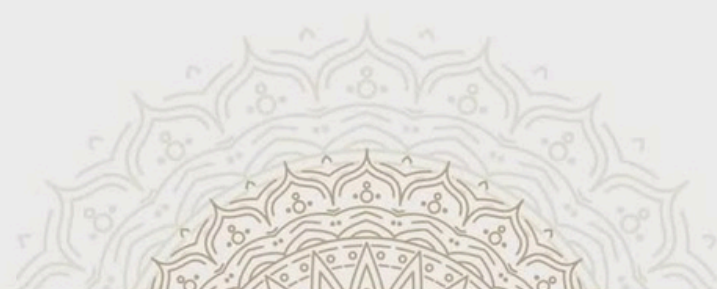


20 tips  
for more  
Ayurveda  
in your life



# -Intro-

Since I discovered Ayurveda, my life has changed quite a bit. No more joint pains, my intestinal issues are gone, and I have plenty of energy.

Would you like to experience what Ayurveda can do for you? In this e-book, I will briefly explain a few Ayurvedic principles and give you practical tips to add a little Ayurveda to your life (or a lot—that's up to you!)

If you have questions or find something difficult, just send me a message. I will be happy to help you out.

With love,  
*Farida*



# Ayurveda?

Ayur means life, and Veda means science.  
Ayurveda literally means the science of life.

Ayurveda is all about living in harmony with nature—and with yourself. When you listen to your own rhythm and needs, you naturally come into balance, and everything becomes easier.

According to Ayurveda, everyone has a unique blueprint—your constitution. It's your personal "manual" from birth.

Because we're all different, what's healthy for one person might not work at all for someone else. That's why it's so important to know how you're built, according to Ayurveda.

By living and eating in line with your constitution, you will naturally find your flow: more energy, better sleep, mental clarity, and a body free of complaints.

Ayurveda is not mystical, complicated, or old-fashioned. It's down-to-earth, practical, and incredibly powerful. You just need to know how it works. Are you ready?



# 3 dosha's

According to Ayurveda, everything is made up of five elements, organized into three bio-energies called doshas: Vata, Pitta, and Kapha.

- VATA consists of space and air
- PITTA consists of fire and a bit of water
- KAPHA consists of earth and water

We all have all three doshas within us, but the balance between them is unique for each person—and that makes us who we are. This unique balance is your constitution, like your energetic DNA.

When you know your dosha makeup, you'll better understand why you are the way you are.

Doshas influence your strengths and also your challenges. That's why Ayurveda doesn't believe in a one-size-fits-all approach. Because we're all different, what works well for me might have the opposite effect for you.

## *1. Find out your dominant dosha*

So you can truly get to know yourself and discover what works for you—and what doesn't.



# You are what you digest

Your digestion (agni) is the key to health.

Strong digestion means health and energy, helping you feel good in your body.

A weak digestion leads to waste products (ama), which can cause complaints.

## *2. Take your time in the bathroom—and take a look!*

Your stool tells you a lot about your digestion:

- Dry stool or constipation? → Vata imbalance
- Soft or loose stools? → Pitta imbalance
- Mucous in stool? → Kapha imbalance
- Sticky stools? → Ama (toxins)



### *3. Keep Your Digestion Strong*

1. Start your day with warm water to wake up your digestion.
2. Use herbs and spices—they're not just tasty, but also great for digestion.
3. Eat your largest meal between 12–2 pm, when your digestive fire is at its strongest.



# Move with nature

Everything in nature has its own rhythm—and so do we.

These days, we're often disconnected from nature, but we function best when we follow these natural rhythms.

It may take some time getting used to, but if you follow these tips, you'll really start to feel better.

## *4. Wake up at 6:00 am*

It can take time to adjust, but soon you will like this—because you'll start your day with more energy. Why?

- From 6:00 to 10:00 is Kapha time (heavy, slow energy).
- Wake up before 6:00 and you take the Vata energy (light, clear, mobile) in to your day.



## *5. Go to bed at 10:00 pm*

Ayurveda divides the day into phases.

- From 6:00–10:00 pm is Kapha time: you'll naturally get sleepy if you wind down.
- After 10:00, Pitta becomes active again, making you alert and busy if you're still awake.





## *6. Eat seasonally*

Just because everything is available all year-round that doesn't mean it's good for you. Nature provides what you need in each season.

## *7. Avoid screens and bright light at night*

At least 1 hour before bed—blue light disrupts melatonin production and your sleep.

## *8. Go outside*

Try to get outside every day.

Preferably in nature—it's deeply calming. Take a walk on the beach, in the woods, or just sit on a bench in a park.



# Eat what works for you

## *9. Identify your imbalance*

So you can use food to restore balance.

Adjust what and how you eat to what suits you best.

This can relieve issues like stiff joints, skin problems, sleep issues, hormonal imbalance, or low energy.

I struggled with digestive issues for years until I learned I have a lot of Vata in my system. My body struggles with raw vegetables and cold drinks. All that time, I thought I was being healthy with green smoothies and salads!

When I switched to warm, cooked meals and eating fruit separately, my issues were gone.



## *10. Eat a tablespoon of sesame seeds daily*

Sesame seeds are rich in calcium, magnesium (for calcium absorption), Omega-3 fatty acids, and antioxidants.

They're delicious (especially toasted) and can help prevent osteoporosis later in life.



## *11. Drink CCF tea*

CCF tea stimulates digestion and removes toxins. Great for daily use or during a detox. It balances Vata, Pitta, and Kapha—good for all constitutions.

### Ingredients:

- Coriander (cooling, anti-inflammatory)
- Cumin (aids digestion, reduces gas, removes toxins)
- Fennel (reduces cramps, relieves bloating)

### Recipe:

- 1 tsp of each seed
- Lightly crush in a mortar to release flavor
- Add to 1 liter of boiled water in a thermos
- Wait for about 10-15 minutes. Strain if desired (but not necessary).



# Listen to your body

Your body is always giving you signals about what it needs.

Headaches, stomach pain, poor sleep—they're signs that something is wrong.

## *12. Use a tongue scraper*

Overnight, your body processes, absorbs, eliminates, and detoxifies. Toxins show up on your tongue as a white or yellow coating.

Scraping it off before eating or drinking prevents reabsorption.

Plus, you'll see daily how you're doing—the thicker the coating, the more toxins in your body.



### *13. Start your day with warm water*

On an empty stomach, after scraping your tongue and brushing your teeth. It kickstarts digestion, hydrates, and flushes out waste.

Wait at least 30 minutes before eating or drinking anything else.

### *14. Plan your meals*

Eat what your body needs. Planning helps you avoid surprises or temptations. Make sure you have everything you need with you, even for work or travel.



## 15. *Meditate*

Meditation brings inner calm, reduces stress, and helps you tune in to your body and mind.

If you're new, keep it simple. Start with a few minutes and build up.

Mornings are ideal, while you're still calm, before the day gets busy.

Or wind down before bed with a few minutes of quiet time.

Explore different types of meditation to find out what suits you.



## 16. *Oil massage*

Massage your skin daily with oil.

It keeps your skin soft and supple and is a beautiful act of self-care.

- Tired or heavy? Massage firmly to loosen muscles and improve circulation.
- Stressed? Go slowly and gently.

Warm the oil (in your hands or in hot water).

Use pure, additive-free oils:

- Vata: sesame or almond oil
- Pitta: coconut oil
- Kapha: sesame or mustard oil





# Create balance

Too much or too little of anything throws you off balance.

Ayurveda is about finding harmony in body, mind, and emotions.

## *17. Maintain your balance*

Don't be too hard on yourself.

A to-do list is fine—but didn't finish it? There's always tomorrow.

Pay attention to your energy. Feeling drained? Take a break and recharge.

✨ Do something that makes you happy every day! Ayurveda isn't just about physical health—it's also about joy and satisfaction.



## 18. Practice doing nothing

When was the last time you truly did nothing?

No phone, no to-do list, no distractions?

In our busy lives, doing nothing seems “wasteful,” but it’s actually super healthy for body and mind.

Why is doing nothing so important?

- Calms your nervous system
- Improves mental processing
- Boosts creativity and productivity

How to consciously relax:

- Plan a “nothing moment” in your day. Set a timer for 10–15 minutes. Just sit, breathe, watch your thoughts come and go.
- Put your phone away more often. Turn off notifications and enjoy mini digital detox moments.
- Go outside with no goal. Take a relaxed walk without music or distractions and let your thoughts flow.

Give yourself a moment of nothing every day—and notice how much more productive and energized



## *19. Surround yourself with the right people*

Let's be honest: life is busy enough without people who only drain your energy.

It's important to surround yourself with people who make you laugh, challenge you, and inspire you to be your best self.

The right people lift you up. The wrong ones take your energy and patience.

Choose to be around people who make you feel good.

## *20. Feed yourself with good things*

Did you know Ayurveda says everything you take in through your senses has to be digested?

That means everything you see, hear, feel, smell, and taste!

That's why it is so important to surround and feed yourself with things that bring you joy!



# And now?

I hope these tips have given you some new insights and inspired you to start exploring Ayurveda for yourself.

If this is all new to you, I recommend starting slowly. Pick 1 or 2 things that appeal to you, try them for a few weeks, and see how they feel. Then expand further.

And remember—it doesn't have to be perfect.

What is perfect anyway?

Listen to your intuition and do what feels right for you.

Ready to finally take real steps toward your health and get rid of complaints? Or looking for a natural way of living with more energy and balance? Check out my website for options.





# AyurVita

Email: [info@ayurveda.nl](mailto:info@ayurveda.nl)

Instagram: [@ayurvita.nl](https://www.instagram.com/ayurvita.nl)

Website: [www.ayurvita.nl](http://www.ayurvita.nl)

