



# The art of living

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# The art of living

What does Ayurveda has to do with Holistic Nutrition?

Ayurveda is one of the world's oldest **holistic healing system**.

It emerged from the spiritual texts of ancient India, known as vedas.

These date back at least 5000 years ago.

The term derives from the sanskrit words **ayus** (life) and **veda** (knowledge) and can be translated as the science of life.

Ayurveda is a non-exclusionary medical system.

Healing for the human body, mind and spirit.

# Who are you?



# You are the Universe

**As is the cosmic body, so is the human body**

**As is the cosmic mind, so is the human mind**

**As is the macrocosm, so is the microcosm**



**You are the synthesis of the most  
profound chemical reactions in the  
Universe.**



## 2. Main Map

**Figure 1** Metabolic pathways of the human genome. This figure is a comprehensive metabolic map showing the pathways of the human genome, organized into 12 columns (1-12) and 10 rows (A-H). The pathways are color-coded: red for DNA/RNA metabolism, green for protein metabolism, blue for energy metabolism, and yellow for other metabolites. The map includes various biochemical reactions, such as the conversion of ATP to ADP, the synthesis of nucleotides, the breakdown of amino acids, and the synthesis of lipids. Key pathways include the Citric Acid Cycle, Glycolysis, and the Pentose Phosphate Pathway. The map also shows the interconversion of various metabolites, such as the conversion of glucose to pyruvate and the conversion of pyruvate to lactate. The pathways are labeled with their respective enzymes and cofactors, and the reactions are numbered. The map is a valuable resource for understanding the metabolic pathways of the human genome and for identifying potential metabolic disorders.



group 1

1.00794  
1312.0  
1  
H  
Hydrogen  
1s<sup>1</sup>

2

6.941  
520.2  
3  
Li  
Lithium  
1s<sup>2</sup> 2s<sup>1</sup>

9.012182  
899.5  
4  
Be  
Beryllium  
1s<sup>2</sup> 2s<sup>2</sup>

22.98976  
495.8  
11  
Na  
Sodium  
[Ne] 3s<sup>1</sup>

24.3050  
737.7  
12  
Mg  
Magnesium  
[Ne] 3s<sup>2</sup>

39.0983  
418.8  
19  
K  
Potassium  
[Ar] 4s<sup>1</sup>

40.078  
589.8  
20  
Ca  
Calcium  
[Ar] 4s<sup>2</sup>

85.4678  
403.0  
37  
Rb  
Rubidium  
[Kr] 5s<sup>1</sup>

87.62  
549.5  
38  
Sr  
Strontium  
[Kr] 5s<sup>2</sup>

132.9054  
375.7  
55  
Cs  
Caesium  
[Xe] 6s<sup>1</sup>

(223)  
380.0  
87  
Fr  
Francium  
[Rn] 7s<sup>1</sup>

55.845  
762.5  
26  
Fe  
Iron  
[Ar] 3d<sup>6</sup> 4s<sup>2</sup>

58.93319  
760.4  
27  
Co  
Cobalt  
[Ar] 3d<sup>7</sup> 4s<sup>1</sup>

58.6934  
737.1  
28  
Ni  
Nickel  
[Ar] 3d<sup>8</sup> 4s<sup>2</sup>

63.546  
745.5  
29  
Cu  
Copper  
[Ar] 3d<sup>10</sup> 4s<sup>1</sup>

65.38  
906.4  
30  
Zn  
Zinc  
[Ar] 3d<sup>10</sup> 4s<sup>2</sup>

69.723  
578.6  
31  
Ga  
Gallium  
[Ar] 3d<sup>10</sup> 4s<sup>2</sup> 4p<sup>1</sup>

72.64  
762.0  
32  
Ge  
Germanium  
[Ar] 3d<sup>10</sup> 4s<sup>2</sup> 4p<sup>2</sup>

74.92160  
947.0  
33  
As  
Arsenic  
[Ar] 3d<sup>10</sup> 4s<sup>2</sup> 4p<sup>3</sup>

78.96  
941.0  
34  
Se  
Selenium  
[Ar] 3d<sup>10</sup> 4s<sup>2</sup> 4p<sup>4</sup>

79.904  
1139.9  
35  
Br  
Bromine  
[Ar] 3d<sup>10</sup> 4s<sup>2</sup> 4p<sup>5</sup>

83.798  
1350.8  
36  
Kr  
Krypton  
[Ar] 3d<sup>10</sup> 4s<sup>2</sup> 4p<sup>6</sup>

10.811  
800.6  
5  
B  
Boron  
1s<sup>2</sup> 2s<sup>2</sup> 2p<sup>1</sup>

12.0107  
1086.5  
6  
C  
Carbon  
1s<sup>2</sup> 2s<sup>2</sup> 2p<sup>2</sup>

14.0067  
1402.3  
7  
N  
Nitrogen  
1s<sup>2</sup> 2s<sup>2</sup> 2p<sup>3</sup>

15.9994  
1313.9  
8  
O  
Oxygen  
1s<sup>2</sup> 2s<sup>2</sup> 2p<sup>4</sup>

18.998403  
1681.0  
9  
F  
Fluorine  
1s<sup>2</sup> 2s<sup>2</sup> 2p<sup>5</sup>

20.1797  
2080.7  
10  
Ne  
Neon  
1s<sup>2</sup> 2s<sup>2</sup> 2p<sup>6</sup>

26.98153  
577.5  
13  
Al  
Aluminium  
[Ne] 3s<sup>2</sup> 3p<sup>1</sup>

28.0855  
786.5  
14  
Si  
Silicon  
[Ne] 3s<sup>2</sup> 3p<sup>2</sup>

30.97696  
1011.8  
15  
P  
Phosphorus  
[Ne] 3s<sup>2</sup> 3p<sup>3</sup>

32.065  
999.6  
16  
S  
Sulfur  
[Ne] 3s<sup>2</sup> 3p<sup>4</sup>

35.453  
1251.2  
17  
Cl  
Chlorine  
[Ne] 3s<sup>2</sup> 3p<sup>5</sup>

39.948  
1520.6  
18  
Ar  
Argon  
[Ne] 3s<sup>2</sup> 3p<sup>6</sup>

44.95591  
693.1  
21  
Sc  
Scandium  
[Ar] 3d<sup>1</sup> 4s<sup>2</sup>

47.867  
658.8  
22  
Ti  
Titanium  
[Ar] 3d<sup>2</sup> 4s<sup>2</sup>

50.9415  
658.9  
23  
V  
Vanadium  
[Ar] 3d<sup>3</sup> 4s<sup>2</sup>

51.9962  
652.9  
24  
Cr  
Chromium  
[Ar] 3d<sup>5</sup> 4s<sup>1</sup>

54.93804  
717.3  
25  
Mn  
Manganese  
[Ar] 3d<sup>5</sup> 4s<sup>2</sup>

55.845  
762.5  
26  
Fe  
Iron  
[Ar] 3d<sup>6</sup> 4s<sup>2</sup>

58.93319  
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27  
Co  
Cobalt  
[Ar] 3d<sup>7</sup> 4s<sup>1</sup>

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Nickel  
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Copper  
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[Ar] 3d<sup>10</sup> 4s<sup>2</sup>

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79.904  
1139.9  
35  
Br  
Bromine  
[Ar] 3d<sup>10</sup> 4s<sup>2</sup> 4p<sup>5</sup>

83.798  
1350.8  
36  
Kr  
Krypton  
[Ar] 3d<sup>10</sup> 4s<sup>2</sup> 4p<sup>6</sup>

85.4678  
403.0  
37  
Rb  
Rubidium  
[Kr] 5s<sup>1</sup>

87.62  
549.5  
38  
Sr  
Strontium  
[Kr] 5s<sup>2</sup>

88.90585  
600.0  
39  
Y  
Yttrium  
[Kr] 4d<sup>1</sup> 5s<sup>2</sup>

91.224  
640.1  
40  
Zr  
Zirconium  
[Kr] 4d<sup>2</sup> 5s<sup>2</sup>

92.90638  
652.1  
41  
Nb  
Niobium  
[Kr] 4d<sup>4</sup> 5s<sup>1</sup>

95.96  
684.3  
42  
Mo  
Molybdenum  
[Kr] 4d<sup>5</sup> 5s<sup>1</sup>

(98)  
702.0  
43  
Tc  
Technetium  
[Kr] 4d<sup>5</sup> 5s<sup>2</sup>

101.07  
710.2  
44  
Ru  
Ruthenium  
[Kr] 4d<sup>7</sup> 5s<sup>1</sup>

102.9055  
719.7  
45  
Rh  
Rhodium  
[Kr] 4d<sup>8</sup> 5s<sup>1</sup>

106.42  
804.4  
46  
Pd  
Palladium  
[Kr] 4d<sup>10</sup>

107.8682  
731.0  
47  
Ag  
Silver  
[Kr] 4d<sup>10</sup> 5s<sup>1</sup>

112.441  
867.8  
48  
Cd  
Cadmium  
[Kr] 4d<sup>10</sup> 5s<sup>2</sup>

114.818  
558.3  
49  
In  
Indium  
[Kr] 4d<sup>10</sup> 5s<sup>2</sup> 5p<sup>1</sup>

118.710  
708.6  
50  
Sn  
Tin  
[Kr] 4d<sup>10</sup> 5s<sup>2</sup> 5p<sup>2</sup>

121.760  
894.0  
51  
Sb  
Antimony  
[Kr] 4d<sup>10</sup> 5s<sup>2</sup> 5p<sup>3</sup>

127.60  
869.3  
52  
Te  
Tellurium  
[Kr] 4d<sup>10</sup> 5s<sup>2</sup> 5p<sup>4</sup>

126.9044  
1006.4  
53  
I  
Iodine  
[Kr] 4d<sup>10</sup> 5s<sup>2</sup> 5p<sup>5</sup>

131.293  
1170.4  
54  
Xe  
Xenon  
[Kr] 4d<sup>10</sup> 5s<sup>2</sup> 5p<sup>6</sup>

132.9054  
375.7  
55  
Cs  
Caesium  
[Xe] 6s<sup>1</sup>

137.327  
502.9  
56  
Ba  
Barium  
[Xe] 6s<sup>2</sup>

174.9668  
523.5  
71  
Lu  
Lutetium  
[Xe] 4f<sup>14</sup> 5d<sup>1</sup> 6s<sup>2</sup>

178.49  
658.5  
72  
Hf  
Hafnium  
[Xe] 4f<sup>14</sup> 5d<sup>2</sup> 6s<sup>2</sup>

180.9478  
761.0  
73  
Ta  
Tantalum  
[Xe] 4f<sup>14</sup> 5d<sup>3</sup> 6s<sup>2</sup>

183.84  
770.0  
74  
W  
Tungsten  
[Xe] 4f<sup>14</sup> 5d<sup>4</sup> 6s<sup>2</sup>

186.207  
760.0  
75  
Re  
Rhenium  
[Xe] 4f<sup>14</sup> 5d<sup>5</sup> 6s<sup>2</sup>

190.23  
840.0  
76  
Os  
Osmium  
[Xe] 4f<sup>14</sup> 5d<sup>6</sup> 6s<sup>2</sup>

192.217  
880.0  
77  
Ir  
Iridium  
[Xe] 4f<sup>14</sup> 5d<sup>7</sup> 6s<sup>2</sup>

195.084  
870.0  
78  
Pt  
Platinum  
[Xe] 4f<sup>14</sup> 5d<sup>9</sup> 6s<sup>1</sup>

196.9665  
890.1  
79  
Au  
Gold  
[Xe] 4f<sup>14</sup> 5d<sup>10</sup> 6s<sup>1</sup>

200.59  
1007.1  
80  
Hg  
Mercury  
[Xe] 4f<sup>14</sup> 5d<sup>10</sup> 6s<sup>2</sup>

204.3833  
589.4  
81  
Tl  
Thallium  
[Xe] 4f<sup>14</sup> 5d<sup>10</sup> 6s<sup>2</sup> 6p<sup>1</sup>

207.2  
715.6  
82  
Pb  
Lead  
[Xe] 4f<sup>14</sup> 5d<sup>10</sup> 6s<sup>2</sup> 6p<sup>2</sup>

208.9804  
703.0  
83  
Bi  
Bismuth  
[Xe] 4f<sup>14</sup> 5d<sup>10</sup> 6s<sup>2</sup> 6p<sup>3</sup>

(210)  
812.1  
84  
Po  
Polonium  
[Xe] 4f<sup>14</sup> 5d<sup>10</sup> 6s<sup>2</sup> 6p<sup>4</sup>

(210)  
890.0  
85  
At  
Astatine  
[Xe] 4f<sup>14</sup> 5d<sup>10</sup> 6s<sup>2</sup> 6p<sup>5</sup>

(220)  
1037.0  
86  
Rn  
Radon  
[Xe] 4f<sup>14</sup> 5d<sup>10</sup> 6s<sup>2</sup> 6p<sup>6</sup>

(223)  
380.0  
87  
Fr  
Francium  
[Rn] 7s<sup>1</sup>

(226)  
509.3  
88  
Ra  
Radium  
[Rn] 7s<sup>2</sup>

(262)  
470.0  
103  
Lr  
Lawrencium  
[Rn] 5f<sup>14</sup> 6d<sup>1</sup> 7p<sup>1</sup>

(261)  
580.0  
104  
Rf  
Rutherfordium  
[Rn] 5f<sup>14</sup> 6d<sup>2</sup> 7s<sup>2</sup>

(262)  
580.0  
105  
Db  
Dubnium  
[Rn] 5f<sup>14</sup> 6d<sup>3</sup> 7s<sup>2</sup>

(266)  
580.0  
106  
Sg  
Seaborgium  
[Rn] 5f<sup>14</sup> 6d<sup>4</sup> 7s<sup>2</sup>

(264)  
580.0  
107  
Bh  
Bohrium  
[Rn] 5f<sup>14</sup> 6d<sup>5</sup> 7s<sup>2</sup>

(277)  
580.0  
108  
Hs  
Hassium  
[Rn] 5f<sup>14</sup> 6d<sup>6</sup> 7s<sup>2</sup>

(268)  
580.0  
109  
Mt  
Meitnerium  
[Rn] 5f<sup>14</sup> 6d<sup>7</sup> 7s<sup>2</sup>

(271)  
580.0  
110  
Ds  
Darmstadtium  
[Rn] 5f<sup>14</sup> 6d<sup>8</sup> 7s<sup>2</sup>

(272)  
580.0  
111  
Rg  
Roentgenium  
[Rn] 5f<sup>14</sup> 6d<sup>9</sup> 7s<sup>2</sup>

(285)  
580.0  
112  
Cn  
Copernicium  
[Rn] 5f<sup>14</sup> 6d<sup>10</sup> 7s<sup>2</sup>

(284)  
580.0  
113  
Uut  
Ununtrium  
[Rn] 5f<sup>14</sup> 6d<sup>10</sup> 7s<sup>2</sup> 7p<sup>1</sup>

(289)  
580.0  
114  
Fl  
Flerovium  
[Rn] 5f<sup>14</sup> 6d<sup>10</sup> 7s<sup>2</sup> 7p<sup>2</sup>

(288)  
580.0  
115  
Uup  
Ununpentium  
[Rn] 5f<sup>14</sup> 6d<sup>10</sup> 7s<sup>2</sup> 7p<sup>3</sup>

(292)  
580.0  
116  
Lv  
Livermorium  
[Rn] 5f<sup>14</sup> 6d<sup>10</sup> 7s<sup>2</sup> 7p<sup>4</sup>

(294)  
580.0  
117  
Uus  
Ununseptium  
[Rn] 5f<sup>14</sup> 6d<sup>10</sup> 7s<sup>2</sup> 7p<sup>5</sup>

(294)  
580.0  
118  
Uuo  
Ununoctium  
[Rn] 5f<sup>14</sup> 6d<sup>10</sup> 7s<sup>2</sup> 7p<sup>6</sup>

atomic mass  
or most stable mass number

55.845

26

atomic number

762.5

1.83

electronegativity

chemical symbol

Fe

name

Iron

electron configuration

[Ar] 3d<sup>6</sup> 4s<sup>2</sup>

oxidation states  
most common are bold

+6  
+5  
+4  
+3  
+2  
+1  
-1  
-2

alkali metals

alkaline metals

other metals

transition metals

lanthanoids

actinoids

metalloids

nonmetals

halogens

noble gases

unknown elements

radioactive elements have masses in parentheses

electron configuration blocks

s

d

p

f

notes

- as of yet, elements 113,115,117 and 118 have no official name designated by the IUPAC.
- 1 kJ/mol ≈ 96.485 eV.
- all elements are implied to have an oxidation state of zero.

138.9054 538.1 57 La Lanthanum [Xe] 5d <sup>1</sup> 6s <sup>2</sup>	140.116 534.4 58 Ce Cerium [Xe] 4f <sup>1</sup> 5d <sup>1</sup> 6s <sup>2</sup>	140.9076 527.0 59 Pr Praseodymium [Xe] 4f <sup>3</sup> 6s <sup>2</sup>	144.242 539.1 60 Nd Neodymium [Xe] 4f <sup>4</sup> 6s <sup>2</sup>	(145) 540.0 61 Pm Promethium [Xe] 4f <sup>5</sup> 6s <sup>2</sup>	150.36 544.5 62 Sm Samarium [Xe] 4f <sup>6</sup> 6s <sup>2</sup>	151.964 547.1 63 Eu Europium [Xe] 4f <sup>7</sup> 6s <sup>2</sup>	157.25 589.4 64 Gd Gadolinium [Xe] 4f <sup>7</sup> 5d <sup>1</sup> 6s <sup>2</sup>	158.9253 565.8 65 Tb Terbium [Xe] 4f <sup>9</sup> 6s <sup>2</sup>	162.500 573.0 66 Dy Dysprosium [Xe] 4f <sup>10</sup> 6s <sup>2</sup>	164.9303 581.0 67 Ho Holmium [Xe] 4f <sup>11</sup> 6s <sup>2</sup>	167.259 589.3 68 Er Erbium [Xe] 4f <sup>12</sup> 6s <sup>2</sup>	168.9342 596.7 69 Tm Thulium [Xe] 4f <sup>13</sup> 6s <sup>2</sup>	173.054 603.4 70 Yb Ytterbium [Xe] 4f <sup>14</sup> 6s <sup>2</sup>
(227) 499.0 89 Ac Actinium [Rn] 6d <sup>1</sup> 7s <sup>2</sup>	232.0380 587.0 90 Th Thorium [Rn] 6d <sup>2</sup> 7s <sup>2</sup>	231.0358 568.0 91 Pa Protactinium [Rn] 5f <sup>2</sup> 6d <sup>1</sup> 7s <sup>2</sup>	238.0289 597.6 92 U Uranium [Rn] 5f <sup>3</sup> 6d <sup>1</sup> 7s <sup>2</sup>	(237) 604.5 93 Np Neptunium [Rn] 5f <sup>4</sup> 6d <sup>1</sup> 7s <sup>2</sup>	(244) 584.7 94 Pu Plutonium [Rn] 5f <sup>6</sup> 7s <sup>2</sup>	(243) 578.0 95 Am Americium [Rn] 5f <sup>7</sup> 7s <sup>2</sup>	(247) 581.0 96 Cm Curium [Rn] 5f <sup>7</sup> 6d <sup>1</sup> 7s <sup>2</sup>	(247) 601.0 97 Bk Berkelium [Rn] 5f <sup>9</sup> 7s <sup>2</sup>	(251) 608.0 98 Cf Californium [Rn] 5f <sup>10</sup> 7s <sup>2</sup>	(252) 619.0 99 Es Einsteinium [Rn] 5f <sup>11</sup> 6s <sup>2</sup>	(257) 627.0 100 Fm Fermium [Rn] 5f <sup>12</sup> 7s <sup>2</sup>	(258) 635.0 101 Md Mendelevium [Rn] 5f <sup>13</sup> 7s <sup>2</sup>	(259) 642.0 102 No Nobelium [Rn] 5f <sup>14</sup> 7s <sup>2</sup>

# You are an army of bacteria

An adult human microbiota (the bacteria that lives inside your gut) weighs 2 kg and hosts around 100 trillion microbes.

**There are more bacteria in one gram of human feces than human beings on Earth.**







The **mind and body** are  
inextricably connected



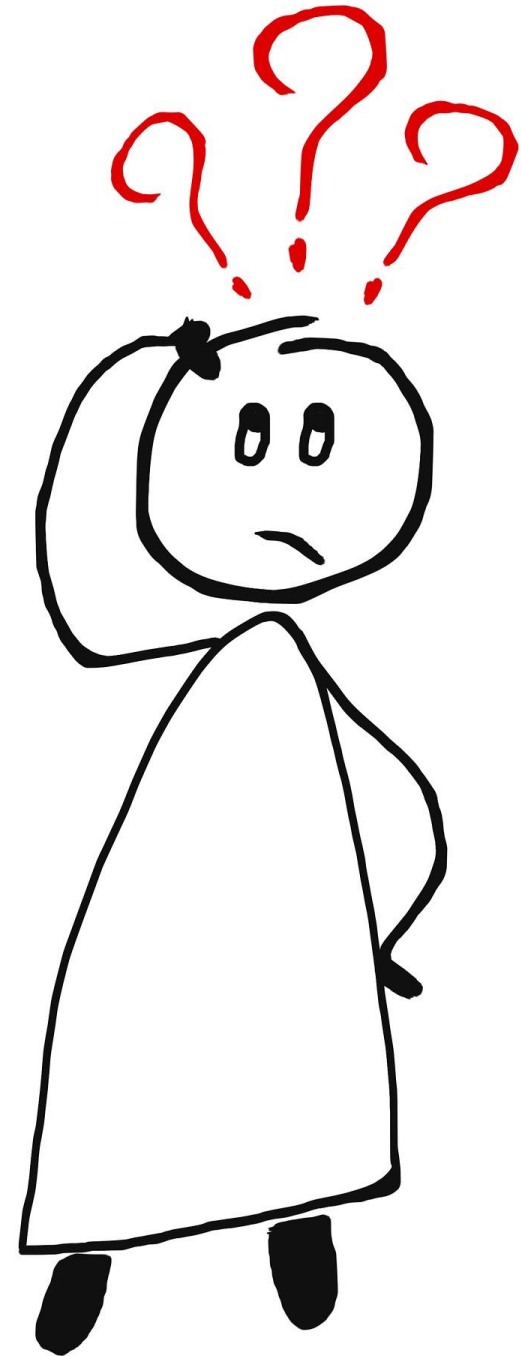
Nothing has more power to heal and  
transform the body **than the mind**

# You are your emotions

**What you eat, you become**



**What makes you  
YOU?**





**Ayurveda answers it with  
the three doshas: Vata,  
Pitta, and Kapha**

The Doshas are biological energies found throughout the human body and mind. **They are your individual nature.**

They derive from the five elements.

# The 5 elements

Ether



Earth



Fire



Air



Water







Just as you are born with a unique genetic makeup, you are born with a unique proportion of Doshas.

The Doshas are dynamic energies that constantly changes according to our actions, thoughts, emotions, foods we eat, the seasons, and any other sensory inputs that feed your mind and body.



# VATA

## LATE FALL/EARLY WINTER

COLD, DRY, LIGHT, SWIFT, MOBILE,  
IRREGULAR, ROUGH

- ❑ Thin, light and wiry frame, long and tapered fingers and toes, small dark eyes, smaller mouths and thin lips.
- ❑ Dryness of skin, hair, lips and joints. Irregularity in bones, teeth, hair, spine ect (scoliosis).
- ❑ Extreme sensitivity to cold, wind, and dry weather.
- ❑ Cold extremities, such as hands, feet, and nose.
- ❑ Erratic appetites and irregular digestion.
- ❑ May suffer from arthritis, fibromyalgia, anxiety, migraines
- ❑ Irregular menstrual cycles with premenstrual physical and emotional symptoms.
- ❑ Light, restless sleep.
- ❑ Very active mind. Creative, artistic with imaginative ideas. Ideas change often. Open and tolerant of others. Energetic but sporadic.

# KAPHA

## LATE WINTER/EARLY SPRING

COOL, WET, OILY, HEAVY, DENSE,  
STATIC, STABLE

- ❑ Stocky build, large and strong frame, tendency to gain weight easily, and well-developed chest. Large and attractive blue or light brown eyes, thick eyelashes, round faces with full lips.
- ❑ Soft, thick, oily hair that is wavy and plentiful.
- ❑ Intolerant of cold, damp environments.
- ❑ Cool extremities that may be clammy (cool sweaty palms/feet).
- ❑ Steady appetite with slow but regular bowel movements and minimal urination.
- ❑ Tendency towards colds, congestion, allergies, water retention, and sluggish digestive systems.
- ❑ Regular menstrual cycles with little premenstrual symptoms
- ❑ Heavy sleepers with tendency to over sleep
- ❑ Easy going, fun loving, patient, slower moving, endurance, grounded deposition, resistance towards change

# PITTA

## SUMMER

HOT, OILY, LIGHT, LIQUID, MOBILE,  
SHARP, SOFT, SMOOTH

- ❑ Medium-sized build, moderate muscle tone, ruddy coloring, medium sized eyes that are light in color.
- ❑ Skin is fair, warm, reddish, soft, and moist. Many freckles and moles, with a tendency towards rashes or acne. Soft, thin, light-colored or reddish hair, tendency to grey or bald early.
- ❑ Burn easily in sun. Sensitive to heat and humidity.
- ❑ Extremities are warm with good circulation.
- ❑ Robust, healthy appetites. Become irritable if they skip a meal.
- ❑ Prone to inflammation of muscles and tissues, especially in the shoulders and middle back where they accumulate stress. Indigestion, heartburn.
- ❑ Regular menstrual cycles with heavy bleeding and PMS.
- ❑ Light but moderately good sleep. Often overheat during sleep with tendency to burn candle at both ends.
- ❑ Intelligent, powerful, clear, focused mind. Aggressive, quick temper, competitive, workaholic, overly ambitious, great conversationalists.







# The 6 tastes

6 TASTES	MAKE-UP	DOSHAS	MAKE-UP	BALANCING TASTES	IMBALANCING TASTES
SWEET	Earth and Water				
SOUR	Earth and Fire	VATA	Ether and Air	Sweet, Sour, Salty	Bitter, Pungent, Astringent
SALTY	Water and Fire	PITTA	Fire and Water	Sweet, Bitter, Astringent	Sour, Salty, Pungent
BITTER	Ether and Air	KAPHA	Water and Earth	Pungent, Bitter, Astringent	Sweet, Sour, Salty
PUNGENT	Air and Fire				
ASTRINGENT	Air and Earth				

- Include all 6 tastes in each meal. (They offer you a user-friendly guide map for how to nourish each of the 5 elements at our core)
- Allow your unique constitution to determine the proportion of tastes you eat. (Follow your natural inclinations. Your body knows what it is best for you)



# Balancing the Doshas through taste (rasa)

	MOST BALANCING	MOST AGGRAVATING
Vata	Salty	Bitter
Pitta	Bitter	Pungent
Kapha	Pungent	Sweet

	Sweet	Sour	Salty	Bitter	Pungent	Astringent
Elements	Earth	Earth	Water	Air	Fire	Air
	Water	Fire	Fire	Ether	Air	Earth
Qualities	Cold	Hot	Hot	Cold	Hot	Cold
	Heavy	Light	Heavy	Light	Light	Heavy
	Moist/Oily	Most/Oily	Moist/ Oily	Dry	Dry	Dry



*Rasa* is the sensation that the tongue experiences when consuming a taste.

Balancing (or decreasing) – Aggravating (or increasing) +

**Sweet**

**Vata –**

**Pitta –**

**Kapha +**

Milk, dairy, grains, beans, sweet fruits, cooked root vegetables such as sweet potato, beets, carrots.

**Sour**

**Vata –**

**Pitta +**

**Kapha +**

Citrus fruits, milk products (yogurt), fermented foods (wine, vinegar, sauerkraut, soy sauce).

**Salty**

**Vata –**

**Pitta +**

**Kapha +**

Sea Salt, rock salt, sea vegetables (seaweed, kelp), salty food.

**Bitter**

**Vata +**

**Pitta –**

**Kapha –**

Green leaf vegetable, olives, bitter melon, herbs and spices (dandelion root, gentian, fenugreek, turmeric)

**Pungent**

**Vata +**

**Pitta +**

**Kapha –**

The hottest of all the 6 tastes. Chili peppers, garlic, onions. Black pepper, ginger and cumin.

**Astringent**

**Vata +**

**Pitta –**

**Kapha –**

Heavy by Nature. Certain beans and lentils. Broccoli, cauliflower, asparagus and turnip. Turmeric and marjoram. Black and green tea.

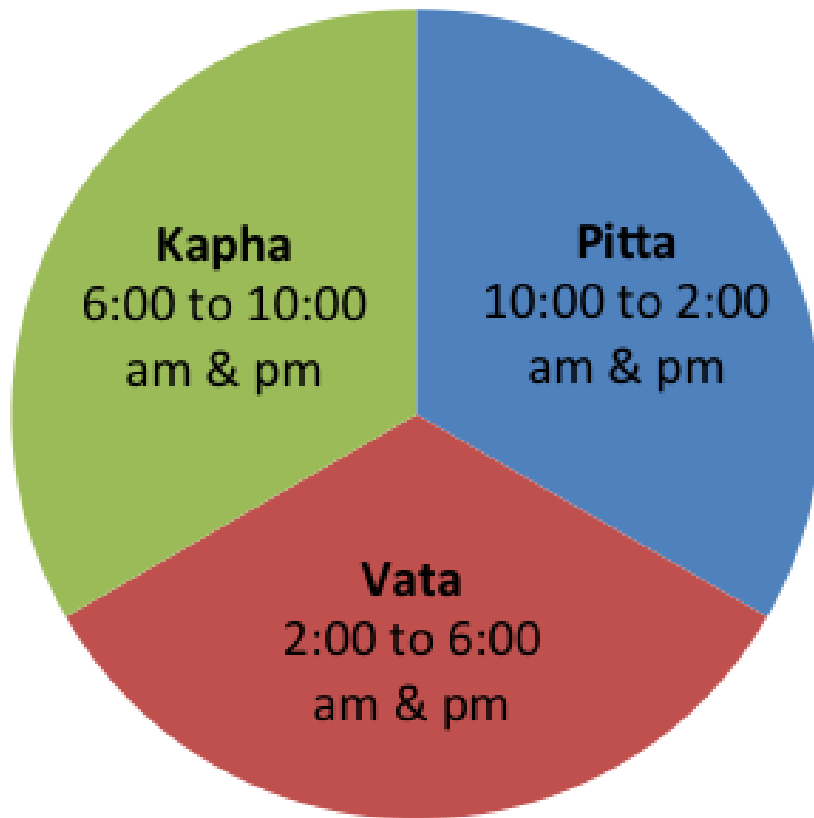
## THE TASTE TEST

Now, take this simple test to gauge your current relationship with the 6 Tastes. Answer the questions as quickly as possible, writing down the first answers that come to mind:

- 1 Name 3 foods that are Sweet.
- 2 Name 3 foods that are Sour.
- 3 Name 3 foods that are Salty.
- 4 Name 3 foods that are Bitter.
- 5 Name 3 foods that are Pungent.
- 6 Name 3 foods that are Astringent.

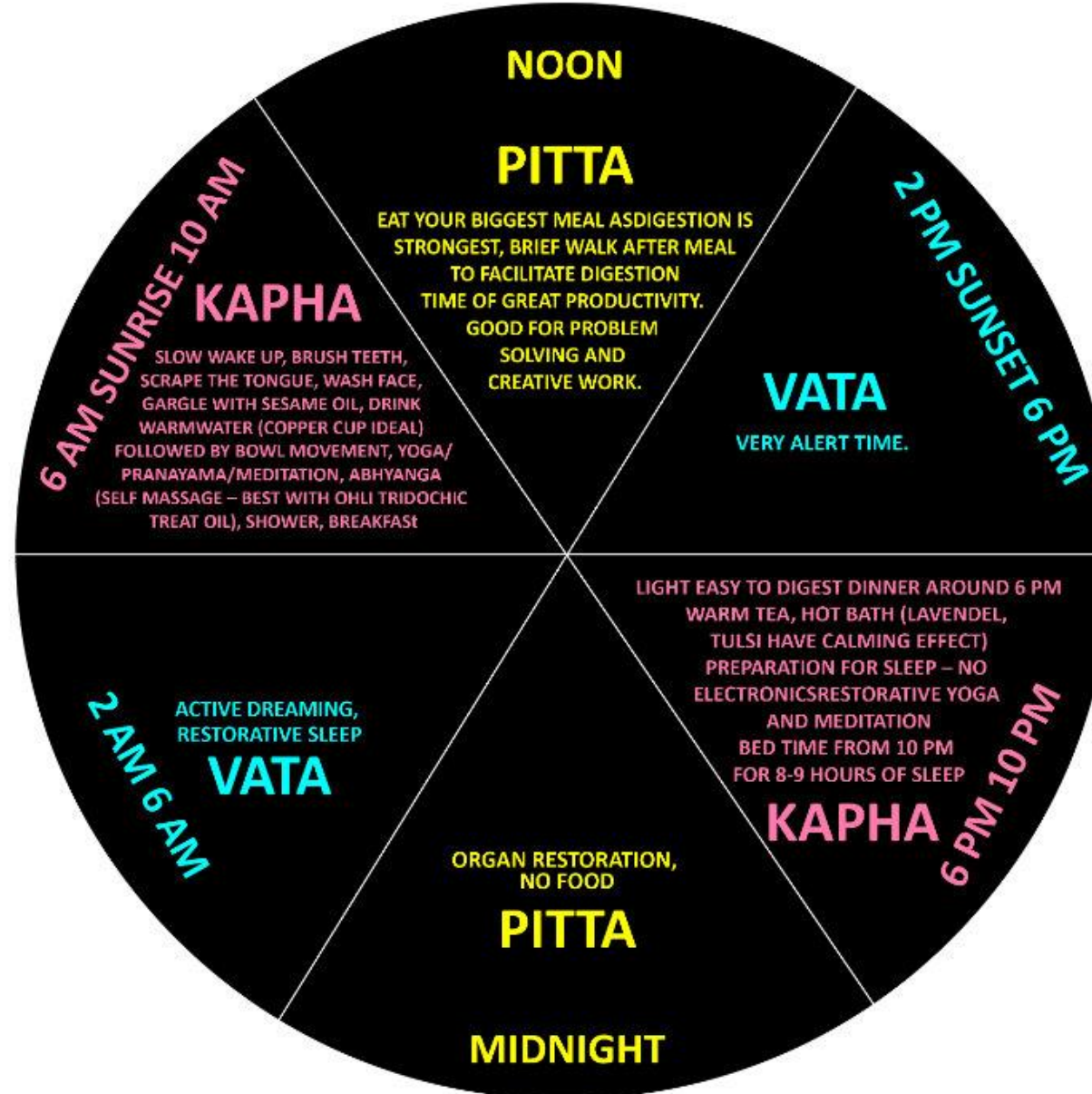
Perhaps you noticed that foods for certain tastes came easily to mind, while others were more difficult. If the first three tastes were the easiest, then you're not alone. Western diets are highest in Sweet, Sour, and Salty tastes. These tastes differ from the latter three in that they cause food to be stored as matter. Bitter, Pungent, and Astringent tastes, on the other hand, help liberate bodily stores into energy.

## Times of Day



- Any period of the day or night that corresponds to your predominant Dosha will create a greater sensitivity for you during that period.
- For that reason, it's important to take extra balancing measuring during that time.
- The digestive fire (agni) is generally low in the morning, especially if you ate a late dinner the night before. Breakfast should, therefore, be easily digestible. Poor digestion at the start of the day quickly leads to ama accumulation.

# AYURVEDIC DAILY CLOCK







Vata



Pitta



Kapha



## VATA TEA

1 TEASPOON	fennel seeds
1 TEASPOON	cumin seeds
½ TEASPOON	coriander seeds
½ TEASPOON	fresh grated ginger
SQUEEZE	lemon juice
(TO TASTE)	raw organic sugar, such as Sucanat

## PITTA TEA

1 TEASPOON	fennel seeds
1 TEASPOON	coriander seeds
½ TEASPOON	cumin seeds
10	fresh mint leaves
SQUEEZE	lemon juice
(TO TASTE)	raw organic sugar, such as Sucanat

## KAPHA TEA

1 TEASPOON	cumin seeds
½ TEASPOON	coriander seeds
1 STICK	cinnamon or licorice
10	fresh basil leaves
SQUEEZE	lemon juice

- Sipping warm teas throughout the day is a highly effective way to flush out *ama* and other toxins from the body.
- These are basic detoxifying teas for each Dosha.
- Simply place the ingredients in a medium saucepan with 4 cups filtered water, bring the water to boil for 5 minutes, and then steep for 3 to 5 minutes. Always add the lemon while the tea is steeping (vitamin C). Strain and drink.





# Health Benefits Of Triphala

Lowers Cholesterol

Wards Off Digestive Problems

Improves Removal of Stored  
Fats from the Body  
(Weight Loss Benefits)

Relief from Constipation

Boost Immunity

Reduces Inflammation

Prevents Cancer

Rejuvenates skin

Stimulates Hair Growth and  
treats dandruff

Prevents Viral And Bacterial  
Infections and has  
Anti-Allergic Properties



### Health Benefits of Trikatu

- ⇒ Considered to act as a natural appetizer.
- ⇒ Helps improve metabolism, digestion and assimilation.
- ⇒ It is useful in Respirator infection.
- ⇒ It helps improve body immunity.
- ⇒ Supports in removing toxins from the body and improve overall health.
- ⇒ Helps reduce lipid and cholesterol level in blood.
- ⇒ Helps in better digestion of fats and proteins and thus helps to reduce obesity.

## Foods

## Compatible

## Incompatible

Hot Drinks



Most foods, unless the hot drink contains other foods (i.e. milk, fruit, almond milk, rice milk) in which case, reference that particular food.

Mangoes, cheese, yogurt, meat, fish, and starches

Leftovers



Ideally, just other leftovers from the same meal. Preferably not more than 24 hours old.

Freshly cooked foods

Raw Foods



Other raw foods, ideally in small quantities

Cooked foods (especially in large quantities)



# Increasing your digestive power



Always sit down to eat (don't eat in front of your computer or TV or while you're driving).



Dine at a moderate pace. Don't gulp down your food or eat too slowly.



Eat in a settled atmosphere and not when you're upset.



Minimize raw foods, which are much harder to digest than cooked ones.



Don't eat until you're definitely hungry.



Drink hot water with ginger throughout the day.



Practice some form of moderate exercise on a regular basis.

# Living an Ayurvedic lifestyle

- Lifestyle vs Detox Program. First: clean your diet. Then: herbs
- Fasting is a good strategy to *reset*
- Veggies or broths are always a good choice for breaking the fasting
- Your Dosha serves as a guide that helps you to make the appropriate adjustments in your diet and lifestyle
- Start your day with a glass of water (room temperature)
- Eat local, colorful food, include the 6 tastes (feeling satisfied)
- Sprout your grains and seeds
- Fruits are better digested between meals
- Think prevention
- Real food has no label
- Get a lifestyle. Forget fad diets!
- Listen to your body, get outside in the sun, rest when needed





# 8<sup>UNIVERSAL</sup> LAWS OF HEALTH

NEW  
START

1. **Sunshine** on your skin everyday.
2. Breathe good clean **Air**
3. Drink good clean **Water**
4. Eat good clean **Food**
5. Daily **Physical Activity**
6. **Rest**
7. **Trust and Connection** to a Power greater than yourself (Love, God, Nature).
8. **Temperance** in all things.



# Vinegar Bitters

with strawberries, chamomile and dandelion

## The Ingredients

- 1 cup chopped strawberries (fresh or frozen)
- 1/4 cup dried chamomile flowers
- 1/4 cup dried dandelion root
- 1/3 cup balsamic vinegar
- 1/3 cup apple cider vinegar
- 1 Tablespoon honey

Combine all the ingredients in a pint mason jar and stir well.

If the herbs are not covered with the vinegar, add a bit more equal parts of the vinegars.

Cover with a glass or plastic lid (vinegar will corrode a metal lid and ruin the mixture).  
Label.

Shake this 1 to 2 times per day. After a couple of days, check on the mixture and add more vinegars if needed.

Taste this daily. When the flavors have infused to your liking, strain off the herbs, reserving the vinegar.

Store in a dark bottle in the fridge. Use within a year.

## Reference

### Books

- Ayurveda, the science of self-healing. Dr. Vasant Lad
- Eat – Taste – Heal. An Ayurvedic Guide and Cookbook for Modern Living. Thomas Yarema, MD, Daniel Rhoda, DAS, Chef Johnny Brannigan

### Websites

- [herbalremediesadvice.org](http://herbalremediesadvice.org)
- [yogadine.com/ayurveda/](http://yogadine.com/ayurveda/)
- [banyanbotanicals.com](http://banyanbotanicals.com)
- [yogajournal.com/lifestyle/whats-dosha](http://yogajournal.com/lifestyle/whats-dosha)
- [chopra.com/articles/what-is-ayurveda](http://chopra.com/articles/what-is-ayurveda)



## WAYS TO BALANCE VATA

Key Words to remember: nourishing, warming, routine

Note: Many of the following suggestions will be explained in greater detail throughout this book.

- Eat a Vata-balancing diet.
- Eat in a peaceful environment.
- Engage in wholesome and contemplative activities (like spending time in nature).
- Follow a regular daily routine.
- Go to bed early.
- Meditate daily.
- Do gentle physical exercise like Yoga, swimming, Tai Chi, or walking.
- Incorporate bright, warming colors like orange and green into your surroundings.
- Listen to calming music.
- Laugh and smile more.
- Massage body daily with warm oil (such as sesame).
- Take time to rest during the day (naps are good!).
- Cleanse internally; enemas with added oils (called *basti*) are highly recommended.
- Observe the seasons (especially Fall) and adjust diet and lifestyle accordingly.
- When cold, take warm showers and steam baths when available.
- Sunbathe if prone to coldness.
- Use sweet and warm essential oils, such as lavender and cinnamon for aromatherapy.
- Wear warming gems and stones, such as ruby, lapis and amethyst.
- Follow creative and artistic passions.
- Spend time with engaging and grounded people (like balanced Pittas and Kaphas).

## WAYS TO BALANCE PITTA

Key Words to Remember: cooling, calming, moderation

- Eat a Pitta-balancing diet.
- Eat in a peaceful environment.
- Avoid artificial stimulants.
- Engage in calming activities, like spending time in nature.
- Meditate daily.
- Do calming physical exercise, such as Yoga, swimming, Tai Chi, or walking.
- Surround self with cooling colors, like blue, green and white.
- Listen to calming music.
- Take time to rest every day.
- Laugh and smile more.
- Learn to appreciate Vata and Kapha types.
- Observe the seasons (especially Summer) and adjust diet and lifestyle accordingly.
- Do volunteer work.
- Take cool showers.
- Use sweet and cooling essential oils, like sandalwood and rose for aromatherapy.
- Wear cooling gems and stones, such as moonstone, pearl, and blue sapphire.
- Massage body daily with cooling oils (such as coconut).
- Get in touch with emotions, through introspective activities like journaling.

## WAYS TO BALANCE KAPHA

Key words to remember: drying, stimulating, expression

- Eat a Kapha-balancing diet.
- Eat in a loving environment.
- Avoid a luxurious, leisurely lifestyle.
- Focus on non-attachment in daily life.
- Do emotional housekeeping regularly.
- Make time for introspective activities, like meditation and writing.
- Make a distinction between being nice and being taken advantage of.
- Go to bed early and rise early, with no daytime naps.
- Engage in stimulating activities like running, hiking, and more vigorous forms of Yoga.
- Surround self with bright, vivid colors like red, orange, gold and purple.
- Listen to enlivening music.
- Observe the seasons (especially Spring and Winter) and adjust diet and lifestyle accordingly.
- Vary one's daily routine.
- Use warming flower essences like myrrh, eucalyptus, and cedar for aromatherapy.
- Wear warming gems and stones such as ruby and yellow sapphire.
- Take dry saunas when available (and alternate these with cold showers).
- Spend time with interesting and motivated people (like balanced Vata and Pitta types).