

Yogic Diet Multiple Choice: match the effects with the appropriate foods

Column 1: Effects

For the blood, colon, nervous system, bones, flu.

Potent food for men

Calms nerves, internal cleanser

Potent food for women

Trinity Roots

Foods to avoid

Complete protein for vegetarians

Alkalinizes the body, clears skin, cleanses liver, losing weight

Column 2: Foods

Garlic, onion, ginger

Legumes + Grains

Banyan Tree milk

Green Diet

Salt, alcohol, nicotine

Eggplant

Yogi Tea

Celery Juice