

# Harmful effects of a non-sāttvik diet

## Preface

While we benefit by having a *sāttvik* (Spiritually pure) diet, we have to face harmful effects if we have a diet that is not *sāttvik*. The earlier generations were physically healthy even at the age of 80-90 years. Their eyes, teeth and other organs used to function well till the very end of their lives. The earlier generations did not have to battle disorders such as indigestion, acidity, constipation, etc. However, today in the name of 'Green Revolution', chemical fertilizers are used; chemical insecticides are sprayed on fruits, vegetables, fodder, etc. As a result, many items such as grains, fruits, vegetables, milk, etc. have become toxic. Can such a diet ever be *sāttvik*? Can we remain healthy by having such a diet? This Text highlights the harmful effects of a toxic diet and suggests remedies.

Today, the inclination to drink alcohol has also increased. In fact, alcohol is not a 'food' item. Despite this, alcohol is consumed before meals and at other times too. This Text highlights the harmful effects of alcohol; a picture based on subtle knowledge has also been given to emphasise this point.

Negative energies also try to cause distress to people through the medium of diet. This Spiritual text also mentions what precautions should be taken to prevent such distress.

We pray at the Holy feet of Shrī Guru - 'May everyone understand the harmful effects of a diet that is not *sāttvik*, may all have only *sāttvik* food items and may their physical, psychological and spiritual health be sound'. - **Compiler**

## Index

<b>Chapter 1: Toxic diet of Indians its harmful effects and remedies</b>	<b>12</b>
1A. Toxic diet	12
1B. Poisonous chemicals banned in 28 countries are still being used in India	14
1C. Harmful effects	15
1D. If our own and the lives of our children are to be safe guarded, there is a dire need for a righteous and patriotic Government	16
<b>Chapter 2: Non-vegetarian diet</b>	<b>17</b>
2A. Reasons why people consume non-vegetarian food	17
2B. Food items included in a non-vegetarian diet and the reasons for their inclusion in this category	17
2C. Harmful effects of non-vegetarian diet	17

2D. Picture depicting the subtle harm caused by a piece of meat	23
2E. Why should non-vegetarian diet be avoided?	25
2F. God did not create non-vegetarian food for humans	29
2G. To eliminate the inclination for non-vegetarian Scholars laid down the rules of touchability and untouchability	29
2H. Remedy to overcome the demerit accrued by consuming prohibited food	30
2I. Whenever possible, avoid non-vegetarian food or avoid <i>tāmasik</i> food on full-moon days, new-moon days and during the period of <i>sandhikāl</i>	30
2J. Understanding the reason why H.H. (Mrs) Phadke would get angry with me on my continuing with non-vegetarian diet	31
2K. Non-vegetarian food and negative energies	31
2L. Spiritual experiences	32
<b>Chapter 3 : Norms for consuming alcohol as per Hindu Dharma and present-day alcoholism (Addiction)</b>	<b>34</b>
<b>Chapter 4 : Diet and distressing energy and the precautions to be taken</b>	<b>56</b>