

## *Shanti Yoga Prasad*

To place an order or for more information, please email:  
[Shantiyoga2@earthlink.net](mailto:Shantiyoga2@earthlink.net) or [shantiyoga.sol@gmail.com](mailto:shantiyoga.sol@gmail.com)

Office: 4217 East West Hwy Bethesda MD 20814  
 Storefront: 4209 East West Hwy Chevy Chase MD 20815

	<b>FOOD</b>		
<b>COOKING OILS</b>	<i>All Organic</i>		
<b>Sesame Oil, (Eden)</b>	<i>Organic unrefined sesame oil is ideal for sautéing, baking, dressings and sauces</i>	32 oz	22.75
<b>Toasted Sesame Oil (Eastern Sun)</b>	<i>Organic toasted sesame oil for use at the table. Good on vegetables, tofu, or other</i>	10 oz	13.50
<b>Olive Oil, Organic (Canaan Fair Trade)</b>	<i>From small farms in Palestine – Cold pressed, extra virgin</i>	500ml	15.00
<b>Safflower oil (Eden)</b>	<i>All purpose mild tasting vegetable oil, created without chemical processes.</i>	16 oz	11.75
<b>Coconut oil (Dr. Bronner's)</b>	<i>Fair Trade (and Organic)</i>	14 oz	11.00
<b>Ghee (Pure Indian Foods)</b>	<i>Organic made in the traditional way according to ancient Ayurvedic texts, from a 3<sup>rd</sup> generation small family business</i>	7.8 oz 14 oz	11.00 16.50
<b>NUT BUTTERS (Gopals Health Foods)</b>	<i>All organic &amp; raw; From sprouted nuts and seeds, enzyme-rich; With Himalayan crystal salt</i>		
<b>Almond Butter</b>		8oz	13.00
<b>Cashew Butter (unsalted)</b>		16oz	15.50
<b>Pumpkin Butter</b>		8oz	10.50
<b>Sesame Seed Tahini</b>		16oz	13.00
<b>Coconut Butter (unsalted)</b>		16oz	10.50
<b>RAW HEALTHY SNACKS (Gopal's Health Foods)</b>	<i>These healthy snacks are made without preservatives or artificial ingredients. Soaked and sprouted, these have a concentration of many nutrients and enzymes.</i>		
<b>Power Wraps Japanese flavor or Curry Flavor</b>	<i>Ingredients: Organic Sunflower Seeds, Organic Almonds, Organic Flax Seeds, Organic Raw Coconut Nectar, Organic Raw Nori (Fish- Free), Himalayan Crystal Salt and Organic Curry Powder</i>	1.8 oz	2.25
<b>Brownie</b>	<i>Organic Walnuts, Organic Raw Coconut Nectar, Organic Date, Organic Carob Powder, Organic Coconut and Organic Lemon Peel</i>	2oz	3.00
<b>"Rawma" Bar, Walnut-Fig</b>	<i>Organic walnuts, figs, dates, almonds, lemon juice</i>	1.8 oz	2.50
<b>"Rawma" Bar, "Apple Delicious"</b>	<i>Organic apples, dates, pumpkin seeds, sesame seeds, sunflower seeds, raisins, figs, lemon.</i>	1.8 oz	2.25

	<b>HEALTH SUPPLEMENTS</b>		
	<i>For help on how to use these supplements, please contact Saraswati: <a href="mailto:matasaraswati@yahoo.com">matasaraswati@yahoo.com</a></i>		
<b>COLD AND FLU</b> <b>Goldenseal capsules</b> <b>(leaf)</b>	<i>"Herbal anti-biotic", use to stop the progression of a cold. Take for 10 days maximum.</i>	100 caps	8.50
<b>Vitamin C,</b> <b>(Rainbow Light)</b>	<i>Food based vitamin with bioflavonoids</i>	60 tabs	12.75
<b>Chest Comfort</b>	<i>Helps move colds out of the body if taken at the first sign. Also useful at the beginning of fevers.</i>	100 veg. based capsules	15.00
<b>Elderberry Extract</b>	<i>Anti-viral and anti-microbial. Good to help arrest cold and flu, once it's begun.</i>	2 oz.	13.00
<b>Echinacea-Goldenseal</b>	<i>Anti-viral and anti-biotic. Take at first sign of a cold</i>	1 oz.	13.00
<b>Herbal Throat Syrup</b>	<i>Soothing for dry, scratchy throats. Anti-biotic, and reduces mucus build up.</i>	4 oz.	15.00
<b>Super Garlic Immune</b>	<i>Fortifies the immune system. Use long-term.</i>	4oz.	15.00
<b>INTERNAL CLEANSING</b>	<i>These items will help to cleanse and tone the internal organs for better overall health.</i>		
<b>Triphala (capsules)</b>	<i>This traditional Ayurvedic herbal supplement cleanses and tones the stomach, small intestine and large intestine. Taken regularly over time, improved digestion and elimination can result.</i>	90 caps	15.50
<b>Aloe Lax</b>	<i>Gentle herbal laxative</i>	90 caps	7.00
<b>Lower Bowel Formula</b>	<i>Cleanses and rebuild the bowel to restore healthy and regular elimination. Use long term.</i>	100 caps	15.00
<b>Liver and Gallbladder Formula, tincture</b>	<i>Cleanses the liver and gallbladder. Use before meals. Recommended to follow with kidney form.</i>	2oz.	12.00
<b>Kidney Formula</b>	<i>Cleanses the kidneys.</i>	100caps	16.00
<b>Blood Stream</b>	<i>Cleanses the bloodstream. Recommended to use after cleansing the above first.</i>	100caps	15.00
<b>Herbal Cleansing Kit</b>	<i>This kit contains enough of the four above formulas, for a full a six-week cleansing program of the internal organs, and instructions. Recommended for use after the 3-Day Cleanse, described in a book that is also included. Also includes Herbal Legacy of Courage Book, biography of Master Herbalist and Naturopath, John R. Christopher.</i>		150.00
<b>Bugleweed Heavy Metal</b>	<i>Helps to cleanse heavy metal contamination from the body.</i>	100caps	15.00
<b>3-Day Cleanse and Mucusless Diet Book</b>	<i>This book instructs on how to do the 3-Day Cleanse, and start the Mucusless Diet, as recommended by Dr. John R. Christopher.</i>		5.00

<b>SLEEP AIDS</b>	<i>These items aid restful sleep without dependency.</i>		
<b>Valerian Root</b>	<i>Aids in muscle relaxation and acts as a natural sedative</i>	90 caps	10.00
<b>Slumber</b>	<i>Helps the body relax and calm for restful sleep</i>	100 caps	15.00
<b>Sleep-Well Spray</b>	<i>A sublingual herbal spray, helps calm the mind and body for a state of relaxation and equilibrium</i>	1 oz.	14.00
<b>WEIGHT LOSS</b>	<i>These two items are recommended to take together while eating healthy and exercising regularly. Natural herbal supplements, that will not create imbalance in the body nor dependency.</i>		
<b>Appetite Formula</b>	<i>Helps to calm the appetite to prevent overeating. Does not suppress natural hunger. Drink more water with this formula as it also acts a diuretic to relieve the kidneys of excess fluid.</i>	100 caps	15.00
<b>Metaburn Herbal Weight</b>	<i>A synergistic blend of whole herbs designed to assist the body in burning calories and bring the appetite into a more heathy balance. Supplies essential vitamins and minerals.</i>	100 caps	13.00
<b>DIGESTION</b>	<i>These items help to deal with common digestive discomforts</i>		
<b>Stomach Comfort</b>	<i>Helps soothe stomach discomfort after eating.</i>		
<b>Gas-Eze</b>	<i>Helps ease gas and gas pains.</i>		
<b>CANDIDA KIT</b>	<i>These items are recommended to take together, along with digestive enzymes and probiotics, to heal Candida infection and prevent recurrence.</i>		62.00
<b>Contains:</b>			
<b>Lower Bowel</b>	<i>Cleanses and tones the colon. Take three times per day in conjunction with the below supplements.</i>	100caps	
<b>Soothing Digestion</b>	<i>Helps normalize the digestive tract.</i>	180 caps	
<b>Intestinal Sweep</b>	<i>Helps eliminate yeast overgrowth.</i>	180 caps	
<b>Daily Vitamin and Mineral</b>			
<b>Herbal Calcium</b>	<i>This calcium is well-assimilated and also removes inorganic calcium deposits from the joints that contribute to joint issues.</i>	100 caps	14.00
<b>Herbal Iron</b>	<i>An absorbable form of natural iron.</i>		15.00
<b>Vitalerbs</b>	<i>A complete vitamin and herbal supplement</i>	180 caps	25.00
<b>Jurassic Green</b>	<i>Packed with phyto-nutrients, whole food vitamins, trace minerals, active enzymes, chlorophyll, balanced amino acids &amp; other important nutrients needed by the body.</i>	100 caps	16.50
<b>SPECIFIC ISSUES</b>			
<b>Joint Formula</b>	<i>Helps with joint issues like arthritis. Take with Herbal Calcium to aid removal of inorganic calcium from the joints</i>	100 caps	14.00
<b>Circulation Formula</b>	<i>Helps improves blood flow and nourish vein health &amp; supports optimal blood flow to the heart &amp; legs</i>	100 caps	14.00
<b>Ear and Nerve Formula</b>	<i>Helps improve balance, heal tinnitus, and reverse hearing loss.</i>	1oz.	13.00
<b>Female Reproductive</b>	<i>Aids in healing and rebuilding the female reproductive system.</i>	100 caps	22.00

<b>Relax-Eze</b>	<i>For long term use to rebuild the nervous system</i>	100 caps	15.00
<b>Hawthorn Heart Syrup</b>	<i>To nourish and heal the heart during acute conditions</i>	4oz.	18.00
<b>Complete Tissue and Bone Formula capsules</b>	<i>Helps heal bone, cartilage and skin.</i>		
<b>Complete Tissue and Bone massage oil</b>	<i>Helps heal bone, cartilage and skin. Best for large areas of the skin.</i>		
<b>Bee Power Energy Formula</b>	<i>Helps gives a boost of natural energy.</i>		
<b>Adrenal Formula</b>	<i>Helps heal the adrenal glands</i>		
<b>Carpal Tunnel Oil</b>	<i>Massage on the effected area</i>		
<b>Pancreas Formula</b>			
<b>Smoke-Out Tincture</b>	<i>Helps with cessation of smoking</i>		
	<b>BODY CARE</b>		
<b>AYURVEDIC BODY-CARE (Auomere)</b>	<i>A sister science of yoga, Ayurveda is a form of self-care and medicine that helps to keep the body in balance. Products balance Vata, Pitta, and Kapha doshas.</i>		
<b>MASSAGE OIL</b>	<i>Made with 27 Ayurvedic herbs in a base of Sesame oil, fired in a clay vessel.</i>	32oz.	45.00
	<i>Balancing for all skin types, for skin healing and preservation.</i>	4oz.	7.75
<b>SHAMPOO</b>			
<b>Aloe-Neem Shampoo</b>	<i>For Vata-Pitta, dry to normal hair</i>	16 oz	8.50
<b>“Neem Plus Five” Shampoo</b>	<i>For Pitta-Kapha, normal to oily hair</i>	16 oz	8.50
<b>CONDITIONER</b>			
<b>Pre-Shampoo Conditioning oil</b>	<i>Made with Ayurvedic herbs for scalp and hair health. Massage into scalp and hair before shampooing, or combine with shampoo for quick conditioning.</i>	7 oz	8.50
<b>FACE CREAM</b>	<i>From Dr. Christopher. Use as a daily moisturizer, or multiple times a day to treat eczema, rosacea or other skin conditions.</i>		
<b>BAR SOAPS</b>	<i>For specific skin types:</i>		
<b>Sandal- Turmeric</b>	<i>Pitta-Kapha: Normal to Oily</i>	2.75oz	2.50
<b>Tulsi-Neem</b>	<i>Vata-Pitta: Normal to Dry</i>	2.75oz	2.50
<b>Vanilla- Neem</b>	<i>Vata: Dry Skin</i>	2.75oz	2.50
<b>Lavender-Neem</b>	<i>Balancing for all skin types</i>	2.75oz	2.50
<b>Rose-Neem</b>	<i>Vata: delicate/sensitive skin</i>	2.75oz	2.50
<b>TOOTHPASTE</b>			
<b>Mint or Mint-Free</b>	<i>Mint-free is homeopathically compatible, Anise flavor</i>	4.16oz	6.75
<b>Mouthwash</b>	<i>Made with Ayurvedic herbs. All natural</i>	12 oz	11.25
<b>GENERAL BODY CARE</b>			

<b>DENTAL</b>			
<b>Toothbrushes (Source)</b>	<i>Replaceable head and recycled handle from natural materials. Includes one extra head.</i>	1ea.	7.75
<b>Refill toothbrush heads</b>	<i>Refills the Source brand toothbrushes, see above.</i>	2 pack	4.75
<b>Gentle Dental Floss (Eco-Dent brand).</b>	<b><i>In a recycled paper box. Flavored with pure essential oils. 100% vegan waxed. No beeswax or mineral wax</i></b>	100 yards	4.25
<b>Tongue Cleaner</b>		Flexible regular	1.50 3.70
<b>SOAP (Dr. Bronner's)</b>			
<b>Bar</b>	<i>Made with real essential oils and sustainable Hemp oil</i> <i>Peppermint, Rose, Citrus, Almond, Eucalyptus, and Lavender scents</i>	5 oz	3.75
<b>Liquid (super concentrated)</b>	<i>Same scents as above. Use for handsoap, cleaning, delicate wash, natural pet soap (dilute).</i>	8 oz 32oz	5.25 14.00
<b>BATH</b>			
<b>Celtic Sea Bath Salts</b>	<i>For sore muscles and skin mineralization. Also detoxifies.</i>	1 lb bag 5 lb bag	3.50 16.00
<b>Clay, Internal and External Use (Redmond)</b>	<i>This bentonite clay is taken from an ancient lake bed in Utah for its mineralizing and detoxifying properties. Add a handful to warm bathwater or foot soak. Apply directly to poison ivy, eczema, psoriasis, hives, stings, sprains, etc. Take internally as mineral supplement and detox.</i>	10 oz. 5 lb bucket	\$9.75 45.00
<b>SHAMPOO</b>			
<b>Aloe-Neem Shampoo</b>	<i>For Vata-Pitta, dry to normal hair</i>	16 oz	8.50
<b>"Neem Plus Five" Shampoo</b>	<i>For Pitta-Kapha, normal to oily hair</i>	16 oz	8.50
<b>BF&amp;C Shampoo</b>	<i>Formulated to deeply nourish and heal the hair and ameliorate hair fall and grey hair.</i>	8oz.	15.00
<b>CONDITIONER</b>			
<b>BF&amp;C Conditioner</b>	<i>Use with BF&amp;C Shampoo for extra support.</i>	8oz.	15.00
<b>Auromere Pre-Shampoo Conditioner Oil</b>	<i>Apply to hair and scalp before shampooing. Can leave on overnight for an extra-nourishing treatment.</i>	7oz	7.75.
<b>SAUCHA-YOGIC PURIFICATION</b>			
<b>Neti Pot, Unbreakable (made for Shanti Yoga)</b>	<i>Includes instruction card</i>		6.00
<b>Tongue Cleaner, fancy</b>	<i>Heavier-weight stainless steel, retains shape</i>		3.00
<b>Tongue Cleaner, basic</b>	<i>Lighter weight stainless steel, bendable</i>		1.50
<b>LAUNDRY &amp; CLEANING SUPPLIES</b>			
<b>ALL PURPOSE CLEANERS</b>			
<b>Sal Suds ( Dr. Bronner's)</b>	<i>Super concentrated, a little goes a long way. Made with real pine essential oil, a natural disinfectant.</i>	32 oz gal pre-order	12.00 35.00

<b>Soap nuts</b> (also for laundry—see below)	<i>Harvested from trees. Boil several nuts in a pan of water for 10 minutes. Put liquid in a spray bottle for all purpose cleaning</i>		See below
<b>Sample Bag</b>	<i>4-6 soap nuts in a re-usable muslin bag.</i>		
<b>LAUNDRY</b>			
<b>Liquid Laundry Detergent</b> (Earth Friendly Products)	<i>Original Magnolia and Lilies scent</i>	50 oz 100 oz	7.50 11.75
<b>Soap Nuts</b> (also for all-purpose cleaning—see above)	<i>The most environmental and economical way to do laundry. Harvested from trees, soap nuts are completely unprocessed. Put 3-6 nuts in an included reusable bag and add to washer, can reuse the same nuts 3-4 times. (If using cold water, we recommend to first steep in a little hot water, as it takes heat to extract the soap from the nuts)</i>	.5 oz (10 loads) Trial size  6.5 oz (100 loads)	3.50   9.00
<b>SPECIALITY CLEANERS</b> ( Earth Friendly Products Brand)			
<b>Stain and Odor Remover</b>	<i>Enzyme based, spray on food-based or organic stains before laundering.</i>	22 oz	3.75
<b>Orange Cleaner</b>	<i>All- purpose cleaner, made with natural orange oil.</i>	22 oz	3.75
<b>Toilet Cleaner</b>		24 oz	3.75
<b>Window Cleaner</b>		22 oz	2.75
<b>Furniture Polish</b>	<i>Made with lemon and olive oil</i>	25 oz	3.50
<b>Bathroom Cleaner</b> (Seventh Generation )	<i>Disinfecting lemongrass scent</i>	26oz	4.25
<b>PAPER PRODUCTS</b> <i>Recycled and earth friendly</i>			
<b>Toilet Paper</b>	<i>Eco Soft. Green seal certified. 2-ply</i>	500 sheets	1.25/roll
<b>Toilet Paper</b>	<i>Seventh Generation 1-ply</i>	1000 sheets	1.50/roll
<b>Paper Towels: Brown</b>	<i>Natural color, heavy duty, economy size.</i>	210 sheets	5.00/roll
<b>Paper Towels: White</b>	<i>Lightened without bleach</i>	90 sheets	2.00/roll
<b>Tissues, regular</b>	<i>Eco Soft., 2 ply white facial tissue.</i>	160 Ct	2.50
<b>Fancy – Marcal Black or Natural Color</b>	<i>In decorative box. 2 ply-hypo allergenic.</i>	88 ct. 6 box	2.25 12.75 Pre-order only
<b>Notebooks, tree-free</b>	<i>Made from Bagasse (sugar cane fiber)</i>	Pre-order	7.00

**\*\* Please note that our prices may change without notice to reflect the suppliers' prices. \*\***