruits:** All fruit should be sweet in taste. Do not eat anything that tastes sour, even if it is listed below.

- **Best:** *Melon, cantaloupe, honeydew.*

- **Other:** *Sweet, dark grapes, avocado, coconut, apples, pears, persimmon, pomegranate, sweet mango, black plums.*

- **Strictly Avoid:** *Citrus fruits, kiwi, banana, and any sour tasting fruit.*

- **Dry fruits:** *Raisins, dates.* (Soak in water overnight or until soft before eating.)

Dairy Products:

Please refer to the handout entitled “About Milk” for a detailed explanation of the proper use of dairy products.

- **Milk:** *organic, nonhomogenized milk; bring to a boil and drink while still warm*

- Lassi

Lassi should be made from homemade yogurt made the night before and not refrigerated.

Dilute 1 part yogurt with 4 parts water.

Lassi should be sweet or plain. (see attached recipes.)

Desserts:

- Cooked fresh fruit with raisins/dates OR homemade fruit crisp or fruit pie

Drinks:

- **Drink plenty of water throughout the day.** Ideally, boil spring water for 10 minutes in the morning and let cool to room temperature. Drink according to thirst at least every hour.

- Drinks should be room temperature to comfortably warm. Avoid very hot beverages and iced or refrigerated beverages.

The following drinks aid digestion and help clear ama from the body. They also help to eliminate cravings. The grain-based drinks are very nourishing and help curb excess hunger.

- **Grain beverage:** Cook a handful of rinsed cracked wheat or basmati rice in 3 qts. of water 1 hour or more until it is very well cooked. Strain it and drink the liquid portion during the day between meals as often as you like.

- Dosha specific tea: *Pitta tea*

- Other: