

# SARAH WILLIAMS MNIMH Assoc. MAPA

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## AMA REMOVING DIET

Take **fruit** in small amounts and avoid sweet fruits such as bananas, pears, and grapes. Sour fruit juices such as lemon, lime, grapefruit, sour apples and astringent fruit like cranberry and pomegranate can be helpful and are especially useful in the morning.

Most vegetables are good detoxifiers and should be steamed. Avoid the deadly nightshade family – potatoes, tomatoes, aubergine, peppers and chillies.

Have half a cup of barley, alfalfa and wheat sprouts daily as they contain special enzymes that help digest ama.

Vegetable juices such as celery, coriander and spinach with a small amount of carrot are excellent and a mild spice or a little fresh ginger should be added to them. Avoid heavier root vegetables like potatoes and sweet potatoes, as well as mushrooms.

Eat vegetable soups and add mung beans as these help to clear ama.

Have half to one cup cooked whole grains for lunch and dinner as per your constitution (see diet sheet). **NO white flour, bread or pastry.**

Kitcheree is an excellent food for removing Ama.

**Avoid beans** because they cause gas, which tends to produce Ama. Mung beans, however, are good for most Ama conditions and can be added to soups and kitcharee.

No nuts or seeds unless sprouted

Dairy products should be avoided.

**Animal products strongly feed toxins** – chicken and turkey are the safest meats to take for mild detoxification diets, specifically the white meat.

No oils, only ghee which should only be taken in small amounts according to your constitutional type

Avoid sweeteners except a little honey. **White sugar** is the most ama producing food and brown sugar is not much better.

Salt increases ama. Sour products like vinegar, wine and pickles should be avoided as the sour taste increases ama.

Cold drinks should be avoided, especially those with ice. Spring water or distilled water is good, but water should always be taken warm.

Use a mix of olive oil, freshly squeezed lemon juice and a little Himalayan salt as a salad dressing

Do not overeat

Make sure there is three hours between your last meal and going to bed

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Eat regularly

Eat slowly and chew well

Leave 4-6 hours between meals and never eat when previous meal has not been digested.

Do not eat if not hungry – follow the senses of the body

If you are stressed and the adrenaline is flowing you will not be hungry so avoid food and take some digestive herbs

Do one thing at a time – only eat – do not read, watch TV etc. with meals

It is important to make a point of tasting the food and concentrate on the prana in the food that is going to revitalise your body

No cold water – no cold liquids, ice, raw foods

Exercise is important – add this in on a regular basis

Sit down when you eat and relax and stay calm and do not talk a lot

Food combinations:

Do not mix eggs with red meats, fish, milk or cheese

Eat fruit separately or at the beginning of a meal

Melons should be eaten on their own

Do not have milk with red meat, fish, eggs, sour foods, yeast breads

Do not have milk or yoghurt with potatoes, tomatoes, or eggplant