**Ahara (Diet)**

General Guidelines

1. Breakfast (6a – 7.30a) – Light
2. Lunch (12p – 1p) – Heavy
3. Dinner (6p – 7.30p) – Light

Foods to Avoid

1. Junk, processed, leftovers, canned, frozen
2. Cold / frozen drinks – ice, cold water, ice cream, sodas, etc.
3. Raw vegetables, raw or cold salads, vegetable juices or smoothies
4. Refined flours, refined sugars, corn starch or derivatives

Food Essentials

1. Freshly cooked, warm, organic that includes all 6 tastes
2. Rich in fiber
3. Allow 3 hours minimum after dinner before going to bed

**The individual is recommended to consume the below food groups for enhancement in Agni, balancing of doshas, utilization of nutrients into growth of dhatus, gradual elimination of Ama and restoration of prakriti**

**Grains and Legumes**

**Vegetables**

**Fruits**

**Spices / Herbs**

**Dairy**

**Nuts / Seeds**

**Fluids**

**Vihara (LifeStyle)**

This provides the individual with changes / improvements to the daily routine that are refreshing, energizing and rewarding to the body and mind. Key areas to focus on are:

**Wake up Routine**

**Sleep Routine**

**Pranayama (Breathing) Routine**

**Meditation Routine**

**Aromatherapy**

**Spiritual Reading**

**Ayurveda Techniques**

This includes tips for working on achieving a balanced state of body and mind through simple yet effective solutions. Varies as per individual’s Prakriti (Body Constitution) and Vikriti (Imbalances)

**Yoga Asanas (Postures)**

This includes various body and mind balancing postures as per individual’s Prakriti (Body Constitution) and Vikriti (Imbalances)

**Recommendations**

**Legend**

**tsp (Teaspoons) Tbsp (Tablespoons) ml (Milliliter) Fl. oz (Fluid Ounces) mg (Milligram)**

**Conversion**

**1 Tbsp = 3tsp 1 Tbsp = 15ml 1 Fl. Oz = 30ml 1Tbsp = 15mg**

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| **#** | **Medication** | **Qty** | **Unit of Measure** | **At Wake up** | **Breakfast** | **Lunch** | **Dinner** | **Before Bed** | **Directions** |
| 1 | Brahmi (8 oz) | 5 | mg | Yes |  |  |  |  | With honey |
| 2 | Yashtimadhu (8 oz) | 1 | Tbsp |  |  | Yes |  |  | 30 mins before with 1/2 cup warm water |
| 3 | Triphala (60 ml bottle) | 2 | tsp |  |  |  |  | Yes |  |
| 4 | Neem (60 ml bottle) | 5 | ml |  | Yes |  |  |  | After with ½ cup warm water |
| 5 | External Oil (100 ml bottle) | 5 | ml |  |  |  |  |  | Apply on neck and shoulders |