





About the Author



I am Vaishali Parekh, a resident of Kolkata, India and a Graduate Nutritionist. My passion for health and nutrition and a natural love for cooking drove me to come up with the website www.indian-cooking.info in the year 2007.

I perpetually keep on searching for new ideas and information related to cooking, health and nutrition. Wherever I go and whatever I do, my antennas are always alert for any whiff of something new and interesting. As soon as I get hold of an interesting piece of info, I process it and deliver it to my readers with the help of my site.

Most of the times I deliver info for free. But at times when the cost of acquiring specialized info is quite high, I am left with no other option but to charge my readers.

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Vaishali Parekh



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Apple Kheer

Preparation Time	Serves
40 minutes	4

Ingredients :

✓ Apple – 1 kg	✓ Green cardamom powder – 1 tsp
✓ Milk – 1.5 litre	✓ Flaked almonds and crushed pistachio to garnish
✓ Sugar – 200 gms	✓ Few apple slices to garnish (optional)
✓ Saffron – a few threads	

Method :

- ❖ Dissolve saffron in 2 tsp lukewarm milk and keep aside.
- ❖ Peel, core and dice the apples.
- ❖ Put the apples in a Kadhai or Wok.
- ❖ Add sugar and stew over medium flame, stirring constantly – but gently (to prevent the apples from getting crushed), until the sugar has dissolved and the liquid has evaporated.
- ❖ Remove and cool.
- ❖ Boil milk in a heavy bottomed pan, reduce to low flame and simmer until it reduces to 2 ½ cups (600 ml).
- ❖ Add saffron, cardamom and stir.
- ❖ Remove from the gas flame.





- ❖ When warm add the stewed apples and stir.
- ❖ Transfer to a serving bowl and refrigerate.
- ❖ Serve chilled garnished with the nuts and apple slices.

Tips or Variations :

- ❖ You can use grated carrot or grated bottle gourd instead of apple.

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Carrot Halwa

Preparation Time	Serves
50 minutes	5-6

Ingredients :

✓ Carrots – 1 kg	✓ Khoya – 60 gms
✓ Milk – 1 litre	✓ Flaked almonds – 3 tbsp
✓ Sugar – 1 cup	✓ Crushed pistachio – 4 tsp
✓ Green cardamom powder – 1 tsp	✓ Raisins – 5 tsp
✓ Ghee – 100 gms	

Method :

- ❖ Peel, wash and grate the carrots.
- ❖ Grate the khoya.
- ❖ Heat ghee in wok, add the carrots and the khoya (leaving 2 tsp for garnishing) and sauté for 1 – 2 minutes.
- ❖ Now add the milk and cook on medium flame, stirring at regular intervals initially and then continuously for 10 – 15 minutes.
- ❖ Add sugar, raisins and cardamom and again cook for a further 10 – 15 minutes or till carrots are tender and the liquid has evaporated.
- ❖ Once the Halwa starts leaving the sides of the wok, lower the flame and cook for 1-2 minutes stirring vigorously.
- ❖ Remove from flame. Serve hot or cold garnished with khoya.





Choorma Ladoo

Preparation Time	Serves
50 minutes	5

Ingredients :

✓ Wheat flour – 1 cup	✓ Water – ½ cup
✓ Semolina – ½ cup	✓ Green cardamom – 3 (crushed)
✓ Ghee – 5 tbsp	✓ Crushed almonds and pistachio – 4 tsp
✓ Jaggery - 100 gms	

Method :

- ❖ Sieve wheat flour. Add semolina and 2 tbsp of ghee.
- ❖ Add ½ cup water and knead a hard dough.
- ❖ Heat a frying pan.
- ❖ Divide the dough into 5 - 6 rounds and roll them with a roller pin.
- ❖ Roll thick chapattis of around 4" diameter and ½ " thick.
- ❖ Now roast them on low flame, cooking both the sides properly.
- ❖ Take care that it does not remain uncooked on any portion.
- ❖ Now crush them into tiny pieces and sieve through a thick strand sieve, preferably a metallic one.
- ❖ Grind the remaining pieces in a grinder and sieve both the powders with a flour sieve. Grind again if required and add the nuts and cardamom





powder and keep aside.

- ❖ Now heat the remaining ghee.
- ❖ Add jaggery and let it melt on low flame for 1-2 minutes. Do not let it caramelize.
- ❖ Add this ghee to the flour mixture.
- ❖ Mix properly and divide it into 12 portions.
- ❖ Roll them into laddoo form while warm.
- ❖ Let them cool and then serve.

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Fruit Shrikhand

Preparation Time	Serves
50 minutes	6-8

Ingredients :

✓ Thick curd – 1 kg	✓ Banana (diced) – 100 gms
✓ Sugar – 250 gms	✓ Oranges (deseeded and threaded) – 100 gms
✓ Apple (diced) – 100 gms	✓ Mango (diced) – 100 gms
✓ Grapes (diced) – 100 gms	

Method :

- ❖ Dissolve saffron in 2 tsp lukewarm milk and keep aside.
- ❖ Hang the curd in a muslin cloth till the whey is drained.
- ❖ Add sugar and strain through a strainer by kneading and mixing with the help of a ladle or hands
- ❖ Gently mix all the diced fruits.
- ❖ Chill for 2-3 hours.
- ❖ Serve chilled.



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Fruit Vermicelli Pudding

Preparation Time	Serves
45 minutes	4-6

Ingredients :

<ul style="list-style-type: none">✓ Vermicelli – 1 cup (coarsely broken)✓ Sliced almonds – ¼ cup✓ Chopped pistachio – ¼ cup✓ Sultanas (golden raisins) – 1/3 cup✓ Ghee – 6 tbsp	<ul style="list-style-type: none">✓ Dates, stoned (pitted) and thinly sliced – 1/3 cup✓ Full cream/whole milk – 5 cups✓ Brown sugar/granulated sugar – 4 tbsp✓ Saffron – a few threads
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Method :

- ❖ Heat 4 tbsp of ghee in a frying pan and sauté the vermicelli until golden brown. (If you are using the Italian variety, sauté it for a little longer). Remove and set aside.
- ❖ Heat the remaining ghee in a separate pan and fry the nuts, sultanas and dates over a medium heat until the sultanas swell. Add to the vermicelli and mix gently.
- ❖ Heat the milk in a large heavy pan and add the sugar. Bring to a boil and add the vermicelli mixture and let the liquid return to a boil, stirring constantly.
- ❖ Reduce the heat and simmer until the vermicelli is soft and you have a





fairly thick pudding.

- ❖ Stir in the saffron and cook for one minute more.
- ❖ Serve hot or cold.

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Instant Jalebi

Preparation Time	Serves
50 minutes	6-8

Ingredients :

✓ Refined flour – 2 cups	✓ Ghee to deep fry
✓ Sugar – 2 cups	✓ Green cardamom powder – 1 tsp
✓ Curd – 1 cup	✓ Saffron – 1 tsp
✓ Rose water – 4 tsp	✓ Baking powder – ½ tsp
✓ Water – 3 cups	✓ Ground pistachio to garnish

Method :

- ❖ Make buttermilk by beating curd and 1 cup of water with a beater.
- ❖ Sieve flour with baking powder 2-3 times.
- ❖ Make a smooth batter by mixing buttermilk and the flour mixture.
- ❖ Make sugar syrup of one thread consistency by boiling 2 cups of sugar and 2 cups of water and keep aside. Add rose water and saffron.
- ❖ Now take a ketchup bottle with a hole on the top.
- ❖ Pour the batter in the bottle.
- ❖ Heat ghee in a pan.
- ❖ Now make jalebis by pouring the batter in the ghee. (Round, round and





stop), on medium flame.

- ❖ As soon as the jalebis are fried, dip them in the sugar syrup for 1-2 minutes.
- ❖ Take them out one by one in a plate.
- ❖ Serve hot garnished with cardamom powder and pistachio.

Tips:

- ❖ Jalebis taste lovely with hot milk.

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Instant Kalakand

Preparation Time	Serves
40 minutes	6-8

Ingredients :

✓ Sweetened condensed milk – 1 cup	✓ Paneer (use Ricotta Cheese if paneer is not available) – 2 cup
✓ Powdered Cardamom – 5	✓ Sliced almonds - 7

Method :

- ❖ Mix paneer (Ricotta Cheese) with condensed milk.
- ❖ Heat the above mixture in medium-low heat. Stir constantly while heating.
- ❖ Continue until the mixture becomes thick.
- ❖ Spread it on a greased plate.
- ❖ Sprinkle cardamom powder and flaked almonds on the top.
- ❖ Cool it and cut into square pieces.



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Kaju Puri

Preparation Time	Serves
45 minutes	4-6

Ingredients :

✓ Cashew nut – 200 gms	✓ Green cardamom powder – 1 tsp
✓ Sugar – 100 gms	✓ Saffron – ½ tsp
	✓ Water – 2 cups

Method :

- ❖ Boil 2 cups of water. Put off the flame.
- ❖ Now add the cashew nuts and cover for 2 minutes. Drain the water and let the cashew nuts air dry completely.
- ❖ Grind the sugar into a fine powder.
- ❖ After the cashew nuts have dried, make a fine powder by grinding them.
- ❖ Knead cashew nuts, sugar, cardamom and saffron.
- ❖ Divide them into 12-14 rounds and roll them into ½ inch thick and 1" diameter rounds.
- ❖ Now bake them in a preheated oven at 150° Celsius temperature for 15 minutes or till golden brown in color.
- ❖ Let them cool and serve.

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Kesar Badam Pista Kulfi

Preparation Time	Serves
45 minutes	6

Ingredients :

<ul style="list-style-type: none">✓ Creamy milk – 8 cups✓ Green Cardamom – 12✓ Granulated sugar – 1 cup✓ Blanched almonds – ¼ cup (chopped)	<ul style="list-style-type: none">✓ Saffron – a few threads✓ Chopped pistachio – ¼ cup✓ Toasted flaked almonds and cardamom to decorate
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Method :

- ❖ Dissolve saffron in 2 tsp of lukewarm milk.
- ❖ Take out the whole pods of the 8 green cardamoms. Powder only 5 cardamoms and keep aside.
- ❖ Place the milk and 4 whole cardamoms in a large heavy pan.
- ❖ Heat and bring it to a boil, then simmer vigorously until reduced by one-third.
- ❖ Strain the milk into a bowl discarding the cardamoms.
- ❖ Then stir in the sugar, saffron, pistachio, and cardamom powder and almonds till the sugar is dissolved.
- ❖ Pour the mixture into a freeze proof container.
- ❖ Cover and freeze until almost firm stirring every 30 minutes.





- ❖ When almost solid, pack the ice cream into six kulfi moulds, removing them about 10 minutes before serving.
- ❖ Decorate with toasted almonds and cardamoms before serving.

Tips & Variations :-

- ❖ Use a large pan for reducing milk as there needs to be plenty of room for the milk to bubble up.

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Kesaria Kheer

Preparation Time	Serves
30 minutes	4

Ingredients :

<ul style="list-style-type: none">✓ Basmati or polished rice – 2 tbsp✓ Milk – ½ litre✓ Sugar – 6 tbsp✓ Saffron – few threads✓ Nutmeg – ½ tsp	<ul style="list-style-type: none">✓ Green cardamom pods – 2 to 3 (crushed)✓ Sliced almonds and chopped pistachio to garnish – 2 tbsp
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Method :

- ❖ Wash and soak rice for 15 to 20 minutes.
- ❖ Soak saffron in 2 tsp lukewarm milk and keep aside.
- ❖ Pour the milk in a thick bottomed pan.
- ❖ Heat on medium flame for 1-2 minutes.
- ❖ Drain the water from the rice and add it to the milk.
- ❖ Boil on low flame stirring it continuously for 15-20 minutes till the rice is well cooked.
- ❖ Now add sugar, saffron, cardamom and nutmeg and cook further for 10 minutes on low flame till you get a creamy consistency.
- ❖ Serve garnished with almonds and pistachio.

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Kesaria Rabri

Preparation Time	Serves
45 minutes	6

Ingredients :

✓ Milk – 3 litres	✓ Pistachio – 20 gms
✓ Sugar – 350 gms	✓ Saffron – a pinch
✓ Kewda (Vetivier) essence – 5 drops	✓ Silver foil (optional) – 2 sheets

Method :

- ❖ Mix saffron with 2 tsp of warm milk. Stir with spoon properly and keep aside.
- ❖ Place the milk in a heavy bottomed pan.
- ❖ Bring it to a boil, reduce to low heat and stir constantly for 20 minutes.
- ❖ Now stir after every 5 minutes until the milk is reduced to 900 ml and acquires a granular consistency.
- ❖ Remove the milk from the flame.
- ❖ Add sugar and saffron and stir until dissolved.
- ❖ Then add vetivier and stir cool.
- ❖ Pour in a serving bowl.
- ❖ Garnish with pistachio, silver foil.
- ❖ Refrigerate and serve chilled.





Mango Shrikhand

Preparation Time	Serves
50 minutes	6

Ingredients :

✓ Yoghurt – 1 kg	✓ Mango cubes – 2 large
✓ Sugar – 100 gms	✓ Mint leaves to garnish
✓ Mango pulp – 5 tbsp	

Method :

- ❖ Hang the yoghurt in a muslin cloth in a cool place until completely drained of whey. (Do not discard the whey. You can use it for gravies or binding dough for any Indian bread except Puris or to make Lassi.)
- ❖ Place the yoghurt and sugar in a fine strainer. Keep on stirring it with hands so that it blends well, and even gives a creamy consistency.
- ❖ Fold in the mango pulp gently.
- ❖ Add few pieces of mango and reserve few for adding on top while serving.
- ❖ Chill for 2-3 hours.
- ❖ Serve chilled, garnished with mint leaves and few mango slices/cubes.



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Modak (Steamed Dessert Dumpling)

Preparation Time	Serves
50 minutes	6-8

Ingredients :

<p>For the filling:</p> <ul style="list-style-type: none"> ✓ Shredded fresh coconut – 2 cup ✓ Jaggery – 1 cup ✓ Roasted poppy seeds – 1 tsp ✓ Rice flour – 1 tsp ✓ Cardamoms - 4 	<p>For the outer cover:</p> <ul style="list-style-type: none"> ✓ Rice flour – 1 cup ✓ Water – 1 cup ✓ Ghee – 1 tsp ✓ Oil – ½ tsp ✓ A pinch of salt
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Method :

Method for the filling:

- ❖ Combine and cook coconut and jaggery together on medium heat. Stir continuously until they are mixed properly. Do not overcook.
- ❖ Add cardamom, roasted poppy seeds and 1teaspoon rice flour to the mix. Cook for 2-3 minutes. Remove from the heat and allow it to cool.



Method for outer cover:

- ❖ Boil 1 cup of water. When bubbles rise on top, add ghee, salt and oil and immediately add rice flour. Stir well.



- ❖ Cover for some time. Remove the lid and stir and cover again for a minute.
- ❖ Remove from heat. Take all the mixture in a flat plate. Knead it properly while hot (You can use a flat bowl for kneading to keep the hands from burning). Make a soft pliable dough.
- ❖ Do it very carefully. The dough should be neither too sticky nor too dry.

Method for the modak :

- ❖ Divide this dough into small balls. Roll each ball into 1.5" diameter circle.
- ❖ Hold it in a hand and make a small bowl of it. Put some coconut filling into this bowl shaped dough.
- ❖ Dip thumb and index finger in the oil and make 5-6 small pinches side by side on the edges of the bowl. Bring them together, join to form a peak. It should look like whole garlic.
- ❖ Prepare all other modaks like this.
- ❖ Spread a damp cloth onto a flat round sifter and arrange all the modaks onto it. Place the sifter in a steamer and cover. Steam for about 15 minutes.
- ❖ Use a big size saucepan or pressure cooker if you don't have a steamer. Do not put the whistle if you use the pressure cooker.
- ❖ Serve with the ghee.

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Phirni

Preparation Time	Serves
45 minutes	4-6

Ingredients :

<ul style="list-style-type: none">✓ Coarsely ground rice – ½ cup✓ Green cardamom pods – 4 (crushed)✓ Milk – 3 ½ cup✓ Saffron strings – a pinch (optional)	<ul style="list-style-type: none">✓ Grated nutmeg – a pinch✓ Granulated sugar – 6 tbsp✓ Rose water – 1 tbsp✓ Crushed pistachio nuts and almonds to garnish – 2 tbsp
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Method :

- ❖ Dissolve saffron in 2 tsp of lukewarm milk and keep aside.
- ❖ Heat 2 ½ cups of milk, ground rice and cardamom in a pan over medium flame.
- ❖ Bring it to a boil stirring occasionally.
- ❖ Add the remaining milk and stir over a medium flame for about 10 minutes or until the rice mixture thickens to creamy consistency.
- ❖ Stir in the sugar, nutmeg and saffron and continue to cook for a further 2 minutes.
- ❖ Serve garnished with the nuts.





Tips & Variations :-

- ❖ You can add a few drops of rose water to give this sweet dish a divine flavor.

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Rosgolla

Preparation Time	Serves
45 minutes	6-8

Ingredients :

✓ Milk – 1 litre	✓ Rose water – 2 drops
✓ Sugar – 500 gms	✓ Lime juice – 1 tsp
✓ Water – ¼ litre	✓ Baking powder – a pinch
✓ Maida (refined flour) – 1 tsp	

Method :

- ❖ Boil milk and add lime juice to it.
- ❖ Strain in a muslin cloth after 2-3 minutes.
- ❖ After all the whey is strained, add maida and baking powder to cottage cheese.
- ❖ Knead properly to make a soft and smooth paste.
- ❖ Divide into equal portions and make 18-24 rounds or half the size of rosogollas as desired.
- ❖ Now make sugar syrup with water and sugar in a clean pressure cooker.
- ❖ As soon as sugar dissolves, add the rounds to it and pressure cook for 1 whistle.
- ❖ Put off the flame and let it cool.
- ❖ Add rose water and chill. Serve hot or cold.



Shahi Tukda

Preparation Time	Serves
45 minutes	6

Ingredients :

<ul style="list-style-type: none"> ✓ Rabri (unsweetened) – 350 gms ✓ Sugar – 600 gms ✓ Kewda – 1 drop ✓ Green cardamom powder – 5 gms ✓ Milk bread – 12 slices ✓ Water – 350 ml 	<ul style="list-style-type: none"> ✓ Oil / ghee to deep fry ✓ Milk – 2 litres ✓ Almonds – 10 gms ✓ Pistachio – 5 gms ✓ Saffron – a pinch
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Method :

- ❖ Mix saffron with 2 tsp of warm milk. Stir with the spoon properly and keep aside.
- ❖ Place milk in a heavy bottomed pan.
- ❖ Bring it to a boil, reduce to low heat and stir constantly for 20 minutes.
- ❖ Now stir after every 5 minutes until the milk is reduced to 900 ml and acquires a granular consistency.
- ❖ Remove the milk from the flame.
- ❖ Add 100 gms sugar to Rabri while it is still warm and stir until dissolved.
- ❖ Add kewda. Boil the remaining sugar with water to make a syrup of one string consistency. Add cardamom powder and stir.





- ❖ Slice off the crust and cut the bread slices into triangular pieces (2 or 4 as you desire).
- ❖ Heat oil or ghee in a frying pan and deep fry over low flame until golden brown and crisp.
- ❖ Bring the milk to a boil in a large, flat, thick bottomed pan.
- ❖ Remove and dissolve saffron in 15 ml of milk.
- ❖ Immerse the fried bread in the remaining milk, the slices at least an inch apart.
- ❖ Return the vessel to heat and simmer until the milk is absorbed turning once in between with a spatula without breaking the bread.
- ❖ Remove from heat and pour warm syrup over the bread slices.
- ❖ Blanch almonds and pistachio. Cool. Remove the skin and cut into slices.

Assembling:

- ❖ Arrange the soaked tukdas (pieces) on a serving plate, spread Rabri on top. Garnish with nuts and sprinkle saffron.

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Sooji Halwa

Preparation Time	Serves
25 minutes	4-6

Ingredients :

<ul style="list-style-type: none">✓ Semolina – 1 cup✓ Water – 3 cups✓ Sugar – 6 tsp✓ Nutmeg – a pinch (grated)✓ Ghee – 2 tbsp	<ul style="list-style-type: none">✓ Green cardamom – 4 to 5 (crushed)✓ Flaked almonds and crushed pistachio (to garnish)
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Method :

- ❖ Heat ghee in a pan.
- ❖ Add semolina and cook until golden brown, initially on high flame and then on medium flame as soon as it starts changing color. Stir continuously.
- ❖ Now add water, sugar, nutmeg and cardamom and cook for 7 – 10 minutes stirring it continuously or until it starts leaving the sides of the pan.
- ❖ Now serve it in a serving plate.
- ❖ Serve hot garnished with almonds and pistachio.



Tips & Variations :-

- ❖ You can use ½ cup milk and 2 ½ cup water to enhance the taste.



Steamed Coconut Custard

Preparation Time	Serves
50 minutes	8

Ingredients :

✓ China grass or cellophane noodles – 25 gms	✓ Granulated sugar – 2 tbsp
✓ Eggs – 3	✓ Ripe bananas, peeled and cut in small pieces – 4
✓ Coconut milk – 400 ml	✓ Vanilla ice cream to serve (optional)
✓ Water – 5 tbsp	

Method :

- ❖ Soak the China grass in a bowl of water for 5 minutes.
- ❖ Beat the eggs in a bowl until pale.
- ❖ Whisk in the coconut milk, water and sugar.
- ❖ Strain into a 7 ½ cup heatproof soufflé dish.
- ❖ Drain the noodles well and cut them into small pieces with scissors.
- ❖ Stir the noodles into the coconut milk mixture, together with the chopped bananas.
- ❖ Add a pinch of salt and mix well.
- ❖ Cover the dish with foil and place in a steamer for about 1 hour or until set. A skewer or knife inserted into the centre should come out clean.
- ❖ Serve hot or cold, as it is or topped with vanilla ice cream.



Sweet Coconut Pancakes

Preparation Time	Serves
30 minutes	6-7

Ingredients :

<ul style="list-style-type: none">✓ Brown sugar – 1 cup✓ Water – 2 cups✓ Desiccated coconut – 2 cups✓ Oil for frying✓ Salt – a pinch	<p>For the Pancake Batter :</p> <ul style="list-style-type: none">✓ Plain all purpose flour, sifted (maida) – 2 cups✓ Eggs (beaten) – 2✓ Edible green food color – 2 drops✓ Vanilla essence – 6 to 7 drops✓ Water – 2 cups✓ Groundnut oil – 3 tbsp
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Method :

- ❖ Dissolve the sugar in the water, in a pan, over gentle flame, stirring all the time.
- ❖ Increase the heat and allow boiling gently for 3-4 minutes, until the mixture becomes syrup. Do not let it caramelize.
- ❖ Put the coconut in a pan with a pinch of salt.
- ❖ Pour the prepared sugar syrup and cook over a very gentle flame, stirring from time to time, until the mixture becomes almost dry. This will take 5 to 10 minutes. Set aside until required.
- ❖ To make the batter for the pancake, blend together the flour, eggs, food



color, vanilla essence, water and oil either by hand or in a food processor.

- ❖ Brush a 7" frying pan with oil and cook 12-15 pancakes one at a time.
- ❖ Keep the pancakes warm.
- ❖ Fill each pancake with a generous spoonful of the sweet coconut mixture; roll up.
- ❖ Serve immediately.

Tips & Variations :-

- ❖ You can add a few drops of rose water to give this sweet dish a divine flavor.

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Vermicelli Halwa

Preparation Time	Serves
20 minutes	4

Ingredients :

<ul style="list-style-type: none"> ✓ Wheat vermicelli – 1 cup ✓ Water – 2 ½ to 3 cups ✓ Sugar – 1 ½ tbsp ✓ Saffron threads – ½ tsp ✓ Green cardamom pods – 3 (crushed) ✓ Ghee – 1 tsp 	<ul style="list-style-type: none"> ✓ To Garnish : ✓ Sliced almonds – 1 tbsp ✓ Sliced pistachio – 1 tbsp ✓ Shredded fresh or desiccated coconut (optional) – 1 tbsp maida)
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Method :

- ❖ Prepare sugar syrup of one string consistency with water and sugar.
- ❖ Remove from flame and add saffron. Keep aside.
- ❖ Heat ghee in a wide mouthed pan.
- ❖ Sauté the vermicelli on a low flame, tossing continuously till it turns to golden brown color.
- ❖ Now add the sugar syrup and cardamom powder and cook for 2 -3 minutes on medium flame until the water is fully absorbed.
- ❖ Serve garnished with nuts and coconut.

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Nature & Us

In ancient times man was completely at the mercy of nature. Sometimes nature was extremely harsh on him, but at the same time it also took care of him by providing him with all the resources that he needed to survive.

It provided him with all the foods and medicines for him to stay healthy and active. In due course, man prospered and developed in every way possible – intellectually, financially and physically.

Slowly and surely man started drifting away from his roots and today things have come to such a head that he has almost forgotten where his roots are. He has begun considering himself as the Supreme Being who can control everything. In his pursuit of material possessions, he has become blind to the fact that nature has its own way of striking back. And when it does, all his acquired power will not be able to save him, as we have seen so many times in the past.

So, why not try to reconnect with our roots?

Why not try some simple and natural home remedies whenever you are down with some common ailment, instead of running to the doctor?

I have developed an e-book on such remedies with painstaking effort, for you to go through. It shall be your asset throughout life.

Check it out.

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