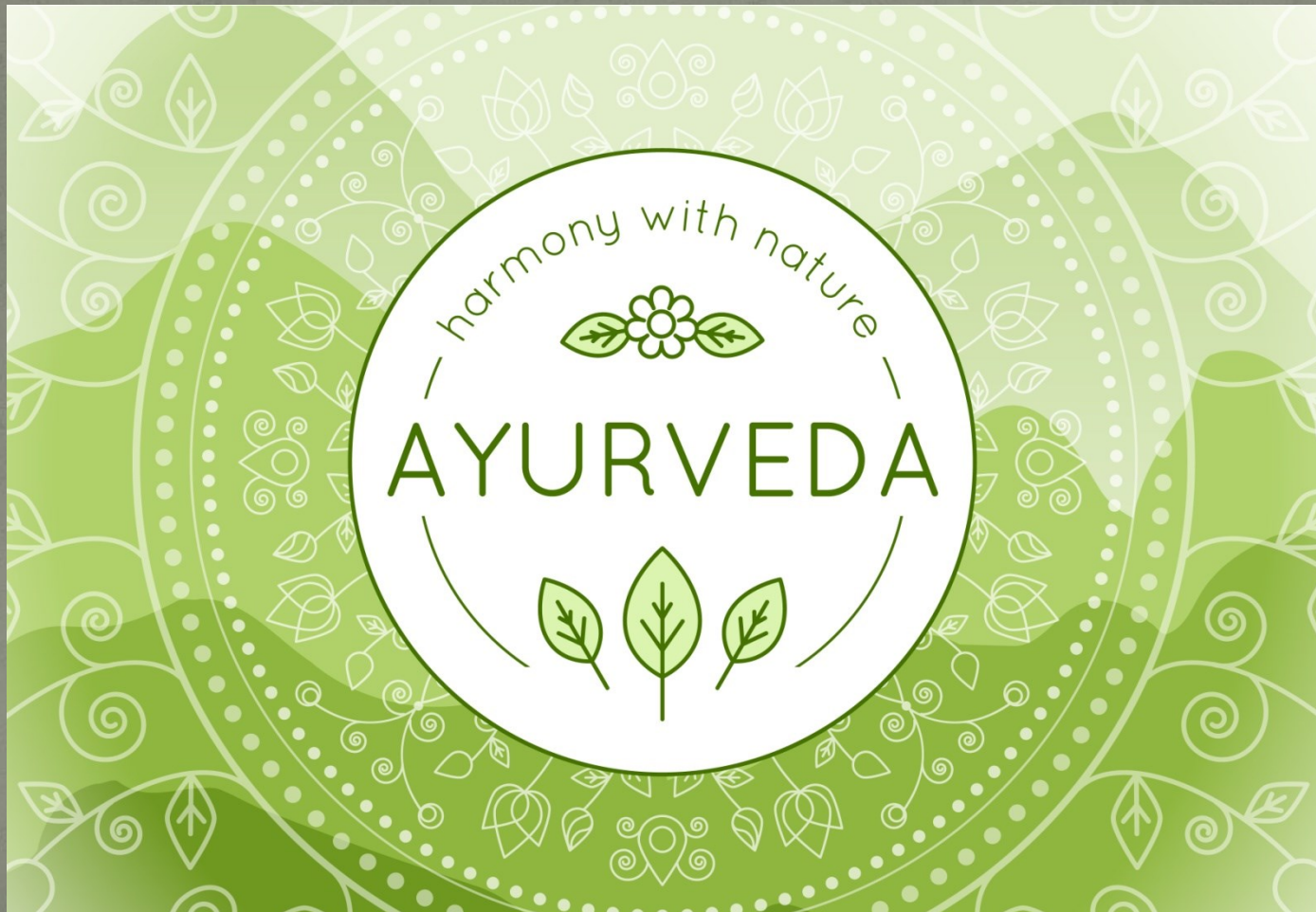


# Ayurveda for Healthy Life

**Bhavna Mehta** AHC, ERYT - 500



# What is Ayurveda?

- Oldest known medical science
- Sister science of Yoga
- Mind-body health system
- Science of life that has physical, psychological and spiritual aspects
- Principles of five elements and three main body types
- The aim of Ayurveda is to maintain health of healthy and to cure those who are sick.



# Three Pillars of Health

Ahara

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Nidra

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p

Brahmacharya

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## Three Pillars of Ayurveda

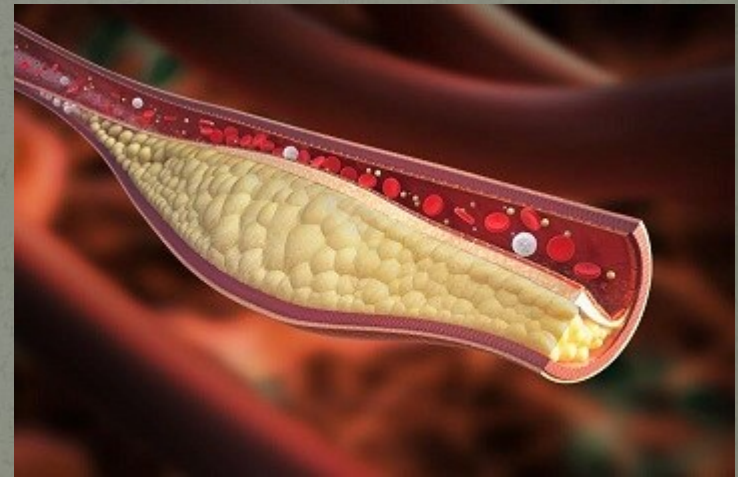
Optimal health can be achieved when there is a balance of these three pillars

# Two Important Principles

Agni - digestive fire



Ama - toxins





# Organic Grass Fed Cow Ghee



- Ghee is good source of vitamin A, E, and K<sub>2</sub>
- Reduce triglycerides and increased HDL levels
- Antioxidant
- Improves digestion and Supports healthy weight loss
- Excellent for stimulating digestive fire
- Good for lactose intolerant people
- High smoke point
- Long shelf life
- MCT helpful in burning fat
- Healthy immune system
- Reduce inflammation

# Food is medicine



- Six tastes
- Spice is right
- Herbs are healthy
- Rice is nice
- No incompatible foods
- Intermittent fasting

