

HOLISTIC MOMS NETWORK
4TH JUNE 2007

WHAT IS AYURVEDA?

- India's ancient medical system:
LIFE SCIENCE
 - 'ayur' = life or length of life or longevity
 - 'ved' = science or knowledge or understanding
- World Health Organization recognizes Ayurveda as a valid system of medicine
- In continuous use for 5,000 years

BASICS OF AYURVEDA NUTRITION:

<u>3 DOSHAS</u>	<u>REPRESENT</u>	<u>METABOLIC LEVEL</u>
VATA	Air and Ether	Varied
PITTA	Fire and Water	Regular, strong
KAPHA	Water and Earth	Slow but steady

- Dosha balance or imbalance governs:
 - internal biochemical changes in the body
 - affects metabolism
- Once you know your dosha, you can choose foods that balance your system which will prevent diseases related to your dosha.

A FEW SIMPLE AND POWERFUL AYURVEDIC NUTRITION RECOMMENDATIONS
FOR YOUR FAMILY:

1. HAPPINESS, STABILITY and LOVE
2. ROUTINE
3. KEEP IT SIMPLE
4. POSITIVE THOUGHTS
5. QUALITY FOODS: Sattvic Foods VERSUS Tamasic foods
6. PREPARATION OF FOODS
7. QUANTITY

For more information:
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