# WISDOM OF AYURVEDA EATING/COOKING IN GOLD VESSELS

Gold metal is hot by nature. It helps to improve eyesight & increases immunity. Strengthens the body& balances all doshas

## WISDOM OF AYURVEDA EATING/COOKING IN SILVER VESSELS



Silver metal is cold by nature. It helps to improve memory power & eyesight. Keeps your body cool & balances all doshas.

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Bronze (Bell Metal) increases appetite, improves memory, purifies blood. Only 3% nutrition waste while cooking in bronze vessel.

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Do not eat or cook sour foods

in bronze vessels

### WISDOM OF AYURVEDA COOKING/EATING IN STEEL VESSELS



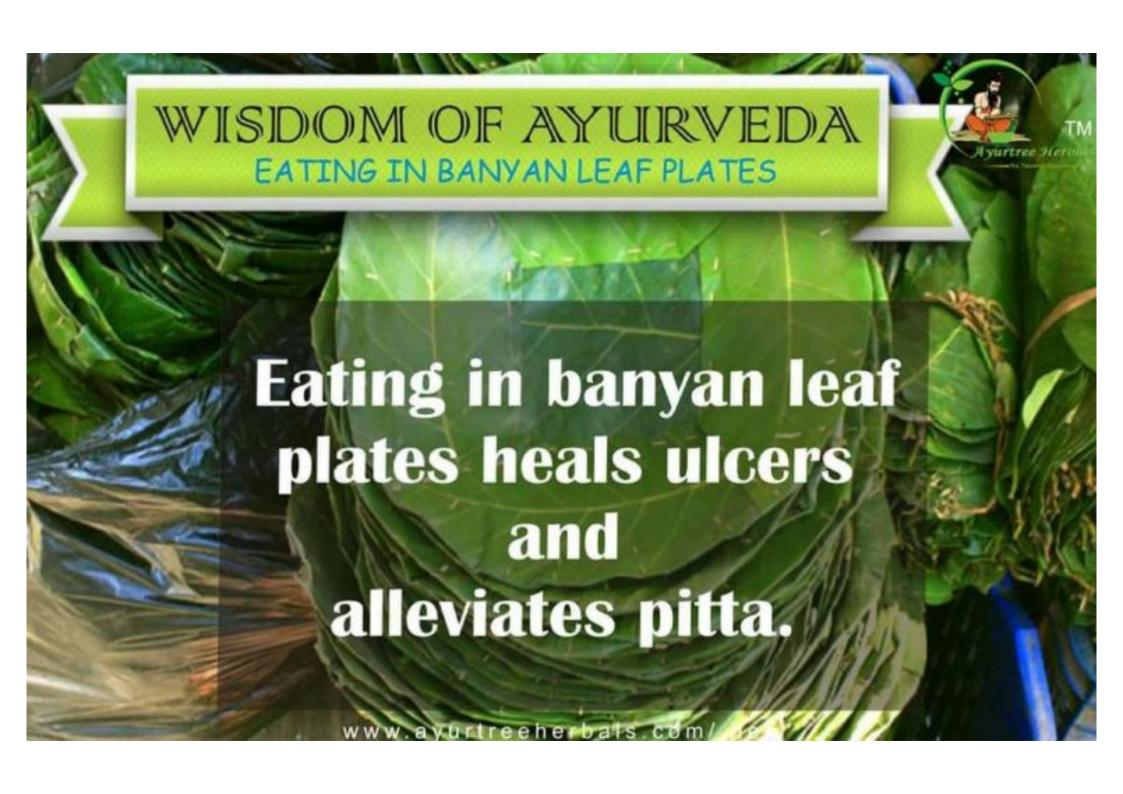
Cooking/Eating in stainless steel has no benefits nor any harms.

### WISDOM OF AYURVEDA COOKING/EATING IN ALUMINUM VESSELS

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Cooking/Eating in aluminum vessels is worse. It is bad for bone health, nervous system, mental health, kidney health, diabetes, asthma etc.

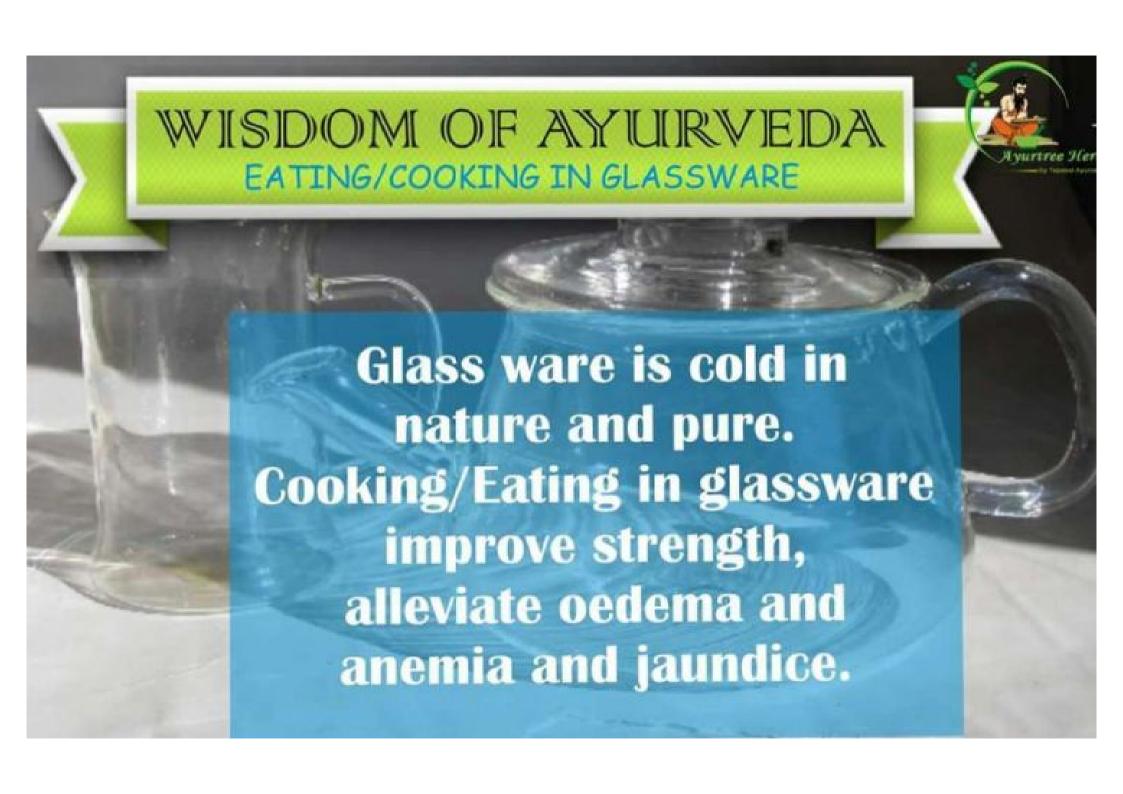
Cooking in aluminum pressure cooker wastes 87% nutrition.



#### WISDOM OF AYURVEDA EATING IN BANANA LEAF

Eating in banana leaf alleviates vata and kapha; best for meals because of cleanliness; bestows strength, health, complexion, sexual desire, and hunger

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## WISDOM OF AYURVEDA COOKING/EATING IN MUD VESSELS

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Cooking/Eating in mud vessels is best & accepted by modern science too. It is good for overall health. Best for milk & milk products.

100% Nutrition value maintained while cooking in mud vessels.

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#### WISDOM OF AYURVEDA EATING/COOKING IN BRASS VESSELS



Cooking in brass vessels kills parasites & prevents Vata & Kapha related diseases. Only 7% nutrition waste while cooking in brass vessels.

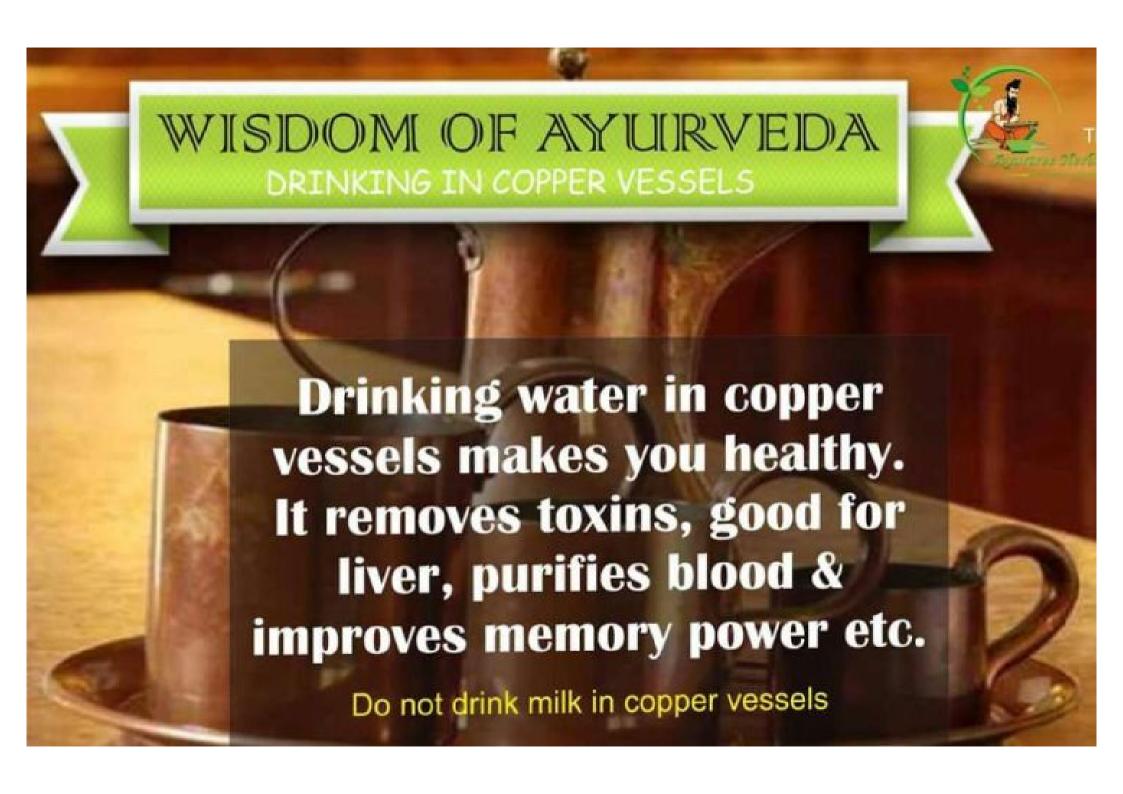
### WISDOM OF ANYURVEDA cooking in Iron Vessels

Cooking in iron vessels strengthens the body, provides iron nutrition, helps in anaemia & jaundice. Prevents swelling. Drinking milk in iron vessel is beneficial Do not eat food in iron vessel.



Eating in lotus leaf acts as vishahara (anti-toxic). Congenial food.

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#### WISDOM OF AYURVEDA COOKING/EATING IN STEEL VESSELS



Cooking/Eating in stainless steel has no benefits nor any harms.