How We Get Well

Create a Balanced Lifestyle (!)

At the very least, consider:

- Sleep/wake
- Meals
- Movement
- Stress management (breathing, relaxation)

Daily Routine/Dhinacharya

(See Lad's book p.57ff)

Pacify Your Dosha - with some seasonal adjustments

(see Lad's book p. 64ff)

Minimize Ama: Don't put junk in, and do Agni sara practice!

Support Cleansing

Colon Cleansing:

- Magnesium for constipation: 300-600mg daily
- Castor oil for constipation: 1 Tbsp , chased with ginger tea before bed
- Smooth Move Tea: 1 teabag steeped according to directions (not too long!)
- Psyllium husk (soluble fiber) 1 tsp in a glass of water/juice daily; work up to 1-2 Tbsp - but go slowly (can aggravate Vata because is cooling; is great for Pitta)

Liver Cleansing:

- Most liver cleansing herbs are Bitter and Cooling for this "Pittic" organ
- Examples (common ones) are dandelion, red clover
  Also : Chiretta (Andrographis paniculata), Picorizzha, Bupleurum, Barberry
- HI makes a product called "Safe Travels", which is a bitters formula; good for digestive and immune support (I take it for everything from nausea to a sore throat)

Remember to Nourish

Feed your Senses: Nature, beauty, music, aroma, food/tastes, massage/touch

Relationships matter: to each other, to the earth, to higher Consciousness - to ourselves

Consider Herbs

- Nervines (herbs that are calming/soothing to the nervous system and mildly sedative): chamomile, passionflower, skullcap, milky oat seed, kava, hops
- Adaptogens (herbs that help us adapt to stress; nourish/support adrenals and nervous system; grounding and uplifting):ashwagandha, rhodiola, rehmania, schisandra, tulsi, etc

Rasayana = Ayurvedic concept of Rejuvenation
Is dependent on the balance of Nourishing and Cleansing
Nourishing gives us the strength to cleanse; Cleansing allows us to nourish

Classic Ayurvedic Formulas

- Triphala (3 Fruits). Tridoshic bowel tonic; an "ama scraper" but nourishing as well; 2 tabs nightly for 4-8 weeks; spring and fall and as needed
- Trikatu (3 Pungents). Black pepper, Long pepper and Ginger. Ama scraper and Kapha reducer. Take only if Kapha excess present - can aggravate Pitta and Vata.
- Chyavanprash. General tonic, restorative and immune booster. One teaspoon daily, usually in winter/cold weather.

Pay Attention - Cultivate Self-Awareness

- Mediation
- Contemplation
- Journaling
- Practice curiosity and compassion