

TASTY SEX | SOUL FOOD IN LA | YIN YANG YUM

whole life ^{times}

October/November 2017 Free

ENJOY THE HARVEST ABUNDANCE ABOUNDS

UNLOCK YOUR
IMMORTALITY GENES
WITH ALBERTO VILLOLDO



- MAGICAL MONTREAL
- STARRY, STARRY TREKS
- BERRY WILD CALIFORNIA



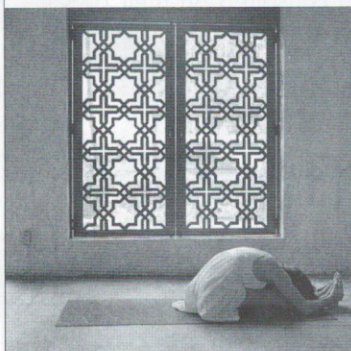


EAT TO GLOW

Five Foods to Boost Vitality

By Meredith Klein

When I first began practicing yoga, I spent countless savasanas lying on my mat obsessing about what to cook after class for dinner. While people around me touched into samadhi states, I was busily trying to sort out what I could make for dinner to keep my body feeling as great as it did on my mat.



Over the years, thanks to my study of yoga's sister science, Ayurveda, I'm now able to relax during savasana and don't feel the same angst about my food choices. But as a chef and Ayurvedic nutrition coach, I constantly hear that finding foods that help us feel both nourished and energized is a struggle for many.

Whatever style of yoga you prefer, the choices you make for your après-class meal can help extend your yoga buzz long after you leave your mat. It turns out that juicy, glowing feeling you experience after a rejuvenating practice isn't just in your head, but rather is an expression of your body's vital essence, known as ojas in Ayurveda.

Ojas is a subtle essence, responsible for governing our immune system, keeping the body's joints and tissues well-lubricated, and fostering the balanced production of our hormones. As we accumulate ojas, we enjoy physical vigor and mental clarity that allow us to weather the challenges of modern, daily life. When ojas is low, we experience less resilience to stress and can end up easily depleted and fatigued.

Fortunately, the foods we consume daily can help to build our reserves of this essential energy. The following foods

are recommended for producing and maintaining a healthy supply of ojas:

- **Avocados** are wonderful to integrate into any meal as a garnish, or can be enjoyed as a snack on their own. I enjoy garnishing them with a touch of lemon juice, and a sprinkle of sea salt and smoked paprika for a quick snack.
- **Dates** are a fantastic choice for people who crave sweet foods. Their high fiber content helps to regulate the release of sugar into the blood stream, preventing the type of spike-and-crash cycles you may experience with refined sugars. As an added bonus, dates help nurture healthy sleep cycles and are a great choice if you suffer from insomnia.
- **Ghee** (clarified butter) is a staple food in Ayurveda and one of the best ojas boosters you can find. It also is the best oil available to help transfer the medicinal powers of spices and herbs into the tissues of the body. Use it as a cooking oil, or try drizzling it over warm foods.
- **Milk** is classically recommended in Ayurveda for nurturing ojas, especially when warmed and combined with medicinal herbs. Nut milks (especially almond milk) also help foster ojas. Warm milk-based elixirs are a great choice before bed.
- **Tahini** is an excellent choice for the base of sauces and dressings. It can also be spread on toast or crackers with a touch of honey for a satisfying snack.

Meredith Klein is an Ayurvedic chef and nutrition coach based in Santa Monica, and the author of the upcoming cookbook, Kitchen Ritual. Learn more about her work at pranaful.com.



The World Teacher

for all humanity is here now

Maitreya and the Masters of Wisdom are here to guide humanity along the path of cooperation and sharing, to help us solve our many crises - social, political, economic and environmental.

sharing • justice • peace

**www.shareinternational.info/WLT
888.242.8272**

ADVERTISE YOUR SERVICE!

Have you considered advertising in our Professional Services Directory?

Call now to be in our December/January issue!

sales@wholelifemagazine.com
310.425.3056

Recipe 

The following recipe is a nourishing bedtime elixir that stimulates ojas, while also soothing inflammation. A small 3- or 4-ounce portion before bed will promote healthy sleep and rejuvenation.

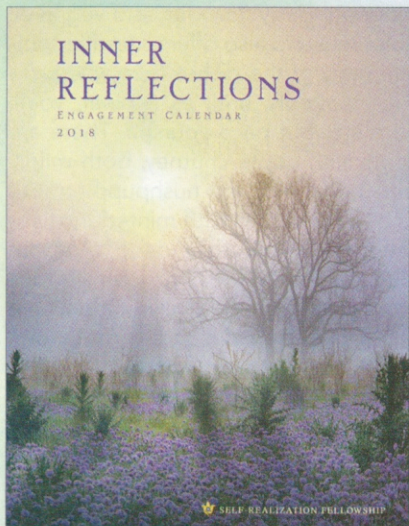
Golden Rose Milk

- 2 cups almond milk (or milk of your choice)
- 2 dates, pitted
- 1/4 teaspoon turmeric powder
- 1/8 teaspoon ashwagandha powder* (optional)
- 4-5 drops rosewater

Place milk, dates, turmeric, and ashwagandha (if using) in a small pot and bring to a gentle simmer. Cook for 10 minutes. Place spiced milk and rosewater in a blender. Vent the blender lid slightly to release steam and carefully blend at high speed until dates are fully incorporated. Serve immediately or refrigerate and reheat individual servings.

Photos right: Blooming Bites Photography, Photos left: Jeelhyun Lee, Recipe: Courtesy of Meredith Klein

A Daily Retreat



Inner Reflections 2018 Engagement Calendar

Spiralbound, 54 color photos, \$13.95
Inspiration from Paramahansa Yogananda

Visit our gallery at
IRcalendar.org

 SELF-REALIZATION FELLOWSHIP
FOUNDED 1920 BY PARAMAHANSA YOGANANDA

prolotherapy

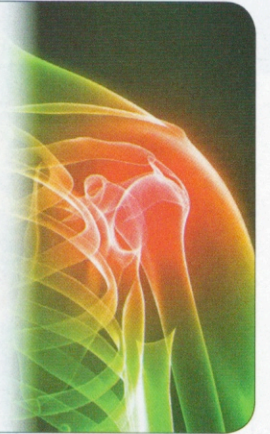
ADVANCED MEDICAL BREAKTHROUGH FOR PAIN

A non-surgical treatment which promotes the body's own natural healing ability to stabilize and strengthen weak ligaments, tendons and joints.

G. Megan Shields, M.D. and J. Keller Wortham, M.D., are experts in the delivery of this breakthrough pain relief procedure. Also read about facial cosmetic rejuvenation at www.doctorprolotherapy.com

Optimum Wellness Medical Group, Inc.

1030 S. Glendale Ave., Suite 503, Glendale | 818-547-5400



IMPROVE YOUR WELL-BEING

ACUPUNCTURE HAS THE POWER TO TRANSFORM YOUR LIFE,
HELPING YOU ACHIEVE PHYSICAL, EMOTIONAL & MENTAL BALANCE.

VICKERY HEALTH & WELLNESS

DIA VICKERY, PHD^(THEOLOGY)

LICENSED ACUPUNCTURIST

CERTIFIED IN AROMA ACUPOINT™ THERAPY



PAIN RELIEF

ENERGY BALANCING

IMPROVED MOODS

20700 VENTURA BLVD., SUITE 229

WOODLAND HILLS CA 91364

818.578.6730

WWW.VICKERYHEALTH.COM