

## PRESS RELEASE

**AYURVEDA:**

# **A TRADITIONAL WAY OF FIGHTING MODERN HEALTH THREATS ... WITH INDIAN FOOD**

An Altrincham restaurant is reviving an ancient 5,000 year-old Eastern teaching that shows how genuine Indian food can tackle some of modern society's biggest health threats.

**DILLI – the North West's first Ayurvedic restaurant – uses traditional food ingredients that are known to nourish specific parts of the body and counteract or prevent illness.**

The belief in Ayurveda has created a new menu of real Indian cuisine. "Many common dishes in Asian restaurants just don't exist on the Indian subcontinent - they have been invented or adapted for western taste," says Ravi Bajaj - chef director of *Dilli* in Stamford New Road, Altrincham.

"But that taste has become much more sophisticated in the last 20 years – which is why we don't target the late-night *'hot curry and lager'* market. Strong English versions of a vindaloo can actually damage the stomach.

"Our customers are more likely to enjoy a fine wine as a delicate complement to a totally different choice of real Indian dishes that don't have to be spicy or hot – each one created from a recipe that dates back generations."

As for Ayurvedic principles, Ravi explains: "If you don't charge your mobile phone properly, it won't work. It's the same with the body – it needs the right food to keep healthy and fight disease.

"Each of us has a unique constitution and we need to maintain the natural balance we were born with - so each individual has to choose food that is good for them. If we get it wrong and the body becomes polluted by bad food, the balance is disturbed, and the result is disease."

**That's how the Ayurvedic approach helps relieve or prevent conditions like stress, heart disease, diabetes and asthma.**

It's a teaching that fries almonds to combat coughs, uses cinnamon to attack headaches, cloves to ease toothache, fennel to soothe sore throats, ginger for help with colds and arthritis, or garlic for blood pressure and rheumatism...

"Many common, traditional foods have curing or healing qualities even though modern science, these days, gives more prominence to pills, capsules and medical drugs," says Ravi.

"Indian meals are not commonly regarded as health food but the Ayurvedic way most certainly is. Our chefs are all guided by this ancient wisdom. And, because the cuisine is not all spicy, it makes a healthy business lunch or refreshing mid-day break as well as a relaxing evening meal."

*Ayurveda* - which means 'knowledge' - is an ancient holistic 'science of life' that includes self-care and healing through an individual's choice of food. "It's a kind of encyclopaedia ... an instruction manual for human beings," according to Ayurvedic physician Dr. Partap Chauhan, one of the world's leading authorities.

"It contains information on how to live in harmony regardless of culture and customs - ignore that information and you could really mess up your system.

"It's not just an Indian thing and health is only a part of it. But modern lifestyles already make it so easy for our systems to lose the natural balance they were born with.

**"So look at the food you eat ... and you can solve most of your health problems."**

- *Dilli* – the original name for India's capital city New Dehli - is open every day from 12 noon to 11pm (10pm on Sunday) at 60 Stamford New Road, Altrincham, WA14. For reservations telephone 0161 929 7484.

**ENDS**

**NOTE TO EDITORS**

- **You, or your representative, and a guest are very welcome to take lunch or dine at Dilli FREE OF CHARGE to sample, and possibly review, the difference of Ayurvedic cuisine. To reserve a table, or for further press information, please contact Graham King on 0161 976 2729 or e-mail [graham@pr-people.uk](mailto:graham@pr-people.uk)**