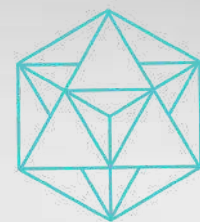


HOW TO EAT



Δ M Δ V E D A

AYURVEDIC WISDOM FOR MODERN HEALTH

emily shaw | emily@ama-veda.com | ama-veda.com

AYURVEDA

Ayurveda is the holistic and natural healing modality of India, both ancient and modern. Originating from the Vedas, Ayurveda is one of the oldest written natural medical systems on Earth and is still going strong.

HEALTH IS A STATE

1. Free from ailments or diseases
2. Enjoying uninterrupted physical, mental and spiritual happiness and fulfilment.

SOME KEY FEATURES OF AYURVEDIC MEDICINE

1. Emphasis on the root cause vs the disease
2. The same medicine is used for treatment and prevention
3. Acknowledging the psychosomatic root of disease
4. Everything in nature is medicine
5. One disease, many medicines. Depends on the individual constitution

WHAT IS GUT HEALTH?



THE GUT

Let's start by defining "the gut" The gut is short for the gastrointestinal tract, also written in as the GI. The gut, or gastrointestinal tract, or GI is the long tube that starts at the front door, the mouth and ends at the back door, the anus. It's the whole tube.

YOU ARE A TUBE

It is possible to thrive under a myriad of dietary conditions. More important than what we eat is understanding that what goes in, what we make of it and how we get rid of the waste - is what constitutes good health.

WHAT CONSTITUTES GOOD GUT HEALTH?

1- DIET

What we eat, how we eat and how often we eat.

2- METABOLISM

How well our digestive enzymes break up the food we eat (AGNI)

3- ASSIMILATION | ABSORPTION | BIOAVAILABILITY | UPTAKE

How well we are able to utilise the nutrients in our food.

4- ELIMINATION

How well we are able to create solid waste and eliminate it regularly and with ease.

AGNI



AGNI | FIRE IN THE BELLY

Agni is our digestive fire. Agni transmutes our food into fuel, into life force energy. Agni is the fire that drives us, that digests our food and our life. Strong Agni is felt as hunger for life, a hunger for success, and the ability to digest food, ideas, concepts and even setbacks. Agni is the alchemy of our life, turning food into fuel and turning the information and experiences we ingest into our character.

HUNGER AS A FELT SENSE VS A MENTAL PROCESS

Check-in. Before each meal, place your hands over your belly and rate your Agni from 1-10. Look for the mild grumbling, gentle burning sensation before you eat. A 7-8 out of 10 is your goal.

HOW TO STOKE THE FIRE

1. No snacks
2. Eat at the same time each day (circadian rhythm)
3. Avoid cold drinks before a meal
4. Ginger tea or bitters before a meal instead
5. Eat your largest meal at lunchtime - high Agni with high sun

DON'T SMOTHER THE FIRE

1. Don't overload the stomach (overeating)
2. Ayurveda teaches to leave your belly "one-third empty"
3. The 2-hand bowl measurement
4. Rest - Recline for 15 minutes to allow blood to rush to the stomach and the stomach glands to fill with fluids, mix with digestive acids.
5. Go for a gentle walk for 15 minutes

OBSTACLES

1. Lunch hour
2. Cohabitants
3. Children's meals
4. Reservations
5. Travel
6. Preventative eating

SOLUTIONS

1. Awareness of your Agni
2. Look for opportunities for amendments

GUT MICROBIOME



MICROBIOTA VS MICROBIOME

MICROBIOTA

The microbiota refers to the variety of microorganisms (bacteria, viruses, fungi, and other single-celled organisms) that live in a certain environment. This environment could be the gut, the tongue, the skin or even the whole human microbiota. The microbiota is described as a diverse community or even an eternal forest that populate our body.

MICROBIOME

The term “microbiome” refers to the collective genomes of the microorganisms in a given environment. The genomes are the genetic material (the DNA and RNA) held within the group of the microbiota. A weak microbiome is sparse in microorganisms and with a low diversity of species.

THE GUT BRAIN AXIS

For years it was thought that our mental health affected our gut health. But in fact, it is a two-way street. What research is showing us is that when our microbiota is weak (sparse in microorganisms and with low diversity of species) our emotional and mental wellbeing becomes off-balance.

This is because the microbiota of the gut influences the production of neurochemicals such as SEROTONIN, GABA AND DOPAMINE among thousands more, that all directly influence our mental processes. This is why our gut is so often referred to as our 'second brain'. By taking care of our microbiome, we are both indirectly and directly taking care of our mental wellbeing.

HOW THE GUT MICROBES INFLUENCE YOUR BIOLOGY

1. Help us to digest - essential to life
2. Protect us from diseases- this is basically the front line, and one of the few regions of the inner body being in direct contact with elements from the outside world. Our good bacteria fight off the bad or harmful bacteria we ingest.
3. They manufacture vitamins
4. Directly help regulate immune system response
5. Act on our brain and mood through something called the gut-brain axis.

THE SECRETS TO A HEALTHY MICROBIOME

Microbiota is like a forest, with lots of species that interact. The microbiota varies greatly from person to person. For some people, the forest is dense and lush and for others, it is sparse, fragile and weak.

A healthy microbiome means Microbial richness. Not just large amounts, but also variety. - those who are sick or prone to chronic disease have a less varied microbiota.

A weak microbiome is sparse in microorganisms and with a low diversity of species.

WHAT DEPLETES MICROBIAL RICHNESS?

1. Poor diet in general but specifically low fibre diets. Gut bacteria love to feast on fibre.
2. Food additives and preservatives - with additives, specifically the emulsifying agents are very disruptive to the intestinal lining.
3. Herbicides and pesticides obviously, as these things are designed to kill or poison all microbes.
4. Antibiotics- also designed to kill all microbes
5. Medications and pain killers have been shown to diminish the quantity and quality of our microbes
6. Excessive stress and sleep deprivation equals fewer microbes
7. Less exercise equals fewer microbes
8. Over sanitisation, constant contact with antibacterial cleaning chemicals

COMMON SYNTHETIC AND SEMI-SYNTHETIC EMULSIFIERS

- Carboxymethyl cellulose (CMC)
- Polysorbate 80 (P80)
- Carrageenan
- Polyglycerols
- Xanthan gum
- Other "gums"
- Soy Lecithin
- Condiments
- Salad dressings
- Ice cream
- Dairy substitutes (vegan cheese, milk, creams "FAKE FOOD" etc.)
- Whipped toppings
- Deli meats
- Store-bought baked goods

And many more...

WHAT SUPPORTS MICROBIAL RICHNESS?

1. A varied diet of natural foods - free from additives
2. High fibre foods: CEREALS, LEGUMES, NUTES, VEGETABLES WITH SKINS, FRUITS
3. Anti-inflammatory foods- berries, dark leafy greens, turmeric, ginger...
4. Organic foods, or food free additives and preservatives
5. Probiotics- the opposite of antibiotics: supplementation or fermented foods
6. Prebiotics - These are the "foods" that support the probiotics we consume:
eg: apples, artichokes, asparagus, bananas, berries, garlic, flaxseeds, oats, onions, legumes...
1. Regular stress management: Keeping cortisol in check.
2. Regular exercise - especially outdoors
3. Sufficient restorative sleep
4. **Exposure - Our microbiota thrives on exposure, also called Biodiversity. This means exposure to humans, animals and plants. Contact with soil via seasonally and locally farmed foods.**
5. Eating with our hands. Like 2 billion worldwide.
6. Outdoor living vs-indoor living in sterile environments,
7. **Nourishing and soothing the lining of the colon or 'GUT MUCOSA' the very home to the microbes we need to keep in good form.**

UNCTUOUSNESS



UNCTUOUSNESS

In the Ayurvedic lexicon, "unctuousness" is a quality, best described as smooth, fatty, slippery, greasy, gelatinous or slimy.

GUT MUCOSA

Most of the microbes that live in the gut, that make up the gut microbiome live in the mucous layer that lines the intestines. this is called Mucosa. Soothing, enriching, healing and protecting the gut mucosa is a foundational approach to working with the gut microbiome and gut health overall.

THE GUT MUCOSA LOVES UNCTUOUSNESS

- ALOE VERA
- PSYLLIUM HUSK
- GHEE
- KELP - SEaweEDS
- COLLAGEN - BONE BROTH
- FLAXSEEDS
- KUDZU
- MUCILAGE HERBS

PSYLLIUM

Psyllium is the husk of the seed from the Plantago plant (naturally gluten-free). When combined with water, it forms a gel that helps keep the bowels regular and acts as a gentle “scrub” for the colon.

Because it expands into a slimy gel, it is also great at reducing appetite. Psyllium can act as a gentle laxative and brings important fibre into the mix.

- Unctuousness - soothes the lining of the colon
- Fibre- feeds the microbes, regularity and elimination
- Pre-biotic - feeds the bacteria that create more microbes

FLAX SEEDS

Ayurveda teaches that flax seeds provide strength, vigour and enhanced immunity, known as "Balya" When added to water, just like psyllium husk, they become gelatinous and are often an egg substitute in vegan recipes. When boiled, they make an incredibly viscous liquid that makes the base for a very healing and hydrating tea. When ground (fresh) and sprinkled over food, they provide an incredible amount of fibre and unctuousness.

FLAX SEED TIPS

- Best to eat ground and not whole
- Use freshly ground and not pre-ground

COLLAGEN

Marrow has a long history of medicinal usage in Ayurvedic medicine. Boiling bones to make bone broth allows for the marrow to be extracted from the bones and create a substance high in amino acids, collagen and gelatin that is extremely healing to the lining of the colon.

MUCILAGE HERBS

- Liquorice
- Slippery Elm
- Marshmallow Root
- Horsetail
- Burdock Root

YOU ARE A TUBE

Beyond supporting the gut mucosa, these foods also support the entire process of digestion, specifically ELIMINATION. The Unctuous All-Stars keep things moving out smoothly allowing us to keep our tube clear.

ALOE VERA

Aloe Vera, known as Kumai in Sanskrit is one of the most prized plants in the Ayurvedic apothecary. This gelatinous plant is incredibly good at facilitating digestion and assisting the body's natural detoxification process. Aloe Vera also improves the function of the kidneys, liver and gallbladder. Its anti-inflammatory fatty acids alkalize the digestive juices and prevent acidity and indigestion.

FLAX SEED TEA | 1 LITRE A DAY

Flaxseeds become extremely unctious when soaked in water.

FLAXSEED TEA RECIPE

- 2 Tablespoon whole (not ground) golden flax seeds
- 1-litre pure water

Boil for 5 minutes, reduce heat, simmer for additional 5 minutes.

Strain and decanter into a glass pitcher or bottle. Drink throughout the day.

OPTIONAL ADDITIONS

Fresh ginger root
Fennel seed
Cinnamon, clove, star anise
Lemongrass
Fresh or dried chamomile
Rooibos tea or any herbal teabag
Organic orange peel

ADD WHILE COOLING

Freshly squeezed lime or lemon juice
Raw honey, stirred in while cooling

Δ M Δ V E D Δ

RITUCHARYA



RITUCHARYA | EAT SEASONALLY

Ayurveda sees your body and the natural world around you in a deep connection. You are not living in it, you are part of it, integrated with and in fact, dependant upon it.

We know through the study of the microbiome that our microbiota thrives on exposure to our environment, specifically with the ground and soil via seasonally and locally farmed foods. How amazing that Ayurvedic wisdom already know this was a key to good health.

- Aim to eat seasonal food everyday
- Look up what is seasonal online
- Order veg-boxes from local farmers
- Imported foods are OK, but as a luxury, not a staple

THE DETOX DIET



THE MONO DIET

HEAL THE BODY THROUGH RESTING DIGESTION

- Digesting requires a lot of energy
- Each unique food requires unique digestive enzymes
- You can save, store and redistribute that energy by easing the strain on digestion during times of healing
- Simple food on repeat eases the strain of digestion

THE MONO DIET IS NOT:

- A weight-loss diet
- A nutrition plan

THE MONO DIET OPTIONS

Any nourishing meal that is cooked, made with simple ingredients and easy to digest is best

One fruit type or one vegetable fruit type is sometimes used like watermelon or banana, or steamed rice and spinach with egg.

KITCHIDI The classic Ayurvedic Mono-diet healing food dish

KITCHIDI RECIPE

INGREDIENTS

- 1 cup white organic rice (easier to digest than brown rice)
- 1/4 mung beans or split yellow mung dahl
- 6 cups water
- 2-4 tablespoons ghee (naturally lactose-free) or coconut oil
- 1 heaping tablespoon of curry spices (cumin seeds, turmeric, coriander seeds, garam masala or pre-mixed)
- 1 teaspoon sea salt

DIRECTIONS

1. In a large saucepan melt 1-2 tablespoons of ghee over medium heat
2. Add in the spice mix and stir for about 1 minute.
3. Now add in the rinsed dry rice and mung beans. "dry fry" the rice and mung beans or dahl in the ghee and spices for 3-5 minutes, stirring constantly.
4. Pour in 6 cups of water, give a little stir and bring to a boil.
5. Once the water has boiled, turn the heat down to a low simmer and cover the pot. Set the timer for 45 minutes.
6. After 45 minutes, your Kitchidi should be nice and mushy.
7. Add more salt and ghee to taste
8. Optional: top with lime juice, kefir yoghurt, cayenne to taste

AYURVEDIC WISDOM

UNCTUOUSNESS →

RITUCHARYA →

PRAKRITI →

EAT WITH HANDS →

THE SCIENCE OF THE MICROBIOME

PROTECTING THE GUT MUCOSA

EAT SEASONAL FOODS TO FEED THE MICROBIOME

EACH PERSON'S MICROBIOME IS DISTINCT AND
BEGINS FORM FROM BIRTH

EXPOSURE TO A VARIETY OF MICROBES IS
BENEFICIAL. OVER STERILIZATION IS HARMFUL



EMILY@AMA-VEDA.COM | +44 7474 071100