Ayurvedic Nutrition
Have you heard of Sensa?

It’s the latest diet craze to sweep the nation.

Alan Hirsch, MD, founder and neurologic director of the Smell and Taste Treatment and Research Foundation in Chicago, developed Sensa because he repeatedly saw patients gain considerable weight after losing their sense of smell and taste. Likewise, he found that when smell and taste are enhanced, people lose weight.

It seems like those who smell and taste less should be less interested in food. Not so! Hirsch created a formula to sprinkle on food that enhances your sense of smell, and now urges us to sprinkle it on everything we eat.
“Sensa is intended to work with your sense of smell, fooling your brain and stomach into thinking you’re full,” Hirsch says. The more you enjoy your food, through the sense of smell, the sooner you feel satisfied. Therefore, the less food you are likely to consume.

While Hirsch’s work is fascinating, and we seem to need scientific validation these days for even the most logical and time-tested practices, the science of Ayurveda has known about the power of taste for thousands of years.

Long before Hippocrates said “Let food be thy medicine, and medicine be thy food,” Ayurveda taught that what we eat, and how we eat it, is the most important factor in cultivating wellness, vibrancy, and wholeness.

Nature’s evolutionary, self-regulating, nourishing and harmonizing intelligence is conveyed to us through her foods. Each flavor expresses a different ray of this intelligence. Despite all the different flavors and tastes we experience, they always fall into six categories, which Ayurveda calls The Six Tastes. Each offers physical, emotional, mental and spiritual benefits.

When we eat processed, unnatural foods, the harmony of the Six Tastes is missing. Focusing on sweet, salty, and greasy food seduces our taste buds into craving more of it. The body never feels fully satiated and seeks more. We become imbalanced, consume more, and gain weight.

When we include all Six Tastes in a natural, whole food meal, the body gets fully nourished so cravings diminish. Most importantly, we build healthy tissue, increase energy, strengthen the immune system, feel comfortable in our bodies, and detoxify impurities, gain clarity and mental acuity.

Equally important is that when we sit down to eat, we should always dine. Being fully in the present moment makes the experience far richer and more satisfying. When we are distracted by TV or talking, we miss the signals that we are full.

The bottom line is that we don’t need to count calories, or measure protein-carbohydrate-fat ratios. We don’t need to sprinkle some new gimmick powder on our food. We need to cultivate a love affair with wholesome food, be present to the experience, and integrate the Six Tastes into our diets.

Laura Plumb is cofounder of Deep Yoga School of Healing Arts in San Diego. She and husband Yogi Bhava Ram will be teaching on the Evolving Conscious Health Community Cruise in November, 2013, of which OM Times is a proud sponsor.
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