

# Daily Nourishment

## 1. Wake up early

In ayurveda the 24-hour day is divided into 6 parts. Each part is dominated by one of the three dosha. 6am and before sunrise is the Vata time of day, this means beginning your day early helps to regulate digestion and is the perfect time for meditation.

## 2. Scrape the tongue

Use your ayurvedic tongue scraper to remove excess ama (toxin) from the tongue, followed by brushing the teeth, first thing when you wake.

## 3. Gandoosh

Traditionally called gandoosh, oil pulling strengthens the digestive fire, known as agni. Gandoosh assists with the elimination of ama from the mouth, teeth and gums. Swish cold pressed organic sesame oil in the mouth each day. After 5-10min, spit out and rinse the mouth with water.

## 4. Meditation

Practicing meditation calms the nervous system whilst invigorating the body and mind. Regular practice brings clarity, focus and concentration. If you're not a regular meditator, you can build up your practice by increasing the time you meditate for each day starting with 10 minutes.



## 5. Yoga

Through regular yoga practice, the body builds strength and flexibility whilst increasing oxygen and blood flow resulting in a strengthened immune system. Yoga is often included as a part of an ayurvedic health program.



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## 6. Morning Detox Drink

Kick start the metabolism before breakfast

Squeeze of 1/4 of lemon,  
Add 1/2 tsp raw organic honey,  
1/2 an inch fresh grated ginger  
to 1 cup of warm water

Together, honey lemon and ginger help to regulate digestion and elimination.

\*Be sure not to pour boiling water directly over the honey as this destroys the medicinal properties of this wonderfully nutritious ingredient!



## 9. Time in Nature

Nature provides us with the Kapha qualities needed to balance our busy Vata lives. Time in nature increases prana, boosts the immune system and nourishes the central nervous system.

## 7. Mindful Eating

Eating with awareness is considered an important part of ayurvedic nutrition. Sit quietly or in company of friends and family with positive conversation. Notice the flavours in your food, the colours and the textures. Take a moment to be thankful for the nourishment you are about to receive. This encourages and supports optimum digestion, be mindful not to overeat.



## 8. Six Tastes

Include all six tastes in your diet every day, being mindful not to overdo any one taste

Sweet	Pungent
Sour	Bitter &
Salty	Astringent.

Each of the 6 tastes play an important role in nourishing the whole body.



## 10. Abayanga - Self Massage

This nourishing therapeutic self-massage calms and soothes the nervous system, balances Vata, nourishes the skin and joints, and improves sleep. Use warm, cold-pressed organic sesame oil over the whole body. Recommended daily. You can also receive this type of massage from your ayurvedic practitioner, which is recommended once a month.



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