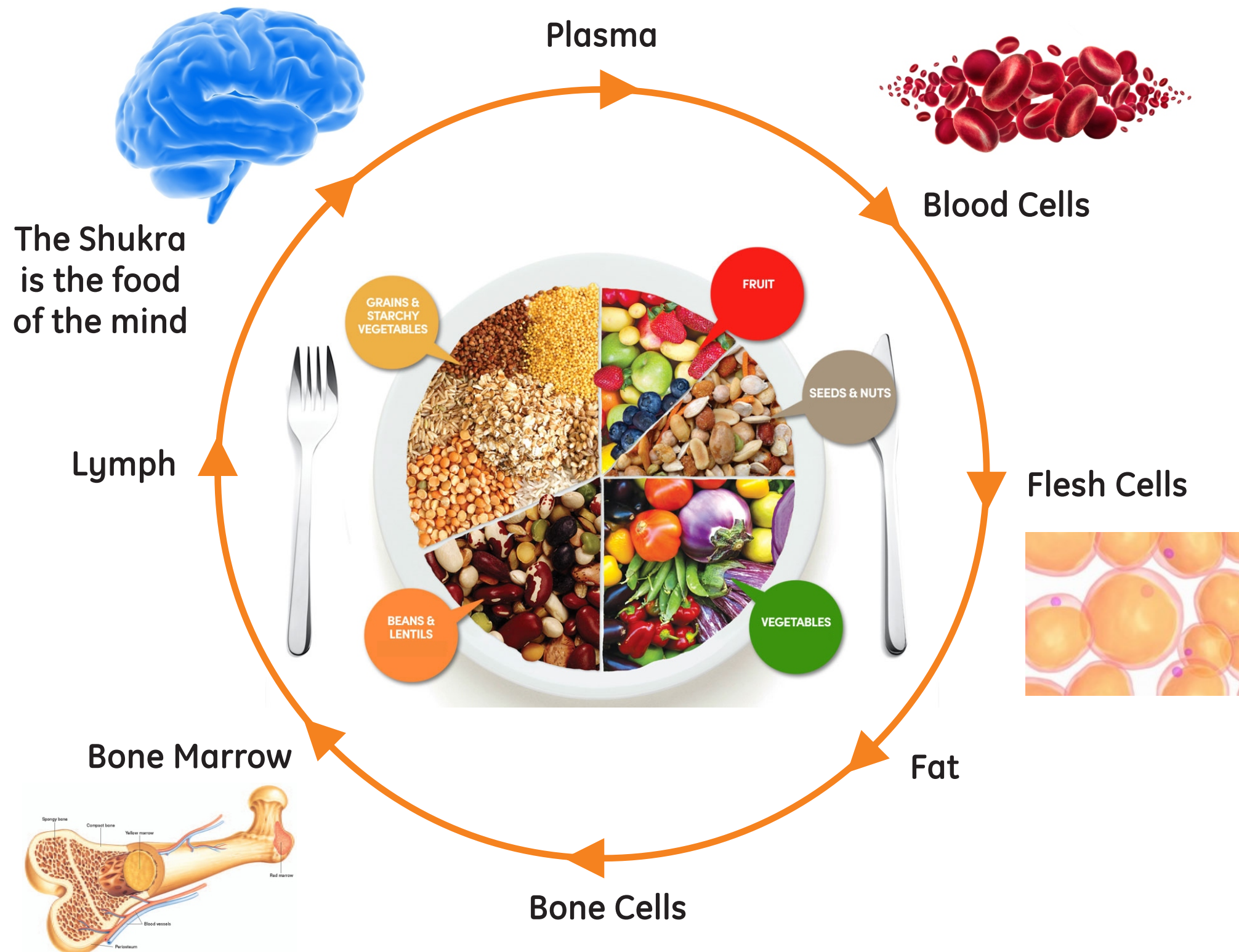


Food Cycle



Sáttvika : All foods that are beneficial to both body and mind are considered sáttvika.

Rájasika: Any food that is beneficial to the body but is neutral to the mind, or vice versa, is called rájasika.

Támasika: All kinds of foods which are harmful to either the body or mind and may or may not be harmful to the other are called támasika.



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