



Herbal Food Formula For Health and Happiness

By

Dada Shantatmananda

Trainer, GBTC, SSD

Ananda Marga Yoga Center

27160 Moody Road,

Los Altos Hills, CA 94022

Introduction

The present day humanity is haunted by the series of different diseases like AIDS, Cancer, Diabetes, Heart problems, Stress and depression etc. These problems have created a challenging task for the modern doctors and clinical activists through out the world. Millions of people are infected with HIV Positive and Cancer. They are being killed everyday. still there are nor right remedies for these. Scientists are busy in research work to find the suitable cure and solution of such diseases and save humanity from death and destruction. The glamour of modern medicines is fading away and it's quick fix system without knowing the causes of the problems are creating more misery than cure. Modern medicines are full of toxic and chemical preservatives. They are very expensive and even produce side effects. Yet it had done very good and also doing good in the field of surgery and technical diagnosis of sicknesses. Through this system it is saving the lives of thousands of people in the world.

"Health is balanced state of human existence in body, mind and spirit to do the best for individual good and society in a natural way"

But it is the human beings who have destroyed the nature and the natural way of living. Perfect health alone cannot bring perfect happiness and peace in life. We are seeking a safe, inexpensive, effective and soothing alternative method for physical and mental ailments.

Now comes the ancient wisdom of sages and seers of the past thousands of years from China, India, Europe and America and of the whole world. Their research of natural therapy have done wonders in the past and today once again it has become the hope of humanity for saving lives. Today, there is a great herbal revolution and high concern about Yoga, Meditation, Vegetarian food, homeopathy, natural cures, acupressure, acupuncture. These are natural ways to restore the human health in body, mind and spirit. These products are mostly effective, inexpensive and easily available every where. mother nature has blessed humanity by providing all the necessary remedies for people in different localities according to time, place and seasons suitable to human adaptability and attitude.

Ananda Marga natural health center applies a holistic and synthetic system of Yoga, Herbal and homeopathy treatment to people in need. All the products of Ananda Marga is without any chemical and preservatives. It practices the principle " The food as medicine and medicine as food"

Herbal Remedies

Dada Shantatmananda has created several herbal remedies for various health problems. These are available in vegetable capsules or Powder or Cream formats.

Please make sure you read the following Notes:

- Do not take any Herbal Products in case you get any kind of reaction. Please see the local herbalist.
- Do not take heavy doses and follow the herbalist instructions.
- Pregnant women should avoid taking the product after 3 months of pregnancy.
- Follow strict vegetarian diet without meat, fish eggs and alcoholic beverages.
- Keep the products in a dry ,cool place.
- Take sentient and vegetarian food for a healthy body and mind.
- Practice Yogic exercises (Asanas) everyday for 15-20 minutes. These improve function of glands and balance secretion of hormones.

Herbal Products mentioned in this site are not classical medicines, but they are food supplements to maintain health and prevent sickness. The curative properties in the herbs are treated "Food as Medicine"

No	Name	Ingredients	To be Used for	Dosage
1	Immune Builder/ Stress Reducer	Ashvagandha, Gotukula, Basil, Valerian, Triphala	Increase Immune system and reduce stress	
2	Diabetes/Sugar Control	Kalmegh, Neem, Basil, Methi (fenugreek)		
3	Cardiovita	Basil, Arjun, Turmeric, Cardamom, Cinnamon and Triphals	Tonic for the Heart	
4	Herbal Antibiotic	Neem, Kalmegh, Basil, Echinacea, Triphala, Ginger, Turmeric, Cinnamon, Black pepper, Licorice.	General Health	

5	Bronchitis	Basil, Kalmegh, Ginger, Black pepper, Echinacea, Turmeric	Cold, Cough, Flu, Fever	
6	Neem	Neem	Blood Purifier	
7	Memovita	Arjuna, Basil, Gotukula, Gingko, Rosemary, Triphala	For improving Memory, Concentration and Meditation	
8	Liver Tonic (KLM)	Kalmegh, Dandelion, Papaya leaf, Barbeny, fenugreek	Kidney and Kidney stones	
9	Herbal Antiseptic	Aloe Vera, neem, papaya leaf, nettle leaf.	Skincare	