



THE NEW RELIGION - LIFESTYLE SM

As the monsoons make their way, how monsoon ready are you?

Monsoons are a relief after the scorching summers and heat; however, they can also bring in a lot of menace too if not managed well.

As with every season that changes, our bodies try to adjust with the new climates, surroundings, temperatures and hence knowing how to prepare oneself with the change in weather comes as a necessary aspect.

Speaking about monsoons, especially parts of the country that receive heavier rainfalls – a necessary focus becomes immunity. With the rainy season, comes a number of water borne diseases like typhoid, diarrhoea, dysentery, Hepatitis A & E, jaundice, food poisoning, menace by mosquitoes namely malaria, dengue, certain fungal infections and so much more.

Also, the transition from summers to monsoons is the phase when the majority fall sick as immunity cripples. Thus, investing in immunity becomes a top priority.

Here's your handy monsoon guide where we have compiled monsoon special immunity boosting recipes, hot concoctions, ways to prevent mosquito bites, dons and donts, that can help you enjoy the rains as well as take care of your health



IMMUNITY BOOSTING POWDER

Ingredients:

- 7 tbsp. Organic Turmeric powder (Haldi)
- 4 tbsp Cumin seeds (Jeera)
- 4 tbsp Coriander Seeds (Dhaniya)
- 7tbsp- Fennel seeds (Saunf / Variyali)
- 2 tbsp- Dry Ginger Powder (Saunth)
- 2tbsp Whole black pepper (Kali Mirch)
- 1/2 tbsp SriLankan Rolled Cinnamon powder (Dalchini)
- 3 tbsp Cardamom (whole Elaichi)

Procedure:

- 1. Keep turmeric powder and dry ginger powder in a separate bowl(no roasting)
- 2. Lightly roast all the remaining ingredients on a slow flame till you get a nice aroma.

(avoid burning of spices)

- 3. Once cooled, transfer them in a grinder and grind them to a powder.
- 4. Add turmeric and dry ginger powder to it and mix with a dry spoon.
- 5. Store in a clean, airtight glass or steel jar.





CHAI MASALA

Relish every sip of piping hot chai this monsoon.

Ingredients

- 1/4 cup Cloves.
- 1/4 cup Green Cardamom (Elaichi)
- 1/4 cup Black Peppercorns.
- 1 tbsp Fennel Seeds (Saunf).
- 6 inch Cinnamon (Dalchini).
- 2 tbsp Ginger powder
- 1 Nutmeg grated.

Method

- 1. Mix all the ingredients (except Nutmeg) in a blender and blend to make a coarse powder. Grate the nutmeg in the powder.
 - 2. Store in an airtight container for up to a month.
- 3. Use 1/4 tsp of this powder for each cup of Indian masala chai or just add 1/4 itsp in 1 cup boiling water ,sip and relish.



HOMEMADE CHYAWANPRASH

Power punch for the family.

Ingredients:

- 2-3 Cups Amla or Indian Gooseberry
- 1 cup organic Jaggery
- 5 to 6 tbsp A2.Ghee
- Spice Mixture to be ground
- 6-8 Green Cardamom or Elaichi
- 1 tbsp Whole Black Pepper.
- 5 gms nutmeg.
- 1 bay leaf
- 1 inch Srinlankan rolled cinnamon stick
- 1-2 tbsp Fennel Seeds or Saunf
- 5 gms cloves.
- 5-6 strands Saffron or Kesar
- 10 gm dry ginger powder...

Method:

- 1. Wash Amlas or Indian Gooseberry and pat them dry.
- 2. Arrange a pressure pan and add amlas to it.
- 3. Add water and close the lid.
- 4. Boil the amlas for 2 whistles or 10 minutes on full pressure.
- 5. Turn the flame off and let it sit in steam till the pressure is released.
- 6. After they boil they become soft and you can easily remove the pits.
- 7. Put the pulp in a blender and make a smooth puree. You may use a spoon of water to ease grinding.
 - 8. In a pan add some ghee, add amla puree to the ghee.
- 9. Keep sauteing for a good ten minutes or until you see it leaves out the ghee.
 - 10. Add Jaggery powder to the amla puree.
 - 11. Keep sauteing till you achieve a thick, sticky, messy mass.



On the side,

- 1. Take ingredients of the spice mixture, blend it finely.
- 2. Add ground spiced mixture to the pan and mix well.
- 3. Continue to cook for another 5 minutes till everything is well com-

bined.

- 4. Let it cool down and transfer to an airtight jar.
- Eat a spoonful daily to build immunity and stay away from illness.
- Children can take 1 tbsp in milk too.
- The amla jaggery mixture can be used as a jam too to spread on roti, paratha etc.
- Stays good for 4 months and can be stored in airtight containers



DRUMSTICK RASAM

Sip Spicy hot combo this rainy season

Ingredients:

- Tamarind 1 lemon sized ball
- Drumsticks 3 sticks
- Chopped coriander for garnish
- Pink Himalayan salt to taste
- Tur dal 2 tbsp (soaked for 10-12 hrs)
- Hing a pinch

Ingredients for rasam powder:

- Pure A2 cow ghee 1 tbsp
- Coriander seeds 2 tsp
- Peppercorns 1 tsp
- Cumin seeds ½ tsp
- Tur dal 2 tsp

Ingredients for seasoning:

- Mustard seeds 1 tsp
- Tomato 1 medium
- Curry leaves few
- Pure A2 cow ghee 1 tsp



Method:

- 1. Soak the tamarind in water and extract the juice.
- 2. Pressure cook the tur dal, mash and keep it aside.
- 3. Wash, chop and boil the drumstick pieces
- 4. Heat the pan, add the grinding ingredients, remove it and grind this in a mixer.
- 5. To the tamarind juice and drumstick, add curry leaves and hing and give it a boil.
 - 6. Add the mashed dal with 2 cups of water and continue boiling.
- 7. Finally add the ground masala. When you smell the aroma, turn off the flame.
- 8. Heat another pan -add ghee, mustard seeds, curry leaves and chopped tomatoes and sauté till cooked and finally add it to the rasam.
 - 9. Garnish with chopped coriander leaves.



ONE POT IMMUNITY SOUP

Ingredients:

- ½ cup carrot roughly chopped.
- 2 medium tomatoes or 1 cup tomato cut into chunks.
- ½ cup Bottle gourd chopped roughly
- 4 to 5 chunks of pumpkin
- ½ cup broccoli/cabbage roughly chopped
- ½ cup onion roughly chopped
- 1 inch Celery chopped/basil leaves
- 4 tbsp of split green gram dal pre soaked and boiled /sattu.
- Coriander leaves to garnish
- Salt to taste
- 2 cups of water
- Black pepper powder to taste
- ¼ tsp Moringa powder
- ½ tsp Luke's immunity powder
- ½ tsp oregano
- ½ tsp ginger garlic paste
- 2 teaspoons Lemon juice to taste.
- Chopped fresh Ginger /curcumin to garnish chopped or sliced finely.



ONE POT IMMUNITY SOUP

Method:

- 1. Wash and chop the veggies. Add them to the pressure cooker.
- 2. Add salt and water.
- 3. Cover with the lid.
- 4. Let it whistle for 3 to 4 times.
- 5. Turn off the gas.
- 6. Cook till vegetables are soft and tender.W
- 7. Now use the blender, start making the puree.
- 8. Blend it till it gets smooth.
- 9. Add black pepper powder ,moringa powder, immunity powder and

oregano.

- 10. Put it back on medium heat and bring it to a boil.
- 11. You can adjust the consistency by adding water if needed
- 12. Lastly, squeeze fresh lemon juice.
- 13. Garnish with chopped coriander, sliced ginger /fresh turmeric.
- 14. Mix well and serve hot.





CLASSIC KHICHDI

Enjoy and relish every bite of Luke's favourite holistic superfood

Ingredients (Serves 4):

- Parboiled rice (soaked for 8-10 hours) 1 cup
- Dhuli dal (split moong dal) 1/2 cup
- Organic A2 cow ghee 2 tbsp
- Pinch of Ceylon cinnamon
- Elaichi pods 2
- Clove 1
- Cumin seeds 1 tsp
- Ginger 1 inch (grated)
- Turmeric powder 1/2 tsp
- 1 pinch hing
- Half cup veggies (bottle gourd, peas, carrots) half cup
- Salt to taste
- Water 5 cups

Instructions:

- 1. Rinse and soak rice and dal for 8-10 hours respectively to make it more digestible.
 - 2. Heat ghee first and roast all the whole spices in it
 - 3. Now add ginger, turmeric, and hing.
 - 4. Add the veggies.
 - 5. Add salt and water.
 - 6. Pressure cook for four whistles.
 - 7. Relish it with a dollop of ghee.



BEATEN RICE KHARA PONGAL

Ingredients (Serves 2):

Moong dal/yellow lentil dal 50 gms (soaked for 8-10 hours)
Beaten rice (Milled or parboiled rice) - 100 gms (Rice to be soaked for 8-10 hours)
Water - 4 cups
Salt to taste

For tempering:

- Ghee 1 tbsp (A2 organic)
- Cumin seeds 1/2 tsp
- Peppercorns 1/4 tsp (optional)
- Grated dry coconut 1/4 cup
- Curry leaves few
- Cashew nuts 1/2 cup
- Turmeric powder 1/2 tsp
- Jaggery 1 tsp (organic)
- Pure A2 cow ghee 1 tsp

Instructions:

- 1. Boil 5 cups of water in a cooker, put the yellow dal and cook until one whistle.
- 2. Now rinse the beaten rice, drain off the water and set aside.
- 3. Heat ghee in a pan, add cumin seeds, black peppercorns, curry leaves, cashew nuts, turmeric powder and jaggery.
- 4. Add the dry grated coconut and stir, now add the rinsed beaten rice, salt and continue stirring it till semi-solid consistency.
- 5. When we use the parboiled rice we add the Rice and pressure cook with other ingredients above for about 4 to 5 whistles.
- 6. Serve hot with a dollop of ghee.



HOME REMEDIES FOR MONSOON RELATED COLD AND FLU

For non-vegetarians:

Chicken soup around 1 to 2 bowls. Add carrots, onions, garlic, ginger, mild salt, pepper, and turmeric, boil it like a broth and sip hot.

For vegetarians:

Tomato soup: add basil, ginger garlic, onions with mild salt, pepper and turmeric. Sip hot.

- A concoction of ginger, honey, and garlic: Boil 1 inch of ginger with 2-3 mashed garlic and let it steep, switch off gas. Add raw, unpasteurized honey and sip the concoction.
- Vitamin C rich foods like the oranges, berries available per season.
- Amla (1 tbsp Amla powder plus water) can be sipped too.
- Probiotics like sauerkraut (pickled cabbage) or rice kanji
 Recipe:
- 1. Store the cooked white rice in a clay pot with a little bit of water. Cover it and let it stay overnight.
- 2. Next morning, the powerful and magical probiotic is ready. Just take 2-3 spoons of this rice along with the water first thing in the morning.
- 3. The resistant starch present in it reaches the colon and feeds the good bacteria overpowering their population in the gut thereby making it an excellent probiotic.
- Saltwater gargle with a pinch of rock salt also will help.
- Home remedies for morning sickness



HOME REMEDIES FOR MONSOON RELATED COLD AND FLU

- 1. Concoction of Boiled ginger and lemon: To carry wedges of lemon in a non-plastic container and suck the lemon at times of uneasiness, nausea.
- 2. Inhaling freshly cut ginger or rubbing a lemon wedge to the tongue also works.

• Remedies for stomach ache

- 1. Ginger tea:
- Boil an inch of ginger in hot water, let it brew.
- Switch gas, sip this at regular intervals.
- 2. Chamomile tea or Brew fresh Chamomile leaves in water and sip.
- 3. Peppermint tea or brew fresh peppermint leaves in hot water.

Home remedies for headache

- 1. Carry lavender oil
- 2. Lavender diffuser at home or office will also help.
- 3. Rubbing ice cubes over the temple region also will help.



TUMERIC SESAME BALLS - ONE BITE MAGIC PUNCH

Ingredients:

- Jaggery powder/grated jaggery 1/3 cup
- Dry ginger powder 2 tablespoon
- Turmeric powder 1/2 tablespoon
- Pepper powder 1/4 tsp
- Ghee 3-4 tablespoon
- Roasted sesame seeds 1 tbsp

Instructions:

- 1. Mix the ingredients except for ghee in a bowl.
- 2. Add melted ghee slowly to the dry mix.
- 3. Mix everything with your fingers to make a dough that's wet enough to bind together.
- 4. Pinch out a bit of dough and roll to make a small ball about the size of a marble.
 - 5. Make more balls of the same size till all the dough is used up.
- 6. Store the balls in an airtight container. The balls remain good at room temperature for 10 days.

Notes:

- Jaggery is loaded with various antioxidants, minerals, and vitamins. It boosts the immunity and guards the body against the harmful pathogens.
- Ginger/ginger powder is a popular spice. It is high in gingerol, a substance with powerful anti-inflammatory and antioxidant properties.
- Turmeric has been shown to increase the immunity-boosting proteins in the body, is packed with antioxidants and possesses anti-inflammatory properties too.
- Black pepper contains minerals like potassium, calcium, magnesium, phosphorus, sodium, as well as vitamins such as thiamin, riboflavin, niacin, and vitamin B6.
- Ghee, a nutritional powerhouse contains plentiful amounts of fat-soluble vitamins A, D, E and K. These nutrients are essential to a wide range of body functions from the brain to the immune system.
- Reap and enjoy the multi-benefits of the bite-sized ladoo from your very own kitchen pharmacy.



DIY MOSQUITO REPELLENT

What do you need?

- Ten drops of natural Neem oil
- Ten drops of lemon eucalyptus oil
 Or
 Ten drops of natural tea tree oil
- 30 ml of natural coconut oil

Procedure:

- 1. Add the coconut oil and neem oil, tea tree oil or eucalyptus oil to a bottle of 50 ml and mix well.
- 2. Apply the mixture to your body exposed areas at least twice per day.

Notes

- Neem oil has a strong aroma and composition and provides protection from. mosquitoes.
- Lemon eucalyptus oil has a strong PMD, p-menthane 3 and citronellal compounds that work effectively in keeping mosquitoes away.
- Tea tea oil possesses antiseptic properties which help heal the mosquito bite fast.
- Coconut oil also possesses anti-inflammatory and antibacterial properties which provide quick relief for itchy bites.



COLD AND SORE THROAT FIX

How to make it?

- 1. Boil 2 cups of water
- 2. Add 2 cloves, an inch of cinnamon and half a burnt lemon.
- 3. Let it steep well
- 4. Squeeze fresh juice of half a lemon.
- 5. Serve hot.

SPICE WELLNESS TEA- MUST SIP THIS MONSOON

Ingredients:

- 1 tsp Turmeric powder
- Dash of cayenne pepper
- 1 tsp freshly cracked black pepper
- 1 tsp Sri Lankan rolled cinnamon
- 2-3 Cardamom pods
- ½ inch Ginger (mashed/grated)
- 1 tsp Cumin seeds

How to make it?

Add all of this to 4 cups of water. Boil it until it reduces to 2 cups. Strain. Add raw honey when it is a little cool. Sip slowly.





1. Take care of your gut

Your gut health is the cornerstone of your defence system. It's said that 80% of your immunity depends on gut health. Gut health depends on an overall lifestyle and not just a single food or supplement. This also means avoid outside, especially roadside food and there are high chances of contracting infection and food poisoning. Instead make monsoon special dishes at home, like this one - Steamed Momos or this one Chickpea & Spinach Tikki

2. Thoroughly wash fruits and vegetables

A thorough washing of fruits and vegetables is a must during every season because we never know what we might accidentally consume with it. You can buy a chemical free, safe vegetable and fruit washing solution or make your own.

DIY veggie wash: This simple fruit and veggie wash solution will help disinfect and clean vegetables and fruits and remove grim, dirt, dust etc. without changing the taste.

- 4 parts warm water and 1-part Apple Cider Vinegar (i.e. 4 cups water and 1 cup ACV)
- Put this mixture in a large bowl or your sink.
- If you use the sink, make sure you plug the drain first.
- Place the produce in the mixture for 20-25 minutes
- Scrub them lightly using hand gloves

Add on: Mix one teaspoon of sea salt. This will help remove the bacteria due to cleansing properties of sea salt





Note:

- If the fruits and vegetables are not chemical free or you are unsure about the source, make sure you peel off its skin. This will also help get rid of chemicals often sprayed on food.
- In case you are using green leafy vegetables, immerse them in slightly hot water for a minute followed by plunging them in cold water to retain nutrients.
- 3. Consume seasonal foods during monsoon –

Consume a diet that's local and seasonal as they grow in a particular month for a reason – which is to prepare you for the upcoming season. For e.g.: mangoes grow in later summer months to help you boost your immunity for the upcoming monsoons.

- 4. Make use of common kitchen spices to boost immunity turmeric, cumin, ginger, garlic, clove, basil leaves, black pepper to brew them into a tea/ concoction /water infusion or add them to your daily cooking.
- 5. Feed your gut good bacteria (probiotics) as well as prebiotics, in order to maintain a healthy gut microbiome.





A simple homemade probiotic:

The leftover cooked rice that people often toss into the bin can become a super natural, inexpensive probiotic for your gut, which means better immunity. Your gut is your largest immune organ. Treat it well.

How to make it?

Let the cooked rice cool. Take out 1 tbsp per person, put it in a clay pot or a mug. Cover it with water. Place a lid over the pot and leave it overnight. Consume the rice and water on an empty stomach next morning.

This is a powerful probiotic for the gut and gut related problems.

6. Prebiotics are necessary too although they are often undercooked. Prebiotics serve as food for the probiotics. E.g.: garlic, apple, asparagus, apple cider vingar, raw banana. In case you contract a stomach infection, it may be necessary to include a good quality probiotic supplement that your healthcare expert could recommend.



DONT'S

1. Avoid consuming raw

Avoid consuming raw green leafy vegetables like spinach, lettuce, cabbage, Brussel sprouts etc, during the monsoon season as they carry high risk of contamination. Monsoons are also the breeding season for many insects and worms and they tend to lay egg on leaves of plants, so avoid consuming raw leafy greens at any cost. Additionally, you may also want to stop consuming raw salads served in restaurants as they are seldom washed properly. Wash, clean and cook them well prior to consumption. In fact, it is ideal to avoid any outside, especially road side food during monsoons because the hygiene conditions are generally poor during monsoon.

Also, apart from the risk of ingesting pathogens, etc – raw vegetables can upset the digestive system, especially in susceptible individuals and a weak gut gets reflected in a weak immunity.

- 2. Foods are more prone to fungus and mould growth due to dampness. Sometimes the seeds could attract fungal/mould growth so it's necessary to be careful of that. Avoid eating raw sprouts outside because of lack of hygiene.
- Avoid outside footwear indoors.

