

# Fuel and Nourishment for the Yogi on the Go

The Yogi on the Go is the peaceful warrior of modern days that aims to find balance and health through the practice of Yoga, like you and me. This article is intended to share ideas about healthy eating for energy, balance, and nourishment.

Yogi Ramacharaka, in his book Hatha Yoga, emphasizes the concept of nourishment.

“To the Yogi, food does not mean something to tickle to the abnormal palate, but instead it means Nourishment. First, Nourishment; second nourishment and third nourishment. Nourishment first, last and always.”

He further reminds us that Hatha yoga does not advocate for starving, but on the contrary it teaches that no human body can be strong and healthy unless it is properly nourished by sufficient food, eaten and assimilated.

In this regard, I like to talk about eating habits and not diet, because ‘diet’ carries a negative connotation that implies deprivation. As human beings we have co-evolved in Nature with nutritious and potent natural foods, many of them power-foods. It was only when we began to refine and adulterate our food that we went from healthy to unhealthy, with the biggest epidemic of diabetes and obesity, also known as “diabesity”, now even affecting children. As insane as it sounds, it is our reality these days. Not because you or I are not mindful about what we feed our body, but because we live in a society that is sick and continually bombarded with adds about junk food and pharmaceutical drugs. In the midst of this confusion we can rise and bring clarity into our life and other’s.

Another important concept that arises from the teachings of yoga has to do with “cleanliness”. Within the 8 limbs of yoga, which are the foundational teachings of the science of yoga, the personal observances or *niyamas* include *sauca*. *Sauca* means purity and cleanliness. It has two aspects, the inner and outer. With respect to the inner sense, *sauca* refers to a healthy functioning of our body, which in terms of yoga is supported by the asana practice (the physical postures), pranayama or breathing exercises and also by our food choices.

In this article I invite you to bring awareness and take a proactive role in your life, your close community, like family and friends and in the bigger picture in the community where you live and work.

**“Be the change you want to see in the world.” Mahatma Gandhi.**

Here are few tips that constitute the fundamental pillars of a healthy, nourishing, and clean eating habits practice.

## **1- Drink water:**

Our body is more than 70 % of water. Drink 8 glasses of water a day. Start your day with one glass of water every morning in empty stomach. Try to drink room temperature water (instead of cold). You

can make also your naturally flavored water: add fresh cucumber, lemon or lime, mint leaves, ginger root, berries. Experiment and have fun. A little twist will make hydration even more exciting.

## **2- Eat breakfast:**

This is the most important meal of the day as it sets us up for the day and brings energy after the night fast. When preparing your breakfast be creative. You can use a variety of grains, fruits, juices, eggs, good quality meat, good quality dairy. Also experiment! Breakfast doesn't have to be boring or repetitive. You might also do the breakfast experiment to learn about your body type and how to better support it. (If you want to do the breakfast experiment let me help you. Contact me at [www.fernandalodeiro.com](http://www.fernandalodeiro.com) and mention the breakfast experiment).

## **3- Eat whole foods:**

Whole foods are the foods that nature intended for us, without refinement or supplementation needed, because what is "whole" doesn't need additives. Eat plenty of fruits and veggies. I consider myself an omnivore - with the exception of refined white powders. I eat and love plant based meals. I also consume meats, but I look for quality, pasture raised, organic (not treated with antibiotics or hormones), and humanly raised. Also, you can experiment with some whole grains, like oats (great for breakfast), rice (whole grain), farro, buckwheat, or the seed (it's not a grain, although people call them grain!) quinoa. Just soak them overnight and rinse them thoroughly before cooking them. Then you can use them warm with veggies or cold in a salad. See recipes below. The advantage of using whole grains is that they are loaded with fiber, are quite filling, and they don't cause a blood sugar peak, so they are good for balancing blood sugar levels.

I believe in the Eden, that paradisiac garden where we used to find all sorts of fruits and veggies to thrive on. I believe in plants as natural medicines and I use them to support myself on daily basis.

We know now that plants not only are loaded with nutrients such as vitamins, minerals, and also healthy carbs, fats and proteins, but also with antioxidants and phytochemicals that have a wide array of medicinal properties. In terms of antioxidants, they come in all colors, that is why we often hear the advice "Eat the rainbow". In addition to the powerful antioxidants, colors in our plate create a more satisfying and exciting experience. Paint your plate everyday with colorful combinations, and without knowing you'll be getting Nature's best medicine.

## **4- Consider the energetics of food:**

Our food carries the energy from the plant, the fresher the ingredients of our meals the more energy we can assimilate. When possibly choose seasonal and local produce. That not only supports your body ecology by aligning with Nature, but in doing so you are also supporting the local economy and mindful farmers in your area.

## **5- Rest, Relax, Restore:**

All the goodness you get into your body takes time and energy to be digested and assimilated. Most of our body's housekeeping happens when we rest. So make sure you balance your active life with enough sleep of good quality.

Finally, remember that you nourish yourself in every choice you make, on your daily life, beyond this article.

When you are ready to pick some food, remember the idea of nourishment and choose to love yourself and honor your body. Also when you share something with your friends, family and community remember you can show your love and appreciation by sharing healthy and clean food. Make every choice count, and if possible make a difference.

Keep in mind these options:

- Naturally flavored water: you can add fresh cucumber, lemon or lime, mint leaves, berries. Experiment and have fun. A little twist will make hydration even more exciting.
- Smoothies
- Whole grains
- Colorful salads, especially appealing in Spring and Summer time
- Warming roots, delicious when roasted and used in side dishes, salads or soups
- Healthy snacks: fresh fruits and veggies, nuts and seeds, smoothies.

Now, get into your kitchen and enjoy some of these recipes!

## Recipes

Berry Smoothie:

Combine in a blender 1 cup of milk (almond, soy or coconut can be used too) and 1 cup of frozen berries of your choice. You can add few ice cubes if you like it cold or a little water if you prefer it more liquid. Blend and enjoy the power of antioxidants.

Green Smoothie:

Combine 1 peeled and cored apple, 1 stalk of celery, half a cucumber (peeled), 1 handful of your favorite dark green like spinach or kale, ½ peeled lemon or lime, and a small piece of fresh ginger root with 4 cups of water into a blender. Blend until smooth. Done! The best smoothie ever, low glycemic index, loaded with nutrients and fiber. If you hate the pulp or fiber you might strain the liquid through a medium mesh colander. Keep some fiber is good for you!

Oatmeal breakfast:

Combine a half a cup of rolled oats, with one cup of water (you can also use milk if you desire), and one teaspoon of honey in a pot. Heat the pot until boil stirring constantly until your desired consistency. That's your basic oatmeal. Now the sky is the limit! You can add berries and yogurt, or raisins, a fresh apple in little cubes and cinnamon, or any fruit of your like. And it doesn't have to be everyday the same. Experiment and have fun!

### Fresh summer salad:

Combine a handful of fresh greens (your choice: lettuce, spinach, baby kale, arugula, whatever is available in the market) with some fresh chopped herbs (thyme, mint, cilantro, your choice!), a teaspoon of aceto balsamic, and a tablespoon of olive oil in your favorite bowl. This is your basic salad. Again, let's use some creativity: add any of your favorite veggies, tomatoes, shredded carrots, peppers, cucumbers, etc. Look for local, seasonal ingredients.



Mix of lettuces, cucumbers, sprouts, sliced almonds and feta cheese salad.

In the winter time you can use roasted roots like beets, or sweet potatoes or fresh fruits like apples or pears. You can add seeds and nuts for some crunchiness too. Enjoy!

### Sautéed greens and eggs:

Another great way to enjoy dark leafy greens is sautéed. Combine 1 garlic clove and 1 onion and sauté until transparent with a spoon of olive oil. Then add a bunch of your favorite greens, such as kale, collards, and chard. Add salt and pepper and sauté while stirring until the greens become bright (don't let them go to brown!). Then add two eggs (this is a recipe for two people), stir until cooked. This recipe takes about 10 minutes. No more excuses. You do have time!



Sautéed chard with eggs. Easy, fast and yummy!

## Roasted roots soup:

In the fall when plants start sending their energy inside, down the earth we begin to see a variety of roots. These are amazing in the cold months because they can feel warming and given their higher content of carbs they can help us deal with the sugar cravings that magnify during this time.

Pick your favorite root (beets, celeriac, sweet potatoes, rutabaga). Wash them thoroughly and roast them in the oven at approximately 350 °F for 30 minutes (depending on their size you might need to go longer). Then you can use them in a salad or in a soup.

For a soup, peel the roots, and cut into smaller pieces, combine them with water in a blender and blend until smooth and creamy. I typically use a big root, or two small with 2 cups of water for two people. Then add salt, pepper and olive oil or any other condiments of your like and warm on a pot over the stove. Yummy!



Roasted roots make very creamy and yummy soups. Celeriac creamy soup (1 roasted celeriac, 4 cups of water, olive oil, salt, pepper and freshly chopped parsley)

For more healthy, seasonal recipes and tips, including seasonal cleanses, check out my website at [www.fernandalodeiro.com](http://www.fernandalodeiro.com).

## Bio:

Fernanda believes that we are all heroes on a transformative journey, and she's on a mission to empower men and women to heal, find happiness and fulfillment by taking responsibility for their paths. When she's not researching and mentoring in a biochemistry lab, Fernanda is guiding her heroes through their most authentic journey through health and life coaching, writing, and teaching workshops, fitness and yoga classes. You can learn more at [www.fernandalodeiro.com](http://www.fernandalodeiro.com)

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