

Ayurveda

*A guide to getting you in tune with yourself and
feeling your best*

Ayurvedic routines for daily self care

Seasonal food guide

With Jessica Kepfer and Vanessa Rivero

3 What is Ayurveda?

5 Daily routines

7 Oil self-massage

8 Doshas

9 Ayurveda and the seasons

13 Kitchari Recipe

15 Contact Us!

What is Ayurveda

Ayurveda means the study of life and is one of the oldest healing systems in the world. It originated in India but it is the basis for Traditional Chinese Medicine, herbology, and even Western medicine. It takes a holistic view of health that evolves with the individual and the times which makes it relevant in your life today. It truly takes in everything you put into your body, not just food but scents, colors, music, and your environment as well as your mind and how you process life and react to stress. Ayurveda is a simple way to look at the world as a whole or an individual person and determine how you can find more balance inside and out.

“When thinking about Ayurveda, I think of my grandma’s home remedies, my mom’s chicken soup for when I was sick, and even my dad’s secret way to properly eat an orange. That’s how familiar Ayurveda really is. Its knowledge that has passed on generations and have forgotten because of how much we rely on Western medicine. Truth is, we don’t need to visit our doctor’s office every time we feel there’s something wrong with us. Our real remedies can be easily found in your kitchen’s cabinet. The spices, the veggies, the meat, the “sason” that lives in your blood and ancestry should also live in your kitchen. Ayurveda is the only healing system that invites itself to your house and encourages you to be your own doctor”
Vanessa Rivero

Even though Ayurveda originated in India, you don't have to eat Indian food for the rest of your life! Ayurvedic is an individualized practice and we will show you ways to apply this ancient knowledge to your everyday life.



Why is this important? + How can it support me?

Ayurveda is like the missing piece of your life's puzzle. Ayurveda is not really about learning but remembering the things that made sense when we lived without modern conveniences. Nowadays we don't rely on tuning into the patterns of the earth to survive but they still affect us so paying attention to them can help you find the balance you need. This is more than just a diet it is a lifestyle that helps your whole self- mind, body, and spirit.

This knowledge is here to support your whole self starting at the most basic level, tuning in to YOU! You can know what you truly need to heal. Cultivating a relationship with yourself can impact every area of your life for the better. You will be able to trust yourself to read the signs that your body is telling you so that you can create sustainable habits that bring you back to your own balance, not someone else's.

Routines

Consistency



Ayurveda places a lot of emphasis on daily routines because habits impact how we feel the majority of the time. With all of the stress of day to day life, it can be helpful to have nurturing practices to reach for to help slow down and bring you back to you.

Morning

Wake up with the sunrise (Between 6 and 7:30)

Take a couple moments to stretch and breath before getting out of bed

Tongue scraping, brush teeth, and oil pulling

Prepare hot water with lime or lemon and mineral salt

Exercise / Yoga / Walk

Set an intention for the day / Mantra /Meditate

Oil massage

Shower

Breakfast

You know that bad taste you have in the morning sometimes? Tongue scraping devices help remove the gunk and oil pulling helps remove bacteria from your mouth. Take a spoonful of coconut or sesame oil and swish it around your mouth for a couple minutes and then, always spit it out into the *trash can*

Routines

Consistency

Afternoon

- Take a walk before and after lunch
- Drink some ginger tea before your meal
- Make lunch your biggest meal of the day
- Stay hydrated
- Take some movement breaks a couple times

Evening

- Make dinner the lightest meal of the day
- Oil self-massage
- Shower
- Turn off all electronics an hour before bed
- Yoga
- Be in bed by 10 pm
- Mantra / Prayer /Meditation

Remember that the best routine is the one that you will actually do! Start small with one thing, try it out and see if anything changes after a week. How do you feel? Does it add value to your life? If you feel better than before, keep it up and maybe try adding 1 more thing. If you feel it adds stress or you don't feel any different, try something else.

There is no "right or wrong" here, you are just getting to know what feels good for you and finding some tools to help come back to yourself throughout the day.

Routines

Oil self-massage



This is a wonderful practice to give yourself when you feel like some extra healing is needed. It nourishes your body along with your relationship with it, making it a powerful way to connect with yourself. This takes a bit more time than the other practices but I promise it's worth it. Grab some oil and sit on a towel you don't mind getting dirty. Now start massaging your whole body from hands, feet, and head towards your heart using circular motions on joints and long strokes on other areas. Take your time and notice where you are holding on to tension, where you are sore, and what thoughts are coming up. Are any of them negative? See if you can start replacing those with empowering ones. This can be the perfect time to get some meditating in as you let the oil soak into your skin.

After your done hop in the shower and rinse off. If you oiled your hair try adding the shampoo before you get your hair wet to better remove the oil.

"Through this practice, I realized how starved I was of touch and the healing that it can produce. Making a good connection with myself enabled my confidence to grow as I became more comfortable and accepting of who I am.. I repaired my relationship with my body and mind and for the first time saw how beautiful I truly am, inside and out. How much value I have and how deserving I am of all the best things in life" Jessica Kepfer

Doshas

And Elements



Ayurveda organizes the world by the 5 elements which make up the 3 doshas. everyone has a different combination making us all unique.

ETHER- space, expansion, connection

AIR- movement, cold, dry, light, rough

FIRE- hot, dry, sharp, light, oily

WATER- cold, smooth, soft, liquid

EARTH- steady, heavy, slow, dense

VATA- ether and air (fall-winter)

PITTA- fire and water (summer)

KAPHA- water and earth (winter-spring)

Usually one is the most prevalent depending on the time of year or where you are at in life. Generally, children are kapha as they are growing, learning, and need more nurturing. The adult years are generally pitta where you are focused, driven, and working on projects. And the end years are vata where we go more inwards.

When some of the elements are more prevalent they can become unbalanced and cause symptoms. To counteract this we can increase the opposite elements to balance ourselves out.

Seasons

SPRING



This is kapha season and helps us recover from the cold winter. Snow is melting and similarly, your body is "melting" off all of the excess stuff that kept us going in the winter. For this reason, allergies and colds are common as we flush out the old to bring in the new.

This is the time of year to focus on cleaning and creativity.

Exercise is really helpful to clear out your mind and body

Wear bright colors that match the nature around you

Listen to upbeat and energizing music

Bring some plants or flowers into the house

Digestion may be sluggish so spicy foods can be helpful to wake up digestion. Since it's usually wet this time of year in our bodies, drying, spicy and bitter flavors are helpful.

Bitter may not sound appetizing, but many plant foods fall into this category like legumes and greens.

Green veggies like artichokes, asparagus, and peas, brussel sprouts, and broccoli

Leafy greens like arugula, chard, and spinach

Sprouts and legumes (beans)

Fruits like bitter melon, rhubarb, berries, and apricots

Bitter herbs like dandelion, turmeric, basil, and bay leaf

In general, all spices are good now and are great to give digestion a hand. So go ahead and break out the hot sauce and cayenne pepper if that's your thing!

Seasons

SUMMER



Pitta season is all about the heat! Everyone is a bit different but whether you embrace the sunshine full on or focus on staying cool, this time can be happy and full of fun, adventures, and relaxing.

Take breaks. It's easy to get overheated physically and mentally, so interrupt your focus

Meditation can take many forms so now is a good time to practice less **doing** and more **being**

Wear cooling colors like blues, whites, and greens

Listen to soothing music

Exercise when it's cooler outside and try some cooler workouts like walking, swimming, and yoga

In summer we want to favor cool and hydrating foods and spices since the heat of the day can be very depleting. Raw fruits and vegetables can be better digested this time of year, so salads and smoothies are great options.

Seasonal fruit like watermelon, berries, grapes, limes, peaches, bananas, coconut, and aloe

Cucumbers

Coconut oil, olive oil

Leafy greens and lettuces

Milk and milk products

Soothing spices like licorice, marshmallow root, mint, fennel, cardamom, cumin, and coriander

Seasons

FALL



As vata season this is a time of transition. This is a time when we want to gain a bit of weight as our bodies attempt to “survive” winter. Common symptoms are dryness, irregularity, anxiety, allergies and getting sick. So good practices this time of year mean slowing down, nourishing yourself, and creating a feeling of stability.

Moisturizing your skin

Listening to easy going music

Doing gentler exercises

Using products with warming, cozy smells

Wearing and decorating with fall colors

Think of Thanksgiving dinner, it's full of comfort foods, right? We want to favor foods that support the immune system and ground us. Soups and stews make great nourishing meals.

Squashes

Root veggies like sweet potatoes, carrots, and beets

Sesame oil, olive oil, and butter

Nuts

Whole grains

Meat and eggs

Lentils

Seasonal fruits like apples, citrus, and persimmons

Warming spices like ginger, turmeric, nutmeg, cinnamon, cloves, garlic, salt, pepper

Seasons

WINTER



This season can be vata and kapha, being the coldest season of the year so practices that will warm you up are most important.

You might find that sleeping longer feels good
Make sure you are bundled up when you go outside
Exercise to get warmed up. It's a great time to do more vigorous exercises

Going outside can help prevent the winter blues

Wear warming colors

Use products with warming scents

If it's dry make sure to moisturize your skin

Listen to upbeat music

Enjoy getting cozy: light candles, use blankets, spend time with loved ones

Digestion may be sluggish, so broths and soups, and simple meals are good. We also want to make sure our bodies are well nourished because we're working extra harder and using extra nutrients to remain warm.

Sesame oil

Lentils

Root vegetables like turnips, beets, and potatoes

Winter squashes

Seasonal fruits like pomegranates and mandarins

Spicy seasonings like chili powder, garlic, turmeric, hot peppers, horseradish, pepper, ginger

Kitchari



Kitchari is a traditional Ayurvedic dish that is super easy to make, easily digested, and customizable. When you are feeling a bit under the weather or going through a stressful day it is so nice knowing that you are nurturing your body and giving it what it needs.

The basic recipe is white basmati rice, split mung beans, ghee, seasonal vegetables, and spices. Throw it all in a pot with some water and let it cook until everything is soft. You can leave more water so it's more of a soup or cook it longer so it's thicker, whatever you prefer.

Lentils, split peas, or any small beans work fine
Ghee can be replaced by butter or any kind of oil

Now here is the fun part, you get to use your creativity to add whatever spices and veggies you want! You can go off of the seasonal guides or check out a local farmers market for ideas. You can also notice what you are struggling with mentally or physically (for example anxiety) and add in what you feel like would help (for anxiety grounding, heavy, warming things so beets, ginger, and salt).

Play around and see how your creation makes you feel. It can be really helpful to write it down so you can remember for next time!

Ayurveda is all about finding what works for YOU. It takes some practice to become sensitized to what you need, but it is so freeing to be able to take control of your health and healing.

Slow down and take a few breaths when you notice you are feeling stressed or worried. Start noticing when you are hungry or thirsty and act on those feelings. This is like a muscle, so the more you tune in, the more you will be able to notice and become more sensitive to what really feels good for you.

Remember to have fun experimenting and go easy on yourself. You are worth taking care of.

IF YOU ENJOYED THIS GUIDE, WANT MORE INFO ON AYURVEDA OR ANY OF THE INFO, OR WANT SOME HELP IMPLEMENTING THEM LET US KNOW! WE WOULD LOVE TO CONNECT AND GET TO KNOW YOU MORE.

healthywithjess.com

 Jessica Kepfer

 healthy with jess

 contact@healthywithjess.com

myayurvedicselfsdiary.com

 Vanessa Rivero

 iamvanessa.ayurveda

 iamvanessa.ayurveda@gmail.com