AYURVEDA AND METABOLIC HEALTH

MOTHER WATERS AYURVEDA

आयुर्वेद · The Science of Life



AYURVEDA IS A LENS THROUGH WHICH TO OBSERVE AND INTERPRET THE WORLD AROUND AND WITHIN US

Ayurveda aims to find the root cause of a problem rather than simply addressing the symptoms.

“You are what you eat”

“You are what you are able to digest”

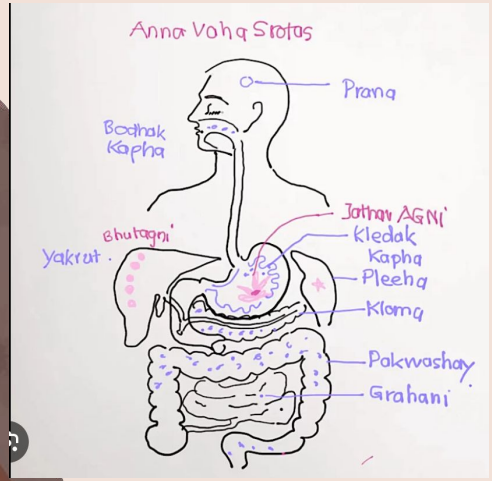
IMBALANCES IN DIGESTION

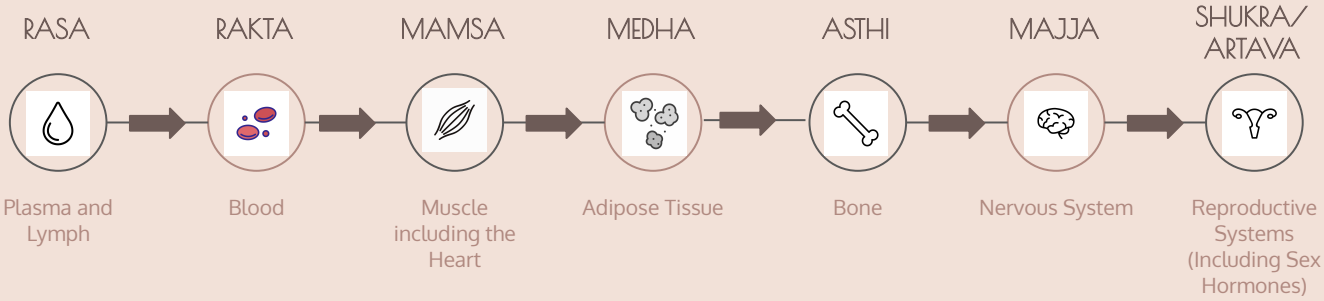
- constipation
- heartburn
- loose stools
- eating too much
- not eating enough
- snacking

IMBALANCES IN THE BODY/MIND

- insomnia
- inflammation
- hot flashes
- mood swings
- depression
- low bone density
- high blood pressure
- high blood sugar

TISSUE NOURISHMENT





AGNI

DIGESTIVE FIRE



Our physical, mental, emotional capacity to digest, absorb and assimilate nutrients as well as sensation, perception, and experience. It is within every cell, tissue and organ!

BALANCED VS IMBALANCED AGNI



BALANCED- SAMA

- pink, rosy uncoated tongue
- healthy appetite
- energy after eating
- feel strong, bright, vital
- clarity of mind, natural lightness
- floating, non-sticky banana like stool; no foul smells
- easeful, painless menses



IMBALANCED

- coated tongue; bad breath
- low appetite; crave junk food
- sleepy after eating and/or gas, bloating, heartburn
- tiredness, lethargy, aches, pains
- brain fog, low motivation
- sticky/smelly stools and sweat
- painful menses

GENERAL TIPS TO CONNECT WITH YOUR AGNI

- Ask yourself these questions:
  - Am I hungry for my meals?
  - How do I feel while I am eating?
  - How do I feel after eating?
  - What are my bowel movement like?

- Slow down while you are eating
  - Be mindful of what your food looks, smells, feels, and tastes like
  - Focus on eating and nothing else (no work, tv etc…)



GENERAL TIPS TO SUPPORT YOUR AGNI

- Eat more whole foods (ex. fresh vegetables and fruit)
  - Limit/avoid ultra processed foods (ex. soda, packaged foods)
- Eat local and organic when possible
  - www.ewg.org
- Start your day with
  - tongue scraping
  - drinking 8-16 ounces of warm water
- Eat 2-4 meals a day with no snacking in between
- Avoid/ limit cold and icy foods
- Take a 5-10 minute digestive walk after meals
- Make lunch your largest meal of the day
- Engage all your senses with your food



CCF TEA

CUMIN - CORIANDER - FENNEL TEA

Mix equal parts cumin, coriander and fennel seeds.

Steep 1 - 1 ½ tsp of seeds in a cup of hot water for 5-10 minutes.

Enjoy in the morning before breakfast or throughout the day!







FOUR TYPES OF DIGESTION



AIRY- VISHAMA

Vata Dosha



FIERY- TIKSHNA

Pitta Dosha



EARTHY- MANDA

Kapha Dosha



BALANCED- SAMA



AIRY DIGESTION

VISHAMA AGNI

CHARACTERISTICS

- Often forgets to eat
- Snacks throughout the day
- Loves crunchy munchies (crackers, chips, popcorn)
- Meals are at different times each day

POST DIGESTION

- Constipation
- Dry, hard, pebbly stools
- Gas, bloating, flatulence, burps, especially in afternoon

FOODS THAT INCREASE

- Crunchy foods
- Raw, uncooked
- Processed foods
- Frozen foods
- Leftover foods
- Light
- Dried fruit/foods
- Foods that taste astringent (unripe banana), pungent (spicy peppers), or bitter (black coffee).



FIERY DIGESTION

TIKSHNA AGNI

CHARACTERISTICS

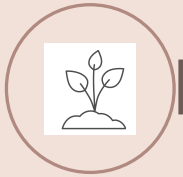
- Often gets HANGRY
- Experiences low blood sugar
- Eats more than 3 meals a day
- Cannot ignore hunger

POST DIGESTION

- Loose stools
- Multiple bowel movements a day
- Acid reflux/ heartburn

FOODS THAT INCREASE

- Yogurt
- Fermented foods
- Yeast
- Deep fried or excessively oily foods
- Acidic foods
- Foods that taste pungent (spicy peppers), salty, or sour (lemons).



EARTHY DIGESTION

MANDA AGNI

CHARACTERISTICS

- No appetite
- Emotional eating
- Binge eating
- Mindless eating

POST DIGESTION

- Constipation
- Sticky or mucousy bowel movements
- Heaviness
- Leathary
- Sleepiness

FOODS THAT INCREASE

- Heavy foods
- Dairy
- Meat
- Potatoes
- Frozen foods
- Pasta
- Bread
- Deep fried foods
- Candies, cookies, chocolate
- Foods that taste sweet, salty, and sour.

BECOMING MINDFUL OF YOUR DIGESTION

01 Are you hungry for your meals?

02 How do you feel while you are eating?

03 How do you feel after you eat?

04 What are your bowel movements like?

Are you hungry for your meals?



AIRY DIGESTION

VISHAMA AGNI

it depends



FIERY DIGESTION

TIKSHNA AGNI

yes!



EARTHY DIGESTION

MANDA AGNI

no

02 How do you feel while you are eating?



AIRY DIGESTION

VISHAMA AGNI

busy doing other things



FIERY DIGESTION

TIKSHNA AGNI

eating super fast



EARTHY DIGESTION

MANDA AGNI

distracted (watching tv)

03 How do you feel after you eat?



AIRY DIGESTION

VISHAMA AGNI

burpy, gassy,
flatulence, bloated



FIERY DIGESTION

TIKSHNA AGNI

heartburn, acid
reflux, nauseous



EARTHY DIGESTION

MANDA AGNI

lethargic, sleepy,
heavy

04 What are your bowel movements like?

AIRY DIGESTION

VISHAMA AGNI

not every day, hard, pepply, dry

FIERY DIGESTION

TIKSHNA AGNI

1-3 times a day, loose, burns

EARTHY DIGESTION

MANDA AGNI

may not be every day, mucousy, sticky

LIKE INCREASES LIKE

OPPOSITES BALANCE

TIPS FOR SUPPORTING AIRY DIGESTION



VISHAMA AGNI

FOODS THAT INCREASE

- Crunchy foods
- Raw, uncooked
- Processed foods
- Frozen foods
- Light
- Dried fruit/foods
- Foods that taste astringent (unripe banana), pungent (spicy peppers), or bitter (black coffee).

FOODS THAT BALANCE

- Warm, well cooked, well-spiced, slightly oily foods
- Soups and stews with 1 tsp of ghee
- Oatmeal with soaked raisins and nuts
- Foods that taste sweet, salty, and sour.
- CCF tea as is or with fresh ginger root.

REGULARITY

Regularly meal times to anchor vata dosha.

TIPS FOR SUPPORTING FIERY DIGESTION



TIKSHNA AGNI

FOODS THAT INCREASE

- Yogurt
- Fermented foods
- Yeast
- Deep fried or excessively oily foods
- Acidic foods
- Foods that taste pungent (spicy peppers), salty, or sour (lemons).

FOODS THAT BALANCE

- Cooling foods
- Cucumber
- Mint
- Cilantro/ Coriander
- Fennel
- Coconut
- Avocado
- Foods that taste sweet, bitter, and astringent.
- CCF tea as in or with fresh mint.

MODERATION

Spices, amount of food, type of food.

TIPS FOR SUPPORTING EARTHY DIGESTION

MANDA AGNI

FOODS THAT INCREASE

- Heavy foods
- Dairy
- Meat
- Potatoes
- Frozen foods
- Pasta
- Bread
- Deep fried foods
- Candies, cookies, chocolate
- Foods that taste sweet, salty, and sour.
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FOODS THAT BALANCE

- Light food
- Vegetables
- Fruit (in moderation)
- Foods that taste pungent, bitter, and astringent.
- CCF tea as is or with fresh or dried ginger.

DISCIPLINE

Amount of food, timing of food, types of food.

READ YOUR OWN BOOK

Nourishment vs. Restriction

MOTHER WATERS AYURVEDA

Kyla Schell

NAMA Board Certified Ayurvedic Practitioner

kyla@motherwatersayurveda.com

www.motherwatersayurveda.com