

# The Healing Power of Everyday Foods



*Let food be your medicine...*



**Igniting Innovation, Inspiring Transformation**

## Preface

In a world where fast food, processed snacks, and convenience meals often dominate our plates, the idea of nourishing our bodies with wholesome, nutrient-dense foods might seem like a challenge. Yet, the key to vibrant health lies not in complicated diets or fleeting trends, but in the simple, everyday choices we make about the food we eat. This book is a celebration of those choices—the small, intentional steps that can transform our well-being without overwhelming us.

Every meal, every ingredient, carries the potential to fuel our bodies and support our health in ways we might not even realize. From the humble carrot to the hearty grains we often overlook, nature has provided us with an abundance of ingredients that can be woven into our daily lives to foster long-term vitality.

Through the pages of this book, I invite you to explore the power of everyday food. You'll find practical tips, easy-to-prepare recipes, and insights into how each bite can support your energy, mood, immunity, and overall well-being. This isn't a book about restrictive diets or quick fixes. It's about embracing the foods we already love and learning how to make them work for us, in ways that enhance our health rather than diminish it.

Warm regards,

Mr. Rakesh S A.

Mr. Md. Yosuf Damani



## **Message from the Principal**

**Dr. Girish Bolakatti, Principal, GM Institute of Pharmaceutical  
Sciences and Research**



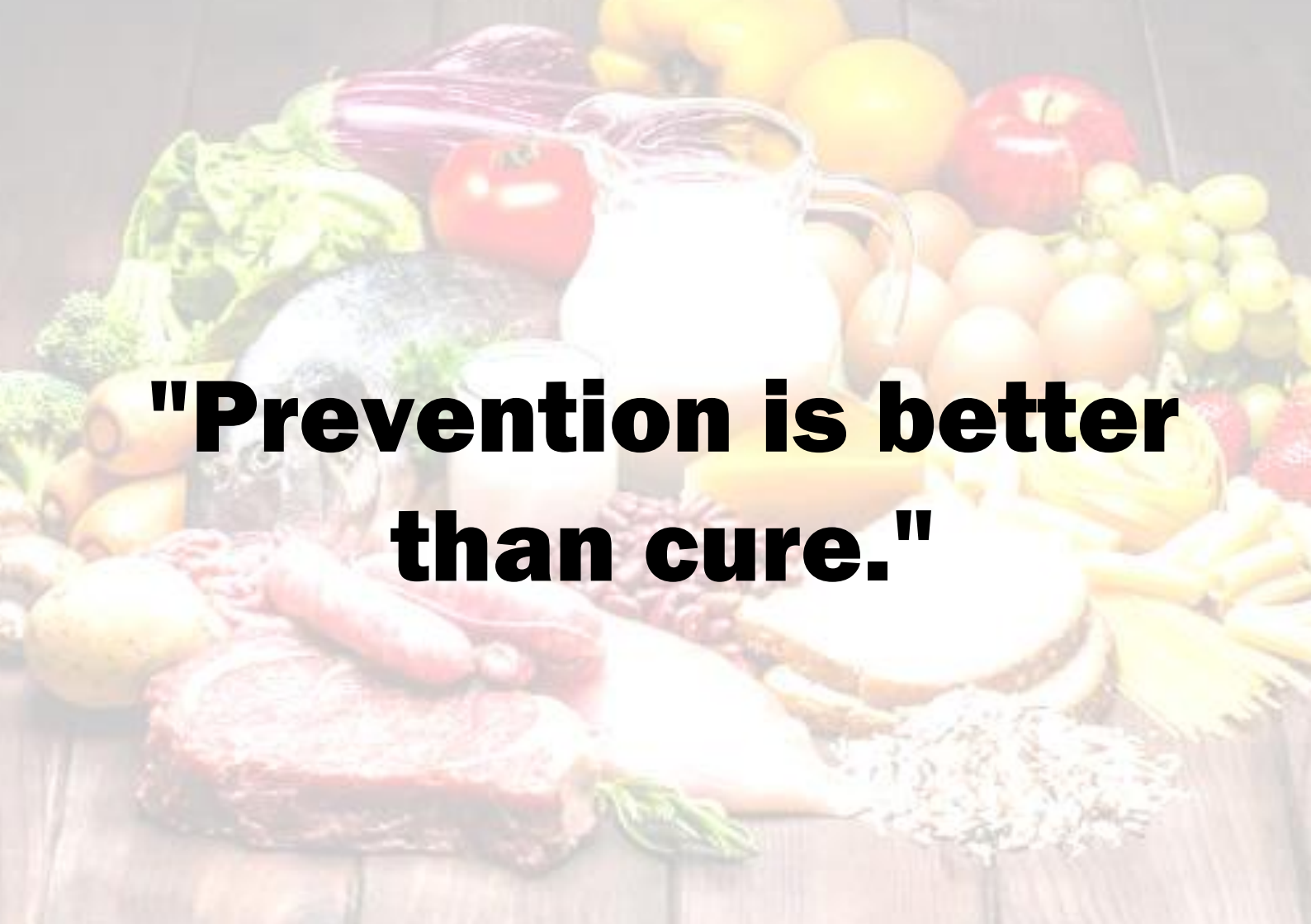
In today's fast-paced world, we often overlook the profound healing potential of the foods we consume daily. However, the truth is that what we eat plays a crucial role not just in sustaining our physical health, but in restoring and nurturing our overall well-being. Every meal holds the power to influence our body, mind, and spirit, offering more than mere nourishment—food can be a form of medicine when chosen wisely. At GM Institute of Pharmaceutical Sciences and Research, we recognize that food is not just fuel; it is a powerful tool for healing. The right foods, rich in nutrients, can help us prevent and manage illnesses, boost our immune systems, and improve our mental clarity and emotional balance. Traditional wisdom, combined with modern scientific research, shows that incorporating wholesome, natural ingredients into our diets can support longevity and vitality. It is our belief that education about the healing properties of food should be accessible to everyone. By understanding the nutritional value and therapeutic benefits of everyday foods, we can make more informed decisions and create lifestyles that promote health and wellness. This handbook is dedicated to empowering individuals with knowledge about the foods that can nourish, heal, and rejuvenate. May it inspire a deeper appreciation for the everyday ingredients that, when used thoughtfully, can truly transform our health. Let us embrace the healing power of food, and take responsibility for our well-being, one meal at a time.

**Mr. Md. Yosuf Damani** is a dedicated Assistant Professor in the Department of Pharmacology at GM Institute of Pharmaceutical Sciences and Research. He is currently pursuing his Ph.D. at Parul University, where he is furthering his research in the field of pharmacology. With a strong academic background and a passion for advancing pharmaceutical sciences, Mr. Damani is committed to providing high-quality education while contributing to research that bridges theory and practice in the field.

**Mr. Rakesh S. A.** is an esteemed Assistant Professor in the Department of Pharmacognosy at GM Institute of Pharmaceutical Sciences and Research, he is currently pursuing his Ph.D. at Parul University. In addition to his academic role, he serves as the Placement Officer, facilitating career opportunities for students and ensuring their professional growth. Mr. Rakesh is also the in-charge of the Internal Quality Assurance Cell (IQAC), where he plays a key role in maintaining and enhancing the quality of education and institutional performance. His multifaceted contributions to both academic and administrative functions reflect his dedication to the holistic development of the institution and its students.



**"The greatest wealth is health."**

A still life photograph of various fruits and vegetables arranged on a wooden surface. In the center is a glass pitcher filled with white milk. Surrounding it are a red tomato, a purple eggplant, a head of broccoli, a bunch of green grapes, a red apple, a yellow lemon, a bunch of carrots, a loaf of bread, a slice of cheese, and a small bowl of white rice. The text "Prevention is better than cure." is overlaid in the center in a bold, black, sans-serif font.

**"Prevention is better  
than cure."**

**"An apple a day keeps the doctor away."**



- *100g =1500mg vitamin C.*
- *Used in liver & digestion problems.*
- *Decreases cholesterol level.*
- *Kidney stone prevention.*
- *In removing toxic substances.*
- *In treatment of anaemia.*

**The Healing Power of Everyday Foods**

**"Few guavas in the season keeps  
doctor away for whole year."**



- *Used in dysentery.*
- *Strengthens & tones digestive system.*
- *Can be used to treat scurvy.*
- *Helps in weight loss.*
- *Rich source of vitamin C.*
- *Antioxidant.*

**"A papaya a day keeps the toxins at bay."**



- ***Antioxidant.***
- ***Used in male fertility.***
- ***Abortifacient.***
- ***Pulp of raw papaya to treat pimples.***
- ***Meat tenderizer.***

**"An orange's peel, a remedy for the mind;  
its fruit, a cure for the body."**



- ***Powerful antioxidant.***
- ***Helps in maintenance of healthy heart.***
- ***Helps in reduction of belly fat.***
- ***Prevents iron deficiency anemia.***
- ***Delays ageing.***
- ***Protects against kidney stone formation.***

**The Healing Power of Everyday Foods**

**"A banana a day keeps the cramp away."**



- ***Helps maintain a healthy heart and blood pressure.***
- ***Supports healthy gut.***
- ***Helps control sugar levels.***
- ***Boosts immune system.***
- ***Prevents constipation.***

**The Healing Power of Everyday Foods**

**"The sweeter the pineapple, the brighter the day."**



- ***Helps in digestion.***
- ***In treatment of bronchitis.***
- ***Expectorant.***
- ***Used in goiter.***
- ***Anticoagulant***

**The Healing Power of Everyday Foods**

**"One amla a day, and scurvy has no place to stay."**



- ***Strong antioxidant.***
- ***Decreases cholesterol level.***
- ***Strengthens liver.***
- ***Blood purifier***
- ***Laxative.***
- ***Used in Scurvy.***
- ***Richest source of Vitamin-C.***

**The Healing Power of Everyday Foods**

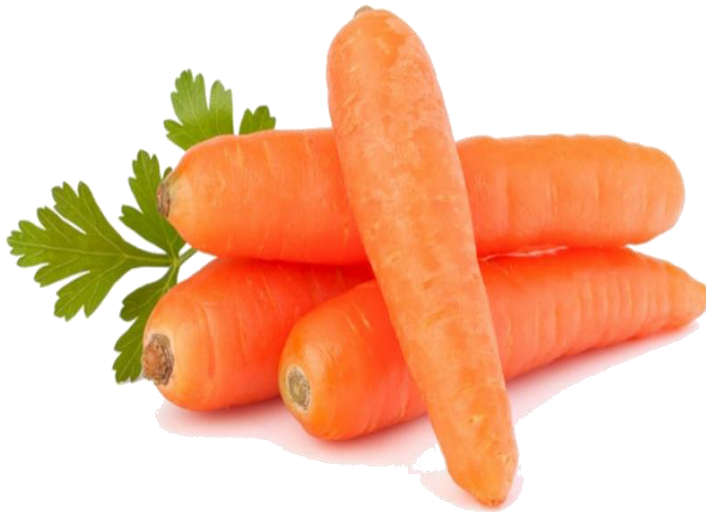
**"A handful of Jamun every day  
keeps the sugar levels at bay."**



- ***Helps in digestion.***
- ***It can relieve stomach pain, flatulence, bloating & indigestion.***
- ***Helps in diabetes management.***
- ***Reduces blood pressure.***
- ***Good choice for weight loss.***
- ***Helps prevent dehydration and heat strokes.***

**The Healing Power of Everyday Foods**

**"The humble carrot holds the power of sight and strength in every bite."**



- ***Improves vision.***
- ***Helps in digestion.***
- ***Helps control diabetes.***
- ***Strengthens bones.***
- ***Boosts immunity.***
- ***Maintains sugar levels.***
- ***Best for weight management.***

**The Healing Power of Everyday Foods**

**"When the body feels dry, cucumber's water runs deep and revives."**



- ***Helps in weight loss.***
- ***Helps in dehydration.***
- ***Promotes gut health.***
- ***Strengthens bones.***
- ***Boosts immunity.***
- ***Maintains sugar levels.***

**The Healing Power of Everyday Foods**

**"Bitter gourd's gift is in its bite, bringing sugar levels to light."**



- ***Antidiabetic.***
- ***Anti-cancer properties.***
- ***Anti -HIV.***
- ***Alcoholism.***
- ***Blood purifier.***
- ***In treatment of piles & constipation.***

**The Healing Power of Everyday Foods**

**"Drumstick's power is in its simplicity-small in form,  
mighty in health."**



- ***Helps in maintaining BP.***
- ***Antibacterial.***
- ***Antioxidant.***
- ***Antipyretic.***
- ***Reduces inflammation.***
- ***Promotes healthy skin and hair.***

**The Healing Power of Everyday Foods**

**"Coriander's leaves soothe the body  
and refresh the soul."**



- ***Increases insulin production.***
- ***Helps maintain healthy heart.***
- ***Helps in digestion.***
- ***Antibacterial.***
- ***Reduces blood pressure.***
- ***Improves skin health.***

**The Healing Power of Everyday Foods**

**"In every mint leaf lies the power  
to soothe, cleanse, and revive."**



- ***Anti-inflammatory.***
- ***Reduces cold symptoms.***
- ***Helps soothe irritated skin.***
- ***Helps reduce bad breath.***
- ***Reduces blood pressure.***
- ***Improves brain function.***

**The Healing Power of Everyday Foods**

**"A handful of fenugreek leaves today,  
keeps fatigue and illness away."**



- ***Lowers blood sugar levels.***
- ***Decreases cholesterol levels.***
- ***Prevents constipation.***
- ***Anti-inflammatory.***
- ***Antioxidant.***
- ***Controls obesity.***

**The Healing Power of Everyday Foods**

**"Lemon's refreshing power is nature's way of awakening the body."**



- ***Aids weight loss.***
- ***Reduces risk of heart disease.***
- ***Helps in digestion.***
- ***Prevents kidney stone formation.***
- ***Boosts immunity.***
- ***Increases iron absorption.***

**The Healing Power of Everyday Foods**

**"Ginger's touch calms the belly  
and sharpens the mind."**



- ***Antiemetic.***
- ***Carminative.***
- ***Antiviral.***
- ***Antipyretic***
- ***In treatment of cold.***
- ***Lowers LDL levels.***
- ***In digestive ailments.***

**The Healing Power of Everyday Foods**

**"Garlic's pungency hides the strength  
to heal and protect."**



- ***Antimicrobial.***
- ***Antihyperlipidemic.***
- ***Antifungal.***
- ***Aphrodisiac.***
- ***Expectorant.***
- ***Anthelmintic.***
- ***Carminative.***
- ***In amoebic dysentery.***

**The Healing Power of Everyday Foods**

**"Turmeric is the healer's gift, turning illness into wellness with each dose."**



- ***Improves immunity.***
- ***Powerful antioxidant.***
- ***Lowers risk of heart diseases.***
- ***Antibacterial.***
- ***Anti-inflammatory.***
- ***Food colourant.***

**The Healing Power of Everyday Foods**

**"Pepper's spice is the key to unlocking energy, wellness, and flavour."**



- ***Helps in digestion.***
- ***Acts as carminative.***
- ***Improves gut health.***
- ***Lowers cholesterol levels.***
- ***Antioxidant.***
- ***Anti-inflammatory.***
- ***Helps in wound healing.***

**The Healing Power of Everyday Foods**

**"A steady habit of green tea strengthens the heart, mind, and body."**



- ***Powerful antioxidant.***
- ***Reduces the risk of heart diseases.***
- ***Helps in weight loss.***
- ***Aids in maintain normal sugar levels.***
- ***Improves bone health.***
- ***Helps in skin inflammation.***

**The Healing Power of Everyday Foods**

**"An egg a day builds muscles and fuels the body's strength."**



- ***Nutrient rich.***
- ***Reduces the risk of heart diseases.***
- ***Improve good cholesterol levels.***
- ***For healthy bones and teeth.***
- ***Helps in weight management.***
- ***They contain antioxidants helpful for eye health.***

**The Healing Power of Everyday Foods**

**"Chicken's lean meat builds the body strong  
and fuels the muscles."**



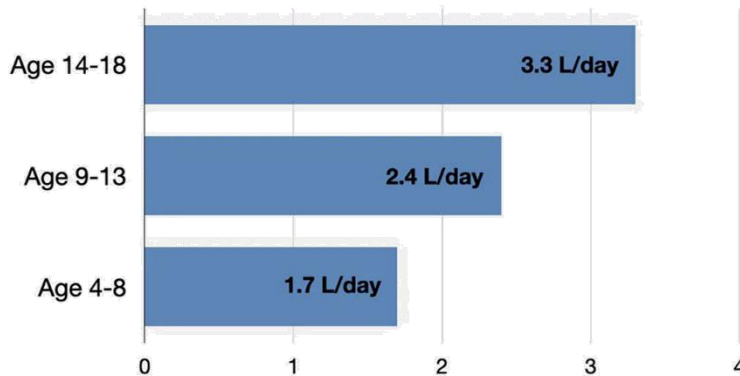
- ***Promotes stronger muscles and healthier bones.***
- ***Aids to keep immune system strong.***
- ***Helps in weight management.***
- ***Boosts immunity.***
- ***Natural anti-depressant.***
- ***Reduces tiredness.***

**The Healing Power of Everyday Foods**

**"A glass of water is worth more than gold for the health of the body."**

## **Water Intake Needs for Boys**

Measured in Liters per Day

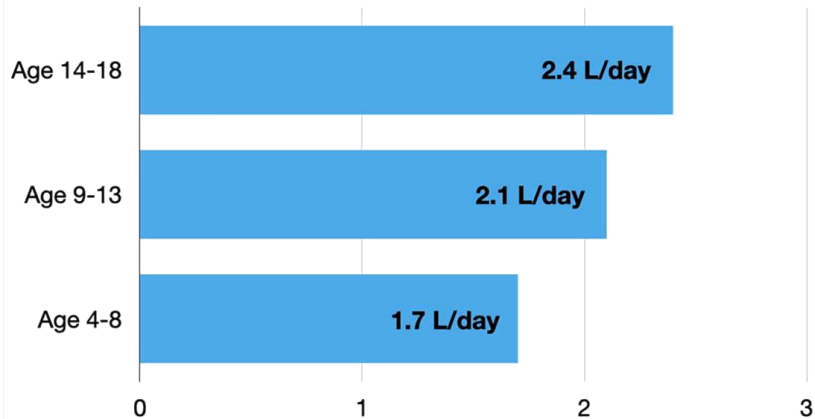


**The Healing Power of Everyday Foods**

**"The body thirsts for water, and in return,  
water thirsts for health."**

## **Water Intake Needs for Girls**

Measured in Liters per Day



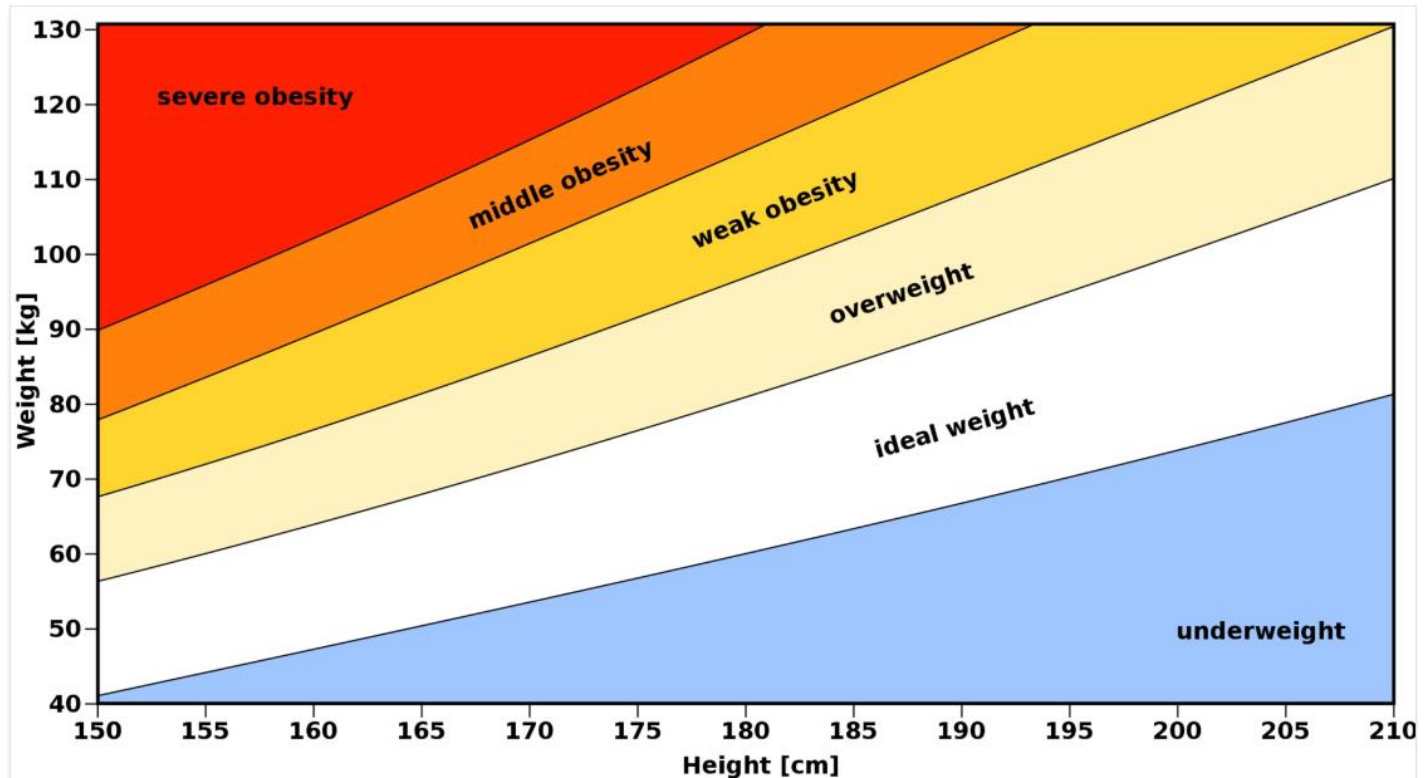
**The Healing Power of Everyday Foods**

**"Too much of one thing will make you weak,  
balance in food is the key to strength."**



**The Healing Power of Everyday Foods**

**"A balanced BMI is a reflection of a balanced life."**

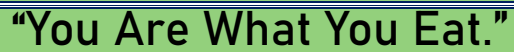


**The Healing Power of Everyday Foods**

**"A healthy BMI is like a well-tuned instrument-  
balanced and harmonious."**



**The Healing Power of Everyday Foods**



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# GM UNIVERSITY

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Igniting  
Innovation  
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Transformation

## GM UNIVERSITY

- GM University is located in Davanagere, Karnataka, adjacent to the Deputy Commissioner's office along the Pune-Bangalore Highway. Situated approximately 262km from Bangalore. The university is well-connected by both train & bus routes to major cities across Karnataka. The GMU campus is just 4km from the Davanagere city centre.
- The University sponsored by Srishyla Educational Trust (SET) founded by Late G. Mallikarjunappa, established by the State of Karnataka through Act No. 19 of 2023, GM University builds on a legacy of over 20 years in higher education, originating from the GM Institute of Technology (GMIT), which was founded in 2001.
- GMIT is renowned for its quality engineering and technology programs. GM University was created to expand its educational offerings, addressing the challenges of 21<sup>st</sup> century education & fostering holistic development in students.
- The University also emphasizes research, Skill development and Entrepreneurship, providing students with opportunities to engage in Innovation, business incubation, and technical consultancy. Through its integrated approach, which includes extracurricular activities, interdisciplinary electives and strong focus on project-based learning, GMU aims to prepare its students for both local & global challenges.
- GMU's academic programs span diverse fields including Engineering, Computing, Basic & Applied Sciences, Commerce, Management, Legal Studies, Health Sciences, Humanities, Tourism & more.

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## GMU Advantage

- Outcome Based and Competency Driven Education
- Holistic Development Hub
- Global Immersion Programs
- Project Based and Experiential Learning
- Digital Campus for 21<sup>st</sup> Century Learning
- Innovation & Entrepreneurship Incubator

