

# The Yoga Beauty Diet

Nature's bounty nurtures natural beauty in body and soul

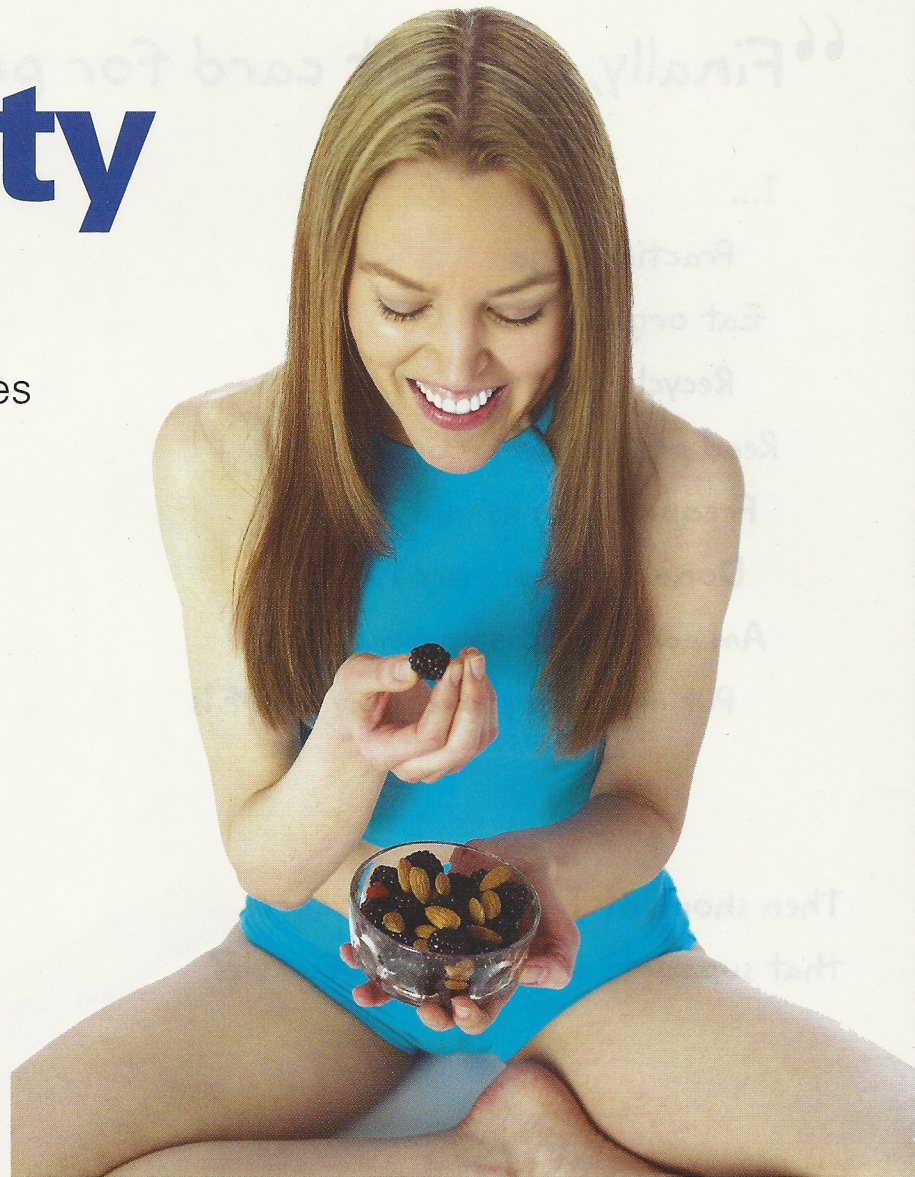
By Elaine Gavalas

Yoga's timeless wisdom is not only a way to bliss, but beauty. According to yoga philosophy, beauty and radiant health are the outer manifestation of our inner states: physical, mental, emotional, and spiritual. A yoga diet of pure foods, proper digestion, and elimination of toxins and impurities is part of cultivating a beautiful balance.

## The Three Pillars of Beauty

The yoga diet for inner and outer beauty has an ancient lineage, dating back to the Vedas, sacred Hindu scriptures dating around 2500 B.C.E. According to the ancient vedic scriptures, there are three pillars of true beauty: outer beauty (*roopam*), inner beauty (*gunam*) and lasting beauty (*vayastyag*). The purpose of the three pillars is to create *subhanga karanam*, a Sanskrit term meaning "making the whole body auspicious." Achieving *subhanga karanam* bestows not only a beautiful body but also an inner power that comes from a beautiful mind and personality.

According to the Council of Maharishi Ayurveda Physicians, the first pillar, or outer beauty, is seen in beautiful skin and hair and radiant good health. Sattvic or pure yogic foods are essential for creating outer beauty. The second pillar, *gunam*, refers to inner beauty that comes from mental clarity and a developed consciousness. Herbal tonics, asanas, meditation,



and pranayama help establish *gunam*. The third pillar, *vayastyag* or lasting beauty, reverses chronological aging by preventing cellular damage from free radicals (unstable, toxic molecules) and psychological aging. Antioxidant-rich herbs and foods, regular meal times, and seasonal foods help achieve lasting beauty.

## Yoga Beauty Diet Guidelines

For inner and outer nourishment and beauty, include yoga sattvic (pure) foods in the diet as much as possible. Sattvic foods nourish the body and cells, promote vitality, encourage balance and lasting health, and have the highest prana (life-force energy) of all foods. Just as importantly, limit or eliminate foods that have a lower prana such as junk foods, commercially processed foods, and genetically engineered and irradiated foods. More guidelines include:

- Eat organic, seasonal fruits (especially sweet, juicy fruits such as stewed apples or pears) and vegetables (especially green leafy vegetables like kale, endive, spinach, and romaine lettuce), that contain healing phytochemicals.
- Include a variety of whole, unrefined grains (brown rice, brown basmati rice, oats, quinoa, couscous, millet, barley, amaranth, rye, and wheat), legumes (including lentils and mung beans), nuts, and seeds, which contain many protective nutrients including dietary fiber, antioxidants, and phytoestrogens.
- Eat lean protein including tofu, eggs, fish, and skinless chicken or turkey breasts.
- Choose low- or non-fat organic dairy and healthy fats such as olive oil, canola, and ghee (clarified butter), and consume in minimal amounts. Healthy fats contain omega-3 fatty acids, which nourish the skin as well as help prevent chronic diseases.
- Include beautifying foods such as green tea, dark chocolate (60 to 90% cocoa mass), and fresh herbs (such as turmeric, ginger, thyme, mint, rosemary, and oregano), which contain potent antioxidant flavonoids that neutralize free radicals. Chocolate also contains substances that may be natural antidepressants.

- Include Ayurvedic herbs that promote digestive fire (*agni*), eliminate toxins and waste products (*ama*), increase vitality (*ojas*), and nourish the skin, such as ginger, turmeric, cumin, basil, ashwagandha, shatavari, neem, and licorice.

Enjoy the following recipes featuring healthy yoga ingredients that promote inner and outer beauty:

## Yoga Beauty Diet Recipes SERENE BEAUTY STEW

Promote inner and outer beauty with this delicious, sattvic stew of lentils, rice, and dark green, leafy vegetables.

### INGREDIENTS

- ½ cup small lentils
- 1 cup brown rice or brown basmati rice
- ½ teaspoon turmeric
- 1 teaspoon ground cumin, ginger, or your favorite spice
- 2 cups chopped dark green, leafy vegetables (such as kale, spinach, or romaine)
- 7 to 8 cups filtered or spring water
- 1 teaspoon ghee (Ayurvedic clarified butter) or extra virgin olive oil
- ¼ cup chopped fresh basil or your favorite fresh herb

*Continued on page 83*

## YOGA BEAUTY FOODS AND DHATUS

According to Ayurveda (yoga's sister science), our physiological being is formed and supported by seven dhatus (body tissues) including rasa (tissue fluids), rakta (red blood cells), mamsa (skeletal muscle), meda (fat and connective tissue), asthi (bones), majja (bone marrow) and shukra (reproductive tissue). Healthy, balanced dhatus support internal health, and also create a beautiful body and mind. Nourish your dhatus and enjoy inner and outer beauty by including the following yoga foods in your diet:

### Rasa

Rasa supports nourishment of the entire body. Foods that benefit rasa include sea vegetables, fruit and vegetable juices, and aloe vera.

### Rakta

Rakta supports blood vessels and tendons and invigorates the body. Foods that benefit rakta include mineral- and iron-rich foods such as leafy greens, whole grains, nuts, bananas, dried fruits, and seeds.

### Mamsa

Mamsa supports muscle and skin. Foods that benefit mamsa include essential amino acids contained in lean protein (soy, dairy, fish, and poultry), whole grains, beans, and nuts.

### Meda

Meda supports skin, hair, fat production, and lubrication. Foods that benefit meda include essential omega-9 fatty acids contained in olive oil, canola oil, and avocados and essential omega-3 fatty acids contained in green leafy vegetables, fish, flaxseeds, and walnuts.

### Asthi

Asthi supports bones, teeth, body hair and nails. Foods that benefit asthi include sea vegetables, sesame seeds, and mineral-rich foods (whole grains, beans, eggs, dark greens, dried fruits, and nuts).

### Majja

Majja supports eyes, head hair, and bone marrow. Foods that benefit majja include vitamin B-rich foods (whole grains, beans, brewer's yeast, molasses), proteins (soy, beans), and lecithin.

### Shukra

Shukra supports ojas (vitality), heart health, and reproduction. Foods that benefit shukra include organic milk, ghee, and rejuvenating herbs (ashwagandha and shatavari).

## Yoga Diet

Continued from page 51

### DIRECTIONS

1. Rinse the lentils and rice well in cold water and drain.
2. In a large pot, add the lentils, rice, turmeric, spice, vegetables, and water, and bring to a boil. Cover, reduce the heat, and simmer about 45 minutes to 1 hour, or until the lentils are soft and the water is mostly absorbed. Stir occasionally and add more water if necessary.
3. Stir in the ghee and chopped basil and serve.


## HEART CHAKRA BROWNIES

Rejuvenate your heart chakra by indulging in these ambrosial brownies. You'll get your antioxidant, essential fatty acids, and fiber beauty benefits at the same time!

### INGREDIENTS

- 4 tablespoons unsalted organic butter, cubed
- 4 ounces 99-100% cacao unsweetened chocolate
- 2 large eggs, at room temperature
- 1 egg white, at room temperature
- 1 ½ cups organic evaporated cane juice sugar
- 1 ½ teaspoons pure vanilla extract (optional)
- 4 tablespoons organic light olive oil or expeller-pressed canola oil
- ¾ cup whole wheat pastry flour
- 2 tablespoons wheat germ
- 2 tablespoons ground flaxseed
- ¼ teaspoon salt
- 1 cup 60-70% cocoa dark chocolate chips

### DIRECTIONS

1. Preheat oven to 350 degrees F. Coat an 8-inch square baking dish with cooking spray.
2. Place the butter and unsweetened chocolate in a large bowl over a pan of gently simmering water. Melt, stirring occasionally, until smooth. Cool mixture to room temperature.
3. In a large mixing bowl, beat the eggs, sugar, and vanilla (optional) until combined. Add the oil and cooled chocolate mixture. Fold in the flour, wheat germ, flaxseed, and salt until incorporated, but do not overmix.
4. Pour the batter into the prepared pan. Sprinkle the chocolate chips over the top.
5. Bake 35 to 40 minutes, or until a toothpick inserted into the center comes out slightly moist. Do not overbake.
6. Cool completely and cut into squares. Wrap the squares in plastic wrap and freeze or refrigerate for up to one week. 

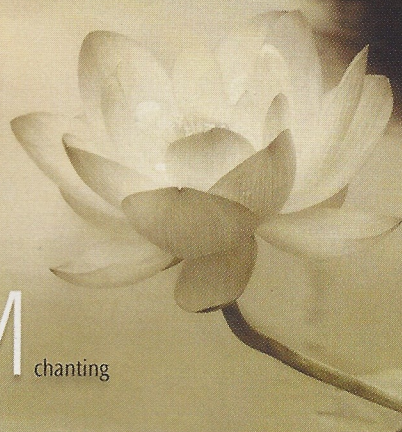
**Elaine Gavalas** is a yoga therapist, exercise physiologist, sports nutritionist. She is also the author of a number of health and wellness books. Visit her website at [www.elainegavalas.com](http://www.elainegavalas.com)

## New Meditation CDs

MUSIC FOR  
DEEP MEDITATION

chanting

OM chanting



MUSIC FOR  
DEEP MEDITATION

Tibetan Singing Bowl

MUSIC FOR  
DEEP MEDITATION

tamboura



Music for  
**DEEP MEDITATION**  
series

Three unique audio CD's to support your practice and bring deep tranquility into your life.

Enter your e-mail at:

[www.apsari.com](http://www.apsari.com)

for a chance to win a free CD set!

Music also available at iTunes, Amazon and CD Baby  
For wholesale email: [sales@innersplendor.com](mailto:sales@innersplendor.com)  
or call 917 488 5888

Presented by



**Inner Splendor Media**  
products to uplift your life  
[www.innersplendor.com](http://www.innersplendor.com)



**Banyan Education**  
teaching meditation, promoting inner greatness  
[www.banyaneducation.com](http://www.banyaneducation.com)