

Dietary norms and the underlying spiritual science

Preface

Our scriptures have recommended certain dietary norms for individuals to lead a healthy and happy life; however, over the past 100 years or so, we have forgotten the importance of our Scriptures and hence, ignored these norms. In fact, we have forgotten several major and minor dietary norms such as not eating unless hungry, not eating at times other than the stipulated meal times, not eating leftovers, making seasonal changes in diet, not eating food given by those who have earned it by unrighteous means etc. Some of these norms and their underlying science have been elaborated in this Text. Even if we follow these norms strictly, there will be no need to go to a doctor for reasons of health.

We pray unto the Holy feet of Shrī Guru that may everyone understand the disadvantages of following a modern diet and begin consuming food items prepared by the Indian method and may they have a good physical, mental and spiritual health. - **Compiler**

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