



Ayurveda

Harmony and ease in the body, mind, and spirit are dependent upon aligning ourselves with the rhythms and cycles of Mother Nature.

How we live day in and day out has the most influence on our state of health and well-being.
It's the little changes made slowly over time that matters the most.

Ayurveda considers the three pillars of health to be:

Right Diet, Right Lifestyle, Sleep and Stress Management

all geared to each person's unique constitution or genetic code that is formed at conception.

This philosophy of "no one size fits all" helps provide explanations of:

-Why some people thrive during one season and struggle in another season.

-Why some people are prone to anxiety, insomnia, and constipation while others struggle with loose stools, irritability, and skin rashes.

-Why others experience weight gain, swollen joints and depression.

-Why some people can eat just about anything while others only need to look at food and they gain weight.

Summer tips to reduce heat and lessen agitation

Qualities to favor: gentle, soft, fluid, cool

-Eat green vegetables every day such as salads, sprouts, steamed greens ie. collard, kale, chard, green beans, zucchini, cucumbers, etc.

-Include lots of berries and sweet fruits

-Drink lots of plain water to stay hydrated

-Add mint and/or rose petals to water to help cool down.

-Drink coconut water.

-Favor cooling herbs such as mint, dill, cilantro and fennel.

-Drink 1-3 tbsp. Aloe vera juice first thing in am on empty stomach

Reduce: caffeine, alcohol, fried foods, hot spicy, sour and salty foods

Banana Smoothie

2 c. banana

1 c. coconut water

1/3 whole lime

¼ tsp. cardamom

Blend till smooth

Yoga-4 square breath: inhale 4 cts., Hold 4, exhale 4, hold 4

-Complete Yogic Breath,

- Exhale thru mouth

Straight, wide apart leg positions

-Belly down backbends

-Twists

-Inversions