

# What is Ayurveda?!

And why should I care?



# Ayurvedic Medicine

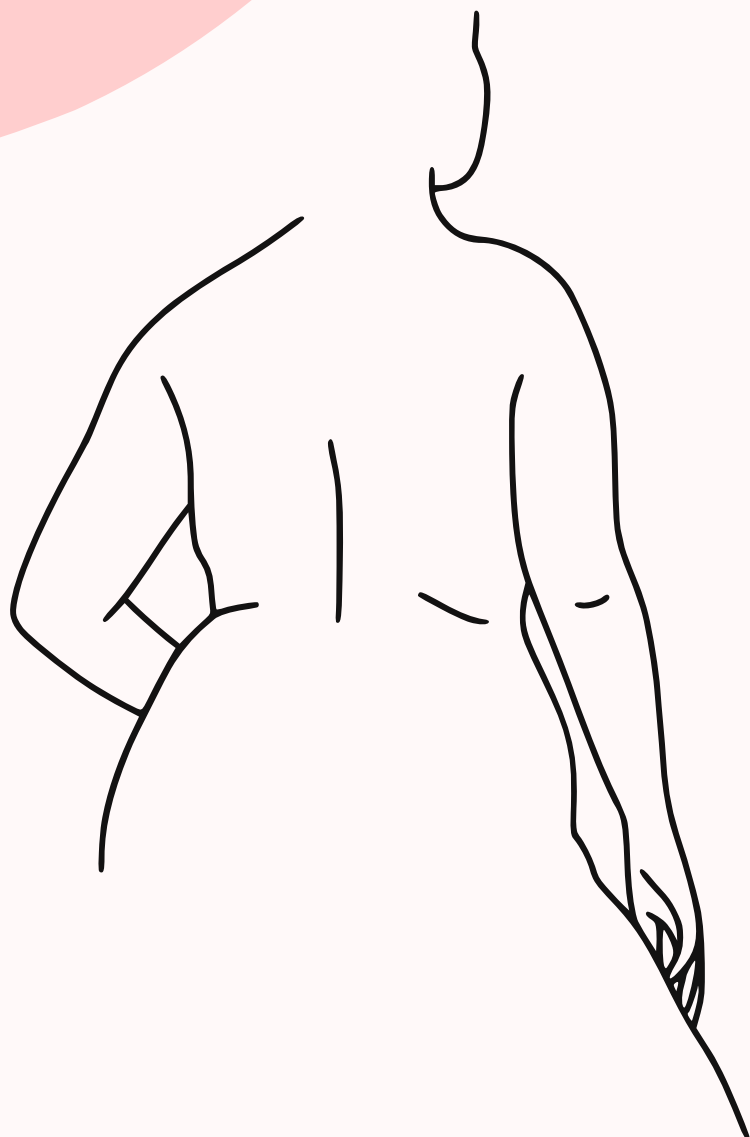
- One of the most ancient holistic healing systems
- Developed 5000 years ago in India
- Based on the belief that health and wellness are dependent on the balance of mind, body and spirit
- emphasis on diet, herbs, exercise, & breathing
- Think about this? how much could we prevent if we focused on these things!
- This ancient medicine system recognized the connection between the mind and gut before main stream medicine did.

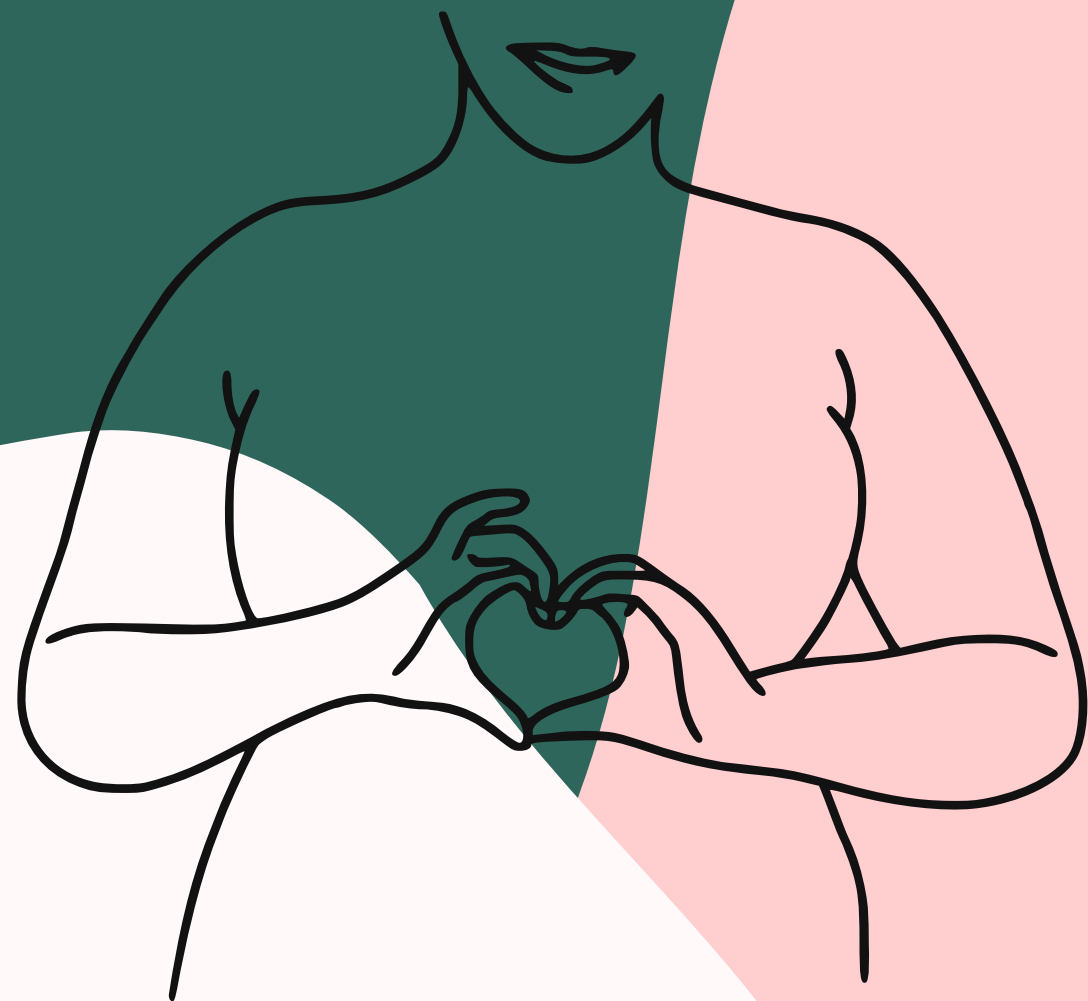
# *Sacred knowledge of life*

*Ayur=life veda=science*

*Unlike western medicine, Ayurveda is a mix of self-care, self-love, and self-responsibility.*

*Key highlights- more focused on disease prevention, lifelong commitment to health and happiness and finding that balance instead of a one size fits all. Returning home to the body, coming home to nature*





I know that can sound so cheesy right? But we know nature is all around us and is exactly what keeps us alive, we wouldn't be able to survive without bees, trees, and the ocean. So is it really that silly?

Holistic health is simply treating the whole body; getting to the root cause instead of using a bandaid; there is a time a place for everything and western medicine is just as important.

# The Ayurveda Connection

## AYURVEDA REMINDS US

- Our souls have a beautiful innate wisdom, we carry it in our DNA. We forget this in our busy, everyday lives.

## AYURVEDA INVITES US

- To listen, what is our body trying to tell us. Our body is always giving us messages, begging us to listen to our heart and nature around us. This helps us get to know ourselves better, love ourselves, and heal ourselves.

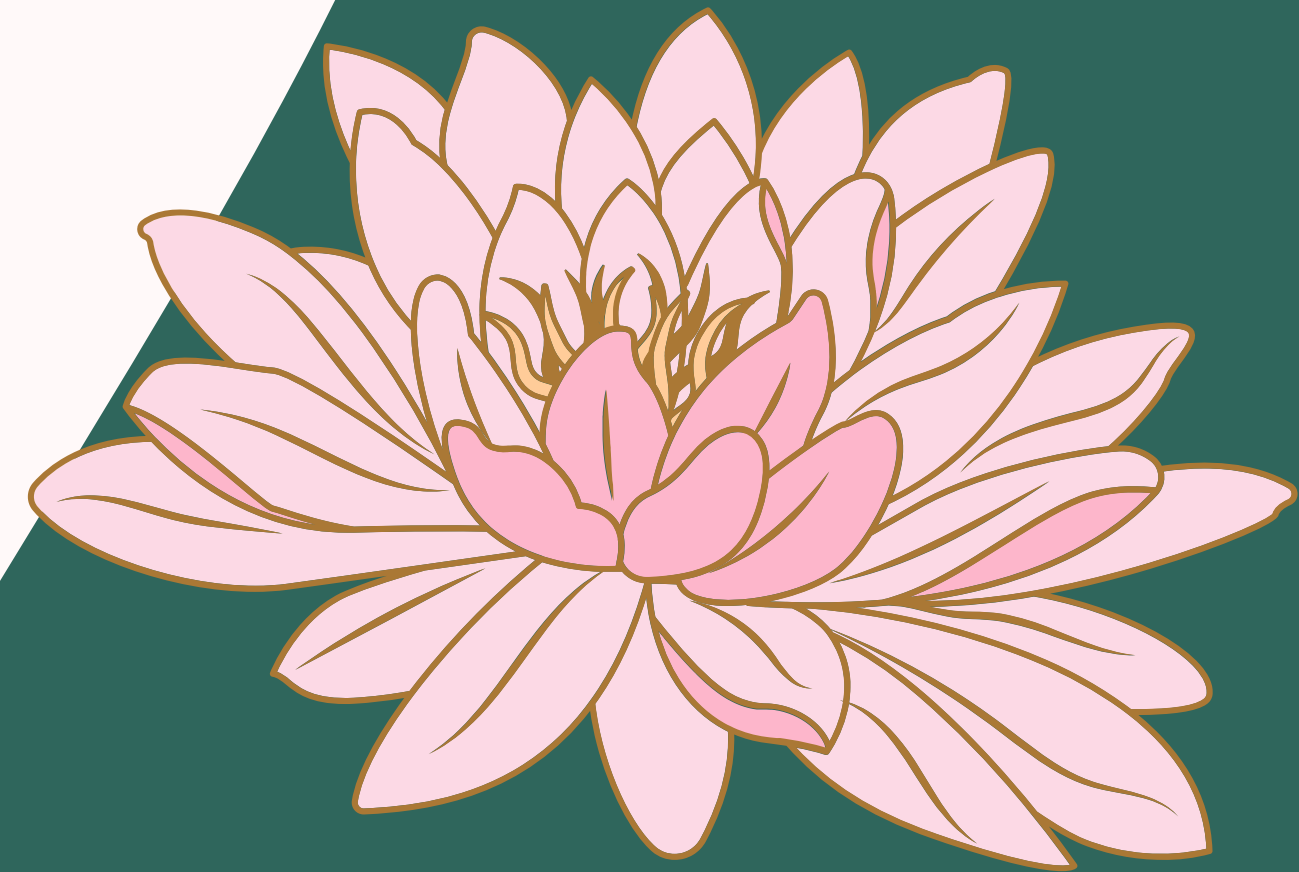
## AYURVEDA TEACHES US

- Where there is imbalances and & disharmony there is disease. The intention is always to restore balance, & health to the mind and body.

So since we know Ayurveda is an ancient healing system we can dive deeper into what it utilizes:

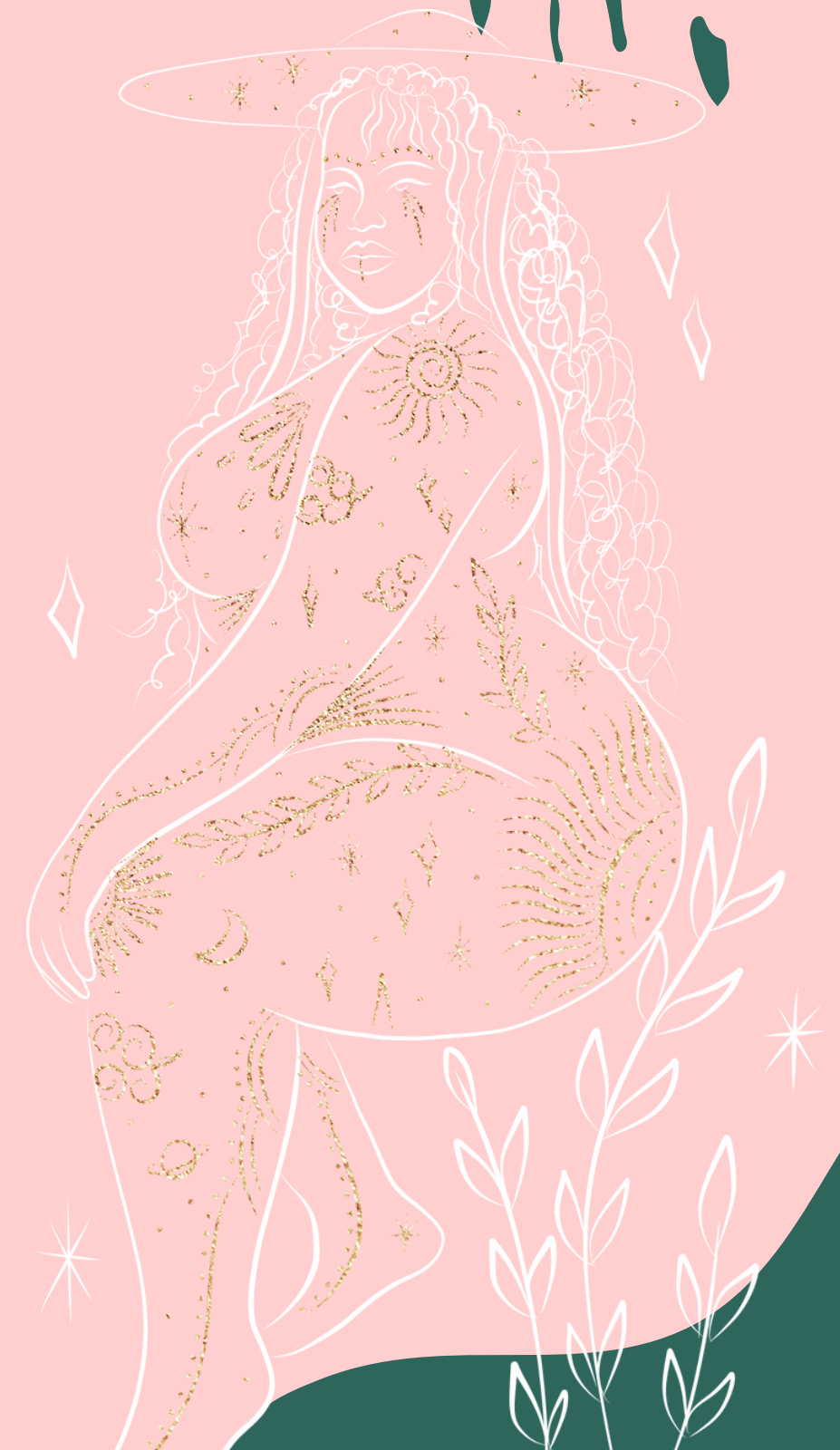
1. The elements—air, earth, water, fire, ether.
2. A holistic and individualistic approach to healing.
3. Personalized diet and daily self care based on your dosha.
4. Seasons and nature that help keep you in balance.

While its 5000+ yrs old it is still a timeless wisdom relevant and effective today.



# What healing modalities does Ayurveda utilize?!

- AROMATHERAPY
- CRYSTAL THERAPY
- COLOR THERAPY
- SOUND THERAPY
- YOGA
- MEDITATION
- PRANAYAMA
- MASSAGE/BODY WORK
- HERBALISM
- NUTRITION



## SO, WHY AYURVEDA?

I knew I wanted to help women  
with chronic illness  
& wanted something that  
focused on natural ways to  
help.

I knew there was a missing link  
between the mind and body  
that most of us are struggling  
with so how does that fit in?

## HOW DOES IT FIT IN?

listening to our bodies and what  
they are trying to tell us can  
help with disease prevention

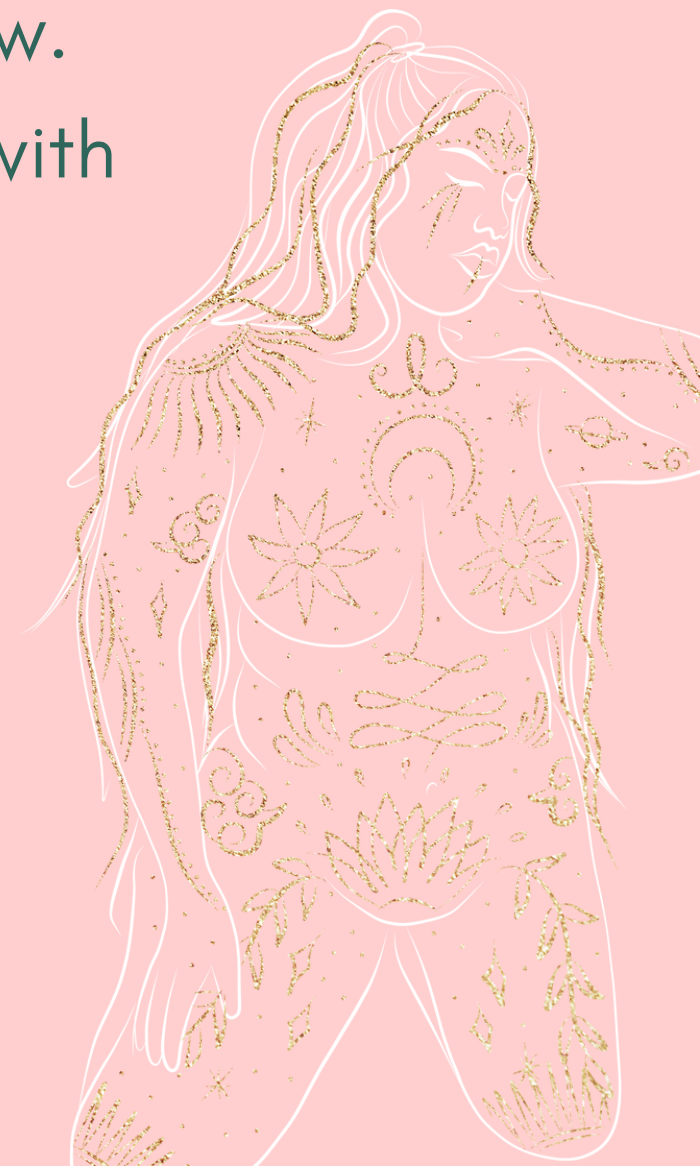






# My story

All my life, I've struggled with my health, from childhood, to middle school, to now. Chronically ill all my life and now deal with autoimmune disorders.



# The elephant in the room



But how do I know this works?!

Many say there is no scientific evidence, so

how do we know it does?!

- Not only can we measure how Ayurveda affects our mind and body, you can see this when you apply some of the healing modalities. We measure how effective Ayurveda is by how the use of healing modalities affects our mind and body.

Many articles and literature about Ayurveda can be found on NCCIH, a government medical research website.

# Lets Chat Doshas

- In Ayurveda, doshas are what are said to govern the body. We talked about how Ayurveda is based on the 5 elements and just like that the doshas tell us about our body and make up. A combination of those 5 elements equals the doshas! There are 3 of them. Vata Pitta and Kapha. Usually, one dosha will stand out most for you, and that is usually what your constitution (your unique blueprint for achieving better health) is. To put it simply, when we understand our body and dosha, we can understand what we need!



# What does each dosha look like?

## Vata

Consists of the two elements air and space(ether)

cold, light, dry, rough, flowing, and spacious

Autumn

slim, energetic, and creative

Think outside the box but easily distracted

mood is dependent on weather, people and food.

Strengths: learn quickly, highly creative, multitasker, kind-hearted, flexible, "on the go," naturally slim

Weakness: forgetful, anxious, unstable mood, can get overwhelmed easily, highly sensitive to the cold, has trouble sleeping, irregular appetite and eating patterns, prone to digestive issues and gas, poor circulation

# What does each dosha look like?

## Kapha

based on earth and water. It can be described as steady, stable, heavy, slow, cold, and soft.

Spring is known as kapha season, as many parts of the world slowly exit hibernation.

strong, thick-boned, and caring. They're known for keeping things together and being a support system for others. Kapha-dominant people rarely get upset, think before acting, and go through life in a slow, deliberate manner

Strengths: empathetic, caring, trusting, patient, calm, wise, happy, romantic, strong bones and joints, healthy immune system

Weakness: prone to weight gain, slow metabolism, sluggishness, over-sleeping, breathing issues (i.e., asthma, allergies), higher risk of heart disease, mucus buildup, susceptible to depression, needs regular motivation and encouragement

*What does each dosha look like?*

## Pitta

tenacious personality, the pitta dosha is based on fire and water. It's commonly described as hot, light, sharp, oily, liquid, and mobile. Summer is known as pitta season for its sunny, hot days.

muscular build, be very athletic, and serve as strong leaders highly motivated, goal-oriented, and competitive. Still, their aggressive and tenacious nature can be off-putting to some people, which can lead to conflict

Strengths: intelligent, purposeful, learns quickly, self-determined, masters skills easily, strong desire for success, strong, natural leaders, quick metabolism, good circulation, healthy skin and hair

Weaknesses: impatient, prone to conflict, always hungry, mood swings when hungry, prone to acne and inflammation, sensitive to hot temperatures

**Learn more about your dosha!**

**Lets play bingo!**


**Keep score and see which one  
best represents you!**

# KAPHA BINGO

BUT WILL THERE BE FOOD?	BIG BONED, CURLY HAIR AND LUSTROUS SKIN	LOVE HATE RELATIONSHIP WITH ALARM CLOCK	NETFLIX AND CHILL IS HAPPY PLACE	GETS STUCK IN ROUTINES. HATES CHANGE
LOYALTY AND SECURITY ARE BIGGEST TURN ON	BASICALLY YOUR FAVORITE GRANDMA IN A YOUNG BODY	THE ROCK IN THE FAMILY	HAS A SOLID SAVINGS ACCOUNT AND WILL NOT SPEND A DIME	IS CUDDLING A FORM OF EXERCISE?
PUTS ON WORKOUT GEAR. SITS ON THE COUCH + CALLS THAT A WIN.	LIKES TO BE SURROUNDED BY FAVORITE THINGS		TAKES CARE OF EVERYONE ELSE BEFORE OWN NEEDS	SLOW AND STEADY WINS THE RACE
YOU CAN ALMOST ALWAYS FIND ME IN THE KITCHEN	SECRETLY IN LOVE WITH BEST FRIEND	KNOWN FOR TELLING JOKES AND MAKING PEOPLE LAUGH	STILL HAS KEEPSAKES FROM KINDERGARTEN	FAMILY > SUCCESS
HOPELESS ROMANTIC + WANTS THE WHITE PICKET FENCE	SPIRIT ANIMAL IS A TEDDY BEAR	HOARDING IS AN ARTFORM	WILL MAKE YOU COOKIES IN EXCHANGE FOR HUGS	CHILDREN, ANIMALS AND PLANTS MAKE THE WORLD GO ROUND

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# VATA BINGO

EATS COLD RAW VEGGIE SMOOTHIES TO BE ALL HEALTHY, GETS BLOATED AF AFTER AND WONDERS WHY	DEADLINES AND BEING ON TIME? YA RIGHT..	CONSTANTLY LOSES KEYS, WALLET AND WATER BOTTLES	CAN VISION BOARDS LIKE NOBODYS BUSINESS	TALL, SKINNY, SMALL BONES
AN ARTIST OR CREATIVE OF SOME KIND	FORGETS TO EAT ALL DAY, GETS HANGRY AT 4PM	CAN TALK YOUR EAR OFF ESPECIALLY ABOUT THE MEANING OF LIFE	STARTS READING 3 BOOKS AT ONCE, DOSNT FINISH A SINGLE ONE	GETS BORED OF RELATIONSHIPS QUICKLY
DRY HAIR SKIN AND NAILS	MONEY COMES EASILY AND GOES EVEN FASTER		HAS A MILLION NEW IDEAS EVERY MINUNTE	GETS LOST IN CREATIVE PROJECTS EASILY
HAS AT LEAST 5 DIFFERENT JOB TITLES	CONSTIPATED GASY + BLOATED OFTEN	30 TABS OPEN ON COMPUTER AT ALL TIMES	EXERCISE IS SOMETHING FLOWY LIKE DANCING + YOGA	TRAVELING AND CHANGING THE WORLD ARE BIGGEST LIFE GOALS
CRAVES A SUNNY BEACH ALMOST ALWAYS	STAYS UP TILL 3AM RESEARCHING A CHANGE OF CAREERS	DEFINITION OF A FREE SPIRIT	CRACKING AND POPPING JOINTS	"WAIT WHAT'S YOUR NAME?" (AFTER MEETING SOMEONE 5X)


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# PITTA BINGO



TOTAL WORK HORSE. CANT STOP WON'T STOP.	DEFINITION OF A BOSS BABE AND/OR SUPERMOM	ATHLETIC BODY TYPE, EXERCISE ADDICT.	LOW PATIENCE, HIGH MOTIVATIONN	THRIVES WITH A LIL COMPETITION
LEADERSHIP OPPORTUNITIES JUST FIND ME	RED OR BLONDE HAIR, FAIR SKIN + PRONE TO REDISH OILY SKIN ISSUES	1-SETS GOAL. 2- ACHEIVES GOAL.  JUST LIKE THAT.	FLAKEY PEOPLE ARE VOTED OFF THE ISLAND	SPICEY FOOD = RUNNING TO THE BATHROOM EVERY 2 MIN
CRAVES THE MOUNTIANS AND EXTREME WINTER SPORTS	HAS OR WANTS AN EMPOWERED JOB TITLE		GET'S HANGRY IF LEFT UNFED	PASSIONATE & INTENSE IN RELATIONSHIPS & LIFE
GETS OFF ON ORGANIZATION	ALWAYS ON THE GO, ALWAYS ON THE GRIND	KNOWN FOR HAVING SWEATY PITS	HAS A DETAILED PLAN FOR EVERYTHING	QUEEN OF ROAD RAGE
EMOTIONAL STRESS CAUSES STOMACH DISTRESS	SECRETLY DRIVEN BY MATERIAL SUCCESS	ANGER ISSUES?? WHO ME??	LIKELY SOME KIND OF ENTREPRENEUR	AMBITION IS A TURN ON

Now that you know your  
dosha here are some  
recommendations!

Foods to eat and food to avoid according to your dosha

Vata -warm, "moist", and soft foods (e.g., berries, bananas, peaches, cooked vegetables, oats, brown rice, lean meat, eggs, dairy) AVOID: bitter, dried, and cold foods (e.g., raw vegetables, cold desserts, dried fruit, nuts, seeds)

Kapha- spicy, acidic, and filling foods (e.g., most fruits and vegetables, whole grains, eggs, low fat cheese, unprocessed meats, hot spices) AVOID: heavy, "fatty" foods (e.g., fats, oils, processed foods, nuts, seeds)

Pitta= light, cold, sweet, and energizing foods (e.g., fruits, non-starchy vegetables, oats, eggs) AVOID: heavy, spicy, and sour foods (e.g., red meat, potatoes, hot spices)

# Digestion & Agni

## VISHAM AGNI

irregular digestion; ruled by Vata

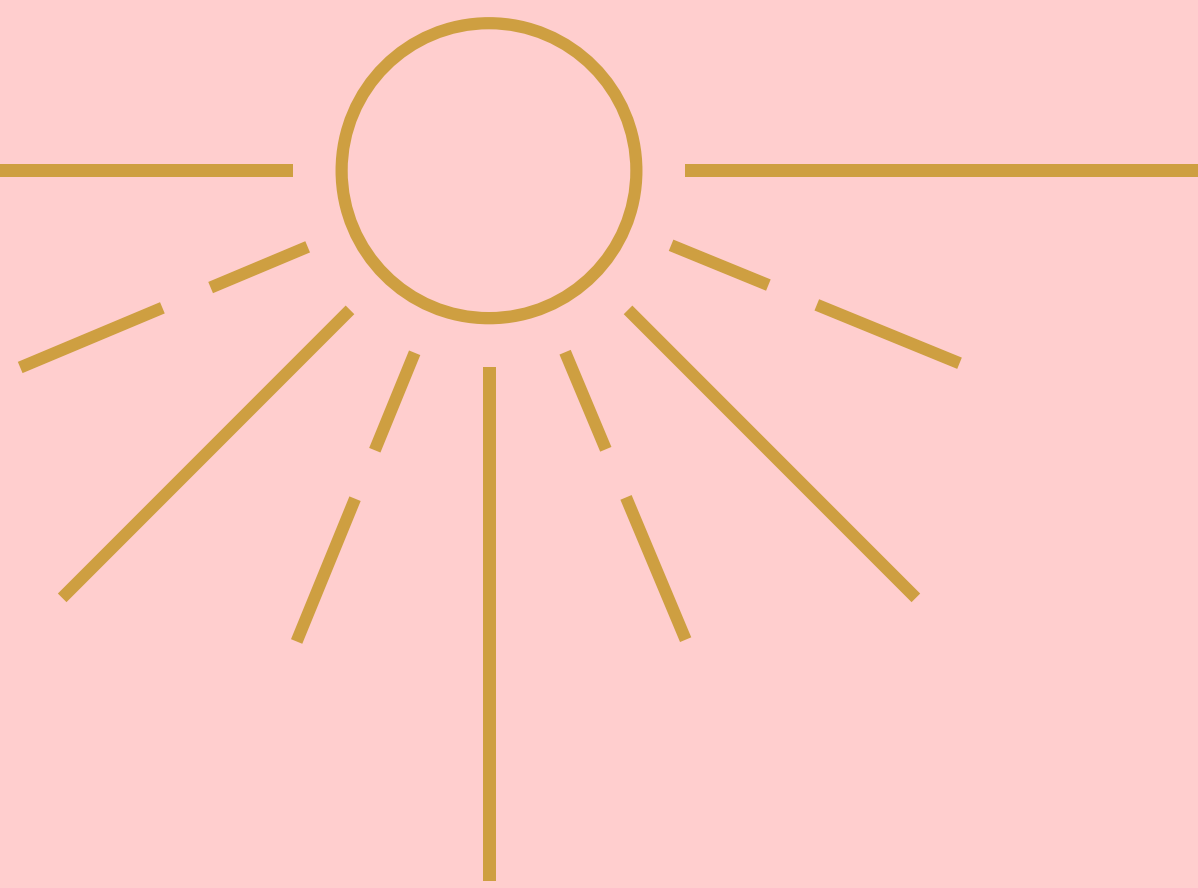
## TIKSHNA AGNI

sharp with a lot of heat; ruled by pitta

## MAND AGNI

very dull and slow; ruled by Kapha





# *Tips on how to increase digestion*

**EAT SLOWLY &  
CHEW EVERY BITE**

**TRY TO EAT IN A  
SETTLED/CALM  
ENVIROMENT**

**AVOID WATCHING  
TV WHILE EATING**

**MAKE LUNCH YOUR  
BIGGEST MEAL OF  
THE DAY**

# How do you know your digestion is okay?!

*Assess how you feel before/during/and after you eat*

IS THERE HEARTBURN PRESENT? FULLNESS?  
BLOATING? DISCOMFORT? HEAT?  
CONSTIPATION? DIARRHEA? CRAMPING?

# **SIMPLE WAY TO HELP YOUR BODY MAINTAIN PROPER DIGESTION**

Listen to it!

Experiment with what feels good.  
Book an Ayurvedic session with me  
and we will go over the do's and  
don'ts for your body.

Boil water at the beginning of the day  
and sip on it first thing; this helps  
flush out your tissues and digestion  
and keeps you super hydrated.



Take what feels good for you



Dont be afraid to learn  
about your body



Ask questions and become  
your own adovocate



Core Values

# Next Steps



## ADD IN MOVEMENT

What feels good in your body?

Experiment here! look up YouTube find videos, find representation for your body.

## TONGUE SCRAPING

This helps with digestion

inexpensive, found on amazon, silver

## PLAY AROUND SPICES

Think Kapha Pitta Vata

Experinece taste



*Start taking  
notice of how  
and when you  
eat.*

## JOURNAL

Helps you recognize what may be making you feel a certain way

## BREATHWORK

Plenty of YouTube videos, this will help you oxygenate your body

## EAT WITH THE SEASONS

Winter = more root veggies  
summer= fresh vegetables and fruit

## HYDRATE HYDRATE AND HYDRATE

Great water source; boil and drink all day

## TAKEAWAYS & QUESTIONS?!

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