

A background image showing a human silhouette with a bright, glowing aura around it, set against a dark background with some green and yellow light effects.

Ayurvedic Tips for Optimal Digestion

Adena Rose Ayurveda : The Healing Diet

- 1. Eat only when you are hungry. If you are not hungry, it may be recommended to skip one meal, and wait until true hunger returns.*
- 2. Eat three meals per day, around the same time each day. Make your lunch the largest meal of your day. As a general rule, avoid regular snacking.*
- 3. Sip a cup of hot water, lemon and honey first thing in the morning.*
- 4. Always eat fresh fruit on its own.*
- 5. Embrace warm, cooked foods, and utilize light spices like coriander, cumin, fennel, turmeric and ginger to help with digestion. Raw foods are more difficult to digest, that includes simple salads.*
- 6. Cook with high-quality oils (olive, coconut, sesame) - a little bit of fat helps fuel our digestive fire.*
- 7. Sit down to eat, with full attention on your food. Eat slowly, and chew well. Light, pleasant conversation is ok, but do not eat when you are sad, mad or upset, and do not eat in front of your computer, or while driving.*
- 8. Say a prayer before eating, or likewise give thanks to nature, the farmers who grew and harvested the produce, and the cook who made this meal possible.*
- 10. Eat whole, organic foods that are in season: avoid processed, frozen foods or leftovers (more than 24 hours old).*
- 11. Sip warm water or ginger tea while you eat your meal, but avoid large amounts of water directly before or after eating. Also avoid iced water at mealtimes especially.*
- 12. After a meal, lie on your left side for 3 - 5 minutes, and then perhaps go on a short walk.*
- 13. Keep dinner light and warm dinner (like soup) so you'll digest well before sleeping, and wake up clear and fresh.*

