

6 TASTES DIGESTION BLEND

Ayurveda (the oldest form of medicine meaning Ayur = life, Veda = knowledge) recognises six tastes, each of which play a vital role in physiology, health and wellbeing. Ayurveda sees taste as powerfully therapeutic and has a deeper significance than we are accustomed to in the West. Our taste buds do much more than simply identify tastes, they also unlock the nutritional value of foods and kick-start the digestion process.

The six tastes are **sweet, sour, salty, pungent, bitter, and astringent**. From a modern nutritional perspective, the 6 tastes satisfy each of the major dietary building blocks. Sweet foods, for example, are rich in fats, proteins, carbohydrates, and water, whereas Bitter and Astringent foods are high in vitamins and minerals. Our brain sends the body signals when it requires energy in the form of food. By incorporating all the 6 tastes into each meal, we can ensure that these signals are adequately met. This may also help reduce food cravings or the over-consumption of certain foods.

In Ayurveda, the exact combination of tastes needed for you depends on your constitution, imbalances, age, environment, season, so tweak it until you like the taste. The same substance can taste differently, depending on where it is grown or raised, when it is harvested, whether it is stored or preserved, if and how it is cooked or processed, and how fresh or how old it is.

This mixture (of 4 ingredients) is an ancient Ayurvedic recipe that helps to stimulate all of the 6 tastes at a meal, which can help promote healthy digestion.

- Grated ginger (1/4 inch)
- Lemon juice
- Himalayan or sea salt (not table salt)
- Brown sugar (dark molasses) / honey (a little)

Mix all of the above together into a paste to your personal taste.

Add daily to foods as desired

Keep in the fridge for up to 3-4 days.

Cont...

6 TASTES DIGESTION BLEND

6 Tastes Digestion Blend



6 Taste Digestive Tea

1 tsp cardamom or honey - gently sweet and digestive (sweet)

1 tsp dried lemon peel or 1 tsp fresh lemon juice (add after brewing) - stimulates digestion (sour)

A small pinch of Himalayan or Celtic salt - aids absorption and electrolyte balance (salt)

½ tsp fresh grated ginger or chilli - warms and activates digestion (pungent)

½ tsp dried dandelion or turmeric root - supports liver and bile flow (bitter)

½ tsp coriander seeds or green tea - cooling and mildly astringent (astringent)

500ml filtered water

Method

Add all the ingredients (except lemon juice) to a saucepan with 500ml of water.

Bring gently to the boil, lower the heat and simmer 10-15 minutes.

Remove from heat and stir in lemon juice

Strain and serve.

A digestive boost, this tea may help ease bloating, supports the gut, and may satisfy cravings by nourishing all six taste receptors. Thanks to my colleague Laura Shipp for the recipe.

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