

# Do's + Don'ts for Healthier Eating

## Do's

### Prepare your own food

As convenient as it may be to grab something on the go, to take your thrive to the next level you need to be involved in your own food. Your body is intelligent and knows specifically how much of what it needs. Awaken this intelligence by making food just for you.

### Shop or harvest from your body

Are you trapped in your head as you go through the grocery store thinking, "This is good for me, I should buy this." Instead, be an animal when you go into the store. What does your animal-body want? Notice color, smell, prana or energy.

### Eat your ecosystem

You know the rap — eat from your yard or your local CSA. Take it to the level by eating your weeds, and even the "invasives" like dandelion and thistle. These greens are the true superfoods and thrive plants for humans. Nourish your body through nourishing your yard.

### Get on schedule.

When we eat meals around the same time daily our digestive fire (agni) rises to the occasion. Agni shows up as digestive enzymes, bile, and hydrochloric acid. Your body has a better chance at absorbing the nutrients in your food when you eat at the same time daily.

### Start the Day with Chlorophyll

Start your day with chlorophyll to bring oxygen deeply into your blood, awaken your body's intelligence, and get nutrified for the day.

## Don'ts

### Eat at night

Eating after 7 pm diminishes the amount of pleasure and nourishment you'll feel tomorrow. While on occasion it may be unavoidable, for the most part, consume to majority of your nutrients for the day before it gets dark. The next morning, your body will be more able to use the power in the plants your eating and your food will taste even better.

### Skip Breakfast

Studies show that skipping breakfast causes you to overeat more at night. In the morning you have the rest of the day to utilize those nutrients. Start with a green drink to set your cravings right for the day.

### Eat like a machine

Your palette is designed to deeply enjoy food. Take time to savor the flavors. If your food isn't flavorful, make it right before your next bite. A squirt of lime? A pinch of spice? Your tongue knows what your body needs. Pause. Listen deeply. Use your body wisdom to make better food for yourself.

### Stretch your stomach

A unique bodily pleasure comes from being full. Particularly Pitta and Kapha body-types love this feeling. If this is you, drink a glass or two of water before you eat to help avoid stretching your stomach. If you tend to overeat this is crucial.

# Healthier Eating Simple Checklist

- Be hungry.
- Be ready to receive (not emotionally distracted). Don't confuse thirst and hunger.
- Drink room temperature water between meals to clarify your hunger.
- Eat nutrients for breakfast. Either a simple cereal or a green smoothie. Start out on track.
- Eat during daylight hours.
- Have a lovely, satisfying lunch.
- Notice the prana (life force) in your food. Don't be distracted.
- Pause and experience gratitude. Love your food and those who prepared it before it becomes your body.
- Chew your food. *Drink your solids and chew your liquids.*
- Notice the tastes... the flavors... and how they change as they mix with your physiology.
- If you tend to overeat... focus on getting full with more senses than just your tongue. Also, fill over half your plate raw or lightly cooked green vegetables to enhance your chew per calorie ratio.
- Eat just as much and as frequently as your body needs. Be honest. (As a guidelines, Vatas eat 3-5 x day, Pittas eat 3 x day, Kaphas eat 1-2 x day)
- Chillax after eating. After a big meal, rest for 15 minutes, then walk.
- Eat a light dinner, leaving time to digest before rest.
- Learn about your constitution. Eat for your individual needs.
- Eat your ecosystem. The outer ecosystem becomes your inner ecosystem — your body. Honor this and open the gateway to higher intelligence.

**Check**  
off one or two you  
want to integrate  
next.

# Do I have Ama?

| Signs of Ama  | Do I have this? |
|---|-----------------|
| I feel heavy, stiff, groggy and/or stressed when I rise in the morning. Let's just say I rise, but I don't shine.   |                 |
| I tend to feel blocked in my body. I commonly experience lethargy, congestion, lymphatic stagnation, water retention, fibrocystic breasts, or PMS.        |                 |
| I get sick a few times a year or often have congestion in my sinuses or lungs.  |                 |
| I'm not on my A game in my body. I'm not as strong, energetic and light as I want to be.  |                 |
| I just tend to feel that "something isn't working right" in the body (digestion, breathing, bowel movements, or something else).                          |                 |
| I often don't know what to eat. Food is confusing to me and my body. I experience digestive issues like bloating, constipation, heartburn, diarrhea, etc. |                 |
| I'm often dragging through the day. My mind is often unclear.   |                 |
| I'm overweight and just feel heavy and foggy, not light and clear.  |                 |