

The Das-Anjuli Diet - A Whole New Diet and Lifestyle Philosophy Based on Ancient Eastern Practices (Health Learning Series Book 48)

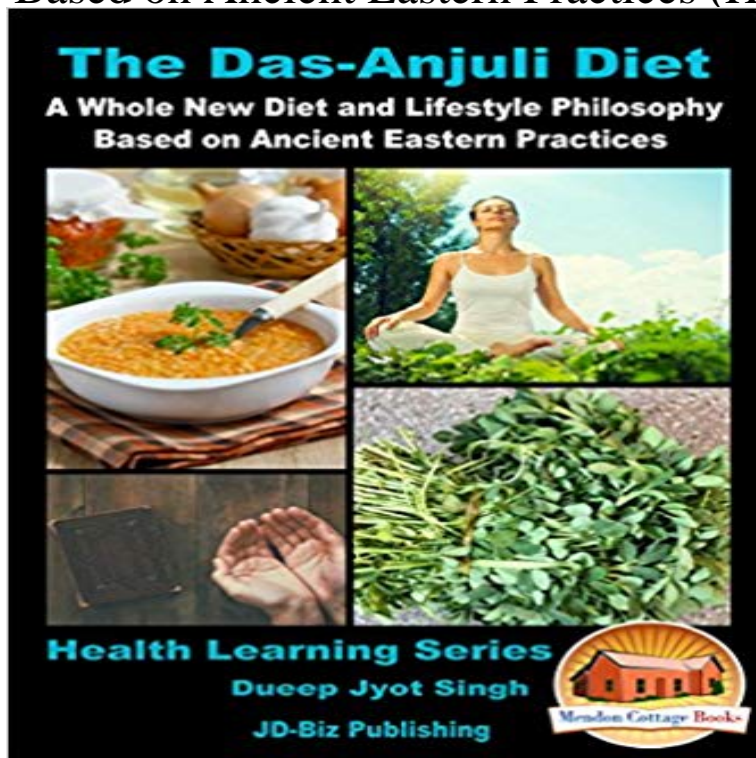


Table of Contents Introduction Dietary Requirements of a Healthy Person The DasAnjuli Diet List Quantity of Food Intake Changing Your Lifestyle Why the Word Anjuli Food Taboos and the Reasons behind Them Harmful Food Combinations and Beneficial Food Combinations Adventures in Eating Search for Traditional Ancient Recipes Jacobs Pottage-Traditional Red Lentils Stew Traditional Breads Traditional Plain Bread Lemon and Honey Chicken Traditional Fenugreek And Potato Peas with Cottage Cheese Rice with meat vegetables and herbs Conclusion Author Bio Publisher Introduction When I was at college, and naturally perpetually hungry, because we were on the go physically and mentally from 6 in the morning to 2 o'clock at night those were the days, my friend! I heard about different food philosophies going back to ancient times, especially as practiced in the East. One of my friends was telling me about how her ancestors lived long and healthy productive lives, for millenniums, surviving on just 10 fistfuls she cupped her hands together and made a swallowing motion, per meal. That made up a healthy mouthful. According to her, this was practiced even today, even in this day of plenty, because according to them 10 fistfuls of food was enough to make a satisfying meal for you. According to her, throughout the day, one did not go beyond 32 mouthfuls/fistfuls. Why 32? I queried. Why not 31 or 33 or much much more than that? Well, she said, 10 fistfuls per meal, 3 meals per day and 2 extra for when you are really hungry!

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