

AYURVEDA

AN INTRODUCTION TO THE SISTER OF YOGA, A 5,000-YEAR OLD PRACTICE OF SELF CARE + DIET

WAKE

Daily routines for the body, mind, and spirit

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LIVE

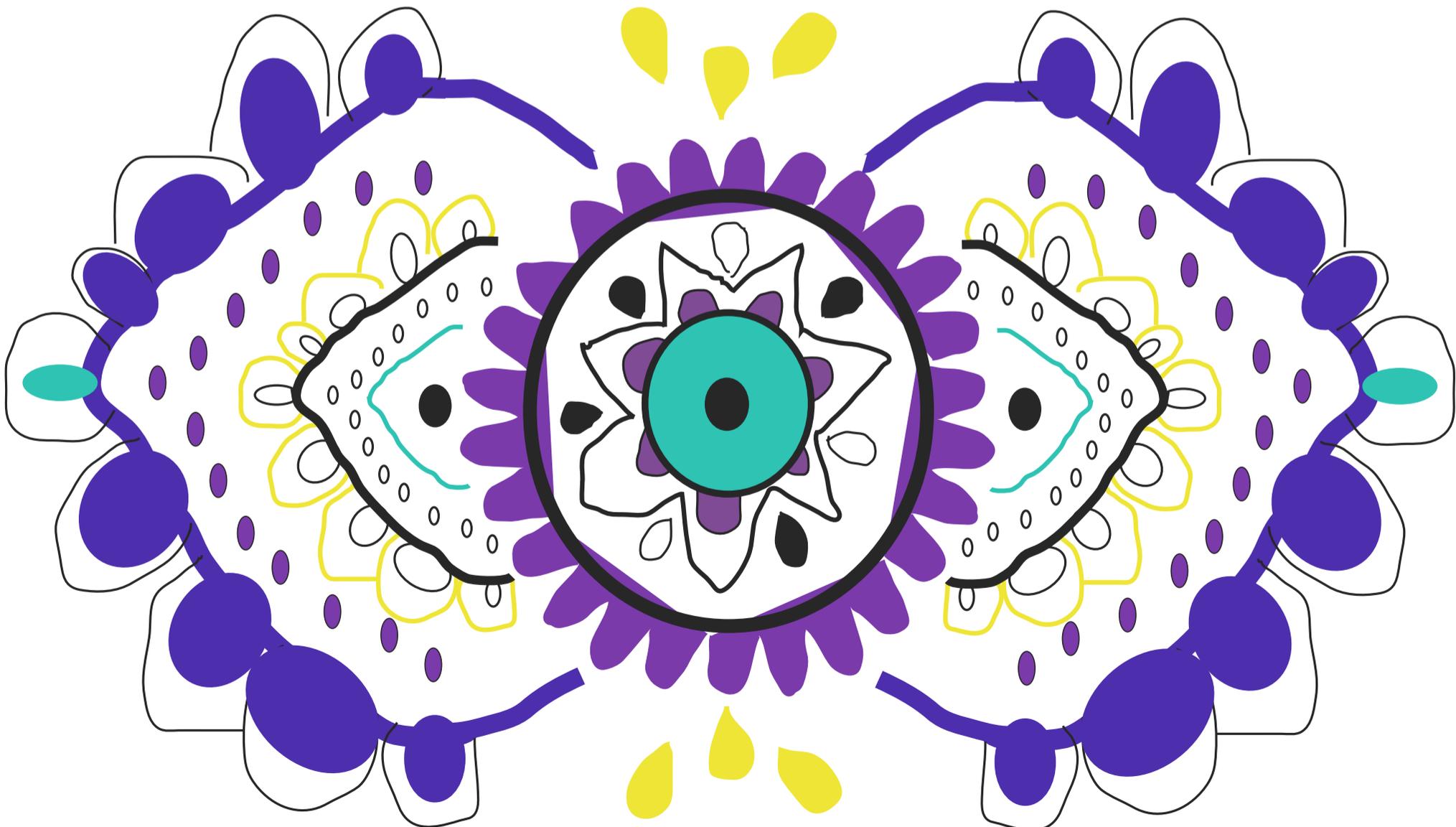
Eat well this winter with some featured recipes

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REST

Help improve your sleep and wake up rested

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wake

before the sunrise or around 6am

drink

a glass of warm or room temperature water to help
you poop :0

practice

yoga + meditation daily to be fit and enlightened

oil [body + mouth]

brush teeth and then oil pull with coconut oil.
before you shower, oil body with sesame seed oil

shower

daily to wake the body and live a clean life

eat

according to your dosha. Kaphas don't always need a
breakfast but Vatas should NEVER skip it!

be kind

to others and give seva, or selfless service

work hard

between 10am and 2pm, then take a lunch break
[biggest meal of day] at noon away from your work

light dinner

between 5pm-7pm

beauty rest

bedtime should be by 10pm. before bed oil head,
ears, and feet to enhance sleep & drink warm milk



what is my dosha?

There are many on-line dosha quizzes as well as books [even listed in this zine]. The Chopra Center has a fairly reliable dosha quiz.

Vata is cold, dry, irregular

Pitta is hot, oily, irritable

Kapha is cold, wet, stable

introduction on Ayurveda

Ayurveda is a 5,000-year old medical system that is said to be the sister to yoga. It is said that Dhanvantari, God of Ayurveda gave the information to the Indian physicians who wrote some of the first medical text books. The system asks you to consider yourself an energy force on this planet - working together with all other energy forces. Additionally, it believes that we consume with all of our senses. Personal care, daily routine, and food are all part of the lifestyle.

what foods can I eat?

each dosha has its own list of best foods and foods to limit. I found the Ayurvedic Health Center's PDF food lists the best resource! Check it out at <https://ayurvedichealthcenter.com>



DAILY GINGER TEA [all doshas]

INGREDIENTS:

1 Ginger, whole + fresh

1-2 Lemons

4 tbsp Honey [buckwheat is great!]

1/2 cup Mint [optional]



STEP 1: Prep jars with all ingredients except for honey.



STEP 2: Place water on the stove to boil. Chop ginger whole [with skins on], cut lemons in quarters, pick and measure out 1/2 cup of mint. In each jar, place a few slices of ginger. Then, squeeze one lemon slice inside of one jar and drop the whole lemon in [skin and all]. Divide the mint evenly between the jars. Now you are ready to pour in the boiling water.

STEP 3: Cap the jars, and when cool enough place in the fridge. Allow to sit overnight [or at least 4 hours].



Once cool, you may add the 1 tbsp of honey to each jar if desired. Honey has antibacterial qualities and has been used for a LONG TIME to clear wounds and fight infections.

SOMA DOSHAS

Feed someone else before you feed yourself
[plant, animal, human]

Before a meal, eat a thinly sliced piece of ginger
marinated with lemon and pinch of himalayan salt

Kapha | 2 meals a day | 6 hours apart

Pitta | 3 meals a day | 4 hours apart

Vata | many small meals | at least 2 hours apart

All doshas should keep 2 hours between any meal

Never eat after sunset

Have yogurt + water mixture after dinner

Walk 100 steps after each meal to activate digestion

Eat in silence and with like company

Chew your food well
[cooked foods are easier to digest]

Each meal should have all 6 tastes
[sour, salty, pungent, bitter, astringent]

If you have digestive issues, try one-pot meals as the
food will “fight it out in the pot instead of your belly”
[try the veggie porridge in this zine]

Use ghee [clarified butter] instead of butter

**Ghee is easy to make. Just slowly melt butter in
a pan. The cream will separate and float to the
top. Skim off the cream with a spoon and store
the rest in the fridge. You have ghee!**

Yogis who want to achieve a higher level of
enlightenment should avoid eating garlic and onions, as
onion and garlic keeps the consciousness close to the
body

WHEN TO CHEAT WITH FOODS

If you have a favorite ‘cheat-food’ it is best to eat it
when it is NOT your dosha’s season.

Vata | late fall - early winter

Kapha | coldest part of winter to spring

Pitta | hottest time, late spring to early fall

For example, a Kapha should cheat during Pitta season
as they are more likely to feel balanced during the warm
months [Kapha being cold]



SATTVA = BALANCE

SAYING GOODBYE

Sometimes you just have to let go of those 'bad' eating habits all together
[hint: Ayurveda does allow some cheating, but they say be smart as to when and what!]

Ananta Rioa Ajmera, author of "The Ayurveda Way: 108 Practices from The World's Oldest Healing System for Better Sleep, Less Stress, Optimal Digestion, and More" says that when she fully immersed herself in the Ayurveda lifestyle she had a hard time letting go of the 'bad' foods. I can completely understand this!! Seamless and my favorite coffee pastry are the hardest for me. Ananta suggests saying goodbye - maybe even performing a ceremony. Here is my own take on her suggestion!

SET THE MOOD

music, candles, incense

MAKE A HEALTHY MEAL FIRST

so that you have something good to eat afterwards

PLACE THE GIVE-UP FOOD ITEM IN FRONT OF YOU

for me, I needed to give up Seamless so I deleted the app on my phone

WRITE DOWN A LIST OF HOW THAT FOOD MADE YOU FEEL

BREATH + CENTER YOURSELF & WHEN YOU ARE READY SAY,

"Dear _____. We had a good run - but its now time for us to break up, and go our separate ways. When I eat you, I feel bad. I am choosing a healthier lifestyle where I will feel better, move more freely, and am not be addicted to your _____. Thanks for all of the fun times and good luck on your journey."

THROW AWAY + REMOVE FROM YOUR HOUSE RIGHT AWAY

TO FIGHT TEMPTATION - TAKE A LOOK AT THE LIST

save a picture of it on your phone for easy access when at the store

TELL A FRIEND OR PARTNER

they can help support you!

foods on Ananta's naughty list

Too Spicy or Intense | wasabi, alcohol, chilies, paprika, horseradish, coffee [opinions vary on coffee], excessive black pepper

Too Oily | fried foods, pork, fish, many american/indian restaurants

Fermented | kombucha, cheese, sour cream, tempeh, beer, bread [some disagree]

Too Heavy | beef, too many nuts, cheesy pasta, lamb, veal

Not Fresh | canned, frozen, processed, leftovers more than 1 day

Too Sour | pickles, kefir, too much lemon, sauerkraut

Too Salty | chips, fries, fast food, lunch meats

incompatible | milk+salt, milk+meat, milk+fruits or veggies

TO WHEAT OR NOT TO WHEAT... that is the question

Bread is really not that evil! Some people do have gluten intolerances and need to stay away from wheat. For the rest of us, wheat can be beneficial to our health! It is high in protein, fiber, and good fat. Traditionally, wheat is harvested in the fall making it ready for consumption in fall and winter months. Nature knows what our bodies need. Wheat helps to warm the body, insulate us and boost immunity during the winter months.

THE ISSUE: Since the 1950's processed-food-boom, we have consumed more processed yeasts, pesticides on wheat crops, and white sugars. These culprits are what you find in most breads at the grocery store. See some suggestions to the left on how to eat wheat, the healthy way!

EAT DURING THE FALL & WINTER MONTHS

This is the best time of year to boost immunity and consume freshly harvested wheat, even for Kapha!

ELIMINATE PROCESSED YEAST

Traditional Indian breads were made by leaving the flour/water mixture out on the counter until it grew yeast. Try making your own sourdough starter OR bake a non-yeasted bread.

BUY GOOD WHEAT

Do your best to buy flour from local farmers. In NYC, we have the Regional Grain Project [read more at grownyc.org/grains/about].



Msemmen | A Moroccan Breakfast Pancake Bread [Made without yeast]



- 2 cups of whole wheat flour [or half whole wheat + half almond flour]
- ½ cup Semolina [plus extra for sprinkling]
- ½ teaspoon Himalayan sea salt
- ½ tablespoon baking powder
- ½ tablespoon coconut sugar or date sugar
- 1 large egg
- ¾ cups warm water
- SOME olive oil or ghee melted
- SOME Honey [optional]

In a bowl, mix flour, salt, baking powder, sugar and egg. Add water a little at a time and mix with hands until dough is forming into a ball. When you have one dough ball, move the dough to a clean counter with flour on it for kneading. Knead the dough using the pressure of your palms, rolling the dough forward, flipping, and rolling again. The dough will feel more elastic when ready - about 5 minutes.

Prepare 2 bowls, one with melted ghee and one with semolina. Dip hands in ghee and brush the melted ghee on the dough, covering it. Separate the dough into small balls, about 2 inches in diameter.

Take one small ball of dough, place on counter with semolina below it. Roll out as thin as you can. Brush the inside with ghee and sprinkle semolina. Fold the corners into the center to make a square shape. Roll again, repeat the ghee and semolina, and fold in the corners. Do this one more time - and now your little square, flat dough is ready for the pan.

Put a dry, non stick pan on medium heat. Coat with a little ghee. Place one msemmen in the hot pan, cook each side for 4-5 minutes or until golden brown. It will start to puff up.
Enjoy with honey. Can store in fridge for 3-4 days.



VEGGIES HAVE FEELINGS TOO!

How many people handled your veggies before they arrived in your home?

As you prepare your food, thank it! Remember, even if you choose to be vegetarian for animal cruelty reasons, your veggies may not be getting to your door cruelty-free. Fruits and veggies are ripped from their homes [Mother Earth] and packaged for you to buy and eat. They may go through many sets of hands before they get to you [farmer, wholesaler, retailer, stock person...]. Each set of hands carry their own energy - and not all energy transference is positive.

It is best to get direct from the farmer or grow your own!! Most cities have year round markets. Some farmers even freeze goods for purchase during the winter. There are EVEN some frozen CSA [Community Shared Agriculture] options!

Thank you, squash for giving your life to nourish my soul and belly!



Your Body Benefits from Turmeric

Add turmeric to your milk - your soups - your honey - your life!

Used to help balance vata, pitta, and kapha, but if too much it can upset pitta and vata.

It is considered a pungent + bitter taste.

Turmeric is known to be used to overcome obstacles - it provides prosperity and energy to achieve goals.

Increases digestion, joint mobility, maintains blood sugar levels, helps liver process stuff out of your body, and boost immune system.

*see resources at end of zine



WINTER VEGGIE PORRIDGE [Kapha]

This recipe is ideal for Kapha, but can be modified with the grains and veggies appropriate for your dosha. If you are a dual dosha [like me!] this recipe is good for a Vata/Kapha mix. The recommendation in Ayurveda is to follow your Vata in Summer & Fall and Kapha in Spring & Winter.



AYURVEDA TIP: Not all herbs have to be your “traditional” Indian herbs. Thyme and rosemary have been used for years and years medicinally.

Rosemary should be used during fall and winter. Joyful Belly states, “Rosemary is traditionally used to improve memory. It stimulates the central nervous system, useful in low blood pressure and sluggishness. It combats muscle fatigue. Rosemary contains tannic acid, resins, bitters, and a volatile oil.”

Thyme is another wonderful winter herb to warm the body [especially for cold Kapha]. The herb is often prescribed for gastrointestinal and bronchial issues. It acts as the winter’s form of mint. It can even be added to beauty routines as it kills athletes foot. Source: Ayurvedic Talk.

STEP 1: Wash and chop all veggies. Place the root veggies in pot with olive oil. Cook on medium-high flame until they soften. Add turmeric, water, rice/barley, brussel sprouts. Stir. Toss herbs on top. Reduce heat to low, cover, cook for 30 minutes. Stir occasionally.

STEP 2: Test rice for softness. Once soft, add in the leafy greens and salt. If needed, you can add extra water.

Serve warm!



- 4 - 6+ cups water
- 2 tbsp olive oil [reduce for pure Kapha types] *use only enough for veggies to not stick
- 1 - 3 tbsp dried, powdered turmeric
- 3 large carrots, skinned and chopped
- 2 sweet potatoes, skinned and chopped
- 2 cups brussel sprouts
- 3 cups leafy greens [kale and swiss chard used here]
- 1 1/2 cup barley + basmati rice
- 1 tbsp Himalayan Rock Salt
- few sprigs of herbs of your choice [rosemary and thyme used here]



FUDGY HIPPIE BITES [all doshas]

- 2 cups rolled oats
- 1 cup shredded coconut [unsweetened]
- 1 cup chopped pistachios
- 1/2 cup raw cocoa powder
- 1/2 cup nut butter [almond is good]
- 3/4 cup honey [orange blossom or seasonal buckwheat]
- 1 tablespoon vanilla
- 1 tablespoon cinnamon
- 1/4 tablespoon cardamom
- 1/2 tablespoon powdered ginger

These little bites were inspired by a pistachio fudge I had in the East Village. I wanted to find a way to replicate them while still having them fit into an Ayurveda cooking method.

Take on your next hike for an energy boost!

Mix all ingredients besides the spices. Once well mixed, evenly distribute the spice and mix well. Cover and chill for 30 minutes. Take out and roll in even size balls - roll each ball in shredded coconut. Makes about 48. Store for up to 2 weeks in the refrigerator. Serve cold or at room temp for a melt-in-your-mouth goodness.





AYURVEDIC TIP

You should skin your almonds before eating, as almond skin is believed to have ama, or toxins.

ALMOND MILK

Store-bought almond milk contains preservatives. In Ayurveda, it is best to be as close to nature as possible. For those who may need to avoid dairy, a nut milk option might be ideal. Almond milk is good for night time [warm and add spices for a bedtime treat *see spiced milk recipe]

INGREDIENTS:

1 cup Almonds
2 cups Water [for almond milk + extra for soaking]
Honey or dates [optional]

Almond to Water ratio is 1:2
[1 cup almonds to 2 cups of water].
Adjust recipe based on how much you want to make!

OTHER TOOLS NEEDED:

Cheese Cloth
Fine strainer & bowl that fits under strainer
Cookie sheet
Parchment paper



STEP 1: SOAK ALMONDS

in the fridge overnight. Make sure all of the almonds are completely submerged in water.

STEP 2: DRAIN AND RINSE almonds. Remove skins.

STEP 3: In a blender, put almonds, water, honey or dates if desired. **BLEND** until completely mixed.

STEP 4: SET UP YOUR STATION with a bowl, a fine strainer and cheese cloth. Place the cheese cloth inside of the strainer, and place the strainer over the bowl. I do this step because the cheese cloth can break and the strainer will catch any spills. Additionally, place an empty cookie sheet with parchment paper near by for the left over pulp.

STEP 5: From the blender, pour some of the almond mixture into the cheese cloth, gather the cheese cloth and **SQUEEZE** milk through the strainer. When you can no longer squeeze milk from that batch, place the left over almond pulp on cookie sheet for later. Repeat until you have processed the batch.

STEP 6: MAKE FLOUR from the left over almond pulp. Thinly spread the left over pulp on your cookie sheet and cook in the oven on 200 degrees F for 20 - 30 minutes, or until completely dry. Stirring occasionally.

**Makes about 2 cups. Stays fresh in fridge for 5 - 7 days.
It may separate in fridge, just shake!**

AYURVEDIC TIP: Ama means toxins. In Ayurveda, it is best to avoid foods that create ama in the body. It is also said that when a body's energy is out of balance, it must have excess amounts of ama.

Honey is considered to have more ama when heated, therefore you should NEVER cook with honey. You should still USE honey, but in its not-melted form.

BEDTIME SPICED MILK

INGREDIENTS:

1 cup almond milk or cow's milk
1 teaspoon powdered ginger
2 teaspoons powdered turmeric
1/2 teaspoon powdered cinnamon
2 teaspoons date sugar or coconut sugar for sweetness [optional]

*Increase amount of spice per your taste

DIRECTIONS:

In a small, cold sauce pan, combine milk and spices. Heat on medium flame, stirring continually. When the milk starts to steam a bit, small bubbled around the outside of the pan, serve. Milk should be warm and not too hot.



SELF CARE IS ESSENTIAL TO DAILY HAPPINESS

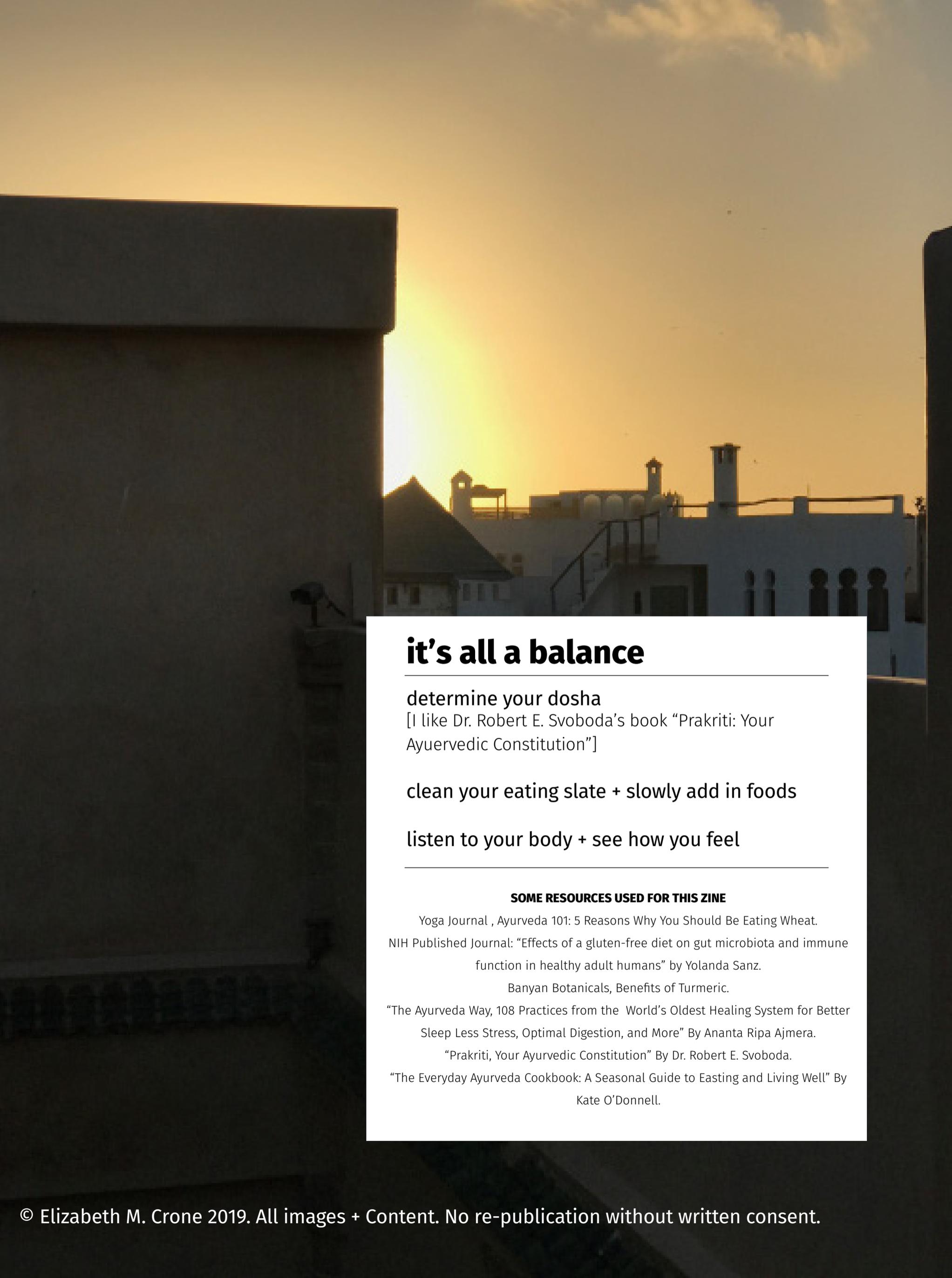
Never feel guilty again [because you shouldn't anyway]! Ayurveda says that taking time for 'beauty' each day is vital to health and happiness - so pamper away!!!



Next issue, we will dig deeper into daily habits and routines suggested by Ayurveda. Plus, we will review products like Paavani, which makes all Ayurvedic beauty care products! We will also share some DIY beauty products like home made shampoos, face scrubs and more!

STAY TUNED FOR VOL 2

OUR NEXT YOGAZINE WILL FEATURE DIY BEAUTY PRODUCTS & SELF-CARE



it's all a balance

determine your dosha

[I like Dr. Robert E. Svoboda's book "Prakriti: Your Ayurvedic Constitution"]

clean your eating slate + slowly add in foods

listen to your body + see how you feel

SOME RESOURCES USED FOR THIS ZINE

Yoga Journal , Ayurveda 101: 5 Reasons Why You Should Be Eating Wheat.

NIH Published Journal: "Effects of a gluten-free diet on gut microbiota and immune function in healthy adult humans" by Yolanda Sanz.

Banyan Botanicals, Benefits of Turmeric.

"The Ayurveda Way, 108 Practices from the World's Oldest Healing System for Better Sleep Less Stress, Optimal Digestion, and More" By Ananta Ripa Ajmera.

"Prakriti, Your Ayurvedic Constitution" By Dr. Robert E. Svoboda.

"The Everyday Ayurveda Cookbook: A Seasonal Guide to Eating and Living Well" By Kate O'Donnell.