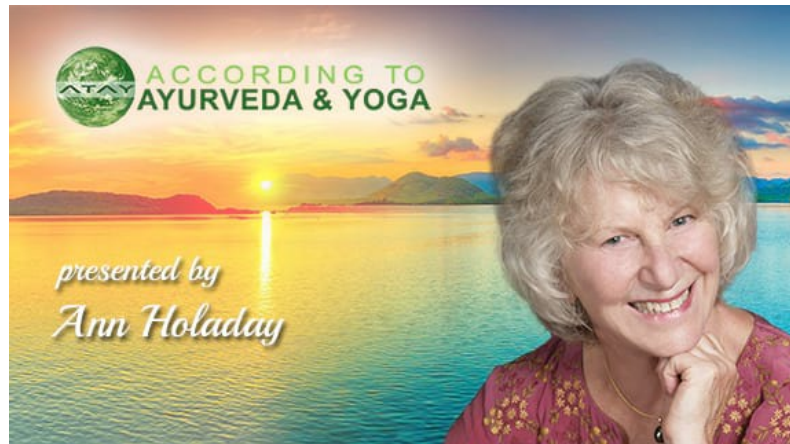


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### According to Ayurveda and Yoga Archives Available

February 17th 2015: Food as Medicine

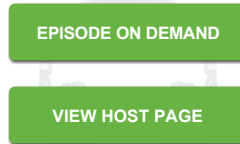
Food can either have a positive or negative effect on health. We are much more likely to make a connection to a food that we have eaten recently when we feel a bad effect than to one we have eaten over a long period of time when we develop an ulcer, for example. The food we eat has a profound effect on energy, sleep, immunity, all bodily functions and on the development of disease. Eating is something we do every day and what we do every day is much more important than what we do once in a while. If we want to achieve optimum health we have to eat food which the body can readily digest and con

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### Featured Guest



#### Karta Purkh Singh Khalsa

Karta Purkh Singh Khalsa, Yogaraj (Ayurveda), DN-C, RH, CAP, LMT, NCTMB, CC, is one of the foremost alternative healing experts in the USA with over forty years experience. He is a certified dietitian, registered herbalist and massage therapist.

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