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**Foods in this table increase 'Ama' or toxins in the body
They should be avoided as much as possible.**

Ama is very sticky & tenacious & will take many months to remove but it is recommended that you at least try as hard as you can to follow this diet for the next fourteen (14) continuous days depending on the severity of your symptoms and how quickly you want to recover.
The first 3 days are usually the hardest and you should be feeling the benefits by day 10 – 14.

If you want to avoid feeling OLD, COLD & STICKY avoid OLD, COLD & STICKY food!

| | Old | Cold | Sticky |
|--|-----|------|--------|
| Left over food (Reheated refrigerated or frozen foods) | Yes | | Yes |
| Canned foods | Yes | | Yes |
| Processed foods (anything in a can, bottle or packet) | Yes | | Yes |
| Red meat (as it is the stickiest meat) | | | Yes |
| Pumpkin, squashes, zucchini (they are the stickiest vegetables) | | | Yes |
| Bananas, avocados (as they are the stickiest fruits) | | | Yes |
| Packet foods e.g. biscuits, potato or corn chips, crackers etc | Yes | | Yes |
| Peanuts, peanut butter especially but all nuts in 1 st 2 weeks | Yes | | Yes |
| Tea, coffee, iced or chilled beverages and water | | | Yes |
| No alcohol | Yes | | Yes |
| Cheese, yoghurt, cream, ice-cream and chocolate, Yukolt, Milk | Yes | Yes | Yes |
| Fried and oily foods (fried eggs, sausages, chips, bacon etc) | Yes | | Yes |
| Wheat products cakes, biscuits, cereals (if goal to lose weight) | Yes | | |
| Bread (if goal is to lose weight) | Yes | | |
| Pasta (if goal is to lose weight) | Yes | | |

The foods in this table will not increase 'Ama' and be eaten freely.

All fresh foods - freshly cooked on the same day as it is eaten.

Vegetables – Steamed, boiled, roasted, baked, wok fried

Fresh vegetable soups (not instant packet, canned soups)

Fruit - Well ripened including stewed fruit with no sugar added

Chicken – Skinless (if required)

Fish (If required)

Herbal teas. Occasional green tea only.

Basmati rice (Basmati is a low glycaemic index rice)

Eggs

Sip hot water (1 cup 3 times a day) 1st cup first thing in the morning cleans Ama from gut.

Sip hot ginger water (1/8 teaspoon ginger powder in 1 cup of boiled, filtered water)

During or after meals to help digest food or

Before meals if there is no appetite.

Do not eat unless you are hungry i.e. have some appetite before eating

Aloe Vera Juice (Organic Whole Leaf 25 - 30 mls 3 times a day) cleans Ama off bowel walls.

Digestone for stomach and small intestine detox and good food digestion

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| Signs of Ama <i>If you have need 'Ama pacifying diet' then you will have some of the symptoms below</i> | 1st visit | 2nd visit | 3rd visit |
|---|---------------------------------|---------------------------------|---------------------------------|
| Tired after minimal exertion (20 minute walk) | | | |
| Tiredness on waking in the morning | | | |
| Joint pain | | | |
| Muscle pain | | | |
| Thick white coat on the tongue | | | |
| Bad breath often | | | |
| Candida infection e.g. thrush, Candida, jock itch, tinea | | | |
| Ama in the Kapha zone (stomach upper 2/3 and upper body) | | | |
| Lack of hunger before breakfast | | | |
| Lack of hunger before lunch | | | |
| Lack of hunger before dinner | | | |
| Nausea | | | |
| Tired, drowsy or sleepy after a meal | | | |
| Tiredness, inertia, sluggishness ('stickiness') | | | |
| Excessive mucus e.g. allergies, hay fever, sinus, post nasal drip, throat More than one colds, flue, sore throat or sinusitis per year | | | |
| Recent weight gain | | | |
| Ear, nose and throat problems. Excessive wax. | | | |
| Ama in the Pitta zone (small intestine and lower 1/3 of stomach) | | | |
| Acid coming up into the mouth (acid reflex) | | | |
| Burping often | | | |
| Heartburn | | | |
| Strong odour when passing stool in toilet | | | |
| Irritability and/or anger (under stress) | | | |
| Strong thirst | | | |
| Skin problems, rashes, eczema, hives, acne or boils | | | |
| High blood pressure (or family history) | | | |
| Heart problems (or in family history) | | | |
| Liver problems (or in family history) | | | |
| Ama in Vata zone (large intestine and pelvic organs) | | | |
| Bloated abdomen | | | |
| Wind, flatulence, gurgling | | | |
| Constipation (possible alternating with diarrhoea) | | | |
| Going to the toilet less than once every day | | | |
| Feeling of incomplete evacuation after stool, as if some was retained | | | |
| Have to push or wait a long time for stool | | | |
| Lower back pain not caused by injury | | | |
| Poor concentration for your age | | | |
| Poor memory for your age | | | |
| Anxiety and/or Depression | | | |
| Headaches | | | |
| Moods change often in a day | | | |
| Menstrual disorders, painful, irregular, early, late, infertility, impotence | | | |

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Vegetable soup broth

Vegetable soups are easily digested so are useful to give the digestion a rest and allow further detoxification of Ama to occur.

The following soup is a basic recipe that can be varied to suit your taste.

It should be eaten on the day it is cooked. You may want to have it every day or just a few times a week.

Preparation time 30-40 minutes

| Vegetable soup broth | | | |
|--|------------------------|--|--------------------|
| 1 | Carrot | Cut into pieces | Sweet, pungent |
| 2 | Celery stalks | Cut into pieces | Bitter, astringent |
| 140 g | Spinach or Silver beet | Chopped | Bitter |
| 1 | Potato | Quartered | Astringent |
| Pinch | Tarragon | | Pungent |
| 470 ml | Purified water | | |
| 1 tablespoon | Soy sauce or Tamari | | Astringent, salty |
| Pinch | Asafoetida (hing) | <i>Available from Indian grocer, good for Vata</i> | Pungent |
| Combine all the ingredients and bring to boil in a pot. | | | |
| Simmer for 20 minutes. | | | |
| Strain the vegetables for a clear broth or blend in a food processor for a thick soup. | | | |
| Makes about 700 ml | | | |
| Take 350 ml or half twice daily. | | | |