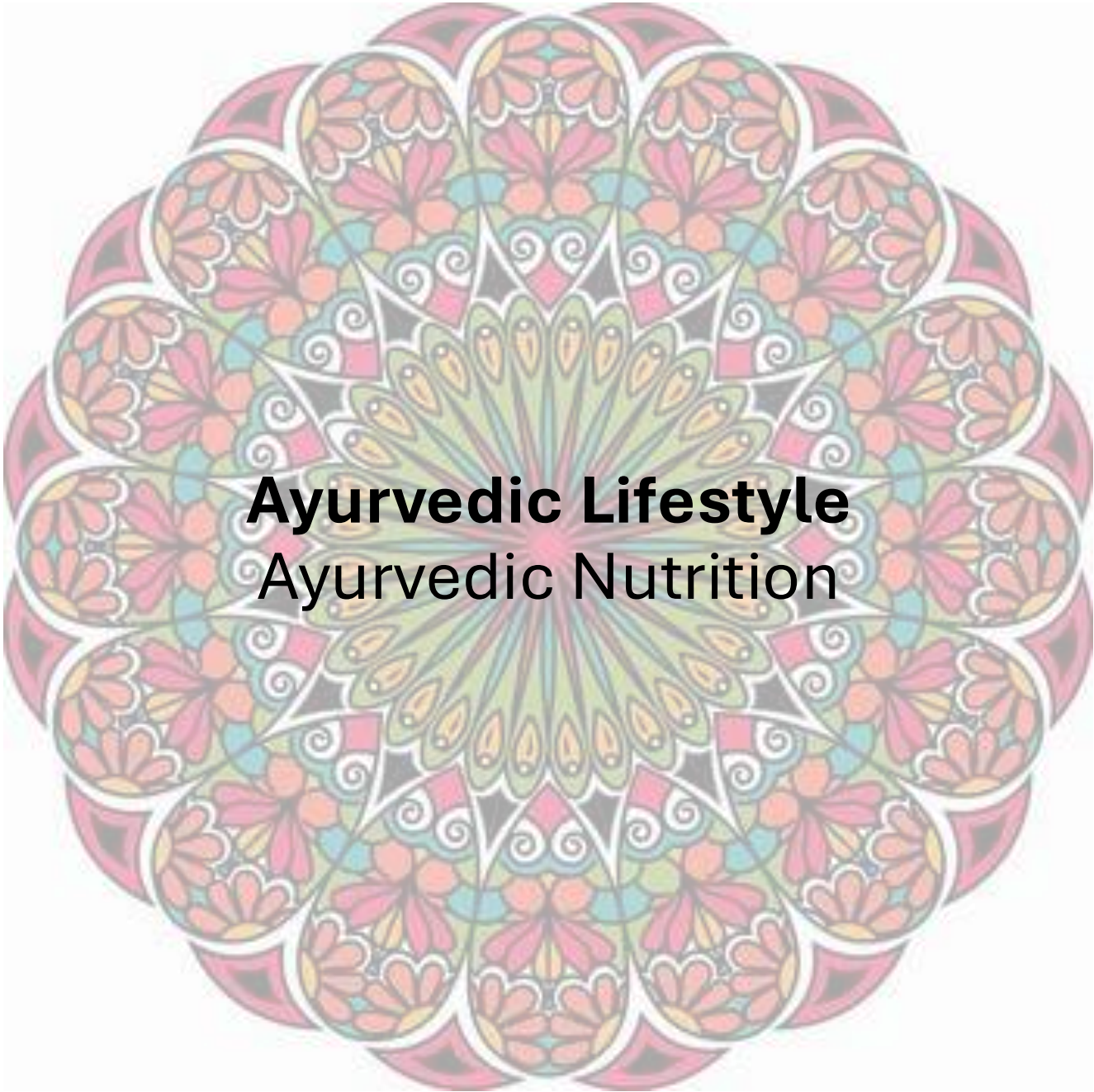




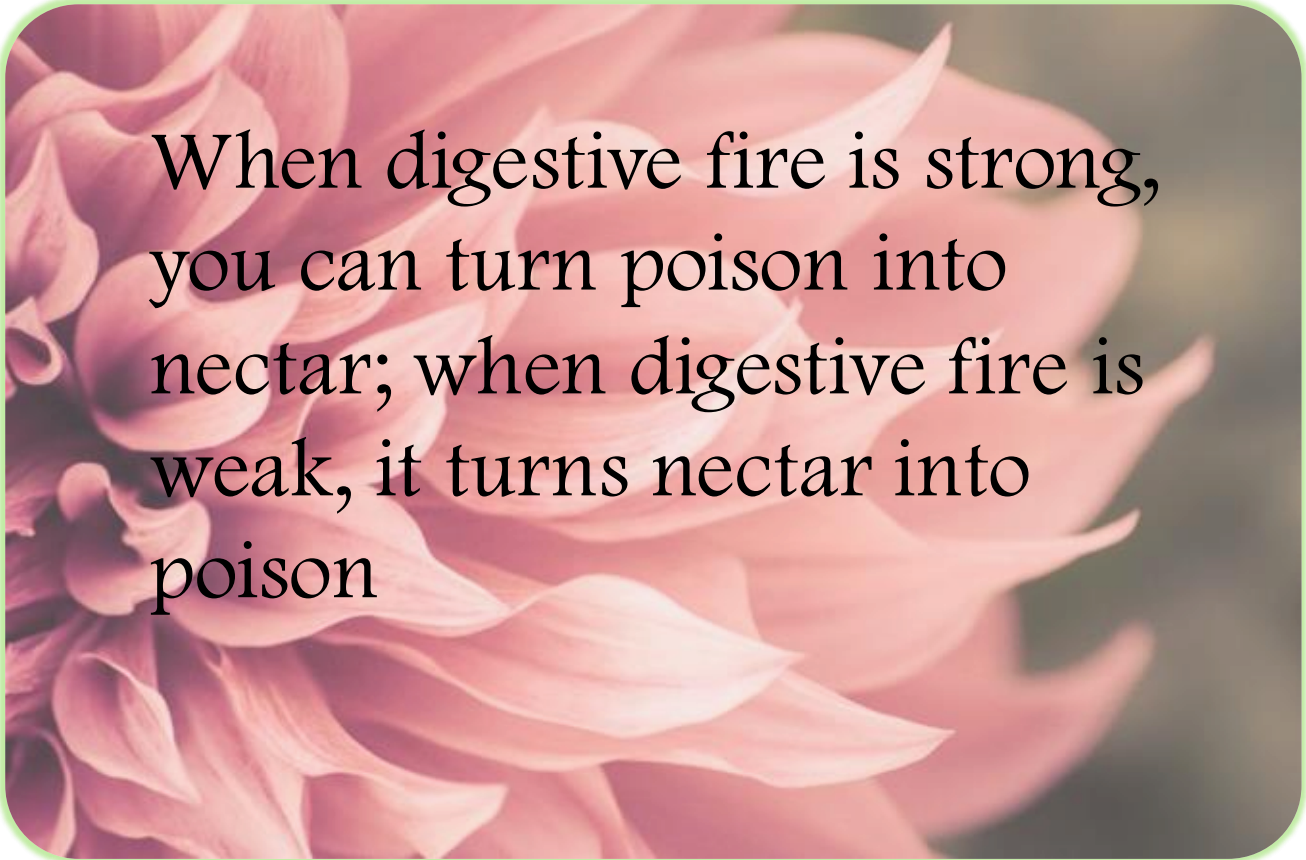
Ayurvedic Lifestyle

Ayurvedic Nutrition



Agni – We Are What We Digest

- Agni = fire or ignite
- The metabolic power responsible for extracting nourishment and eliminating toxins
- Our health depends on proper digestion
- When our digestive fire is strong and healthy, we can easily digest food and experiences. We extract the greatest level of nourishment from our diet (**ojas**)
- When our digestive fire is weak or irregular, we cannot properly digest even potentially nourishing substances, and our body starts to accumulate toxins (**ama**)
- We keep agni strong by eating the proper amount, eating the right foods, and by managing stress



When digestive fire is strong,
you can turn poison into
nectar; when digestive fire is
weak, it turns nectar into
poison



Agni

You metabolize the world around you through your agni,
or digestive fire

Agni represents the concept of digestion and is responsible for
metabolizing all that we take in – not just your food.



Ojas and Ama

Ojas – Vital Nectar of Life

- Feel rested upon awakening
- Skin has a healthy glow
- Tongue is pink and clear
- Body feels light, regardless of your weight
- Feel centered throughout the day
- Digestion is strong without bloating
- Feel energized & enthusiastic
- Mind is clear
- Body has a pleasant smell
- Rarely get sick

Ama – Toxic Residue

- Bad breath
- Coated tongue
- Dull appetite
- Delicate digestion
- Generalized pain
- Fatigue
- Depression
- Susceptibility to infections
- Sluggish or irritable elimination
- Difficulty manifesting intentions



Microbiome – Important for Digestion

- The microbiome is a vast colony of micro-organisms that inhabit our body, including bacteria and other microbes
- These microbes live mainly in our digestive tract, but also on our skin, in our mouth, and in other locations
- Most are beneficial for our health. Microbiome helps to digest our food, regulate hormones and immune system, and influence our nervous system and emotions
- In your daily life, the choices we make about what we eat can make the greatest difference in cultivating a healthy gut microbiome
- Avoid refined and processed foods and favor fresh, real food. You can be assured that you are nurturing your microbiome and body/mind with the highest quality, anti-inflammatory nutrition



Microbiome and Immune System



- 80% of the immune system resides in the lining of our gut. The microbiome is in constant contact with it.
- When there is a high richness and diversity (bacteria) of the microbes in the gut, the immune system is stronger and more stable
- A low diversity of microbiome can cause disease – obesity, high cholesterol, inflammation, diabetes, cancers, colitis



Doshas & Agni

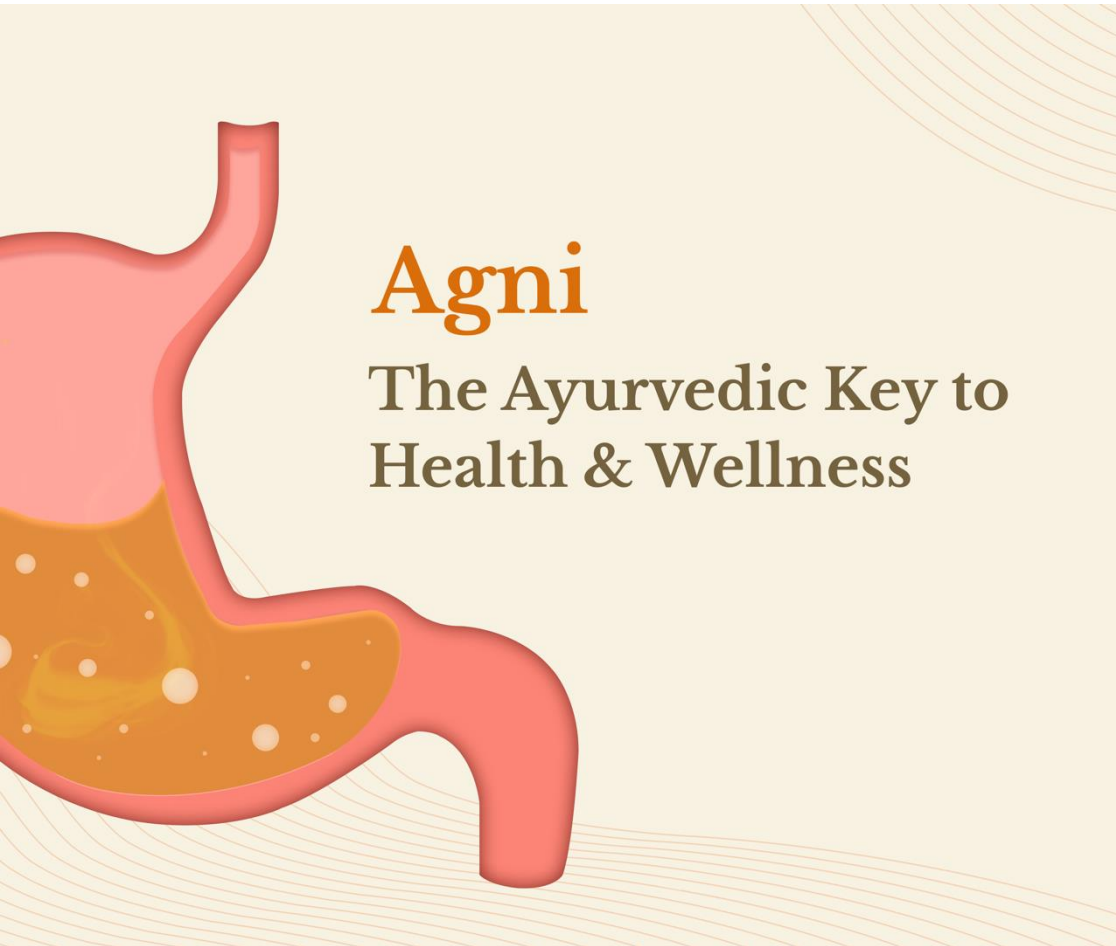
- **Vata** types have a delicate, variable digestion. They need more digestive support than other dosha types
- **Pitta** types are gifted with a robust agni – the strongest of the three dosha types
- **Kapha** types have a slow, steady agni and a strong appetite

WHAT IS AGNI?

A Beginner's Guide to Ayurvedic Digestive Fire



7 Ways to Kindle Agni



- Drink warm water with lemon juice each morning. Lemon detoxifies the liver and stimulates peristalsis.
- Avoid ice-cold beverages with meals. They reduce agni. Opt for warm water or hot tea
- Make lunch your biggest meal of the day. It is when your agni is at its strongest
- Eat a light dinner at least two hours before bed.
- Favor warm, cooked foods over raw. Foods are easier to digest when cooked
- Cook with digestion-aiding herbs and spices such as ginger, cinnamon, and fennel
- Exercise daily. A brisk walk or yoga class can stimulate digestion



Additional Ways

- Ginger
 - Tea
 - Elixir with juice, lemon, pepper
 - Have before a meal to ignite agni and aid digestion
- CCF Tea
 - Cumin, Coriander, and Fennel
 - Good for digestion.
 - Alleviate acidity and gas



Tea Time!



What is food?



- Nature's Energy – Prana
- Plant based foods hold the most prana and nutrients needed
- Inflammation from Processed foods – Increase in Ama
 - High in sugar, salt and fat
 - White bread, white rice, sodas, alcohol
 - Artificial colors, flavors, sweeteners



Mindful Eating



- Slow down, pay attention to hunger cues
- Fully experience and enjoy food
- Pay attention to our body and our food
- Focus on the food and reduce distractions
 - Sight, smell, taste, touch, sound
- Try to avoid habit, boredom, emotional eating
- American Psychological Association – 38% of adults overeat or eat unhealthy foods due to stress



Eat the Rainbow

- **Red Food** – beta carotene, and vitamin C
 - **Orange and Yellow** – beta carotene, vitamin C and flavonoids
 - **Green** – chlorophyll, and antioxidants
 - **Blue and Purple** – vitamin C, and phenolic acids – anti inflammatory, anti viral
 - **White** – flavonoids – antihistamine and anti inflammatory
- Eat a variety of colorful foods to receive a broad spectrum of nutrients
 - Deep pigments in plant foods are dense with nutrients and generally have more antioxidants
 - Cook with color to add visual appeal and encourage appreciation of a meal



The Six Tastes of Life



Sweet



Sour



Salty



Pungent



Bitter



Astringent



The Six Tastes of Life



Sweet

- Proteins, carbohydrates, and fats
- Most nutritive, builds tissue
- Grains, dairy, starchy vegetables, fruits, bread, pasta, nuts, seeds, oils, sweeteners, eggs, animal products
- Primary elements: Earth and Water



Sour

- Organic acids
- Promotes appetite and digestion
- Citrus fruits, berries, tomatoes, yogurt, cheese, fermented foods, pickles, vinegar, alcohol
- Primary elements: Earth and Fire



Salty

- Mineral salts
- Promotes digestion
- Salt, sea vegetables, fish, shellfish, animal products, soy sauce, condiments
- Primary elements: Fire and Water



The Six Tastes of Life



Pungent

- Essential oils
- Stimulates digestion and detoxification
- Peppers, ginger, radishes, onions, garlic, turmeric, cinnamon, cloves, basil
- Primary elements: Fire and Air



Bitter

- Alkaloids, glycosides
- Anti-inflammatory and detoxifying
- Green and yellow vegetables, green leafy vegetables, rosemary
- Primary elements: Air and Space



Astringent

- Tannins, fiber
- Healing, compacting
- Beans, legumes, vegetables, apples, pomegranates, nuts, non-herbal teas
- Primary elements: Earth and Air



Vata



Sweet



Sour



Salty

- Favor: Sweet, Sour, Salty
- Reduce: Pungent, Bitter, Astringent
- Include warm, oily, heavy and grounding foods to reduce dryness, digestive imbalances, emaciation
- Decrease gas and bloating by cooking with aromatic herbs (cinnamon, cardamom, bay) and chew roasted fennel seeds after meals



Pitta



Sweet



Bitter



Astringent

- Favor: Sweet, Bitter, Astringent
- Reduce: Pungent, Sour, Salty
- Include cool foods and liquids to reduce inflammation, heartburn, irritability, rashes
- Alleviate excess acidity by cooking with cooling herbs (cumin, coriander, fennel, cilantro)



Kapha



Pungent



Bitter



Astringent

- Favor: Pungent, Bitter, Astringent
- Reduce: Sweet, Sour, Salty
- Include, light, dry, warm foods to reduce weight, congestion, allergies, fluid retention, sluggishness
- Kindle the digestion with some freshly sliced ginger before meals



***Nature provides
us with an
abundance of
healing spices;
let them be your
medicine.***



The Spice of Life

- Research has linked spices to the prevention and treatment of more than 150 health conditions
- Use of spices dates back to the world's first civilizations
- Rich sources of unique plant compounds that reduce oxidation (anti-oxidants) and inflammation (anti-inflammatory), the root cause of most disease
- Contain evaporating oils that give them their aroma and stimulates digestive fire (agni)



The Spice of Life

- Many phytonutrients are only found in nature in a specific spice (turmeric, black cumin, black pepper, clove, fennel, ginger, etc) so they have special healing properties
- In Ayurveda, spices are pungent (some spices have other tastes); all contain fire and air qualities
 - Fire – stimulates digestive enzymes, detoxifying
 - Air – creates movement and circulation



Garam Masala

Six Taste Spice Blend to Support Agni

- Fennel
- Coriander
- Cumin
- Turmeric
- Dry Ginger
- Garlic or Amchur
- Himalayan salt (optional)



Spice	Taste	Benefits
Fennel	Sweet, Pungent, Astringent	Kindles agni, energy downward in gut, benefits cough
Coriander	Sweet, Pungent, Astringent	Appetite support, toxin digester, diuretic
Cumin	Pungent, Bitter	Kindles agni, digests toxins, clears mucus, downward digestive energy
Turmeric	Pungent, Bitter, Astringent	Kindles digestion, blood purifier, analgesic, enhances complexion, helps skin
Dry Ginger	Pungent	Kindles agni, digests toxins, prevent nausea, alleviates cough
Garlic	Sour	Kindles digestion, boosts immunity, rejuvenator
Himalayan Salt	Salty	Stimulate digestive enzymes

Want To Try?

