

**Sister Science - Beyond Asana**  
**Module 1 : Lesson 3**  
**Your Perfect Ayurvedic Diet**

Hi There, Jacky Rae here, Co-Founder of Yoga Veda Institute & Creator of Sister Science - a program designed for Yoga Teachers & Ayurvedic Professionals who are struggling to incorporate Ayurvedic Yoga Therapy into their practice. This week, we are taking a peek inside some key Ayurvedic Themes & Concepts.

It is our intention to present these sometimes difficult to understand, abstract principles, in an easy to understand, easy to use and most importantly, easy to share format.

Today, we are going to take a look inside the Ayurvedic Diet. There is going to be a lot of information covered today. As always, the transcripts & powerpoint presentations as well as PDF downloads are available for you to use following the class. Don't worry about taking notes, I hope that by the end of this video, you will have a clear and working understanding of the Ayurvedic Diet, and how to apply it in your life & share the information with your friends.

So - let's get started, shall we?

Ayurveda is such a wonderful & experiential science, it offers us a world of connection to mother nature, like nothing else out there. Today, we are going to expand on the lessons we've introduced in the previous days to discover our Ayurvedic perfect for YOU diet plan that will allow you to heal your body & your mind as well.

We are going to talk about Intention & how your energy affects the foods you eat.

We are going to learn about the Energy (or prana) of the foods we eat and how that affects our state of health and state of mind.

And what you will take away from this lesson most is how to recognize those perfect for you foods. You'll learn how to balance your digestion - in turn improving all aspects of your health and well being, using nothing but your intuition and the signs that the universe is leaving just for you!



I absolutely love teaching these concepts because they are so wonderfully beneficial, so widely different from person to person, and so very very simple, useful and not to mention they can have a dramatic effect on your health, and that effect can sometime be almost immediate.

The Ayurvedic way of eating is so unique, in that Ayurveda recognizes our uniqueness, our unique needs, our unique habits, our unique nutritional requirements are just that, unique.

Ayurveda teaches us that what is wonderful, nutritional, super food healthy for one person, may be not so great, even harmful to another person.

Likewise, those foods which may be not so beneficial for one person, may be exactly what is going to be most beneficial to another. It's just a matter of discovering those very unique Signposts that the universe is already sending to you to discover what those perfect for you foods are.

My bet is your intuition already knows - but modern science may have misled you along the way.

Ayurveda teaches us that the key to perfect health is not the foods we INGEST but instead, how we DIGEST.

You may have heard the phrase, "You are what you eat." Well, instead, look at it this way, You are what you DIGEST.

By listening to the universe when it comes to our diet and the foods we eat, we can bring digestion to it's best and begin to heal, from the inside out.

An Ayurvedic diet allows you to heal your soul, to connect deeply and intimately to mother nature, and all you need to do is tune into your intuition and the very clear signs the universe is ALREADY GIVING TO YOU.

Some of you may find that the universe has been whispering. Ayurveda teaches us



how to listen to the universe, and sometimes the universe has not been whispering, it's been screaming.

Let's learn to listen.

One of the most dramatic effects that the foods that we eat have on us is not a physical effect at all.

The foods we eat directly relate to our current state of mind. Think about that for a moment. The foods we eat have a direct effect on our current state of mind. We know that stimulants have a direct effect on the mind - foods such as caffeine and alcohol. But Ayurveda places spicy chili peppers, garlic, onions and dark chocolate to name a few in this stimulating category. These foods have a direct and stimulating effect on the mind, our thoughts and our state of peace. If we find that our minds are racing, that we are having destructive thought patterns or too much going on in there, it is best to refrain from eating too much of these stimulating foods.

When we eat mostly processed foods, microwaved foods, leftovers, canned or frozen foods or eat out quite a bit, these foods can leave us feeling lazy, down in the dumps or even lead to depression. When we are experiencing any kind of lethargy, chronic fatigue, or other debilitating disorder, avoid these types of foods.

When we eat a diet full of fresh, local fruits, veggies, nuts and seeds, grains & beans and leafy greens that are not processed, not frozen or not canned. By using fresh whole spices and all natural LIVING ingredients, we are getting a diet that is rich in not only nutrition, but more importantly PRANA - that life giving energy that is so crucial to our state of mind and well being.

Even the best intended Organic products - if processed, packaged and sold on shelves are completely devoid of life giving energy.

I like to think of it like this. Foods that are alive, have an ability to provide a crucial element that western nutrition overlooks. It's prana - the life force - it's pure energy.

It's easy to recognize. Take for example any frozen or canned vegetable, let's say, a green bean. Plant a frozen or canned green bean in the best soil, care for it, water it,



give it lots of love and sunlight. No amount of care and love can make that dead bean grow. On the contrary, plant a fresh green bean, and voila! It grows! That shows you there is prana there.

Spices are another great example. Most spices have a prized medicinal value - however when these spices are ground up - packaged and sold - the prana - that life giving potential is gone - it's just gone. Can you plant a seed powder and expect it to grow? Take the whole spice seed, even when it's been packaged, and it grows! Why is that? Because seeds, in their whole form can hold prana for a long LONG time, sometimes for decades. Other foods that are excellent at holding prana, dried grains, dried beans, root veggies, and the list goes on.

A good rule of thumb - Look for life in your food!

When we eat fresh live foods - we can begin to take on those peaceful, wholesome qualities in our mind, and our thoughts become pure, loving and full of goodness.

Eat Fresh, Organic, Non-GMO Grown, Local foods and reduce the amount of unhealthy processed, leftover, frozen, canned, and stimulating foods to experience a calm & peaceful state of mind.

Now, you may be asking yourself - But what foods should I eat if I am so unique? How do I find a diet that is perfect for me?

The universe has that all taken care of for you!

Remember in our previous lessons we have been talking a lot about the elements - remember those, Space, Air, Fire, Water & Earth.

You should have already determined what elements are most prevalent in YOU at this very moment.

In order to follow the Universe's perfect for you signs - First Determine which elements are predominant in YOU, and balance out by eating foods that are exactly the opposite.



For example - If you are predominant in the Earth Element, remember Earth is heavy, its damp, its cold, its thick, its solid.

You'll want to stick to a diet of things that are the opposite. Foods that are light, dry & warm will provide you with the optimal nutrition your body is craving.

If you are predominant in the element Water, think about Water - Water is wet - water is cold - water is heavy. It's best practice is for you to stick with foods that are dry, warm and light.

Both Water & Earth Elements are Kapha Dosha. If your dosha is mostly Kapha or Earth & Water you'll simply thrive on a diet of light, warm & dry foods.

The Fire element is hot, it's sharp and dry. If you have a predominant FIRE element you'll want to stick with foods that are cooling in nature.

If you are predominant in the Fire element - you'll want to balance Pitta dosha by eating a diet of cooling foods that are easy to digest.

The elements Air & Space are light, they are dry, they are cold. By listening to the universe you can balance those qualities of Vata Dosha by eating a diet that is heavier, moist and warm.

Don't worry, we are going to go over each of these right now, in detail. In a few minutes - you'll be able to discover what foods are going to be the most amazing for you!

Now, before we move along, go ahead and grab today's worksheet and begin to discover what elements are highest in you, right now before we begin going into each food in detail.

Ok - So you should have discovered which of the 5 elements are most predominant in YOU right now - so now we can begin to discover what your most balancing foods will be!



By Connecting to the Elemental Composition of your diet - as it relates to your very unique needs, you can find those foods that are going to be perfect for your very unique digestive system and needs.

Each food category is mostly made up of one or more of the elements.

Fruits are mostly water & earth - water and earth is cold and heavy and damp. IF you are mostly air and space and fire should eat plenty of fruits.

Root Veggies are mostly earth & water - mostly air, fire and space will do well with these root veggies.

Grains are mostly air & space - mostly fire - water - and earth elements will do well with mostly grains.

Nuts, Seeds & Legumes are mostly air & space elements - so people with earth - water & fire elements can eat plenty of these dry nuts and seeds.

Oils - are heavy dense and cloudy - mostly earth element - people with mostly air & space do really well with additional oils in their diet.

Fruits are Mostly Water & Earth elements - So people with predominant Air & Space as well as Fire thrive with lots of fresh, juicy, heavy fruits in their diet. Fruits like banana, papaya, melons, etc are rich in the elements water & earth.

On the contrary - people with the same elemental combination of mostly Water & Earth (or Kapha predominant) will feel sluggish, slow, tired and can even experience weight gain with these heavy juicy fruits.

If water & earth elements are predominant in you - you can favor fruits that have more qualities of Air & Space - more dry, light fruits such as apples, sour grapes, cherries, and other not so heavy, juicy watery fruits.

By looking at the elemental combination of each vegetable in general we can listen to the universe to see if these foods are right for us.



Are you predominantly Air & Space Element - Eat Veggies that are mostly Earth & Water. Heavy, Earthy, Root Veggies are most balancing for those with too much Air & Space.

Are you predominantly Fire? Favor cooling veggies, cucumber, earthy root veggies, and foods with air and space are going to be cooling, and balancing when too much fire is present.

Are you experiencing an excess of Water or Earth elements, or Kapha Dosha? You should favor Veggies with more Air & Space - Light, Dry Salads for lunch, bitter greens all have the Air & Space elements that are predominant.

Grains are mostly air & space - but when cooked you can add the water element - Grains are wonderful for those with the Fire element predominant.

Dry & Light grains - are not so great for those with Air & Space or mostly Vata Dosha but can be wonderful for those with mostly Water & Earth, or Kapha Dosha.

Heavy Cooked Grains are not so great for those with Water & Earth but really great for those with too much Air & Space.

Are you starting to see the connections? The universe tells you exactly what to eat, how you can cook it to make it more digestible, and how to thrive on the foods you eat.

Remember, you are not WHAT you eat, rather you are WHAT you DIGEST.

Nuts & Seeds are mostly Air & Space.

If you have lots of these elements - does this mean that you shouldn't eat nuts and seeds? No, not at all. It means that by adding more Water or Earth element - you can make these easy to digest - easy to assimilate - and really reap the benefits of these superfoods.

By soaking nuts, seeds or dried fruits you add the element WATER making them easy to digest for those with too much air & space.



You can change the elemental combination of any food to be what you need by processing.

Too much Air & Space in your salad - in your nuts and seeds - add the fire element by cooking. Add the water element by soaking or cooking - you can change the elemental combination of your foods to be more digestible.

It's all about tuning into the elements in your body and the elements in your food and eating those things that bring balance - or the opposite of what you're made of!

An Ayurvedic Diet allows you to return to the balance and harmony that is our birthright. You were meant to be healthy and to thrive - listen to the universe - it is telling you the way.

Let's take a moment to talk about the importance of oil in our diet. Healthy oils like Ghee, Coconut, Sesame, Almond, Avocado are not only healthy, but they are a necessary component of nutrition. Oils help to reduce bad cholesterol but also provide necessary component to those with predominant Air & space to be able to digest & assimilate their foods.

Air & Space predominant people thrive will additional intake of oils in their diet.

Fire in moderation.

Earth & Water can do with very little as it adds to too much earth to their body.

What about beverages?

Ayurveda recommends a few key guidelines for your beverage intake.

Have mostly Water element - you'll do well with the recommended 6-8 glasses a day.

Have mostly Fire element - you'll thrive with a little more to cook that fire 7-9 glasses.

Mostly Air & Space - you use up water faster than you can hold it - 8 - 10 or more glasses for you will do.



A couple of rules about beverages though -

Drinking beverages with meals cools down & slows down digestion - drink your water or teas 30 minutes before or after a meal.

Avoid sugary beverages, fruit juices and other processed artificial sugary beverages - these of course have very little nutritional value at all.

Instead favor fresh spice teas and fresh fruit and veggie juices.

These fresh beverages made with whole fruits or spices are healing, nourishing and cleansing for the system when taken in moderation.

So, let's review what we've learned today.

First by considering your unique elemental combination you can choose foods that are going to be most nourishing, most balancing and most importantly, super easy to digest based on your unique needs.

Each one of us is unique and different, as is our perfect diet plan.

As the elements change in our bodies according to stages of life, seasons, time of day, etc, we can begin to recognize these differences and make changes in our diets accordingly.

You are not what you eat, rather what you digest. In Ayurveda, how we digest has a direct result on our health.

Now - lastly I want to share a few key points to keep in mind.

Always eat raw foods with raw foods & cooked foods with cooked foods by mixing raw & cooked foods we make our foods difficult to digest - and remember - digestion is key



Always eat dairy on it's own. Avoid mixing yogurt with any fruits or any dry granola - always eat dairy on it's own to ease digestion. Mixing dairy can increase the fire element.

Always eat fruit on it's own to aid in ease of digestion.

Never mix seafood & dairy - this is really not a good combo and is best avoided.

Whew! That's a ton of information today! But don't worry, we've got you covered!

Go ahead and finish the worksheet to determine what diet is going to be best based on your very unique needs.

When you have that - go ahead and share your diet plan, your insights and any questions that arise right inside our Facebook group. I'll be in there to answer all your questions.

Tomorrow - we'll talk about Ayurvedic cleansing practices and what you can do to begin to detoxify, rejuvenate and renew!

See you then!

