

Text series on 'Āchārdharma' : Sāttvik Diet - Vol. 4

Harmful effects of modern diet

(English)

Compiler

Proponent of the 'Hindu Rashtra'

Sachchidānanda Parabrahman (Dr) Jayant Balaji Athavale

(Elucidation of 'Sachchidānanda Parabrahman' is given on Page 10)

Recipients of subtle knowledge

**Shrīchitshakti (Mrs) Anjali Mukul Gadgil,
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Sanatan Sanstha

Uniqueness of Sanatan's treasure of Texts

Many of Sanatan's Spiritual Texts contain 20% matter which is Divine knowledge received from the subtle dimension and is unique when compared with the knowledge available on earth.

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Shrīchitshakti (Mrs) Anjali Gadgil, one of the two spiritual Successors to Sachchidānanda Parabrahman (Dr) Jayant Athavale, used to obtain subtle knowledge earlier through 'A Scholar' or 'Gurutattva'.

Point 2 of Introductory Contents

卐 ————— Preface ————— 卐

The disadvantages of adopting the modern dietary norms outnumber those of not following dietary norms. We are missing out on meals or breakfast prepared by our mothers and sisters. *Bhākarīs-chapātīs* (Indian breads) are being replaced by breads and cakes. The *chutney* (An Indian seasoning), salad and *gul-āmbā* (A type of jam prepared from jaggery) have vanished, and sauces & jams have taken their place.

Relatives who visit us bring biscuit packets instead of homemade Indian food items such as *ladḍoos*, *chivaḍā* etc. Be it readymade food items from the market, artificially flavoured cold drinks, fast-foods such as Pizza or burgers or junk-foods such as Kurkure, their ill-effects have started showing on the present generation. Even students in the second or third standard are seen wearing spectacles or they are obese.

The biggest drawback of consuming fast-food or junk-food is that, the individuals who regularly consume such items that are *Tama* predominant and that attract black (distressing) energies, become victims of distress due to negative energies. To clarify the scientific analysis further, subtle pictures of artificially flavoured cold drink and fresh fruit juice, bread and *chapātī* are included in this Text. All said and done, the physical harmful effects of modern diet are to be endured in this life itself; however, the resultant negative energy distress does not leave us for many more lives.



Everyone should consume Indian food items prepared at home. They are fresh, easy to digest and healthy. While cooking the Indian recipes, necessary precaution (For example, roasting, steaming, making vegetable salad with seasoning etc.) is taken so that the natural constituents and vitamins in the food items are not destroyed. Eating *sāttvik* Indian food also helps maintain good mental health. It is the responsibility of elders at home to generate the *sanskār* (Subconscious impressions) on the present generation of consuming traditional homemade food items instead of modern food items.

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



Saptarshis guide Sanatan Sanstha through the medium of Nadipattis reading (Nadi-astrology). As per the instructions of Saptarshis on 13.5.2020, Sadguru (Mrs) Anjali Gadgil is being addressed as Shrichitshakti (Mrs) Anjali Gadgil.

Notes 1. From the perspective of completing the topic, points from other reference Texts have been included. At the end of such points, the reference number is the superscript in brackets and their details are mentioned in ‘Bibliography’ at the end of this text.

2. For non-English and spiritual words used in this Text, please see the Glossary at the end of this text.