

Fire it up!

Ayurvedic practices to improve your digestive fire

Start your day with warm lemon water.	Stay hydrated; drink lots of warm/hot water during the day.
Cut back/eliminate snacking.	Focus on eating three dosha-appropriate meals a day. Only eat when you are <u>hungry</u> .
Avoid raw foods (yes, that includes salads!).	Eat warm, cooked foods only. You can steam or add oil to salads if you'd still like to eat them.
Make lunch the biggest meal of the day	Make dinner the smallest meal of the day (never past 8:00pm). Try not to skip meals.
Spice it up.	Add spices such as turmeric, cumin, cayenne and coriander to your food to help with digestion and to prevent gas and toxins (<i>ama</i>).
Become a mindful eater.	Chew your food thoroughly; focus your mind and be aware of the taste of the food.
Take a digestive formula.	Triphala is the most common. Ask your practitioner about which is right for you.
Do an ayurvedic cleanse (<i>Panchakarma</i>)	This ancient techniques are designed to restore balance, rejuvenate the tissues, and release toxins.



AYURVEDA, ancient wisdom for modern living



Did you know?

Poor digestion is the root cause of most major dis-ease.



Did you know?

Digestive discomfort and sensitivities can be reversed through simple, daily practices (like the ones on this handout!).



Did you know?

Ayurveda is a 100% natural ancient science designed to bring us back in sync with ourselves. I am devoted to helping the busy professional with demands on their time rediscover optimal health and harmony.

You *can* return to having abundant energy, better sleep, and a more peaceful life... Now you know! Ask me how

Ayurveda in Falls Church and Reston
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