



Presents

ART OF EATING



by

Dr. P.R. Subas Chandran, Ph.D.,

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This book is for those who.....

Are yet to write...

Wish to write...

Have been writing...

Continue writing... success stories

Life changing audios! Resolutions of rescheduling your humdrum routine life atleast an iota after reading this book? Confronting starting trouble like everyone does how to induce those thoughts into your memory system? The scientifically contrived technique, the 'Art of Altering Attitude through audio files', once listened to before hitting the bed (at the alpha hour) just for 18 days shows the way magical spell charms on you working miracles.

The pudding is in the eating. Don't have to believe your eyes or ears. For any guidance (for instance to get up on time with a smile or how to eliminate irritation, etc.) contact the undersigned; we will attune the content and facilitate you record; in fact, the tips are free of cost; the readily available piece, indeed. Service to humanity is service to Mother Nature.

Dr. P.R. Subas Chandran,Ph.D.,

Journalist,
Motivational Speaker,
Social Activist,
Psychologist,
Short Film Maker,
Biographer,

Fulfledged Scribe for Inspirational writing to students,
employees and every other individual of all age group.

Dedicated to

those who could not eat food as medicine but ate medicines
as food.



FROM THE AUTHOR

Art of Eating (AOE)

“மிகினும் குறையினும் நோய்செய்யும் நூலோர்
வளிமுதலா எண்ணிய மூன்று.”

[Food and work, either excessive or deficient the three things in
medical parlance: flatulence, biliousness and phlegm, will cause disease]

It's a wonder whether eating could be meditation. Yes, very much ...any act could be a meditation if so eating. The book explores the basic energy which we draw from the food could be a panacea for many ailments like, obesity, constipation, and diabetes. A bit of chocolate stimulates a child in spite of skipping a meal but to the sweet guys? One should consume food as medicine lest should he have to eat medicine as food someday. The book offers tips to restructure our life style through proper way of eating. Browse the pages through to get how one can convert eating into a form of meditation without much effort.

All the best

(Dr. P.R. Subas Chandran)





FOREWORD

PULLELA GOPICHAND

ARJUNA, RAJIV KHEL RATNA, DHRONACHARYA, PADMASHREE & PADMABHUSHAN AWARDED by president of India.

Greetings of the Day.

It is an immense pleasure to pen a few words on the hand book titled “Art of Eating”. Food is life energy. I was wondering whether eating food could be art? Yes, true! The content demonstrates in its illustration. In this planet everything is in one form or the other is an Art, so the food, of course, it depends on one’s perception. What inspired me in this pocket-sized book is that the author claims that Eating could be a meditation. Enlightened Master Ramdasi Pradeep Rao, in his interview, authenticates how eating could be a meditation. Well, I know Dr. Subas Chandran for a long time as a journalist for The Indian Express, Mumbai and his attempt to abridge a vast knowledge into a capsule in the form of a pocket - size book is a welcome measure amid hustle-bustle lifestyle.

I wish Dr. Chandran should come out with more titles for the benefit of the readers.

With Regards

PULLELA GOPICHAND

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About the Author



Dr. P.R. Subas Chandran is a non-clinical psychologist, biographer, social activist, short-film maker and live-wire-motivational speaker. He has penned '**Aakaasameehaddu**', a compilation of interviews with 72 women officers in Swati, a Telugu weekly. 'Why Modi should become the Prime Minister', a pre-poll book (2015) with **Mr. Modi's** message was a well received publication. The author of 'Who Wrote My Destiny?', the authorized biography of former Union Home Minister, **Shri. Sushil Kumar Shinde**. People from all streams approach the author for counselling. His favourite theme is Inclusive Life, where he wants to serve the communities by unlocking the hidden potential of executives, students, and the working class. The Art series by the Life Style Dynamics – from Art of Beginning the Day to Art of Ending the Day- is his latest venture.

He is one of the Senate members of the 104-year-old SNTD Women's University, Mumbai and a visiting faculty for National Forensic Sciences University, Gujarat. He is also a resource person for Meenakshi Mission Hospital and Research Centre, Madurai and Meenakshi Hospital, Thanjavur.

ACKNOWLEDGEMENTS

This presentation reflects the Master who has sent a messenger to disseminate the message. A repository of creative people interspersed with worldly wisdom from mundane to spiritual fields is incorporated.

The author owes his accolades to **Mr. Pallela Gopichand**, Former Indian Badminton Player to have foreworded the Art of Eating vouchsafing the contents shared.

Of course, **Dr. S. Gurushankar**, Chairman Meenakshi Mission Hospital & Research Centre deserves a more than thanks for the all round support.

The author extends his due accreditations to **Mr. Sam Rajappa** and remains in gratitude to **Mrs. Latha Sharma**, Associate Editor, for making this book a possibility.

Also, applauds Google.com, Wikipedia, the team members **Mr. Sam Arackal**, **Mr. S. Manikanda Raja** designer of MMHRC whose contribution is immeasurable in publishing the pocket-sized book.

Special adulations to the first reviewer

The author and his team gratefully acknowledges the angel's (name not to be revealed) immaculate appraisal, correcting, editing as well as amending, to have the book rendered nearly error-free.



TABLE OF CONTENTS

	PAGE
Anecdote	13
Case study	15
Excerpts	15
This recipe is for those who 'love' themselves	17
Food for thought!	25
What to sprout?	25
How to sprout them?	27
Upon sprouting	28
Quick pointers for good eating	28
What do you think famine is?	29
Art of eating	32

NOTE

This book is a compilation of wisdom from myriad sources intended to benefit the general readers, certainly not experts. Most of them are suggestive, self-experienced that readers may consult health care specialist, should they find information not in rhythm with their expectation. Moreover, the write-up is governed by the British English Language/Grammar rules. Any reconciliation with the computer language be kindly overlooked. The author and the publisher bear no responsibility for abusing or misusing the indicative measures.

Aye! Gluttony! Foodie? Dieting? Slimfit?
Miss/ Mr.Universe? What's Up?
Full figured? No worry!
Eat to Live nay Live to Eat! Cool!



I eat when I'm happy. I'm happy when I eat

I eat a lot sometimes and sometimes I eat little and in small breaks.

I eat when I am sad and dull, but I eat for sure.

No matter what time of day or night it is, I eat. I like the food.

Yes, no matter what you eat because Orsino feels If music be the food of love.

The glutton in Henry IV keeps on eating without any rhyme or reason.

The secret of success in life is to eat what you like and let the food fight it out inside.

Some live to eat; some eat to live; a few others love to eat; some others eat to love. Let's discuss such great shots a while later. You know there are youtubers to post food reviews.

I love food, and for me, it is both - 'I eat to live and live to eat.'
Is it something I should be worried about?

I come from a nation which is known for its cultural heritage, hospitality and for delectable food too. Mind you, this is our Mother India. Food and mother are inseparable part of life: *Anna dhatha sukhi bhava (Let the food bestower be prosperous!)*

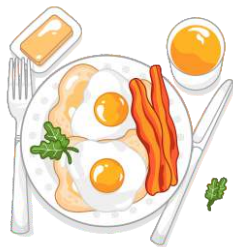
Talking of mothers, let me mention that my mother is the most fabulous cook in this world, so is every mother to each, isn't she? She used to cook mouth watering, tongue licking out, aromatic good food that I always would love and cherish throughout my life. It is all very delicious.

Imagine, when you were a child, the same mother had to chase you to feed you, which most of the times you refused, and fewer times, you accepted. Remember these are the most enlivening occasions for the mother, as if it were the very purpose of her life. Mothers invent new dishes to make the child somehow eat. This is a real strategy. Is that why, *Necessity is the mother of invention?* Probably. Well, from this very fact, I thought eating is one thing that the Creator wants me to take up seriously every day.

Hats off to all the mothers across the world, who are responsible for our health. I salute the mothers who make their kids eat when the little ones can't even reason how vital eating is.

Irrespective of what I do daily, I eat. I eat in a jiffy, anything that is available at home!

Apart from simply wanting to save up, at one time when I needed to save, I wanted to appreciate food by being more active in my everyday diet. Fun restaurant outings, exotic cuisines, chefs whom you admire and can trust - all these are the reasons for eating out. But I prefer homemade food that i am a little health conscious, anyways. Primarily, I am cautious of weight gain issues, if any.



Anecdote

My friends and I used to have a lot of fun, but when there was no one at home to cook us food, we went out seeking junk food. I thought there could be nothing wrong to go and taste it; after all, it is also food. It is great to taste and colourful to look at. I didn't tell my mom about it. I just went for it as I was always discouraged from eating outside stuff by her. I thought eating would tickle my taste buds. So, I mustered courage to venture.

It was ok to have two morsels at first, but later I felt a little discomfort in my stomach. However, for the fun of it, I ate it all. When I reached home, my eyes were reddened, the head started reeling, nausea and dizziness engulfed me.

When my mom came to know about my little adventure outside shouted at me, she took me to the doctor for the treatment. I was hospitalised and later informed of the cause as food poisoning.



I regretted so much for the very fact that I overlooked my precious home food consumed thus long. It was payback time for what I did. What happened eventually?

I learnt it the hardest way.

For 20 days I missed my college. It cost a lot of money for the treatment. Put my parents through sleepless nights to watch over me, till I got well. Doctors visited frequently. The entire family got to know this. One thing perpetually haunted my mind. Had I paid heed to experienced guides and mentors like my parents I would not have suffered.

Hence, now I can tell what would happen by eating out (not necessarily everybody will end up like me). However, one needs to be conscientious about having food elsewhere than home food.

Like most humans, I am hungry, our three basic needs of food and security and love are so mixed and mingled and entwined that we cannot think straight of one without the rest. So, it happens that *when I write of hunger, I am writing about love and the hunger for it.*
M. F. K. Fisher.



Case Study

Two boys in my locality always used to play in the nearby ground and then I realised that I didn't see them for 8-9 months. I was wondering what might have happened to these boys as I kept peeping out of my window on to the ground. Finally, it was a thunder bolt to me when, I came to know that they had put on a lot of weight and did not feel like losing it at all. I met them after two years and then I found out they had bloated themselves into balloons. They put on 20-25 kilos of weight. I didn't dare to ask them why, as I thought these teenage boys would be offended.

I went to interview Shri Ramadas Pradeep Rao some years ago. Guruji, being an enlightened master, answered my most anxious queries that haunt the obese people whose overweight is a matter of concern.



Excerpts:

How is it possible to eliminate obesity without having diet restrictions?

Yes, it is possible, and that is why you are here. I know the moment we impose food restriction, the mind opposes, and we know that nothing is possible without its cooperation. Our technique of bringing down the weight is a very simple system, and it is proved that it is possible to shed weight without food restrictions.

How?

A proper way of eating can help you shed 2-5 kgs within 15 days.

Could you elaborate it Guruji?

Sure! Nature has given us 32 teeth not without purpose. We conveniently forget and gobble up food like an animal and tax the energy- making system. While an animal is facilitated with the ruminating system, humans are not. By meticulous counting and chewing, the whole mechanism of food eating can be made a means to cut obesity.

Do you mean to say that chewing the food properly would bring down the weight?

Yes, very much. Every morsel of food taken in the mouth should be chewed by both sides of the teeth for a minimum of 32 times without allowing even a particle to go amiss chewing. Once the 32 counts are over, it should be swallowed in one gulp, unlike how we swallow while masticating. In simple words, unless every morsel of food is chewed 32 times, it shouldn't go inside.

What happens when we chew for 32 times?

When two sides of the jaws masticate the food, the left side activates the right, and the right side activates the left side of the brain. This means that both sides of the brain are activated, which rarely happens otherwise. In the process of chewing 32 times without allowing any particle to go inside, the food is wholly turned into a pulp with added saliva, which consists of rich digestive enzymes, ptyalin.

This pulp helps the eater in many ways.

First, the digestive system will not require additional energy to grind the improperly chewed food particles. Secondly, the food quantity is unknowingly brought down to 30%.

This recipe is for those who 'love' themselves



Fresh Broccoli

Holistic Salad

Food Items	Quantity	Protein (g)	Fat (g)	CHO (g)	B1 (mg)	B2 (mg)	B3 (mg)	Biotin (µg)	Sodium (mg)	Potassium (mg)	Iron (mg)	VIT-C (mg)	Folate (µg)	Energy (Kcal)
Fresh Broccoli	40 (g)	1.12	0.16	2.8	-	-	-	-	13.2	126.4	0.28	59.2	-	13.6
Small Onion	20 (g)	0.36	0.03	2.31	0.01	0.00	0.04	0.53	0.81	32	0.10	21.9	5.9	11.33
Lettuce	10 (g)	0.15	0.02	0.3	0.00	0.00	0.017	0.215	1.753	27.9	0.27	1.19	0.3	2.17
Capsicum (Yellow)	25 (g)	0.33	0.10	0.48	0.03	0.00	0.14	1.58	0.39	60.5	0.17	31.7	16.5	4.66
Dates	50 (g)	1.22	0.17	37.4	0.01	0.01	0.73	0.41	1.63	40.2	2.38	2.2	9.3	160
Pomegranate	50 (g)	0.665	0.00	5.79	0.06	0.01	0.20	0.60	2.13	206	0.15	12.6	19.3	27.3
Grated Coconut	100 (g)	3.84	41.3	6.30	0.03	0.08	0.30	0.63	8.12	246	-	0.80	25.4	409.3
Nuts (Almond)	10 (g)	1.84	5.84	0.30	0.01	0.02	0.37	0.23	0.15	69.9	0.45	0.07	3.64	60.98
Green Chilli	2 (g)	0.05	0.01	0.12	0.00	0.00	0.016	0.01	0.06	8.62	0.02	1.59	0.50	0.91
Fresh Coriander	2 (g)	0.07	0.01	0.03	0.00	0.00	0.01	0.08	0.14	10.92	0.10	0.4	1.02	31.1
Fresh Mint	2 (g)	0.09	0.01	0.04	0.00	0.00	0.014	0.044	0.084	10.78	0.17	0.34	2.12	37.0
Honey	1 tsp	0.04	-	12.3	-	-	-	-	0.6	7.8	0.01	-	-	45.6
Gingelly Oil	1 tsp	-	5	-	-	-	-	-	-	-	-	-	-	45.0
Raisin	2 tsp	1.06	0.70	1.03	0.00	0.10	0.010	0.45	1.22	-	0.78	1.00	0.60	32.3
Pistachio	100 (g)	2.45	25.0	3.52	0.02	0.00	-	0.01	2.08	3.00	1.25	3.50	4.25	25.0
Macadamia	100 (g)	1.85	32.0	0.52	0.50	0.01	0.68	0.30	2.56	68.0	1.85	2.5	20.0	140
Almond	50 (g)	0.25	0.05	0.45	0.35	0.05	0.03	0.02	0.25	7.85	0.06	0.02	2.06	43.0
TOTAL		15.385	111.12	73.62	1.02	2.033	2.557	5.109	35.177	1287.67	8.58	138.92	110.89	1089.25

* **Salt to Taste....**

This Recipe could be taken regularly to Keep you fit for ever. High fiber plus most of the needed vitamins and minerals are inbuilt in this recipe.

- * Nutrition values are approximate
- * All nuts need not be a part of Salad
- * Could also be eaten with rice/ Indian bread (Chapati/Paratha)
- * You can change the ingredients as you wish
- * Diabetes can consult doctors before consumption
- * 32 times chewing will be an added value
- * Keep mobile/ near & dear away while eating/
- * Avoid conversation while consuming

The alternatives items for making salad if you want:

- * Fresh Broccoli (or) Cucumber
- * Lettuce (or) Cucumber
- * Honey (or) Jaggery
- * Small Onion (or) Big Onion
- * Almond (or) Ground nuts (or) Sprouted green gram (or) Gingelly Black, White
- * Olive oil (or) Gingelly Oil

Holistic Salad (Alternative to a plan)

Food Items	Quantity	Protein (g)	Fat (g)	CHO (g)	B1 (mg)	B2 (mg)	B3 (mg)	Biotin (µg)	Sodium (mg)	Potassium (mg)	Iron (mg)	VIT-C (mg)	Folate (µg)	Energy (Kcal)
Fresh Cucumber	40 (g)	0.284	0.07	1.12	0.00	0.01	0.14	1.18	2.53	73.2	0.23	2.48	5.86	6.98
Big Onion	20 (g)	2.365	3.96	1.72	0.05	0.01	1.13	0.16	2.44	1.35	0.34	-	5.77	52.057
Ground Nut	10 (g)	0.092	0.00	4.24	0.00	0.00	0.002	0.02	1.26	24.4	0.23	-	9.0	74.0
Sprouted Green Gram	10 (g)	2.253	0.11	4.61	0.04	0.02	0.21	0.13	1.24	117.7	0.48	-	14.5	29.40
Gingelly Seed Black/White	5 (g)	0.95	2.15	0.51	0.01	0.00	0.15	0.15	0.79	2.4	0.69	-	6.35	25.40
Jaggery	5 (g)	0.3	0.04	1.91	0.00	0.00	0.042	0.52	1.1	34.2	0.08	1.33	0.72	9.61
Capsicum (Red)	25 (g)	0.36	0.11	0.53	0.02	0.00	0.165	1.36	0.42	56.0	0.09	28	15.63	4.96
Capsicum (Green)	25 (g)	0.2775	0.08	0.46	0.01	0.00	0.14	1.14	0.46	38.5	0.12	30.7	12.96	4.06
Olive Oil	1 tsp	-	0.7	-	-	-	-	-	-	-	-	-	-	6.0

* Total Energy - 849 kcal

* Total Protein -10 g

* Total Fat -52.6 g

* Total CHO -68 g

Prepared by
S.R. Pathmapriya
(Dietician)



Holistic Salad (Alternative)

Fresh Cucumber



Big Onion



Holistic Salad
(Alternative)



Olive Oil



Capsicum
Red/Green



Groundnut



Jaggery



Sprouted
Green Gram



Gingelly Seeds



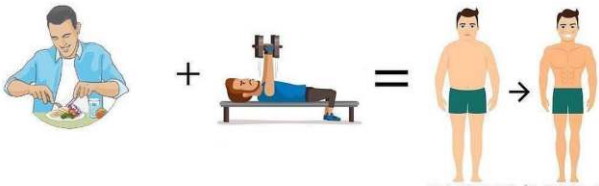
Coriander Leaves



What else?

The most pleasant thing happens in the stomach! Since the food is already masticated to a state of pulp, the digestive system absorbs the energy without much problem, and this mechanism eliminates constipation. Consequently, ready energy rejuvenates the metabolism keeping it go throughout.

How does the weight come down?



Since every morsel of food is chewed 32 times, it turns into a pulp and fills the stomach and over 30 bites of food the body would have received a minimum of 200 ml of saliva along with the food. Thus, the quantum of food intake goes down radically. Once the quantum of food without making any compromises is reduced, automatically the additional or excess fat does not find a place to get accommodated.

Before doing this count and chew exercise, we suggest the stomach-cleaning process with some laxatives.

We also advocate the practice of juice therapy once in a week, and we promise you no miracles, but certainly weightloss. Added to this, food eating can become a meditation.

How can you attribute eating to meditation?

Certainly, it is a meditation. Meditation is nothing but performing a deed under three conditions of relaxation: non-judgmental relaxation, non-judgmental attitude and watchfulness. If any action carries these three elements, then it can be termed as meditation.



Could you tell me something about juice therapy?

Weekly once, according to the convenience of the person, the stomach can be given complete rest without losing the required energy by following the juice therapy. In a 24-hour juice therapy, one can take different types of juices for every 2 hours. You can discontinue when you go to sleep but of course, but take guidance from the doctor.



Will you please explain the technique of meditation while eating?

We impose many restrictions while eating. We create a friendly atmosphere where the three elements of meditation permeate and percolate.

We conduct prayer before eating (Refer Art of Beginning the Day*Pg.20) by thanking all animate and inanimate things starting from the table, chair, fan, and so on. This prayer conditions your mind with positive thinking.

This is followed by certain norms while eating. We insist that one should sit and eat alone and should not see, speak, read or listen to anything. The sitting posture is also guided by us. Every individual is asked to count 32 numbers while chewing and shall swallow at the 33rd count.

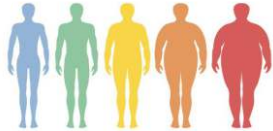


Now, all the three major elements: 'meditation' 'relaxation', 'non-judgmental attitude and watchfulness', are practised in toto while eating food.

Let us assume that one takes 30 morsels of food, which takes 960 seconds, or works out to 15 minutes. I can challenge no ordinary person can undertake 15 minutes of meditation in totality, but while eating, we can make it possible. In other words, meditation and eating can travel concomitantly. Once you are tuned, then we leave the participant to eat only as and when he feels hungry and not to eat the food ritually three times a day.

How does this help to eliminate obesity?

Fuel is energy to an engine; similarly, food is energy and the body consumes more energy to digest improperly chewed food and greater energy to digest excess eating. With the teachings of Seva Sadan, you do not spend much energy to digest the food, and at the same time, your body absorbs enough energy with the quanta of food that you eat.



Another important practice is not to allow the intake of drinking water while eating. This would facilitate non-dilution and faster absorption of food. Drink water 30 minutes after the meal. The unconscious reduction of food intake brings down obesity.

What are the other restrictions?

There is no major restriction. The restriction is in mind. Of course, we prescribe only vegetarian. You may be surprised to know what Pythagoras, Socrates, Plato, Aristotle, Leonardo da Vinci, Isaac Newton, Voltaire, Henry David Thoreau, George Bernard Shaw,



Benjamin Franklin, Thomas Alva Edison, Dr. Albert Schweitzer, Mahatma Gandhi have something in common. They were all vegans. Adopt them as your role-model; be vegetarian temporarily, till you bring down obesity.

While eating, we never allow anyone to entertain their eyes and ears with videos and audios. One should condition one's mind before eating food. This mind conditioning is possible only when you agree to express the attitude of gratitude. This gratitude is nothing but thanksgiving note to all the concerned who are responsible for getting you a decent square meal, while millions are starving or pegging along to make ends meet.

The major cause for most of the problems is excess eating and, sorry to say that we carelessly dump things into the stomach, as if a dustbin carries leftovers. Under the pretext not to waste food, we stuff the belly with excess food. The stomach is a temple where the life energy is produced, and the stomach is turned into a centre of all diseases when we abuse it knowingly. Though this Ashram has brought glaring weight reduction in many of the participants, this easiest count and chew process has become a difficult task for some.

A 100% boiling of food, nearer to a state of paste, should compensate the count and chew method. Please comment.*

A complete boiling will eliminate most of the potential vitamins and minerals. We suggest half boil and then use the Bestower-given teeth to grind it with saliva.

To cultivate mastication we suggest consumption of sprouts every day. This raw food, if adequately chewed and regularly consumed for at least a minimum of 6 months, one can achieve spectacular results.



Food for thought!

Sprouts have been recognised as high-quality food since ancient times. They are the cheapest and the most nutritious form of food around. They are a blessing of Mother Nature on humanity.

Sprouting is a process of germination when many remarkable changes happen. A seed is already a treasure-house of proteins, fats, carbohydrates, vitamins and minerals. During sprouting, dormant enzymes become active.

The starch stored in the seeds gets converted into sugars like glucose, fructose and proteins that are broken down into their constituent amino acids. Saturated fat becomes fatty acids. The amount of vitamins assimilated by the body increases dramatically upon sprouting. The stored minerals are set free so that they can be absorbed easily.

The increase in available proteins by 30% itself is of great value. The carbohydrate content is reduced, as some of them are converted to the most easily digestible form of proteins. Other minerals and vitamins are also significantly increased. Most significant is the increase in Vitamin C, which is very helpful for the body. On sprouting the beans, it loses the gas-producing quality and becomes easily digestible.



What to sprout?

Generally, all edible grains, seeds and legumes can be sprouted. Usually, the following are used.



Grains: Wheat, maize, ragi, all types of pulses, millets and barley.

Seeds: Alfalfa, radish, fenugreek, carrot, coriander, pumpkin, muskmelon and water-cress.

Legumes: Green gram, Bengal gram, moth, groundnut, peas and soya bean. The following sprouts need special mention for their extraordinary qualities.

Alfalfa: King of all sprouts. Rich source of minerals and vitamins A, B, C, E and K and amino acids. The others are sesame, vitamins E, B-complex, calcium and other live nutrients.

Groundnut: Very rich source of protein. It contains more protein than meat-about 2 ½ times more than eggs and far more than any other vegetable food, except soyabean and yeast. It is worthy to eat groundnut after it has been soaked overnight.

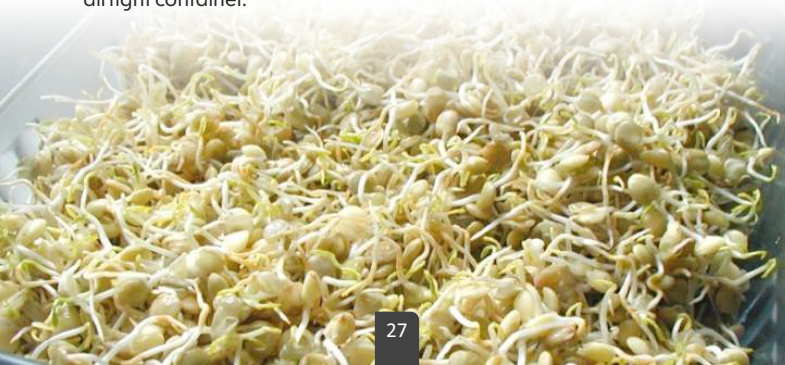
Soyabean: It is a complete protein food. It is a great source of lecithin, which is known to disperse deposits of fatty materials in certain vital organs.

How to sprout them?

The process of spouting is very easy. Good variety of seeds should be used. Wash and rinse seeds to remove any toxic chemicals used on the seeds in the pretext of preservatives. The seeds or legumes are then soaked in a container of clear water. The container should be covered in a manner, which allows enough air to enter, and this needs to be placed in a slightly warm place.

After 8-12 hours, the water should be drained off. Ensure the container is big enough to allow space for the seeds to sprout well. Wash the seeds twice or thrice a day, and each time the water should be drained off completely. The sprouts should not be left soaked in water, or else they will start rotting.

The seeds should sprout at least half an inch before being consumed raw. Generally, the growing process can take 2 to 3 days, depending on the seed temperature and humidity. For example, green gram takes a short time, whereas alfalfa takes a long time to sprout. Water, air, heat and light control assist the process of sprouting. For maximum nutritive value, sprouts are best eaten raw. Sprouts can be safely stored in a refrigerator for several days in an airtight container.



Upon sprouting

- Energy content is decreased by 5%.
- The total carbohydrate content is reduced by 5%
- Protein availability is increased by 30%
- Calcium content is increased by 35%
- Potassium content is increased by 80%
- Sodium content is increased by 700%
- Iron content is increased by 40%
- Phosphorous content is increased by 55%
- 'Vitamin-A' content increases by 300%
- Thiamine (Vitamin B1) increases by 200%
- Riboflavin (Vitamin B2) increases by 500%
- Niacin (V it B3) increases by 250%
- Ascorbic acid (Vitamin C) increases infinitely

Quick pointers for good eating

- Eat at proper timings
- Eat lots of fruits and fresh vegetables
- Don't eat junk food
- Don't waste your food
- Eat to the requirement; don't dump
- Visit your nutritionist for advice on food intake
- Eat at least two hours before getting to bed
- Take the stress and strain away while eating. let not worries worry you during the intake of food

So, kindly take care of your health in the best possible way and avoid the following quote come true in your life:

If you talked to your friends the way you talk to your body, you'd have no friends left. - Marcia Hutchinson.

If you don't eat the right food in the right way at the right time, medicine will become your food instead of food eaten as medicine.

What do you think famine is?

“Famines result from a combination “triple failure”: production, access, and response.”

The “triple failure” means (1) food production, (2) people's ability to access food and finally and most crucially (3) in the political response by governments and international donors. Crop failure and poverty leave people vulnerable to starvation – but famine only occurs with political failure. In Somalia, years of internal violence and conflict abetted the conditions for famine.

The UN uses a five-step scale, called the Integrated Food Security Phase Classification (IPC), developed with NGOs including Oxfam, to assess a country's food security. Stage 5 - “famine/humanitarian catastrophe” - requires that more than two people per 10,000 die each day, acute malnutrition rates are above 30 percent, all livestock is dead, and there is less than 2,100 kilocalories of food and four litres of water available per person per day.

The UN estimates that today, 250,000 people are at risk of immediate death due to starvation. To make matters even worse, the conflict in southern Somalia has further escalated since the declaration of famine, making access to the affected communities even more difficult.

But for the understanding of common man let's interpret the triple failure as (a) consumption (b) conservation and (c) compunction. We either over eat or starve; stringent or waste food especially on occasions of festivities particularly marriages; and, finally regret the wastage when we starve. Why such imbalance? Rather we could be more organised towards sustenance. It could be otherwise like the one below:

Doctor : Hi, Sonu. It has been a while since I saw you.
How old are you now?

Sonu : Fifteen.

Doctor : Should that mean Full moon? Your pap's purse is full figured?

Sonu : Can't help. Mom is busy with the serials; pap with his laptop and poor me only mobiles and fast foods.

Doctor : Is water you drink at least natural?

Sonu : Water? What for when my fridge is full of chill coke.

Doctor : Come on, Sonu your habits make you look older to me.
Just give a try to mine.

Sonu : Please don't bore with the old school of thought.
I'd like to try something new undoubtedly. All that junk is old and boring.

Doctor : You should eat four chapatis in the morning and 4 in the evening with a glass of fresh fruit juice and lots of water. 4 litres a day.

Sonu : But tell me who should cook that for me. Still....

(After one week)



Doctor : Hi. How are you? Did you lose any weight?

Sonu : No, doc. I have put on more weight. I weigh 80 kg now.

Doctor : Impossible! I have recommended this diet to so many people, and they all have come back with positive results. Did you follow my plan promptly?

Sonu : Of course! I now have four chapatis in the morning and four chapatis in the night before my lunch and dinner right away from swiggy.

The doctor fainted!

Consumption of excess junk food; irregular and untimely eating habits; callous starving in the pretext of fasting (In fact, fasting is recommended once in a while to clean the tummy in ancient medical practice when children were given dosages of castor oil*) all account for illhealth. So regular dieting is significant.





Art of eating

Have you seen the south Indian tradition uses banana leaves/ lotus leaf/bauhinia variegate to dine. There's a purpose. Licking every now and then indirectly salivates quite naturally without even any consultation from a guru. Some of the food habits naturally encourage easy digestion. Seated on the floor the more of bending scales the $\frac{2}{3}$ of the stomach filling which leaves space for the 4 litres of water.

The law of thermodynamics works wonder removing the supercilious fat discourages obesity. Anyways guys, all in the game!

While concluding, let me make it a point to follow the guidance of consultants to enjoy eating meditatively, receive holistic growth and become Fit-Indians.

Swasthi prajabhya paripalayanthaam gnayena margena mahim mahi. (Let there be sound health, prosperity, righteous ruling and justice and peace prevail on the earth ever).

- *Funtoons on fancy food and different types of people**
- There are guys who eat regular food in great quantities.
- Some who consume less food and more snacks
- Some in take more consolidated food and less munchits

- Some eat proportionately
- There are some who survive on snacks *My brother-in-law who is 27, an Engineer from an IT concern is a mere snacker. Not a morsel of food has he consumed to this day.
- *Style of eating/Table manners/ eating etiquettes*
- How it helps in healthy living....
- South Indians use banana/lotus leaf as platter for some scientific reasons.
- It is customary to use the cutlery, fork and spoon-continental style to use fork on the left and hold knife by the right.
- *Postures while dining and their reasons table manners**



**“EATING
IS A NEED,
ENJOYING
IS AN ART.”**



Art of Eating

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