



# AYURVEDA & THE IMMUNE SYSTEM

## INTRODUCTION

You have so much power to build a strong immune system with your habits. The main focus of Ayurveda is building what we call “OJAS”. Ojas is akin to your immune system. It’s what helps keep your body integrity and helps you to be resilient and adaptable in the face of new pathogens – like viruses and bacteria. In this “Ayurveda + Immune System” series I’ll share some simple habits that have a HUGE impact on supporting your immune system.

[VIDEO 1](#)

## DIGESTION & AGNI

AGNI! In Ayurveda, this word means “digestive fire.” The fire element governs your ability to metabolize what you take into your body. The strength of your agni has a direct impact on the strength of your immune system. Watch the short video to learn why.

[VIDEO 2](#)

## EARLIER, LIGHTER DINNER

**How:** Eat a smaller, plant-based dinner by 7pm. Have lunch as your largest meal of the day.

**Why:** Your body isn’t designed to digest fats, proteins and a large meal late at night. Doing so (and especially while having a small or non-existent lunch) disrupts sleep, inhibits the body’s ability to create strong immunity, and so, so much more. Check out the video to learn more!

[VIDEO 3](#)



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## DIGESTION & MEALTIMES

**How:** Eat breakfast within 2 hours of waking, lunch (your largest meal) between 11am-1pm, dinner before 7pm. If you're kapha predominant constitution (water/earth element), you may do fine with 2 or even 1 meal per day – mid-morning and late afternoon.

**Why:** Your digestive fire (agni) needs regularity and consistency to function properly. Irregular mealtimes weaken digestion, destabilize the body and inhibit your ability to build a strong immune system.

[VIDEO 4](#)

## DIGESTION & SNACKING

**How:** Allow at least 3 hours between meals (ideally 4-6 hours). Avoid snacking between meals.

**Why:** In order for your digestive fire (agni) to be strong and able to fully digest the food you take in, you need to give it space to do its job and not overload it. Eating too frequently taxes digestion, causing food to putrefy in the digestive system, creating metabolic toxicity (ama) that inhibits proper functioning of the cells, causes inflammation and confuses the immune system.

[VIDEO 5](#)



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## DIGESTION & MINDFUL EATING

**How:** Take time to sit with your meals without distraction from phone, TV, work, eating on the run.

**Why:** When you're stimulating your senses with other input, such as your phone, TV, work, eating while driving, or in stressed-out or emotional states, you're not in optimal digestive mode. Fully digested, nourishing food builds strong tissues and ojas (your immune system and storehouse of vital energy). Distracted eating means the body can't fully metabolize the good food that you take in. This creates metabolic toxicity as well as weakened tissues and immune functioning.

[VIDEO 6](#)

## DIGESTION & PLANT-BASED DIET

**How:** Focus on plants as the foundation of our diet, even if you still eat meat and dairy.

**Why:** Plant-based diet is about connection, abundance and gratitude. Nature is ALWAYS trying to nourish you. Eating a plant-based diet orients you to this abundance and connection.

[VIDEO 7](#)



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## SLEEP & EARLY TO BED

How: Lights out by 10pm

**Why:** Bed by 10pm significantly increases the body's ability to experience deep, restorative sleep, which calms the nervous system and supports immune function.

[VIDEO 8](#)

## STRESS & THE HABITS

Your body has an innate healing intelligence. Your biorhythms that support this healing intelligence are the same as the rhythms of the nature. Modern lifestyle has us out of rhythm with the simple habits that support this healing intelligence to do its work. Your daily habits have THE greatest impact on your health.

Living out of alignment with the rhythms of nature causes stress, discomfort and disease. Living in alignment through your daily habits supports you to thrive in body, mind and spirit.

[VIDEO 9](#)

Interested in learning more about how you can use the habits to strengthen your immune system & uplevel your health?

[BOOK A FREE DISCOVERY CALL](#)